

Suma

CO-OPERATIVE SINCE 1977

ORGANIC

JULY AUGUST 2019

ORGANIC

A bit more about it..

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

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

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



Key BFGSOV

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

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

code	product	size	rrp	bfgosv
BABY & CHILD FOOD				
ANNABEL KARMELE				
BB024	Baby Pasta Shapes	250G	1.80	OV
BB092	Baby Pasta Shells	250G	1.39	OV
<i>Pouches</i>				
BB002	Apple Blueberry & Banana	100G	1.25	GOV
BB020	Banana,Blueberry, Coconut Milk	100G	1.25	GOV
BB008	Banana,Pear & Peach	100G	1.25	GOV
BB023	Mango,Apple & Coconut Milk	100G	1.25	GOV
BB019	Pumpkin,Apple & Sweetcorn	100G	1.25	GOV
BB014	Strawberry,Banana & Apple	100G	1.25	GOV
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
ELLA'S KITCHEN				
<i>Breakfast</i>				
BB109	Baby Brekkie - Banana	100G	1.35	O
BB199	Baby Brekkie - Blueberry/Pear	100G	1.35	O
BB120	Baby Brekkie - Mango	100G	1.35	O
<i>Mighty Grains</i>				
BB055	Apple,Raspberry & Buckwheat	120G	1.39	OV
BB064	Butternut Squash,Apple,Quinoa	120G	1.39	OV
BB066	Peach,Mango & Amaranth	200G	1.39	OV
<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>				
BB037	Melty Puffs	20G	1.09	OV
BB040	Melty Puffs	20G	1.09	OV
BB041	Melty Sticks	16G	1.30	OV
BB046	Melty Sticks	17G	1.30	OV
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	1.39	O
BB001	Apples & Bananas	120G	1.39	OV
BB198	Banana & Apricot Baby Rice	120G	1.39	O
BB021	Banana & Blueberry Baby Rice	120G	1.39	OV
BB003	Broccoli, Pear & Peas	120G	1.39	OV
BB049	Butternut Squash, Carrot	120G	1.39	OV
BB006	Carrot, Apple & Parsnip	120G	1.39	OV
BB072	Courgettes,Apples & Avocados	120G	1.39	OV
BB230	First Taste Apples Apples	70G	1.29	OV
BB233	First Taste Mango Mango Mango	70G	1.29	OV
BB231	First Taste Pears Pears Pears	70G	1.29	OV

code	product	size	rrp	bfgosv
BB012	First Taste Prunes Prunes	70G	1.29	OV
BB137	Greek Yoghurt & Berries	90G	1.35	O
BB136	Greek Yoghurt & Mangoes	90G	1.35	O
BB138	Greek Yoghurt & Strawberries	90G	1.35	O
BB004	Mango, Pear & Papaya	120G	1.39	OV
BB095	Peaches & Bananas	120G	1.39	OV
BB013	Red Pepper,Sweet Potato,Apple	120G	1.39	OV
BB063	Spinach, Apples & Swede	120G	1.39	OV
BB078	Strawberries & Apples	120G	1.39	OV
BB087	Strawberry,Rhubarb & Apple	120G	1.39	OV
BB126	Sweet Potato,Broccoli,Carrot	120G	1.39	OV
	Stage 2			
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
	HOLLE			
	<i>Cereals</i>			
BB269	3-Grain Porridge	250G	3.79	OV
BB272	Millet Porridge	250G	3.79	OV
BB273	Rolled Oats Porridge	250G	3.45	OV
	<i>Infant Milk Formula</i>			
BB155	Infant Goat Milk Formula 1	400G	16.70	OS
BB254	Infant Goat Milk Formula 2	400G	16.70	O
BB089	Infant Goat Milk Formula 3	400G	16.70	O
	<i>Jarred</i>			
BB025	Veggie Curry - Jarred	190G	1.75	GOB
	LITTLE PASTA ORGANICS			
	<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
	ORGANIX			
	<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	2.15	OV
BB157	Creamy Vanilla Ring Biscuit	54G	2.15	O
BB715	Crunchy Carrot Sticks	20G	0.79	OV

code	product	size	rrp	bfgosv
BB717	Crunchy Sweetcorn Rings	20G	0.79	OV
BB069	Raspberry/Blueberry Rice Cake	50G	1.69	OV
BB154	Strawberry Ring Biscuits	54G	2.15	OV
	<i>From 12 months</i>			
BB031	Blackcurrant Stars	12G	0.79	GOV
BB029	Raspberry Moos	12G	0.79	GOV
	<i>Goodies Biscuits</i>			
BB711	Alphabet Biscuits	5 X 25G	2.89	OV
BB022	Animal Biscuits	100G	1.95	OV
BB247	Gingerbread Men	135G	2.89	OV
BB026	Jammie Monsters	8 X 8G	3.19	OV
	<i>Goodies Fruit Bites</i>			
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	2.85	O
BB028	Mini Space Cheese Bites	4 X 8G	3.19	GO
BB034	Sweet Cinnamon Puffcorn	4 X 10G	2.19	GOV
	<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
	PUMPKIN TREE ORGANICS			
BB132	Apple & Grape Juice	200ML	0.85	OV
BB131	Blackcurrant & Apple Juice	200ML	0.85	OV
	BABY CARE			
	BEAMING BABY			
	<i>Wipes</i>			
NF688	Organic Baby Wipes	72	4.65	OV
NF103	Organic Baby Wipes Unscented	72	4.65	OV
	EARTH FRIENDLY BABY			
DY545	Chamomile Shampoo & Wash OG	250ML	4.09	OV
DY524	Organic Lavender Bubble Bath	300ML	5.39	OV
DY558	Organic Lavender Shampoo &	250ML	4.09	OV
	NATRACARE			
NF099	Organic Cotton Baby Wipes	50	4.05	OV
	BAGS, BOXES AND BASKETS			
	SUMA BRANDED BAGS			
	<i>Suma Branded Bags</i>			
NF554	Lg- organic cotton produce bag	1 BAG	3.49	OV
NF553	Med-organic cotton produce bag	1 BAG	2.99	OV
	BAKING SUNDRIES			
	BREAD MATTERS			
LJ218	Original Sourdough Starter	10G	4.95	OV
	CLEARSPRING			
LJ138	Agar Agar Flakes Gelling Agent	30G	5.79	OV
JP064	Kuzu (Wild Arrowroot)	125G	6.99	GVO
	COCOA LOCO			
KB139	Dark Chocolate Couverture	1.5KG	22.99	FOSV

code	product	size	rrp	bfgosv
KB140	Milk Chocolate Couverture DOVES FARM	1.5KG	22.99	FOS
LJ203	Cornflour Organic ENGEVITA	110G	1.79	GOV
LJ144	Organic Yeast Flakes GREEN & BLACKS	125G	4.95	GOV
	<i>Cooks Chocolate</i>			
KB058	Dark Cooking Chocolate-Organic	150G	2.65	FOS
KB429	Milk Cooks Chocolate - organic	150G	2.65	OS
	MAD MILLIE			
LJ145	Kombucha Kit	EACH	24.99	OV
	MOO FREE			
LJ311	Baking Drops	150G	3.79	GOSV
	PLAMIL			
	<i>Drops in 1kg bags</i>			
KB652	Org & F/T Baking Chocolate	1KG	13.59	GFOSV
KB658	Organic Rich Chocolate	1KG	13.89	GOSV
	STEENBERGS			
LJ117	Orange Flower Water Organic	100ML	3.75	OV
LJ010	Organic Coffee Extract	60ML	3.99	OV
LJ085	Rose Water Organic	100ML	3.75	OV
	TAYLOR & COLLEDGE			
LJ115	Vanilla Bean Extract	100ML	9.25	SOV
LJ113	Vanilla Bean Paste	65G	6.65	SOV
LJ036	Vanilla Pods	4G	9.95	OV
	THE RAW CHOCOLATE CO			
	<i>Chocolate Making Ingredients</i>			
KB050	Cacao Butter	240G	6.70	GFOV
KB051	Raw Cacao Powder	180G	4.20	FOV
	VIVANI ORGANIC CHOCOLATE			
KB408	Dark Cooking Chocolate	200G	3.39	OSV
	BEANS & PULSES - CANNED			
	SUMA			
VF675	Aduki Beans - organic	400G	1.09	OV
VF800	Baked Beans - Low Sugar	400G	1.19	OV
VF550	Baked Beans - Organic	400G	1.19	OSV
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
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
	BIONA			
VF222	Baked Beans - Organic	400G	1.25	OVS
VF042	Chilli Beans - Organic	395G	1.29	OSV
VF227	Chilli Black Beans - Organic	400G	1.29	OV
VF306	Edamame Beans	200G	1.69	OV
	BIONOVA			
VF495	Baked Beans - organic	340G	1.55	OSV
	GEO ORGANICS			
VF094	Black Beluga Lentils Organic	400G	1.89	OV

code	product	size	rrp	bfgosv
	HODMEDOD'S			
VF129	Organic Vaal Dhal - British	400G	1.65	OSV
VF098	Organic Whole Fava Beans	400G	0.99	OV
	WHOLE EARTH			
VF161	Baked Beans - organic	400G	1.19	GOV
	BEANS & PULSES - DRIED			
	SUMA PREPACKS - ORGANIC			
PU202	Aduki Beans - Organic	500G	2.29	VO
PU222	Bean Mix - organic	500G	2.85	OV
PU034	Black Turtle Beans	500G	1.89	OV
PU004	Broth Mix - Organic	500G	1.95	OV
PU345	Butter Beans - organic	500G	3.35	VO
PU225	Cannellini Beans - organic	500G	2.25	OV
PU369	Chickpeas - organic	500G	1.99	VO
PU182	Green Split Peas - organic	500G	2.05	OV
PU145	Haricot Beans - organic	500G	2.09	OV
PU135	Lentils - Brown, organic	500G	1.85	VO
PU167	Lentils - Dark Speckled, org	500G	3.49	OV
PU129	Lentils - Green, organic	500G	2.69	VO
PU294	Lentils - Red split organic	750G	2.39	OV
PU267	Lentils - Red split, organic	500G	1.69	VO
PU151	Mung Beans - organic	500G	3.05	VO
PU136	Pinto Beans - organic	500G	2.35	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
	HODMEDOD'S			
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
	BEERS			
	SUMA			
RT212	Elphin Brook Bitter OG	500ML	2.64	OV
RT215	Long Wall Mouse Blonde Beer	500ML	2.84	OV
RT029	Mixed Case Suma Ales	500ML	2.25	OV
RT213	Mytholm Mist Wheat Beer OG	500ML	2.72	OV
RT214	Penumbra Stout OG	500ML	2.82	OV
	BUDELS			
RT131	Budels Lager	330ML	2.09	OV
	CANNABIA			
RT004	Cannabia Hemp Beer	330ML	2.75	OV
	NIRVANA BREWERY			
RT049	Mantra Organic	330ML	2.59	OV
	SAM SMITHS			
RT009	Chocolate Stout	550ML	3.49	OV
RT008	Organic Pale Ale	550ML	3.49	OV
RT120	Pure Brewed Organic Lager	550ML	3.49	OV
	ST PETER'S			
	<i>Alcohol Free Beers</i>			
RT026	St Peter's Without - Organic	500ML	1.99	OV
	BISCUITS CRACKERS & CRISP BREAD			
	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			

code	product	size	rrp	bfgosv
BT560	Chestnut Crispbread	100G	2.39	GO
BT119	Chickpea Crispbread	100G	1.99	GOV
BT106	Crispbread - Amaranth & Rice	120G	2.09	GOV
BT185	Crispbread - Buckwheat W/grain	120G	2.29	GOV
BT289	Crispbread - Quinoa Fibre Plus	100G	1.69	OV
BT398	Crispbread - Spelt/Chia, Org	200G	2.99	OSV
BT291	Crispbread - Veggie Garden GF	100G	1.69	GOV
BT211	Melba Toasts - Spelt, Organic	200G	2.99	OVB
BT159	Protein Lentil Crispbread	100G	1.99	GOV
	<i>Lactose Free</i>			
BT127	Choc/Coconut Coated Rice Cakes	100G	2.09	OSV
BT126	Chocolate Coated Rice Cakes	100G	1.99	OSV
	BIONA			
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
	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
BT129	Brown Rice Crackers-Blk Sesame	40G	2.19	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	1.29	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	130G	1.19	GOV
BT630	Rice Cakes - Lightly Salted	130G	1.19	OV
BT629	Rice Cakes - No Added Salt,Org	130G	1.19	GOV
BT576	Rye Crispbread - Original	200G	1.29	OV
BT577	Rye Crispbread - Sesame	200G	1.49	OV
	DOVES FARM			
BT295	Choc Chip Cookies	180G	2.29	GOSV
BT010	Digestives	200G	1.22	OSV
BT271	Double Chocolate Cookies - GF	180G	2.29	OSV
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
	DR KARG			
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
	FINN CRISPBREADS			
BT122	Organic Crispbread	200G	2.39	OV
	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
ISLAND BAKERY ORGANICS				
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
KALLO				
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
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
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
MR ORGANIC				
ZX221	Cocoa Biscuits	250G	2.19	OV
BT345	Flatbread with Rosemary	150G	2.69	OV
ZX222	Multigrain Biscuits	250G	2.19	OV
ZX219	Orange Biscuits/ Cocoa Beans	250G	2.79	OV
NAIRN'S				
BT273	Oatcakes - Organic	250G	1.59	OV
BT386	Oatcakes -Organic Super Seeded	200G	1.79	O
ORGANICO				
<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
RHYTHM 108				
BT334	Coconut Cookie	135G	3.09	GOV
BT335	Double Choco Hazelnut Biscuits	135G	3.09	OVG
BT344	Lemon Glngr 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
BODY CARE				
ALOE PURA				
DY040	Aloe Vera Gel OG	200G	5.55	OV
BADGER				
DY331	Sunscreen Baby SPF30	87ML	16.99	O

code	product	size	rrp	bfgosv
DY333	Sunscreen Kids SPF30	87ML	16.99	O
DY340	Sunscreen Unscented SPF30	87ML	16.99	O
BADGER BALM				
DY309	Cheerful Mind Balm	17G	7.99	O
MD850	Hardworking Hands Balm	21G	5.99	O
DY411	Lip Balm Sticks - Blue Pack	STICK	12.99	O
DY417	Lip Balm Sticks - Green Pack	STICK	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
BEN & ANNA				
<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
DR BRONNER'S				
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
DY829	Pump Soap - Peppermint	710ML	19.49	FOV
DY454	Pump Soap - Tea Tree	355ML	10.49	FOV
DY838	Pump Soap - Tea Tree	710ML	19.49	FOV
<i>Bar Soap</i>				
DY117	Almond Pure Castile Bar Soap	140G	4.99	FOV
DY118	Baby Castile Bar Soap	140G	4.99	FOV
DY119	Citrus Orange Bar Soap	140G	4.99	FOV
DY123	Lavender Castile Bar Soap	140G	4.99	FOV
DY138	Peppermint Castile Bar Soap	140G	4.99	FOV
<i>Hand & Body Lotion</i>				
DY077	Peppermint Hand & Body Lotion	237ML	10.49	FOV
<i>Hand Sanitiser</i>				
DY455	Hand Sanitiser - Lavender	60ML	4.99	FOV
EMMA'S SOAPS				
DY750	Organic Cocoa Butter Relaxing	90G	4.25	O
DY736	Organic Shea Butter Lav Rose	90G	4.25	O
FAIR SQUARED				
DY950	Lube and Massage Gel-Green Tea	EACH	13.95	FOV
GREEN PEOPLE COMPANY				
<i>Gift Sets</i>				
DY378	Forest & Fruit Gift Set	SETS	22.95	OV
DY379	Leaf & Stem Gift Set	SETS	22.95	OV

code	product	size	rrp	bfgosv
DY352	Tree & Seed Mens Collection <i>Hair & Body Care</i>	SETS	24.95	OV
DY218	Intensive Repair Shampoo	200ML	14.49	VO
DY624	Moisturising Conditioner <i>Organic Skincare</i>	200ML	13.49	OV
DY072	Day Solution SPF15 <i>Organicchildren.com</i>	50ML	20.99	OV
DY257	Organic Children Bath & Shower	200ML	10.49	VO
HEAVENLY ORGANICS SKIN CARE				
DY605	Lemon & Lime Lip Balm	12G	3.99	OV
DY592	Mint Lip Balm	12G	3.99	OV
DY594	Orange Lip Balm	12G	3.99	OV
LAVERA				
<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 Sensitive	4.5G	3.95	OG
DY581	Moisturising Face Cream	50ML	11.95	OV
NATRACARE				
<i>Pads</i>				
NF096	Mini Panty Liner	30	1.79	VO
NF104	Org Cotton Wrapped Panty Liner	18	1.79	OV
NF048	Organic Cotton Panty Liners	22	2.19	OV
NF304	Ultra Extra Pad Normal - Wings	12	2.29	OV
NF300	Ultra Extra Pads Long - Wings	8	2.29	OV
NF313	Ultra Extra Super Pads Winged	10	2.29	OV
<i>Tampons</i>				
NF826	Applicator Tampon - Super	16	3.15	O
NF823	Applicator Tampons - Regular	16	3.05	O
NF085	Tampons Regular - Organic	20	2.75	VO
NF030	Tampons Regular - Organic	10	1.79	OV
NF086	Tampons Super - Organic	20	2.85	OV
NF087	Tampons Super Plus - OG	20	2.95	VO
<i>Wipes</i>				
NF204	Organic Cotton Intimate Wipes	12	2.19	OV
ORGANYC				
NF227	Pads - Heavy Flow	10	4.29	OV
NF199	Pads - Moderate Flow	10	3.99	OV
PATCH				
<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
SIMPLY GENTLE				
DY097	Cotton Buds - organic	200	2.15	VO
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
TSUNO				
NF015	Tampons Mini Organic	16	2.89	OV
NF016	Tampons Regular Organic	16	2.99	OV
NF017	Tampons Super Organic	16	3.59	OV
URTEKRAM				
DY725	Lime Crystal Roll On Deodorant	50ML	4.89	OV

code	product	size	rrp	bfgosv
	<i>Nordic Berries</i>			
DY282	Conditioner	180ML	4.69	OV
DY248	Shampoo	250ML	5.35	OV
DY274	Shower Gel	500ML	7.75	OV
	<i>Purple Lavender</i>			
DY618	Body Lotion	245ML	6.69	OV
DY623	Conditioner	180ML	4.69	OV
DY631	Shampoo	250ML	5.35	OV
	<i>Rose</i>			
DY702	Rose Body Lotion	245ML	6.69	OV
DY060	Rose Crystal Deodorant	50ML	4.89	OV
DY396	Rose Shower Gel	500ML	7.75	OV
BREADS & BREAD MIXES				
AMAIZIN				
BT268	Og Tortilla Wraps Extra Fibre	240G	2.45	OV
BT329	Organic Tortilla Wraps	240G	2.45	O
AMISA				
BT437	Deep Pan Pizza Bases	260G	4.29	GOSV
BT125	Olive Ciabatta	180G	2.99	GOV
BIONA				
BT465	Millet Bread - Organic	250G	3.69	O
BT135	Pizza Base - 2 Per Retail Pack	300G	2.89	OV
BT440	Pumpnickel Bread	500G	1.99	OV
BT461	Rice Bread with Sunflower Seed	500G	4.49	GOV
BT464	Rye Bread - Amaranth & Quinoa	500G	2.09	OV
BT073	Rye Bread - Chia & Flax	500G	2.19	OV
BT041	Rye Bread - Coconut&Cranberry	500G	2.19	OV
BT438	Rye Bread - Hemp Seed	500G	2.09	OV
BT206	Rye Bread - Omega 3	500G	1.99	OV
BT207	Rye Bread - Pumpkin Seed	500G	2.09	OV
BT210	Rye Bread - Sunflower Seed	500G	2.09	OV
BT439	Rye Bread - Vitality	500G	2.09	OV
BT145	Rye Bread - Wholegrain	500G	1.99	OV
BT422	Spelt Pizza Base - Organic	300G	3.99	OV
EVERFRESH NATURAL FOODS				
BT048	Malt & Raisin Loaf	330G	1.65	OV
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	400 G	2.29	OV
BT546	Sprouted Wheat Hemp Bread	400G	2.55	OV
FLORENTIN				
BT552	Pitta Bread - spelt	260G	1.95	OV
BT360	Pitta Bread - white	260G	1.69	OV
BT376	Pitta Bread - wholemeal	280G	1.69	OV
GO VEGAN				
BT172	Vegan Wheat Croissants - Cocoa	5 45G	5.49	OSV
PROFUSION				
BT405	Protein Bread - Rye / Flax	250G	2.89	O
SCHNITZER GLUTEN FREE				
BT467	Baguette Classic	360G	3.75	GOV
BT466	Baguette Grainy Linseed/Sesame	320G	3.75	GOV
BT160	Burger Bun	125G	2.15	GOS
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

code	product	size	rrp	bfgosv
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				
BT014	Gluten Free Vegan OG Wraps	2 X 80G	3.69	GOV
BURGERS SAUSAGES & TVP MIXES				
CLEARSPRING				
SY074	Organic Soya Chunks	200G	2.99	OSV
SY071	Organic Soya Mince	300G	3.49	GOV
JUST WHOLEFOODS				
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
BUTTER, CREAM & MILK (CHILLED)				
ACORN DAIRY				
<i>Minimum 4 days shelf life</i>				
CV128	Organic Semi-Skimmed Milk	1L	1.45	0
CV124	Organic Whole Milk	1L	1.45	0
CALON WEN				
<i>The Farmers Co-op</i>				
CV277	Lightly Salted Welsh Butter	250G	3.05	0
CV204	Unsalted Welsh Butter	250G	3.05	0
YEO VALLEY				
CV304	Slightly Salted Organic Butter	250G	2.75	0
CV292	Spreadable Butter	250G	2.65	0
CV726	Unsalted Organic Butter	250G	2.75	0
<i>Minimum 4 days shelf life</i>				
PO101	Double Cream	227ML	1.49	0
CV309	Half Fat Creme Fraiche	200G	1.19	0
CAKES				
CREATIVE NATURE				
BT223	Banana Bread Mix	250G	3.99	GOSV
BT231	Chocolate Chip Muffin Mix	250G	3.99	GSVO
<i>Gluten, Dairy, Soya & Nut Free</i>				
BT178	Chocolate Chip Brownie Mix	400G	4.99	GOSV
EVERFRESH NATURAL FOODS				
BT246	Sprouted Banana & Walnut Cake	350G	3.55	OV
BT242	Sprouted Carrot & Raisin Cake	350G	3.19	OV
BT366	Sprouted Chocolate Cake	350G	3.29	OV
BT241	Sprouted Date & Pecan Cake	350G	3.85	OV
BT365	Sprouted Fig & Orange Cake	350G	3.29	OV
BT089	Sprouted Fruit Cake	350G	3.19	OV
BT238	Sprouted Ginger Cake	350G	3.85	OV
BT367	Sprouted Rye Fruit Cake	350G	3.39	OV
BT368	Sprouted Rye Ginger Cake	350G	3.85	OV
CEREALS & MUESLIS				
SUMA MUESLI				
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	0
ALARA				
MX123	Classic Apple Bircher	450G	3.49	OV
MX099	Everyday Muesli	550G	2.99	OV
MX096	Fruits and Seeds Muesli	650G	3.29	OV

code	product	size	rrp	bfgosv
MX103	Swiss Style Muesli	450G	2.99	OS
	<i>Everyday Range</i>			
MX023	Gluten Free Muesli - organic	250G	3.29	GOV
MX031	Rich Muesli - organic	500G	2.99	OV
	<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
MX007	Spelt Crispy Flakes - Organic	250G	2.99	O
MX029	Spelt Puffs - Organic	200G	2.39	OV
	BIOFAIR			
FX018	Quinoa Flakes Organic	400G	5.39	FO
MX009	Quinoa Pops Organic, FT	120G	4.49	GFO
	BIONA			
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
	DOVES FARM			
MX019	Cereal Flakes	375G	3.65	GO
MX632	Corn Flakes	325G	2.85	GO
MX171	Fibre Flakes	375G	3.45	GO
	GLEBE FARM			
MX111	Granola Org Oats GF	325G	2.99	GOS
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			
MX011	Organic Granola	400G	4.29	OSV
MX133	Organic Granola	500G	5.29	OV
	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
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
MX884	Millet Rice	375G	3.69	OV
	<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
	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	400G	5.99	GOV
MX245	Orange & Cashew Granola	300G	5.99	GOV
	RUDE HEALTH FOODS			
MX208	Sprouted Porridge Oats	500G	4.99	GOV

code	product	size	rrp	bfgosv
	<i>Children's</i>			
MX232	Honey Puffed Spelt	175G	3.49	0
	<i>Granola</i>			
MX006	Strawberry & Raspberry Granola	450G	5.99	0
MX135	Ultimate Granola	500G	5.99	0
	<i>Muesli</i>			
MX060	Organic Ultimate Muesli	500G	5.99	OV
MX128	Super Seed Muesli Organic	500G	4.49	OV
	WHOLE EARTH			
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	0
MX162	Red Fruit Crunch - og	450G	3.59	OS
	CHEESE, DAIRY (CHILLED)			
	BERGERIE			
CV583	Fresh Goat Cheese Organic	100G	1.95	0
CV590	Organic Sheeps Cheese Fresh	100G	1.95	0
	BIONA			
CV205	Fresh Goats Cheese - Organic	100G	4.59	0
CV679	Greek Sheep Feta	180G	4.39	0
CV076	Organic Emmental Cheese	200G	4.99	0
	CALON WEN			
	<i>Organic Welsh Cheese</i>			
CV397	Extra Mature Cheddar	200G	2.79	0
CV215	Extra Mature Cheddar	350G	4.45	0
CV398	Mellow Cheddar	200G	2.49	0
CV216	Mellow Cheddar	350G	4.25	0
	CYPRESSA			
CV761	Organic Feta	200G	3.29	0
CV760	Organic Halloumi	225G	3.99	0
	HIGH WEALD DAIRY			
CV443	Mixed Case Soft Sheeps Cheese	100G	3.05	0
	LYE CROSS			
CV049	Double Gloucester	245G	3.49	0
CV506	Mature Cheddar	245G	3.65	0
CV332	Mature Cheddar Slices	200G	3.05	0
CV166	Medium Cheddar	245G	3.49	0
CV477	Mild Cheddar	245G	3.39	0
CV105	Red Leicester	245G	3.49	0
CV296	Stilton	150G	3.09	0
CV522	Vintage Cheddar	245G	3.85	0
CV478	Wensleydale	245G	3.49	0
	MANGIAGRATTA			
CV003	Organic Italian Hard Cheese	200G EACH	5.99	0
	OMA			
	<i>Minimum 4 days shelf life</i>			
CV066	Mozzarella Cheese	125G	2.29	0
CV447	Organic Cottage Cheese	200G	2.39	0
	CHEESE, NON DAIRY (CHILLED)			
	BIDDY MERKINS			
CV101	Vegerella - Cheddar	170G	1.55	0
	BONSAN			
CV490	Almond Spread - Plain	125G	2.99	OV
CV492	Almond Spread - Toms & Pepper	125G	2.99	OV
CV527	Almond Spread - Wild Garlic	125G	2.99	OV
	NUTCRAFTER			
CV259	The Indulgent - Chive Chevre	170G	7.25	OV

code	product	size	rrp	bfgosv
CV057	The Opulent - Aged Peppercorn	170G	7.25	OV
CV065	The Rebellious - Aged Garlic	170G	7.25	OV
	WHEATY			
CV142	Classic Melty Slices	150G	2.75	OV
CV145	Smoked Melty Slices	150G	2.75	OV
	CHOCOLATE			
	SUMA PREPACKS - ORGANIC			
KB137	Cacao Nibs - Organic	100G	1.99	OV
	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>Four Corners</i>			
KB296	Almond Salted Caramel Truffles	104G	7.35	GOV
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
	CHOCOLATE AND LOVE			
WS082	Creamy Dark 55% Chocolate	80G	3.29	FOS
WS079	Mint 67% Chocolate	80G	3.25	FOSV
WS081	Orange 65% Chocolate	80G	3.29	FOSV
WS077	Panama 80% Chocolate Bar	80G	3.29	FOSV
WS078	Pomegranate 70% Chocolate	80G	3.29	FOSV
WS080	Sea Salt 55% Chocolate	80G	3.25	FOS
	CLARANA			
	<i>Vegan 'Smar-ties' Alternative</i>			
WS061	Mini Sugar Coated Choc Buttons	75G	4.05	VSO
	COCOA LOCO			
KB038	Dark Chocolate Buttons	100G	2.40	FOSV
KB128	Milk Chocolate Buttons	100G	2.40	FOS
	CONSCIOUS CHOCOLATE			
ZX483	Chia & Coconut Raw Bar	60G	2.99	GOSV
ZX485	Citrus Zest Raw Bar	60G	2.99	GOSV
ZX487	Dark Side 75% Raw Bar	60G	2.99	GOSV
ZX488	Dark Side 85% Raw Bar	60G	2.99	GOSV
ZX491	Four Nuts Raw Bar	60G	2.99	GOSV
ZX492	Goji & Coconut Raw Bar	60G	2.99	GOSV
ZX493	Love Potion No 9 Raw Bar	60G	2.99	GOSV
ZX494	Maca & Spirulina Raw Bar	60G	2.99	GOSV
ZX497	Orange & Tangerine Raw Bar	60G	2.99	GOSV
ZX501	Peppermint Raw Bar	60G	2.99	GOSV
ZX505	Sour Cherry Raw Bar	60G	2.99	GOSV
	DIVINE ORGANIC			
ZX616	85% Dark Choc & Cocoa Nibs	80G	3.49	OSV
ZX632	85% Dark Choc with Lemon	80G	3.45	OSV
ZX630	85% Dark Chocolate	80G	3.45	OSV
ZX629	85% Dark Chocolate	80G	3.45	SVO
ZX643	95% Dark Chocolate	80G	3.45	SVO
	EAT YOUR HAT			
KB259	Dark Chocolate with Mandarin	91G	3.99	FOSV
	EQUAL EXCHANGE			
KB659	55% Dark Caramel & Sea Salt	100G	2.79	FOS

code	product	size	rrp	bfgosv
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
GREEN & BLACKS				
<i>90g Bars</i>				
KB116	70% Dark Chocolate	90G	2.35	FOS
KB034	85% Dark Chocolate	90G	2.35	FOSV
KB796	Dark Choc Hazelnut & Currant	90G	2.35	FOS
KB935	Dark Chocolate & Burnt Toffee	90G	2.39	FOS
KB132	Dark Chocolate & Ginger	90G	2.35	FOS
ZX251	Maya Gold Dark Chocolate	90G	2.35	FOSV
KB908	Milk Choc & Chopped Almonds	90G	2.35	FOS
ZX239	Milk Chocolate	90G	2.35	FOS
KB133	Milk Chocolate & Butterscotch	90G	2.35	FOS
WS091	Milk Chocolate & Sea Salt	90G	2.35	FOS
KB370	White Chocolate	90G	2.35	FOS
<i>Gift Range</i>				
KB665	Miniature Collection, Milk	180G	7.99	FOS
KB746	Miniature Collection, Original	180G	7.99	FOS
KB108	Treat Collection	90G	3.99	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
LOVING EARTH				
<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>				
ZX262	Nutty Mr Maple	45G	2.99	VO
ZX116	Salted Caramel Swayzee	45G	2.99	OSV
<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
MONTEZUMA'S				
<i>100g Organic Bars</i>				
KB196	73% Very Dark Chocolate	100G	2.49	OSV
KB254	Dark Choc, Geranium & Orange	100G	2.49	OSV
KB194	Dark Chocolate & Chilli	100G	2.49	OSV
KB191	Milk Chocolate	100G	2.49	OS
KB617	Milk Chocolate & Butterscotch	100G	2.49	OS
KB186	Milk Chocolate the Dark Side	100G	2.49	OS
KB616	Milk Chocolate, Chilli & Lime	100G	2.49	OS
<i>Giant Buttons</i>				
KB005	Dark Chocolate Giant Buttons	180G	3.79	OVS
KB271	Milk Chocolate Button Bags	180G	3.79	O
KB270	White Chocolate Button Bag	180G	3.79	OS
<i>Like No Udder</i>				
KB530	Milk Alternative Bar	100G	2.79	GOVS

code	product	size	rrp	bfgosv
KB601	Milk Choc/Orange Alternative	100G	2.79	OSVG
	<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
KB860	Sea Dog Bar	30G	1.09	SOV
	MOO FREE			
KB193	Choccy Chum Surprise	20G	0.55	GO
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>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	23G	0.69	GOSV
KB419	Dairy Free Cheeky Orange Bar	20G	0.69	GOSV
KB166	Hammy's Original Bar	20G	0.69	GOSV
KB966	Mint Bars - Singles	20G	0.69	GSOV
	OMBAR RAW CHOCOLATE			
ZX419	100% Raw Chocolate	35G	1.99	OVS
ZX659	90% Raw Chocolate	35G	1.99	OV
KB759	Blueberry & Acai Chocolate	35G	1.99	OV
KB761	Coco Dark Chocolate	35G	1.99	OV
KB406	Coco Mylk Raw Chocolate	35G	1.99	OV
ZX657	Coconut & Vanilla Centre	35G	1.99	OV
KB766	Cranberry & Mandarin Chocolate	35G	1.99	OV
KB763	Dark 72% Raw Chocolate	35G	1.99	OV
KB760	Goji Berry Chocolate	35G	1.99	OV
ZX421	Pistachio & Coconut Centre	35G	1.99	OVS
ZX663	Raspberry & Coconut Centre	35G	1.99	OV
KB764	Strawberry Mylk Raw Chocolate	35G	1.99	OV
	<i>70g Bars</i>			
ZX952	Coco Almonds Raw Chocolate	70G	3.29	GOV
ZX953	Coco Mylk	70G	3.29	GOV
ZX639	Coconut & Vanilla Centre	70G	3.29	GOSV
ZX641	Pistachio Centre	70G	3.29	GOSV
ZX644	Raspberry & Coconut	70G	3.29	GOSV
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
	ORGANIC SEED & BEAN COMPANY			
	<i>Large Bars</i>			
KB786	100% Ecuador	85G	4.29	OSV
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

code	product	size	rrp	bfgosv
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
ZX617	80% Ecuador	85G	4.29	OVS
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	FOSV
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
	ORGANICA			
KB277	Vegan Diets White Chocolate	100G	2.89	FOVS
	PLAYIN CHOC			
ZX138	5 Pieces of Playin Chocolate	50G	2.55	GSOV
ZX094	Box of 10 Playin Chocolates	100G	5.09	FSGVO
	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>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>Raw Chocolate Bars</i>			
ZX513	Koffee Kapow	38G	2.79	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	2.39	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	4.79	OSV
ZX885	Raw Chocolate Covered Ginger	28G	1.79	GOSV
ZX181	Raw Chocolate Covered Ginger	125G	5.99	OSV
KB903	Vanoffee Covered Mulberries	125G	5.99	FOV
KB915	Vanoffee Cashews	40G	2.99	OSV
	VEGO			
KB821	Mini Whole Hazel Chocolate Bar	65G	2.19	FOVS
WS059	Vego White - Almond Bliss	50G	2.25	FOVS
KB943	Vegolino Pralines	180G	5.95	FOSV
KB489	Whole Hazelnut Chocolate Bar	150G	3.95	FOV
	VIVANI ORGANIC CHOCOLATE			

code	product	size	rrp	bfgosv
KB485	71% Dark Chocolate	100G	2.19	OSV
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
	<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
KB036	Dark Ginger Turmeric Chocolate	80G	2.49	OSV
KB008	Milk Caramel Pink Salt Maras	80G	2.49	OS
KB035	Superior Dark 89% Chocolate	80G	2.49	OSV
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
	<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
	ZOTTER CHOCOLATE			
	<i>Labooko Twin Bars</i>			
KB917	Peru Dark 100%	65G	3.29	FOV
	CHOCOLATE & SWEET SPREADS			
	BIONA			
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
	BONSAN			
GH129	Mylk Hazelnut Cocoa Spread	350G	4.49	OV
GH123	Plain Choco Spread	350G	3.59	OSV
	COCOFINA			
GH136	Hazelnut Chocolate Spread -Org	200G	4.99	GOSV
	ESSENTIAL TRADING			
GH092	Dark Chocolate Spread	400G	3.25	FOSV
	GEO ORGANICS			
GH233	Creamy Vanilla Coconut Spread	200G	4.59	OV
GH197	Dark Chocolate Coconut Spread	200G	4.59	OV
GH175	Salted Caramel Coconut Spread	200G	4.59	OV
	RAW HEALTH			

code	product	size	rrp	bfgosv
GH033	Raw Cacao Brazilnut Bliss SO FREE	170G	5.69	OV
GH223	Milk Choc Spread (Dairy Free)	275G	3.15	OSGV
GH225	Rich Dark Chocolate Spread VEGO	275G	3.15	OVGS
GH075	Hazelnut Chocolate Spread	200G	3.35	SVO
CHOCOLATES (CHILLED)				
BOOJA BOOJA				
<i>Chilled Chocolate</i>				
CV194	Almond Caramel Truffles	69G	3.99	GOSV
CV179	Dark Ecuadorian Truffles	69G	5.29	GOSV
CV185	Espresso Truffles	69G	3.99	GSOV
CV195	Fine De Champagne Truffles	69G	3.99	GOSV
CV196	Hazelnut Crunch Truffles	69G	3.99	GOSV
CV189	Honeycomb Caramel Truffle	69G	3.99	GSOV
CV190	Raspberry Truffles	69G	5.29	GOSV
CV192	Toffee Strudel Truffle	69G	3.99	GSOV
<i>Gift Boxes</i>				
CV197	Almond Caramel Choc Truffles	138G	8.89	GOSV
CV198	Fin De Champagne Choc Truffles	138G	8.89	GOSV
CV199	Hazelnut Crunch Choc Truffles	138G	8.89	GOV
CV200	The Wonderbox	230G	18.35	GOSV
CV202	Truffle Selection No.3	138G	8.89	GOSV
<i>Gift Range</i>				
KB625	Truffle Selection 2	138G	13.55	GOSV
<i>Two Packs</i>				
CV212	Almond Salted Caramel Truffles	2 PACK	1.36	GOV
CV218	Fine De Champagne Truffles	2 PACK	1.36	GOV
CV219	Hazelnut Crunch Truffles	2 PACK	1.35	GOV
CIDERS				
ASPALL				
RT023	Aspall Organic Suffolk Cyder	500ML	3.35	OV
DUNKERTONS				
RT015	Premium Organic Cider	500ML	2.39	OV
RT191	Sparkling Organic Perry	500ML	4.05	OV
LUSCOMBE DRINKS				
RT011	Devon Cider - og	320ML	2.13	OV
WESTONS				
RT006	Wylidwood Organic Cider	500ML	3.25	OV
COCOA				
SUMA PREPACKS				
LJ189	Cocoa Powder - Organic	250G	3.45	FOV
EQUAL EXCHANGE				
TE491	Hispaniola Cocoa Powder - og	250G	4.49	FOV
GREEN & BLACKS				
TE453	Cocoa Powder - organic	125G	2.59	FOV
TE131	Hot Chocolate	300G	4.49	FO
MONTEZUMA'S				
KB190	Dark Drinking Chocolate	300G	5.75	FOSV
COFFEE				
SUMA				
<i>Bulk Packs</i>				
TE103	Colombia Cosurca Beans	1 KG	20.28	FOV
TE656	Espresso Beans	1 KG	19.69	FOV
TE101	Ethiopia Yirgacheffe Beans	1 KG	21.28	FOV
TE109	Honduras Coffee Beans	1 KG	17.24	FOV
TE758	Medium Roast Ground Coffee	1 KG	19.20	FOV

code	product	size	rrp	bfgosv
TE106	Peru Cepicafe Beans	1 KG	18.21	FOV
TE107	Sumatra Gayo Highlands Beans	1 KG	20.56	FOV
TE113	Swiss Water Decaff Beans	1 KG	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
	CAFEDIRECT			
	<i>Instant Coffees</i>			
TE949	Decaffeinated Organic	100G	5.25	FOV
TE792	Smooth Organic	100G	4.99	FOV
	<i>Roast & Ground Coffees</i>			
TE599	Handpicked Organic Ethiopia	200G	5.50	FOV
TE608	Handpicked Organic Honduras	200G	5.50	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
	CLIPPER			
	<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	100 G	5.49	FOV
TE076	Fairtrade Organic Instant	100G	4.99	FOV
TE422	Fairtrade Organic Instant	100G	4.99	FOV
TE739	Fairtrade Organic Instant	100 G	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	227 G	3.99	FOV
	EQUAL EXCHANGE			
	<i>Roast & 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	FOV
TE866	Italian Blend Ground Coffee	227G	4.89	FOV

code	product	size	rrp	bfgosv
TE876	Women Grew This- Ground Coffee <i>Roast Wholebean Coffees</i>	227G	4.89	FOV
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
GEO ORGANICS				
<i>Coffee Syrup</i>				
TE905	Skinny Shots - Caramel	180ML	4.39	OV
TE907	Skinny Shots - Vanilla	180ML	4.39	OV
GRUMPY MULE				
<i>Roast & 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	5.49	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
PERCOL				
<i>Roast & Ground Coffees</i>				
TE803	All Day Americano Fairtrade og	200G	4.49	FOV
TE717	Bold Peruvian Fairtrade Ground	200G	4.75	FOV
TE636	Delicious Decaff Fairtrade Org	200G	4.75	FOV
TE633	Intense Espresso Fairtrade Org	200G	4.75	FOV
TE632	Rich Americano Fairtrade Org	200G	4.75	FOV
TE634	Smooth Colombian Fairtrade Org	200G	4.75	FOV
<i>Roast Wholebean Coffees</i>				
TE729	Intense Espresso Beans FT	200G	4.75	FOV
COFFEE SUBSTITUTES				
BARLEYCUP				
TE698	Instant Cereal Drink Organic	100G	3.69	OV
TE480	Organic Chicory Cup	100G	3.95	OV
PREWETTS				
TE589	Chicory Drink - Organic	100G	3.19	OV
WHOLE EARTH				
TE389	Nocaf - organic	100G	2.99	VO
CONVENIENCE FOODS				
BONSAN				
VF333	Plain Shredded Jackfruit	200G	2.99	OV
VF331	Smoky Shredded Jackfruit	200G	3.99	OSV
VF332	Teriyaki Jackfruit Cubes	200G	3.99	OSV
VF329	Thai Jackfruit Cubes	200G	3.99	OV
FREE & EASY				
VF125	Bean Cassoulet - og	400G	2.25	OV
VF116	Chick Pea & Bean Tagine	400G	2.25	OV
VF006	Chick Pea/Vegetable Curry - og	400G	2.25	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	2.25	OV

code	product	size	rrp	bfgosv
VF127	Vegetable Balti - og	400G	2.25	OV
VF128	Vegetable Hotpot - og	400G	2.25	OV
	GEO ORGANICS			
KJ182	Chickpea & Apricot Tagine	400G	1.99	OSV
KJ183	Moroccan Chickpea Tagine	400G	2.10	OV
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
	<i>Dahl</i>			
VF148	Coconut & Kale	400G	2.10	OV
VF149	Tadka Dahl	400G	1.99	OV
	SUNITA			
FG601	Polenta - organic	500G	1.99	OV
	CRISPS & SNACKS			
	AMAIZIN			
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
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
ZX406	Tomato Corn Rolls	100G	1.55	OS
	BIONA			
ZX424	Potato Chips - Lightly Salted	100G	2.13	OV
	BONSAN			
BT451	Rich Cocoa Coconut Chips	40G	1.69	OSV
BT450	Salted Caramel Coconut Chips	40G	1.69	OSV
BT442	Simply Sweet Coconut Chips	40G	1.69	OSV
BT444	Spicy Turmeric Coconut Chips	40G	1.69	OSV
	CLEARSPRING			
ZX216	Roasted Seeds & Soya Snack	35G	0.99	GOV
ZX226	Tamari Roast Sicilian Almonds	30G	1.69	GOV
ZX129	Tamari Roasted Cashew Nuts	30G	1.69	OV
	EAT REAL			
	<i>Organic - Sharing</i>			
ZX215	Hummus Sea Salt Chips - Org	100G	2.29	GOV
ZX214	Lentil Sea Salt Chips - Org	100G	2.29	GOV
ZX213	Veggie Straws - Organic	100G	2.29	GOSV
	GARCIA			
	<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

code	product	size	rrp	bfgosv
ZX166	Sweet & Smokin' Puffs	78G	2.29	GOVS
ZX188	Take It Cheesy Puffs	78G	2.29	GOSV
LUKE'S ORGANICS				
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
TRAFO				
ZX359	Chickpea Flips	75G	2.75	GOV
VF061	Lentil Crisps - Arabian Spices	75G	1.89	GOV
VF060	Lentil Crisps - Seasalt	75G	1.89	OV
ZX299	Lentil Flips	75G	2.75	GOV
ZX343	Pea Flips	75G	2.75	GOV
<i>Handcooked Baked Crisps</i>				
ZX755	Hand Cook Cheese & Onion	40G	0.99	O
ZX473	Hand Cook Rosemary & Sea Salt	40G	0.99	OV
ZX460	Hand Cooked Crisps Seasalt	40G	0.99	O
<i>Hummus Chips</i>				
ZX932	Hummus Chips - Paprika	75G	1.89	OV
ZX934	Hummus Chips - Rosemary	75G	1.89	OV
ZX933	Hummus Chips - Sea Salt	75G	1.89	GOV
<i>Light Baked Crisps</i>				
ZX759	Coconut Oil Baked Crisps	40G	1.25	OV
ZX625	Coconut Oil Baked Crisps	100G	2.65	OV
ZX758	Vegetable Chips	40G	1.65	OV
ZX624	Vegetable Chips	75G	2.59	OV
ZX575	Vegetable Chips Sweet Potato	80G	2.49	OV
ZX626	Virgin Olive Oil Baked Crisps	100G	2.65	OV
<i>Potato Crisps Fried</i>				
ZX053	Paprika Crisps - organic	40G	0.99	OV
ZX055	Salted Crisps - organic	40G	0.99	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	1.09	VO
VF226	Tortilla Chips - Natural	75G	1.09	VO
ZX136	Tortilla Chips - Natural	200G	1.95	OV
<i>Tortilla Chips - Stoneground</i>				
VF048	Tortilla Chips - Natural	100G	1.85	OV
VF056	Tortilla Chips - Paprika	100G	1.85	OV
VF073	Tortilla Chips - Sour Cream	100G	1.85	O
YAKSO				
ZX371	Java Chips - Seaweed	100G	1.85	OVS
DESSERTS				
CLEARSPRING				
SY015	Sweet Grains Dessert - Millet	370G	3.89	OV
PROVAMEL				
SY040	Soya alternative to Cream	250ML	1.15	GOV
SY645	Soya Dessert - Caramel	4 X 125G	2.09	GSOV
SY780	Soya Dessert - Chocolate	4 X 125G	2.09	GOSV
SY195	Soya Dessert - Vanilla	4 X 125G	2.09	GOSV
SY075	Soya Vanilla Custard	525G	1.55	GOV
SOJADE				
SY099	Chocolate Soya Dessert	530G	1.55	OSV
SY017	Cuisine- Organic Soya Cream	200ML	0.99	OSV

code	product	size	rrp	bfgosv
SY106	Rice Cream - Organic	200ML	0.89	GOV
SY107	Vanilla Soya Dessert	530ML	1.55	OSV
DESSERTS, DAIRY (FROZEN)				
ROSKILLYS				
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
YEO VALLEY				
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
DESSERTS, NON-DAIRY (FROZEN)				
BOOJA BOOJA				
<i>Alternative to Dairy Ice Cream</i>				
XL258	Caramel Pecan Praline Ice Crea	110ML	2.05	OV
XL263	Caramel Pecan Praline Ice Crm	500ML	5.69	OSV
XL259	Choc Salted Caramel Ice Cream	500ML	5.69	OV
XL255	Hazel Choc & Truffle Ice Cream	500ML	5.69	OV
XL332	Hazel Choc & Truffle Ice Cream	110ML	2.05	OV
XL033	Hunky Punky Chocolate	500ML	5.69	OV
XL031	Hunky Punky Chocolate	110ML	2.05	OV
XL038	Keep Smiling Vanilla M'Gorilla	500ML	5.69	OV
XL410	Keep Smiling Vanilla M'Gorilla	110ML	2.05	OV
XL257	Raspberry Ripple Ice Cream	500ML	5.69	OV
XL256	Raspberry Ripple Ice Cream	110ML	2.05	OV
PIP ORGANIC				
XL205	Apple Fruit Squeezer	105ML	0.99	OV
XL217	Berry Fruit Squeezer	105ML	0.99	OV
XL002	Fruity Rainbow Ice Lollies	6 X 40M	4.69	OV
XL252	Tropical Fruit Squeezer	105ML	0.99	OV
DRINKS (CHILLED)				
ALPRO				
CV088	Organic Fresh Soya Drink	1L	1.95	OV
BIO-TIFUL DAIRY				
CV342	Org Kefir Milk Drink	500ML	2.90	O
CV361	Org Kefir Milk Drink	250ML	1.75	O
CV359	Org Riazhenka Milk Drink	500ML	2.90	O
CV371	Org Riazhenka Milk Drink	250ML	1.75	O
BIONA				
CV369	Organic Kefir	250G	2.09	O
COYO				
CV005	Natural Coconut Kefir Drink	200ML	2.45	OV
CV004	Natural Coconut Kefir Drink	500ML	3.95	OV
CV002	Strawberry Coconut Kefir Drink	200ML	2.95	OV
EQUINOX				
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
KARMA KOMBUCHA				

code	product	size	rrp	bfgosv
CV425	Ginger	500ML	3.19	OV
CV434	Lemon	500ML	3.19	OV
CV426	Pomegranate	500ML	3.19	OV
CV435	Raspberry	500ML	3.19	OV
PROFUSION				
CV642	Baobab Mint Pomegrnt Kombucha	330ML	2.99	OSV
CV639	Maca Coconut Pineapp Kombucha	330ML	2.99	OSV
CV638	Tumeric Lemon Ginger Kombucha	330ML	2.99	OSV
PUREARTH				
<i>Sparkling Kefir</i>				
CV144	Ginger & Lemon	250ML	2.99	GOV
CV140	Hibiscus & Lime	250ML	2.99	GOV
CV148	Lemon & Spirulina	250ML	2.99	GOV
CV161	Passionfruit & Turmeric	250ML	2.99	GOV
EGGS				
THE ORGANIC EGG COMPANY				
CV794	Organic Free Range Eggs	PER DOZ	3.89	O
ESSENTIAL OILS				
AQUA OLEUM				
AR006	Eucalyptus	10ML	4.79	OV
AR021	Frankincense Organic	10ML	16.93	OV
AR010	Geranium Organic	10ML	12.15	VO
AR241	Lavender Organic	10ML	6.89	VO
AR012	Patchouli Organic	10ML	8.79	VO
AR025	Peppermint Organic	10ML	6.59	OV
AR016	Tea Tree Organic	10ML	5.85	VO
AR017	Ylang Ylang Organic	10ML	9.75	VO
FAR EASTERN FOOD				
SUMA				
LJ350	Coconut Milk Organic	400ML	1.95	OV
LJ400	Creamed Coconut Organic	200G	2.15	OV
AMAIZIN				
LJ136	Rich Coconut Milk OG	400ML	2.09	OV
LJ131	Rich Coconut Milk OG	200ML	1.45	OV
BIONA				
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
VF772	Creamed Coconut Organic	200G	1.99	OV
VF077	Organic Coconut Milk	200ML	1.29	OV
VF323	Organic Tempeh	400G	3.49	OV
WT101	Spelt Noodles Organic	250G	2.79	OV
JP014	Wasabi Style Horseradish Paste	50G	3.49	OV
BONSAN				
JP017	Olive Ghee	200G	7.79	OV
JP028	Sunflower Ghee	200G	4.99	OV
CLEARSPRING				
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	4.49	OV
JP100	Rice Mirin	250ML	4.99	OV
JP066	Shiitake Mushrooms - Organic	40G	6.79	OV
JP059	Shoyu Ramen Noodles/Soy Soup	170G	4.49	OV
JP016	Sushi Ginger Pickle Organic	50G	3.69	OV
JP314	Sushi Rice - Organic	500G	2.39	OV
JP680	Teriyaki Sauce	150ML	3.29	OV

code	product	size	rrp	bfgosv
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	9.99	OV
JP081	Wasabi Powder in Tin - Organic	25G	3.79	OV
	Miso Products			
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
	Noodles			
JP056	All Buckwheat Soba Noodles	200G	3.99	OV
JP053	Brown Rice Noodles - GF	200G	2.89	OV
JP037	Brown Rice Udon Noodles	200G	2.99	OV
JP054	Brown Rice Wide Noodles - GF	200G	3.15	GOV
JP036	Skinny Soba Somen Noodles	200G	2.99	OV
JP038	Soba Noodles	200G	2.99	OV
JP039	Udon Noodles	200G	2.89	OV
JP040	Wide Udon Noodles	200G	2.89	OV
	Sea Veg			
JP008	Atlantic Sea Salad. Organic	25G	3.99	OV
JP015	Atlantic Sea Spaghetti Organic	25G	3.99	OV
JP025	Dulse - Atlantic Coast	30G	4.99	OV
JP003	Dulse - Atlantic Coast Organic	25G	3.99	OV
JP304	Sea Salad	30G	4.99	OV
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
JP092	Wakame Organic	25G	3.99	OV
	Soya Sauce			
JP605	Shoyu	2.5 L	24.69	OV
JP129	Shoyu Soya Sauce	150ML	2.39	VO
JP500	Shoyu Soya Sauce	500ML	5.49	VO
JP679	Soya Sauce	150ML	2.19	OV
JP102	Soya Sauce	250ML	3.29	OV
JP130	Tamari Soy Sauce	150 ML	3.49	GOV
JP098	Tamari Soya Sauce	150ML	2.69	GOV
JP099	Tamari Soya Sauce	250ML	3.69	GOV
JP001	Tamari Soya Sauce	2.5 L	44.99	GOV
JP501	Tamari Soya Sauce	500ML	9.79	GOV
	COCOFINA			
KJ319	Coconut Amino Sauce	250ML	5.99	OV
	GEO ORGANICS			
VF228	Indonesian Rendang Curry Paste	180G	2.75	OV

code	product	size	rrp	bfgosv
VF229	Indonesian Satay Curry Paste	180G	2.75	OV
VF738	Thai Green Curry Paste OG	180G	2.55	OV
VF739	Thai Red Curry Paste OG	180G	2.55	OV
VF247	Thai Yellow Curry Paste	180G	2.55	OV
KING SOBA				
WT210	100% Buckwheat Noodles	250G	2.45	OV
WT954	Black Rice Noodles	250G	2.45	OV
WT037	Brown Rice Noodles	250G	2.35	OV
WT952	Brown Rice Wakame Noodles	250G	2.45	OV
WT953	Buckwheat & Sweet Potato	250G	2.45	OV
WT212	Millet & Brown Rice Noodles	250G	2.35	OV
WT057	Miso Soup Edamame Soya Bean	60G	2.89	OV
WT123	Og Basmati White Rice Noodles	250G	2.39	OFV
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	2.89	OV
WT059	Og Miso Soup Tofu & Ginger	60G	2.89	OV
WT099	Organic Brown Rice Ramen	280G	2.99	OV
WT097	Organic Buckwheat Ramen	280G	2.99	OV
WT069	Organic Edamame Miso Ramen	80G	2.15	OV
WT087	Pad Thai Noodles Fairtrade	250G	2.45	FOV
WT951	Pumpkin Ginger & Rice Noodles	250G	2.45	OV
WT217	Thai Rice Noodles	250G	2.35	OV
WT088	Vermicelli Noodles Fairtrade	250G	2.45	FOV
KING SOBA NOODLE CULTURE				
WT042	Brown Rice Ramen Noodle Kit	190G	3.49	GOV
WT034	Buckwheat Ramen Noodle Kit	190G	3.49	GOV
SANCHI				
JP668	Mugi Miso - organic	200G	3.90	O
JP670	Tamari - organic	150 ML	3.75	OV
SEEDS OF CHANGE				
VF063	Sweet & Sour Cooking Sauce	350G	2.99	OSV
YAKSO				
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
YUTAKA				
JP005	Miso Paste - Organic	300G	5.15	OV
JP044	Tamari Soy Sauce - Organic	150ML	3.65	OV
FLAKES, BRANS & WHEATGERM				
SUMA PREPACKS - ORGANIC				
FX092	Barley Flakes - pearl OG	500G	1.59	OV
FX028	Bran Flakes Org - Added Salt	250G	2.65	OV
FX067	Bran Sticks - organic	250G	1.65	OV
FX024	Buckwheat Flakes - organic	500G	3.45	OV
FX031	Millet Flakes - organic	500G	3.75	OV
FX042	Oats - Jumbo & Gluten Free	750G	4.35	GOV
FX047	Oats - jumbo, organic	750G	2.89	VO
FX044	Oats - Porridge & Gluten Free	750G	4.35	GOV
FX048	Oats - porridge organic	750G	2.89	OV
FX656	Quinoa Flakes - organic	500G	4.75	OV
FX032	Rice Flakes Brown - organic	500G	3.75	OV
FX093	Rye Flakes - organic	500G	1.59	OV
FX213	Toasted Malted Wheat Flakes OG	400G	1.99	OV

code	product	size	rrp	bfgosv
FX094	Wheat Flakes - organic ALARA	500G	1.49	OV
FX026	Gluten Free Scottish Porridge BARKAT	500G	3.99	GOV
MX270	Porridge - Millet & Rice Flake HODMEDOD'S	500G	3.99	GOV
FX030	Organic Naked Barley Flakes JORDANS	500G	1.89	OV
MX200	Porridge Oats Organic PIMHILL	750G	2.89	OV
FX006	Oats - jumbo, organic	850G	2.39	OV
FX005	Oats - porridge, organic	850G	2.39	OV
FLOURS & BREAD MIXES				
SUMA PREPACKS - ORGANIC				
FG149	Brown Rice Flour - organic	500G	1.89	OV
LJ105	Coconut Flour, Organic	500G	2.85	OV
FG128	Maize Flour - organic	500G	1.59	OV
FG205	Soya Flour - organic	250G	1.85	OV
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
BACHELDRE WATERMILL				
FG164	Malted Strong 5 Seed Flour Org	1.5KG	4.19	OV
FG187	Plain White Flour - Organic	1.5KG	2.55	OV
FG175	Rye Flour -Organic, Stoneground	1.5KG	3.19	OV
FG179	Spelt Flour - Organic	1.5KG	3.79	OV
FG165	Strong Malted Blend Flour Org	1.5KG	2.65	OV
FG162	Strong Wholemeal Flour Organic	1.5KG	2.55	OV
FG160	White Flour Strong Unbleached	1.5KG	2.55	OV
BIOFAIR				
FG027	Organic Fairtrade Quinoa Flour	400G	6.99	FOV
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
COCONUT MERCHANT				
FG073	Organic Coconut Flour	500G	3.99	OV
DOVES FARM				
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
Artisan Flour				
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
GILCHESTERS ORGANICS				
FG019	100% Whole Spelt Flour	1.5KG	3.85	OV
FG014	Pizza & Ciabatta Wheat Flour	1.5KG	3.19	OV

code	product	size	rrp	bfgosv
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
LITTLE SALKELD WATERMILL				
FG804	Barley Flour - organic	500G	2.44	OVb
MARRIAGES				
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
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
RUDE HEALTH FOODS				
FG168	Whole Buckwheat Flour Sprouted	500G	6.49	GOV
FG169	Whole Spelt Flour Sprouted	500G	5.49	OV
SHIPTON MILL				
FG899	3 Malts/Sunflower Brown Flour	1KG	1.79	OV
FG133	Light Rye 997 Flour Organic	1KG	1.89	OV
FG136	Soft Cake & Pastry White Flour	1KG	1.55	OV
FG190	Spelt Flour - White, Organic	1KG	2.89	OV
FG189	Spelt Flour - Wholemeal, Org	1KG	2.59	OV
FG898	White Flour - Organic	1KG	1.55	OV
FG876	White Strong Organic Flour	2.5KG	3.69	OV
FG077	Wholemeal Flour - Organic	1KG	1.55	OV
FG079	Wholemeal Organic Flour	2.5KG	3.69	OV
<i>Specialist Flour</i>				
FG080	Chestnut Flour	500G	6.49	GOV
FRESH MISO (CHILLED)				
TIDEFORD ORGANIC VEGAN 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 - CANNED & JARRED				
SUMA				
KJ700	Organic Young Jackfruit Chunks	400G	2.79	OV
BIONA				
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
KJ288	Tropical Fruit Cocktail	400G	2.99	OV
CLEARSPRING				
VF190	Apple & Apricot Puree - Org	2 X 100G	1.59	OV
VF188	Apple & Blueberry Puree - Org	2 X 100G	1.59	OV
VF170	Apple & Mango Puree - Org	2 X 100G	1.59	OV
VF189	Apple & Plum Puree - Organic	2 X 100G	1.59	OV
VF335	Apple & Strawberry Puree - og	2 X 100G	1.59	OV
VF152	Jackfruit Chunks	500G	2.99	OV
VF155	Pear Puree - organic	2 X 100G	1.59	OV
ESSENTIAL TRADING				
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
FRUIT - DRIED				
SUMA PREPACKS - ORGANIC				

code	product	size	rrp	bfgovs
DR063	Apricots - organic	250G	2.25	OV
DR250	Apricots - organic	500G	3.99	OV
DR655	Banana Chips - organic	250G	1.99	OS
DR132	Cherries sour - Organic	125G	2.59	OV
DR325	Cranberries - organic	125G	2.19	OSV
DR057	Cranberries - organic	250G	3.85	OSV
DR073	Currants - organic	250G	2.95	OV
DR251	Currants - organic	500G	5.45	OV
DR159	Dates - organic Medjool	250G	4.99	OV
DR074	Dates - pitted organic	250G	2.65	OV
DR252	Dates - pitted organic	500G	4.75	OV
DR720	Dates -og pitted fairly traded	250G	2.89	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	1.85	OV
DR077	Pitted Prunes - organic	250G	3.75	OV
DR253	Pitted Prunes - organic	500G	6.95	OV
DR065	Raisins - organic	250G	1.95	OV
DR255	Raisins - organic	500G	3.45	OV
DR066	Sultanas - organic	250G	1.69	OV
DR256	Sultanas - organic	500G	2.95	OV
DR365	Vine Fruit Mix - organic	500G	3.99	OV
CRAZY JACK				
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
PEARLS OF SAMARKAND				
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
THE RAW CHOCOLATE CO				
DR188	Goji Berries	150G	6.49	OV
TROPICAL WHOLEFOODS				
DR200	Fairtrade Organic Mango	100G	2.75	FOV
DR234	Sun Dried Pineapple	100G	2.45	OV
FRUIT (FROZEN)				
NATURAL COOL				
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
WINDMILL HILL				
XL282	British Organic Blackcurrants	400G	2.89	OV
FRUIT & VEGETABLE JUICES				
BEET IT				
<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
BIONA				

code	product	size	rrp	bfgosv
JU703	Ginger Juice - Organic	200ML	3.89	OV
JU702	Lemon Juice - Organic	200ML	1.99	OV
JU802	Lime Juice - Organic	200ML	2.39	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
JU181	Pomegranate Pure Juice - og	1L	4.99	OV
JU182	Pomegranate Pure Juice - og	200ML	1.89	OV
JU349	Purple Carrot Juice, Pressed	1L	4.49	OV
JU269	Red Grape Juice Organic	1L	4.69	OV
JU130	Tart Cherry Pure Superjuice	1L	4.99	OV
JU131	Tart Cherry Pure Superjuice	200ML	2.29	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	3.49	OV
JU184	Beetroot Juice, pressed - og	500ML	2.19	OV
JU151	Carrot Juice - og	500ML	1.99	OV
JU185	Vegetable Juice, pressed - og	500ML	1.99	OV
	EDEN			
JU024	Beetroot Juice - Organic	750ML	5.60	OV
JU026	Carrot Juice - organic	750ML	5.60	VO
	JAMES WHITE			
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	1.99	OV
JU152	Carrot & Ginger - og	250ML	0.99	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
	LUSCOMBE DRINKS			
JU106	Apple & Pear Juice	240ML	1.75	OV
JU105	English Apple Juice	240ML	1.55	OV
JU445	Orange Juice	240ML	1.69	OV
	PIP ORGANIC			
JU670	Org Cloudy Apple Fruit Juice	4 X 180ML	4.89	OV
JU697	Pineapple & Mango Smoothie	4 X 180ML	4.89	OV
JU065	Strawberry & Banana Smoothie	4 X 180ML	4.89	OV
JU696	Strawberry & Blackcurrant	4 X 180ML	4.89	OV
	<i>Fruity Waters</i>			
JU698	Blackcurrant,Raspberry,Apple	4 X 200ML	4.89	OV

code	product	size	rrp	bfgovs
JU699	Mango, Orange & Apple RABENHORST	4 X 200ML	4.89	OV
JU679	Beetroot Juice	750ML	3.99	OV
JU227	Cherry Nectar	750ML	5.47	OV
	SUNITA			
JU671	Lemon Juice - organic	250 ML	2.65	OV
JU672	Lemon Juice - organic	1 L	7.25	OV
JU129	Orange Juice - organic	1 L	5.55	OV
	GRAINS			
	SUMA PREPACKS - ORGANIC			
QS155	Amaranth - Organic	500G	2.29	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	2.15	OV
QS322	Millet - organic	500G	1.99	VO
QS124	Oat Groats - Organic	500G	2.09	VO
QS165	Pearl barley, organic	500G	1.35	OV
QS070	Popcorn - organic	500G	1.99	OV
QS065	Quinoa, Red - Organic	500G	3.99	OV
QS075	Quinoa, Tricolour - Organic	500G	4.35	OV
QS086	Quinoa, White - Organic	500G	3.39	OV
QS677	Rice - arborio, organic	500G	3.15	OV
QS302	Rice - basmati, brown organic	500G	2.39	OV
QS252	Rice - basmati, brown organic	750G	3.45	OV
QS303	Rice - white basmati organic	500G	2.49	OV
QS213	Rice - white basmati, organic	750G	3.55	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
	BIOFAIR			
QS015	Organic Fairtrade Quinoa Red	500G	5.39	FOV
QS024	Organic Fairtrade Quinoa Tri	500G	4.99	FOV
QS081	Organic FT Black Quinoa Grain	400G	4.69	OV
	BIONA			
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
	CLEARSPRING			
	<i>Quick Cook</i>			
QS126	Rice & Quinoa Organic	250G	2.79	OV
	HODMEDOD'S			
QS045	Organic White Quinoa - British	500G	3.79	OV
	PROFUSION			
QS076	Chick Pea Cous Cous	500G	4.89	OV
	SHARPHAM PARK			
QS058	Pearled Spelt Organic	500G	3.20	OV
QS148	Spelt Grain Organic	500G	2.50	OV
	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

code	product	size	rrp	bfgosv
LJ685	Organic Bouillon Reduced Salt	150G	2.65	GOV
LJ690	Organic Bouillon Reduced Salt	500G	7.25	GOV
KALLO				
LJ102	French Onion Stock Cubes	66G	1.59	GOVS
LJ103	Garlic & Herb Stock Cubes	66G	1.59	GOVS
LJ034	Low Salt Org Gravy Granules	160G	2.99	OSV
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
MARIGOLD				
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
NINE MEALS FROM ANARCHY				
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
HERB & FRUIT TEA INFUSIONS				
CELESTIAL SEASONINGS				
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	1.50	OV
CLIPPER				
<i>Black Tea</i>				
TE042	Blackcurrant	20BAGS	2.19	FGOV
TE035	Indian Chai	20BAGS	2.19	FGOV
TE036	Red Fruits	20BAGS	2.19	FGOV
TE037	Summer Berry	20BAGS	2.19	FGOV
FOOD SERVICE RANGE				
TE148	Chamomile - og	25 BAGS	2.53	FOV
TE455	Lemon & Ginger - og	25 BAGS	2.96	OV
TE166	Peppermint - og	25BAGS	2.53	FOV
TE797	Redbush - og	25 BAGS	2.53	OV
TE454	Wild berry - og	25 BAGS	2.96	OV
Functionals				
TE629	Organic Detox	20BAGS	1.45	OV
TE631	Organic Sleep Easy	20BAGS	1.45	OV
Organic Infusions				
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	20BAGS	1.45	OV
TE694	Fennel - og	20BAGS	1.45	OV
TE197	Flower Power	20 BAGS	2.39	OV
TE200	Happy Mondays	20 BAGS	2.39	OV
TE960	Lemon & Ginger - og	20BAGS	1.79	OV
TE942	Liquorice - og	20BAGS	1.79	OV
TE120	Love Me Truly	20 BAGS	2.19	OV
TE959	Nettle - og	20BAGS	1.45	OV
TE663	Nettle & Peppermint - og	20BAGS	1.45	OV
TE958	Orange & Coconut - og	20BAGS	1.79	OV
TE789	Peppermint - og	20 BAGS	1.45	OV

code	product	size	rrp	bfgovs
TE307	Raspberry Leaf - og	20BAGS	1.79	OV
TE536	Red Fruits & Aronia Berry - og	20 BAGS	2.00	OV
TE125	Rise & Shine	20 BAGS	2.19	OV
TE525	Skinny Vanilli	20 BAGS	2.39	OV
TE127	Snore & Peace	20 BAGS	2.19	OV
TE956	Wild Berry - og	20BAGS	1.79	OV
	<i>Redbush</i>			
TE011	Redbush - og	80 BAGS	3.70	OV
	DRAGONFLY TEAS			
TE440	Cape Malay Rooibos Chai	20 BAGS	2.59	OV
TE588	Cape Rooibos & Honeybush	20 BAGS	2.59	OV
TE569	Golden Balance Detox	20 BAGS	2.69	OV
TE581	Herb Garden Digestif	20 BAGS	2.69	OV
TE338	Moonlight Jasmine	20 BAGS	2.59	OV
TE339	Moroccan Mint	20 BAGS	2.59	OV
TE046	Mountain Honeybush	20 BAGS	2.59	OV
TE546	Night Sky Calm	20 BAGS	2.69	OV
TE813	Skinny Dragon Pu'er Tea	20 BAGS	2.59	OV
TE234	Swirling Mist White Tea	20 BAGS	2.69	OV
	ELEVEN O'CLOCK			
TE382	Rooibosch	80 BAGS	5.09	VO
TE381	Rooibosch	40 BAGS	2.59	VO
	ESSENTIAL TRADING			
TE271	Camomile Tea	20BAGS	1.65	FOV
TE279	Peppermint Tea	20BAGS	1.65	FOVB
	FLORADIX			
TE126	Hawthorn	15 BAGS	1.95	OV
TE457	Sage	15 BAGS	1.95	VO
	HAMBLEDEN TEAS			
TE598	Chamomile - og	20BAGS	2.49	OV
TE604	Lemon Verbena - og	20BAGS	2.49	OV
TE605	Lime Flower - organic	20 BAGS	3.49	OV
TE433	Nettle - og	20BAGS	2.49	OV
TE606	Peppermint - og	20BAGS	2.49	OV
TE607	Rosehip - og	20BAGS	3.49	OV
	HAMPSTEAD TEA			
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
	<i>Home Compostable</i>			
TE089	Camomile and Marigold	15 BAGS	4.49	OV
TE099	Earl Grey	15 BAGS	4.49	OV
TE063	English Breakfast	15 BAGS	4.49	OV
TE056	Green Matcha	15 BAGS	4.49	OV
TE064	Turmeric	15 BAGS	4.49	OV
	HEATH AND HEATHER			
	<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	0.99	OV
TE681	Fennel	20 BAGS	2.49	OV
TE621	Green Tea - organic	50BAGS	3.19	OV

code	product	size	rrp	bfgosv
TE742	Green Tea with Coconut - og	20 BAGS	0.99	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	0.99	OV
TE662	Peppermint	20 BAGS	2.49	OV
TE682	Raspberry Leaf	20 BAGS	2.49	OV
TE273	Sage & Lemon Myrtle	20 BAGS	0.99	OV
TE297	Slim Tea	20 BAGS	2.99	OV
TE298	Super Seeds	20 BAGS	0.99	OV
TE594	Turmeric Root Brew	20 BAGS	2.99	GOV
TE274	Wild Rosehip	20 BAGS	2.49	OV
HIGHER LIVING				
TE825	Chamomile & Vanilla - organic	15 BAGS	2.42	OV
TE771	Cinnamon - organic	15 BAGS	2.42	OV
TE757	Ginger Kick - organic	15 BAGS	2.42	OV
TE856	Golden Turmeric	15 BAGS	2.42	OV
TE826	Green Tea - organic	20 BAGS	2.42	OV
TE827	Green Tea Chai - organic	20 BAGS	2.42	OV
PUKKA				
TE438	After Dinner Tea	20BAGS	2.99	OV
TE927	Blackcurrant Beauty	20BAGS	2.99	OV
TE719	Chamomile Vanilla Manuka Hon	20BAGS	2.99	OV
TE421	Clean Matcha Green	20 BAGS	2.99	FOV
TE568	Cleanse	20BAGS	2.99	OV
TE509	Day To Night Collection	20 BAGS	3.29	OV
TE331	Elderberry & Echinacea	20 BAGS	2.99	OV
TE731	Feel New	20BAGS	2.99	OV
TE609	Ginseng Matcha Green	20 BAGS	2.99	FOV
TE678	Green Collection	20BAGS	3.29	OV
TE721	Herbal Collection	20BAGS	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	20BAGS	2.99	OV
TE393	Love	20BAGS	2.99	OV
TE490	Mint Matcha Green	20 BAGS	2.99	FOV
TE165	Mint Refresh	20BAGS	2.99	OV
TE640	Motherkind Baby	20BAGS	2.99	OV
TE651	Motherkind Pregnancy	20BAGS	2.99	OV
TE246	Night Time	20BAGS	2.99	OV
TE095	Original (Black Spice) Chai	20BAGS	2.99	FOV
TE043	Peppermint and Licorice	20 BAGS	2.99	OV
TE170	Relax	20BAGS	2.99	OV
TE171	Revitalising	20BAGS	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	20BAGS	2.99	OV
TE245	Three Ginger	20 BAGS	2.99	OV
TE814	Three Licorice	20 BAGS	2.99	OV
TE238	Triple Mint	20BAGS	2.99	OV
TE592	Tulsi Clarity	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	20BAGS	2.99	OV
TE727	Womankind	20BAGS	2.99	OV
TE692	Wonder Berry Green Tea	20BAGS	2.99	OV

code	product	size	rrp	bfgosv
	<i>Lattes</i>			
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
	<i>Wellbeing 7 Day Kits</i>			
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
	TICK TOCK			
TE431	Green Rooibos - organic	40 BAGS	2.79	OV
TE044	Green Rooibos Loose Leaf	100G	2.59	OV
TE430	Rooibos - organic	40 BAGS	2.59	OV
TE434	Rooibos - organic	80 BAGS	5.09	OV
TE436	Rooibos Loose Leaf - organic	100G	2.35	OV
	YOGI TEA			
TE593	Alkaline Herbs	17 BAGS	2.49	GOV
TE553	Bed Time - og	17 BAGS	2.49	OV
TE250	Bedtime Rooibos Vanilla - og	17 BAGS	2.49	OV
TE204	Black Chai - og	17 BAGS	2.49	OV
TE346	Breathe Deep - Organic	17 BAGS	2.49	OV
TE348	Calming/Relax - og	17 BAGS	2.49	OV
TE863	Choc Mint - og	17 BAGS	2.49	OV
TE597	Choco - og	17 BAGS	2.49	OV
TE135	Choco Chilli Organic Tea	17 BAGS	2.49	OV
TE192	Classic Original	17 BAGS	2.49	OV
TE551	Detox - Organic	17 BAGS	2.49	OV
TE630	Detox Dandelion with Lemon	17 BAGS	2.49	GOV
TE208	Echinacea - Organic	17 BAGS	2.49	OV
TE591	Finest Selection	18 BAGS	2.79	GOV
TE835	Ginger - og	17 BAGS	2.49	OV
TE293	Ginger Lemon - og	17 BAGS	2.49	OV
TE836	Ginger Orange & Vanilla	17 BAGS	2.49	OV
TE275	Ginseng - og	17 BAGS	2.49	OV
TE195	Green Balance - og	17 BAGS	2.49	OV
TE209	Green Chai - og	17 BAGS	2.49	OV
TE194	Green Energy - og	17 BAGS	2.49	OV
TE787	Green Tea Matcha Lemon	17 BAGS	2.49	OV
TE645	Heartwarming - og	17 BAGS	2.49	OV
TE187	Himalaya - og	17 BAGS	2.49	OV
TE785	Immune Support	17 BAGS	2.49	OV
TE998	Inner Harmony	17 BAGS	2.49	OV
TE193	Licorice - og	17 BAGS	2.49	OV
TE837	Licorice Mint - og	17 BAGS	2.49	OV
TE638	Lime Mint - og	17 BAGS	2.49	OV
TE552	Men's - og	17 BAGS	2.49	OV
TE252	Positive Energy Cranberry Hib	17 BAGS	2.49	OV
TE001	Rooibos - og	17 BAGS	2.49	OV
TE283	Rose - og	17 BAGS	2.49	OV
TE350	Stomach Ease - og	17 BAGS	2.49	OV
TE211	Sweet Chai - og	17 BAGS	2.49	OV
TE428	Sweet Chilli	17 BAGS	2.49	OV
TE554	Throat Comfort - Organic	17 BAGS	2.49	OV
TE018	Turmeric Chai - og	17 BAGS	2.49	OV
TE733	Wellbeing	17 BAGS	2.49	OV
TE012	White Tea with Aloe Vera	17 BAGS	2.49	OV
TE017	women's Balance Tea	17 BAGS	2.49	OV
TE355	Women's Energy	17 BAGS	2.49	OV

code	product	size	rrp	bfgosv
TE351	Women's tea-og <i>For The Senses</i>	17 BAGS	2.49	OV
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 <i>Loose Tea</i>	20 BAGS	2.99	GOV
TE616	Choco Chai	90G	2.95	OV
TE620	Classic Chai	90G	2.95	OV
TE626	Ginger Lemon Chai	90G	2.95	OV
TE612	Himalaya Chai <i>Ready to Drink Tea</i>	90G	2.95	OV
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

HERBS & SPICES - PREPACKED

SUMA ORGANIC

Herbs - organic

HE365	Basil - organic	20G	1.35	OV
HE366	Bay Leaves - organic	10G	1.35	OV
HE377	Dill Herb - organic	15G	1.35	OV
HE378	Garlic Granules - organic	25G	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
HE393	Thyme - Organic	25G	1.35	OV

Milled Spices - organic

HE371	Chilli powder - organic	25G	1.35	OV
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
HE381	Mixed Spice - organic	25G	1.35	OV
HE384	Nutmeg, organic	20G	1.35	OV
HE386	Paprika - organic	25G	1.35	OV
HE394	Turmeric - organic	30G	1.35	OV

Milled Spices - Organic, F/T

HE166	Cinnamon - Fairtrade, organic	25G	1.35	FOV
HE169	Ginger - organic, Fairtrade	25G	1.35	FOV
HE162	Pepper - Black, F/T, organic	25G	1.45	FOV
HE170	Turmeric - organic, Fairtrade	25G	1.35	FOV

Whole Spices - organic

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

Whole Spices - Organic, F/T

HE163	Whole Black Peppercorns OG, FT	25G	1.35	FOV
HE167	Whole Cloves - organic & FT	25G	1.45	FOV

code	product	size	rrp	bfgosv
	HONEY			
	COCONUT MERCHANT			
HY094	Organic Coconut Nectar	300G	4.99	OV
	EQUAL EXCHANGE			
HY005	Organic clear	500G	5.90	FO
HY004	Organic set	500G	5.90	FO
	HILLTOP HONEY			
HY075	Organic Acacia Honey	370G	4.25	O
HY068	Organic Fairtrade Honey	227G	3.39	FO
HY078	Organic Honeydew Honey	370G	5.79	O
HY301	Organic Limeflower Honey	370G	5.09	OG
HY076	Organic Multi Flower Honey	370G	3.85	OG
	LITTLEOVER APIARIES			
HY037	Organic Acacia Honey	340G	5.69	O
HY040	Organic Clear Wildflower Honey	340G	3.99	O
HY052	Organic Forest Honey	340G	8.29	O
HY041	Organic Wildflower Set Honey	340G	3.99	O
	MERIDIAN			
HY011	Pure Blossom Honey - Squeezy	340G	4.99	O
	RAW HEALTH			
HY013	Acacia Honey	350G	5.29	O
HY101	Orange Blossom Honey - Squeezy	350G	5.99	O
HY016	Tropical Honey	350G	6.29	O
	ROWSE			
HY263	Organic Honey - Clear	340G	4.15	O
HY264	Organic Honey - Set	340G	4.15	O
HY267	Squeezable Organic Honey	340G	4.15	O
	TROPICAL FOREST			
HY032	Forest Honey - clear, organic	340G	4.09	FO
	WAINWRIGHT'S			
HY033	Organic Ethiopian Honey	380G	4.99	FO
HY100	Organic Forest Honey - Clear	380G	4.79	FO
HY099	Organic Forest Honey - Set	380G	4.79	FO
	HOUSEHOLD PRODUCTS			
	WAFIT ROOM FRAGRANCE			
NF529	Geranium Room Fragrance	100ML	5.99	OV
NF527	Lavender Room Fragrance	100ML	5.99	OV
NF528	Lemongrass Room Fragrance	100ML	5.99	OV
	INDIAN FOOD			
	BIONA			
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
	GEO ORGANICS			
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
	SEEDS OF CHANGE			
VF069	Korma Sauce - og	350G	2.99	OS
VF064	Tikka Masala Sauce - OG	350G	2.99	OS
	JAMS & FRUIT SPREADS			
	BIONA			
JS015	Organic Apricot Spread	250G	2.89	OV
JS039	Organic Strawberry Spread	250G	2.89	OV
JS001	Pear & Apple Spread - organic	450G	4.89	OV

code	product	size	rrp	bfgosv
BIONOVA				
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
FRUIT TREE				
KJ197	Apricot Fruit Spread Organic	250G	3.59	OV
KJ201	Blueberry Fruit Spread Organic	250G	3.99	OV
KJ204	Mango Fruit Spread Organic	250G	3.59	OV
KJ198	Peach Fruit Spread Organic	250G	3.59	OV
KJ199	Raspberry Fruit Spread-Organic	250G	3.99	OV
KJ196	Strawberry Fruit Spread Org	250G	3.59	OV
KJ200	Summer Berries Fruit Spread	250G	3.99	OV
MERIDIAN				
JS018	Apricot Spread - organic	284G	2.99	VO
JS019	Blackcurrant Spread - organic	284G	2.99	VO
JS304	Cherries & Berries Spread - og	284G	2.99	OV
JS020	Morello Cherry Spread -organic	284G	2.99	VO
JS245	Raspberry Spread - organic	284G	2.99	OV
JS017	Seville Orange Spread -organic	284G	2.99	VO
JS021	Strawberry Spread - organic	284G	2.99	VO
JS100	Wild Blueberry Spread - og	284G	2.99	OV
TRAIDCRAFT				
GH165	Organic Orange Marmalade	340G	2.59	FOVS
GH166	Organic Strawberry Jam	340G	3.09	FOVS
JUICE CONCENTRATES & CORDIALS				
SUMA				
JU241	Apple & Blackcurrant - Org	400ML	6.29	OV
JU240	Apple Juice - Org	400ML	5.69	OV
JU243	Apple Juice Concentrate - Org	5L	50.99	OV
BELVOIR				
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
ROCKS				
JU426	Blackcurrant Squash - organic	740ML	3.49	OSV
JU427	Lemon Squash - organic	740ML	3.49	OSV
JU428	Orange Squash - organic	740ML	3.49	OSV
MARGARINES & SPREADS (CHILLED)				
SUMA				
MA060	Soya Spread Organic	500G	3.09	VOS
MA065	Sunflower Spread Organic	500G	3.09	VO
BIONA				
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
NATURLI				
CV879	Spreadable Vegan Butter	225G	1.89	GOV
CV880	Vegan Butter Block	200G	1.89	GOV
NUTCRAFTER				
CV311	Organic Buttah Spread	120G	4.50	OV
MAYONNAISE & SALAD DRESSINGS				
SUMA				
KJ022	Organic Mayonnaise	1 KG	9.75	O
KJ080	Organic Mayonnaise	300G	2.95	O
BIONA				

code	product	size	rrp	bfgosv
KJ401	Mayo - Egg & Soya Free BONSAN	230G	2.49	OV
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
	GEO ORGANICS			
KJ334	Organic Chilli Mayo, Vegan	232G	2.39	OV
KJ333	Organic Mayo, Vegan	232G	2.39	OV
	KITE			
KJ536	Mayonnaise organic	150G	1.99	O
	MR ORGANIC			
KJ498	Egg Free Garlic Mayo	180G	2.79	GOSV
KJ488	Free From Mayonnaise	180G	2.79	OV
	PLAMIL			
	<i>Catering</i>			
LJ360	Egg Free Mayonnaise - Organic	3 KG	26.41	GOSV
	<i>Organic</i>			
LJ259	Egg Free Mayonnaise - organic	315G	3.19	GOSV
	SIMPLY DELICIOUS			
KJ366	Garlic Mayonnaise	300ML	3.29	OS
KJ368	Plain Mayonnaise	300ML	3.29	O
	MEAT FREE ALTERNATIVES(FROZEN)			
	IMPULSE FOODS			
XL109	Organic Garlic & Herb Tempeh	227G	2.89	OV
XL107	Organic Tempeh	227G	2.85	OV
	MEATLESS SUBSTITUTES (CHILLED)			
	BONSAN			
CV578	Kofu Chicken Style Chunks	160G	4.19	OSV
CV842	Kofu Classic	200G	3.29	GOSV
CV837	Kofu Fishfree fillet	150G	3.99	GOSV
CV838	Kofu Fishfree Tofuna	110G	2.99	GOSV
CV843	Kofu Ragu Chunks	150G	3.89	GOSV
CV586	Kofu Sausages	170G	4.19	OV
CV641	Kofu Steak	120G	2.99	OSV
CV573	Vegan Breakfast Scramble	200G	3.99	OSV
	DRAGONFLY			
	<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
	FLORENTIN			
CV930	Falafel	240G	3.79	OV
CV944	Tamruc Falafel	240G	3.85	OV
	SOJADE			
CV167	Grilled Seitan Steak	200G	3.45	OV
CV790	Natural Seitan Steak	210G	3.45	OV
CV875	Scrambled Soya Mince	200G	2.75	OV
CV874	Soya & Tofu Nuggets	160G	3.25	OV
CV872	Soya Burgers with Lentils	180G	2.95	OV
CV873	Soya Fingers	150G	2.89	OV
CV791	Spinach Seitan Steak	200G	3.99	OV
	TAIFUN			
CV011	Grill Sausages	250G	4.29	OV
CV686	Puszta Weiner	300G	5.19	OV

code	product	size	rrp	bfgosv
CV831	Tofu Herb Sausages	250G	4.39	O
CV445	Tofu Mini Weiners	160G	3.29	OV
CV340	Veggie Barbeque Sausages	250G	4.29	OV
CV010	Weiner/Frankfurters	300G	5.19	OV
VIANA				
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
WHEATY				
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
CV851	Vegan Bacon	60G	1.79	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
CV852	Vegan Sucuk Sausages	200G	4.89	OV
CV850	Vegan Superhero Burger	200G	3.09	OV
CV023	Virginia Steak	175G	3.59	OV
Spacebars				
CV691	Chorizo	40G	1.19	OV
CV692	Hemp	40G	1.16	OV
CV303	Red Hot Chilli Peppers	40G	1.39	OV
MIDDLE EASTERN & AFRICAN FOOD				
AMISA				
KJ105	Falafel Mix	160G	1.89	GOV
CARLEY'S				
KJ240	Preserved Lemon - Organic	700G	5.19	OV
JUST WHOLEFOODS				
VF183	Falafel Mix - organic	120 G	1.65	OV
MILK - NON DAIRY				
BIONA				
VF103	Coconut Milk Powder	150G	3.99	OV
VF324	Condensed Coconut Milk	210ML	2.05	OSV
DREAM				
JU361	Rice Dream - Original	1L	1.95	VO
JU362	Rice Dream - Vanilla	1L	2.15	VO
ECOMIL				
SY139	Almond Barista Drink	1L	2.79	OSV
SY275	Almond Drink	1L	3.49	OV
SY012	Almond Drink Powder	400G	14.95	GOV
SY030	Cuisine - Almond Cream	200ML	1.69	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
SY058	No Sugar Coconut Milk	1L	3.49	OV
SY155	No Sugar Hemp Drink	1L	3.49	OV
SY138	Oat Barista Drink	1L	2.49	OSV
SY279	Soya Drink Powder (sweetened)	400G	12.95	OV
MINOR FIGURES				
SY172	Organic Masala Chai	1L	5.69	OSV
OATLY				
SY019	Cream - Dairy Free	250ML	1.09	VO

code	product	size	rrp	bfgosv
JU377	Oatly Oat Drink Organic	1L	1.75	OV
	PLAMIL			
SY009	Soya Milk, unsweetened - og	1L	2.25	GOV
	PLENISH			
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
	<i>Grab & Go Shakes</i>			
SY163	Almond Butter Shake	250ML	2.39	OV
SY162	Chocolate Almond Shake	250ML	2.39	OV
SY161	Coffee Almond Shake	250ML	2.39	FOV
	PROVAMEL			
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
SY088	Oat Drink - Organic	1L	1.39	OV
SY185	Oat Drink - Unsweetened	1L	1.75	OV
SY064	Rice & Almond Drink	1L	2.35	GOSV
SY007	Rice Drink - organic	1L	1.89	GVO
SY067	Soya Drink - Banana	250ML	0.69	OV
SY033	Soya Drink - Chocolate	250ML	0.69	OV
SY143	Soya Drink - Chocolate	1L	2.05	OV
SY032	Soya Drink - Strawberry	250ML	0.69	OV
SY027	Soya Drink - Vanilla	250ML	0.69	OV
SY034	Soya Drink - Vanilla	1L	2.05	OSV
SY080	Soya Milk - sweetened	1L	1.85	GOV
SY026	Soya Milk - Unsweetened	500ML	1.15	GOV
SY025	Soya Milk - Unsweetened	1L	1.75	GOV
SY123	Soya Unsweetened Organic PMP	1L	1.19	OV
	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
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
	SOJADE			
SY145	Almond Drink Organic	1L	2.75	OV
SY010	Hemp Drink - unsweetened	1L	2.79	OV
SY141	Oat Drink Organic	1L	1.99	GOV
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
	SWEET REVOLUTION			
SY081	Coconut Milk Powder	350G	8.75	OV

code	product	size	rrp	bfgosv
THE BRIDGE				
SY160	Coconut Drink	1L	2.25	GOV
SY002	Oat Drink	1L	1.75	OV
SY112	Oat Drink - Barista	1L	1.99	OV
SY560	Oat Drink - Calcium Enriched	1L	1.99	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
<i>Cooking Cream</i>				
SY188	Coconut Cream - Organic	200ML	1.53	OV
SY187	Oat Cream - Organic	200ML	1.28	OV
SY150	Rice Cream - Organic	200ML	1.09	OV
SY186	Soya Cream - Organic	200ML	1.15	OV
THE COCONUT COMPANY				
SY116	Coconut Milk Powder - Organic	250G	5.49	GOV
MILK (LONGLIFE)				
MOO				
MJ011	Semi Skimmed Milk - Organic	1L	1.99	O
NUT & SEED BUTTERS				
SUMA				
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
GH051	Peanut Butter, smooth + salt	700G	6.35	VO
GH023	Peanut Butter, smooth + salt	340G	3.49	VO
GH096	Peanut Butter, smooth no salt	700G	6.35	VO
GH257	Peanut Butter, smooth no salt	340G	3.49	VO
GH950	Tahini - dark, organic	280G	4.05	OV
GH675	Tahini - light, organic	280G	4.05	OV
BIONA				
GH210	Almond Butter Smooth Organic	170G	4.99	OV
GH102	Almond Butter Smooth Organic	350G	9.59	OV
GH211	Cashew Nut Butter - og	170G	4.99	OV
GH103	Peanut Butter Crunchy Organic	1 KG	7.89	OV
GH104	Peanut Butter Smooth Organic	1 KG	7.89	OV
CARLEY'S				
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	6.25	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
COCOFINA				
GH156	Coconut Butter	335G	6.99	OV
EQUAL EXCHANGE				
GH704	Peanut Butter -Crunchy no salt	280G	2.99	FOV
MERIDIAN				
GH072	Almond Butter Smooth + salt	170G	3.99	OV

code	product	size	rrp	bfgosv
GH057	Cashew Butter Smooth Organic	170G	4.99	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
	100% Nuts			
GH169	Almond Butter Smooth Organic	454G	9.99	OV
GH094	Almond Butter Smooth Organic	170G	3.99	OV
GH171	Brazil Nut Butter	170G	6.99	OV
GH063	Peanut Butter Crunchy	280G	2.69	OV
GH097	Peanut Butter Crunchy Organic	1 KG	7.99	OV
GH128	Peanut Butter Crunchy Organic	454G	3.99	OV
GH069	Peanut Butter Smooth	1 KG	7.99	OV
GH110	Peanut Butter Smooth	280G	2.69	OV
GH200	Peanut Butter Smooth Organic	454G	3.99	OV
	100% Seeds			
GH046	Pumpkin Seed Butter - og	170G	2.99	OV
GH070	Sunflower Seed Butter Smooth	170G	2.99	OV
	PROFUSION			
GH137	Hemp Peanut Butter - Organic	350G	4.29	OV
	RAW HEALTH			
GH036	Raw Superseed Spread	170G	3.19	OV
GH011	Whole Raw Almond Butter - og	170G	5.99	OV
GH086	Whole Raw Hazelnut Butter	170G	5.99	OV
GH017	Whole Raw Tahini	170G	3.09	OV
	SUNITA			
GH149	Tahini - light, organic	3 KG	35.50	VO
GH996	Tahini, Whole, Organic	3 KG	35.50	VO
	WHOLE EARTH			
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
	NUTS & SEEDS			
	SUMA PREPACKS - ORGANIC			
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	2.99	OV
NU043	Almonds, ground - organic	250G	5.65	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	5.45	OV
NU041	Coconut - desiccated, organic	125G	1.19	OV
NU103	Hazelnuts - organic	125G	2.49	OV
NU258	Hazelnuts - organic	250G	4.65	OV
NU273	Hemp Seeds - organic	125G	1.25	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	5.99	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

code	product	size	rrp	bfgosv
NU213	Sesame seeds - organic	125G	1.09	OV
NU356	Sesame seeds - organic	250G	1.85	OV
NU048	Sesame Seeds Black - organic	125G	1.49	OV
NU105	Sunflower seeds - organic	125G	0.95	OV
NU254	Sunflower Seeds - organic	250G	1.39	OV
NU457	Sunflower seeds - organic	500G	2.29	OV
NU104	Walnuts - organic	125G	2.95	OV
NU012	Walnuts - organic	250G	5.59	OV
NU289	Walnuts - organic	375G	8.15	OV
	BIONA			
NU304	Amaranth Seeds	500G	2.49	OV
NU303	Hemp Seeds	250G	2.29	OV
	PEARLS OF SAMARKAND			
NU141	Og Black Sesame Seeds	330G	3.29	OV
	PROFUSION			
NU167	Hulled Hemp Seeds	150G	4.69	OV
	RAW ECSTASY			
NU164	Activated Walnuts Raw Choc	70G	4.79	OSV
	RAW HEALTH			
NU187	Organic Black Chia Seeds	450G	9.49	OV
NU140	Organic White Chia Seeds	450G	10.39	OV
	THE RAW CHOCOLATE CO			
NU139	Chia Seeds	230G	3.80	OV
	OILS & FATS			
	SUMA			
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	8.79	OV
GT018	Italian Organic Olive Oil	750ML	12.39	OV
GT019	Italian Organic Olive Oil	3L	39.95	OV
GT085	Olive Oil-Extra Virgin,organic	500ML	6.50	VO
GT087	Olive Oil-Extra Virgin,organic	5L	51.50	VO
GT080	Sunflower Oil - organic	500ML	3.45	VO
GT091	Sunflower Oil - organic	5L	22.80	VO
	BIO PLANETE			
GT136	Peanut Oil - og	250ML	8.95	OV
	BIONA			
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	OVV
GT061	Mild / Odourless Coconut Oil	470ML	4.79	OV
GT060	Mild / Odourless Coconut Oil	610ML	5.89	OV
GT069	Virgin Coconut Oil Organic	800G	14.89	OV
VF773	Virgin Coconut Oil Organic	200G	3.75	OV
VF774	Virgin Coconut Oil Organic	400G	6.79	OV
GT071	Virgin Coconut Oil Raw	1.2KG	19.89	OV
	CLEARSPRING			
GT070	Avocado Oil - Organic	250ML	7.69	OV
GT035	Flax Oil Organic	250ML	4.15	OV
GT001	Hemp Oil Organic	250ML	5.99	OV
GT049	Italian Olive Oil Organic	250ML	5.19	OV
GT203	Italian Olive Oil Organic	500ML	8.89	VO
GT204	Italian Olive Oil Organic	1L	16.89	VO
GT009	Rapeseed Oil Organic	500ML	3.99	OV

code	product	size	rrp	bfgosv
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
COCOFINA				
GT011	Organic Coconut Oil	350ML	6.99	OV
GT003	Organic Coconut Oil	975ML	17.99	OV
COCONUT MERCHANT				
GT048	Coconut Oil with Turmeric	500ML	8.99	OV
GT013	Premium Coconut Oil	1L	16.99	OV
GT042	Raw Extra Virgin Coconut Oil	500ML	8.99	OV
GT047	Raw Extra Virgin Coconut Oil	1L	14.99	OV
LA BIO IDEA				
GT044	Italian Og Virgin Olive Oil	1L	12.05	OV
MANI				
GT007	Og Extra Virgin Olive Oil	500ML	7.49	OV
GT002	Og Extra Virgin Olive Oil	1L	13.49	OV
MERIDIAN				
GT012	Olive Oil-Extra Virgin,organic	500ML	6.99	VO
GT034	Sesame Oil - og	500ML	6.99	OV
GT016	Sunflower Oil - organic	500ML	4.49	VO
GT033	Toasted Sesame Oil - og	500ML	6.99	OV
NATURES AID				
GT077	Avocado Oil Organic	250ML	8.95	OV
GT076	Pumpkin Seed Oil Organic	250ML	8.95	OV
SUNITA				
GT099	Olive Oil-Extra Virgin Organic	5L	67.00	VO
ZAYTOUN				
GT056	Olive Oil - Fair Trade	500 ML	14.69	FOV
GT023	Olive Oil - Fairtrade	5L	116.15	FOV
GT020	Olive Oil - Organic Fairtrade	250ML	9.01	FOV
GT022	Olive Oil - Organic Fairtrade	750 ML	20.95	FOV
OLIVES				
GAEA				
VF121	Kalamata Olives - organic	300G	2.95	OV
VF070	Mixed Marinaded Olives-organic	300G	2.59	OV
MANI				
KJ051	Green & Kalamata Olives	185G	3.79	OV
KJ038	Green Olives & Fennel Seeds	185G	3.79	OV
KJ056	Kalamata Olives with Balsamic	185G	3.79	OV
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	360 G	3.90	VO

code	product	size	rrp	bfgosv
PASTA				
SUMA				
WT011	Brown rice Fusilli Pasta - Org	500G	2.59	GOV
WT013	Brown Rice Penne Pasta - Org	500G	2.59	GOV
WT008	Corn Rice Fusilli Pasta - Org	500G	2.59	GOV
WT009	Corn Rice Penne Pasta - Org	500G	2.59	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	3.69	GOV
WT138	Og Gluten Free Gnocchi/ Quinoa	400G	3.69	GOV
CLEARSPRING				
WT148	Brown Rice Penne - Gluten Free	250G	2.89	OSV
WT052	Gluten Free Buckwheat Pasta	250G	2.79	GOV
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
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
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
WT147	Red Lentil Spaghetti	250G	3.29	OV
WT092	Soybean Spaghetti	200G	3.29	GOV
LA BIO IDEA				
WT140	Red lentil Fusilli	250G	3.65	OV

code	product	size	rrp	bfgovs
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	250 G	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
	LA TERRA E IL CIELO			
WT874	Spelt Fusilli	500G	3.45	OV
WT032	Spelt Strozzapreti	500G	3.25	OV
WT899	White Pappardelle Nest	500G	3.05	OV
	<i>White</i>			
WT990	Cavatappi - spirals	500 G	2.59	OV
WT982	Fusilli with Spinach - organic	500 G	2.69	OV
	<i>Wholewheat</i>			
WT978	Spelt Spaghetti - organic	500 G	3.45	OV
	MR ORGANIC			
WT029	Tortellini / Porcini Mushrooms	250G	3.95	OV
WT031	Tortellini with Vegetables	250G	3.95	OV
	PERFECT PASTA			
WT017	Gluten Free Fusilli	250G	2.99	GOV
WT006	Gluten Free Gnocchetti	250G	2.99	GOV
WT019	Gluten Free Penne	250G	2.99	GOV
WT020	Gluten Free Spaghetti	250G	3.49	GOV
WT022	Gluten Free Tagliatelle	250G	3.49	GOV
	PROFUSION			
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
	SEEDS OF CHANGE			
WT003	Spinach Trotolle	500G	2.59	OV
WT001	Tortiglione - og	500G	2.59	OV
	YAKSO			
WT010	Mie Organic	240G	3.09	GOV
WT007	Mihoen - organic	250G	2.99	GOV
	PASTA (CHILLED)			
	AMISA			
CV345	Gluten Free Gnocchi	350G	3.99	GOV
	BIONA			
CV440	Fresh Gnocchetti with Pumpkin	400G	4.39	OV
CV181	Fresh Gnocchi	400G	3.89	OV
CV059	Fresh Green Tortellini	250G	3.19	O
CV182	Ravioli Pizzaola	250G	3.39	O
CV136	Sweet Potato Gnocchi	400G	4.39	OV
CV649	Tortelloni with Ricotta	250G	3.29	O
	PASTA SAUCES & PESTOS			
	SUMA			
	<i>Organic Pasta Sauces</i>			
VF201	Organic Arrabbiata Sauce	350G	1.75	OV

code	product	size	rrp	bfgosv
VF191	Organic Bolognese Sauce	340G	1.75	OV
VF192	Organic Napoletana Sauce	350G	1.75	OV
	Organic Pestos			
KJ162	Organic Pesto Alla Genovese	190G	3.49	O
KJ161	Organic Pesto Rosso - Vegan	190G	3.45	OV
KJ160	Organic Pesto Siciliano -Vegan	190G	3.45	OV
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
	LAZZARI			
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
	MERIDIAN			
VF173	Tomato & Basil Pasta Sauce	350G	2.49	GOV
VF197	Tomato & Herb - organic	440G	2.79	GVO
	MR ORGANIC			
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
KJ215	Seitan Pasta Sauce	350G	2.69	OV
KJ216	Soya Pasta Sauce	350G	2.69	OVS
KJ214	Tofu Pasta Sauce	350G	2.69	OVS
	ORGANICO			
VF043	Olive, Chilli & Garlic - og	360G	3.45	OSV
VF055	Red Wine and Porcini	360G	3.35	OSV
KJ416	Vegan Pesto	120G	4.25	OV
VF032	Vegetable Bolognese - og	360G	3.35	OSV
	SEEDS OF CHANGE			
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
	SUNITA			
KJ790	Organic Pesto Genovese	130G	4.19	OV
	PASTRY (FROZEN)			
	DORSET PASTRY			
	<i>Pure Butter Handmade Pastry</i>			
XL124	Organic Puff Pastry	325G	6.59	O
XL264	Organic Shortcrust Pastry	325G	5.25	O
	PATE			
	BONSAN			
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
	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
GH130	Peppercorn Pate	125G	2.15	OV
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

code	product	size	rrp	bfgovs
GH168	Spicy Mexican Pate - organic	200G	3.30	OV
GH194	Tomato and Rocket Pate	125G	1.50	GOV
GH167	Tomato Pate - organic	200G	2.99	O
SUNITA				
KJ791	Kalamon Olive Pate	135G	3.99	OV
TARTEX				
GH001	Classic Pate - og	200G	2.79	GOV
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
PET FOODS & PET CARE				
BENEVO				
PF015	Complete Vegan Adult Dog Food	2KG	10.99	OV
PF032	Dog Cake Mix	140G	3.85	OV
K9 ORGANICS				
PF001	Country Rose Dog Shampoo	250ML	10.99	OV
PF004	G & T Dog Shampoo	250ML	10.99	OV
PF005	Lavender Dog Shampoo	250ML	10.99	OV
PF003	Orange Blossom Dog Shampoo	250ML	10.99	OV
PF014	Sensitive Dog Shampoo	250ML	10.99	OV
YARRAH				
PF023	Dog Biscuits - Vegan Org	500G	4.99	OV
PF021	Dog Food - Wheat Free, Vegan	2KG	13.79	OV
PF501	Dogfood Vegetarian Organic	2 KG	12.49	OV
PF502	Dogfood Vegetarian Organic	10 KG	54.99	OV
PF503	Multi Dog Biscuits	250G	3.15	OV
PF040	Organic Clay Cat Litter	7 KG	10.49	OV
PICKLES, CHUTNEYS & MUSTARDS				
BIONA				
LJ664	Harissa Relish - prepared	125G	2.89	OV
KJ076	Mustard Medium Hot	320ML	2.39	OV
KJ377	Org Cornichons (Mini Gherkins)	330G	3.19	OSV
KJ036	Sauerkraut - Organic	360G	1.89	OV/B
KJ423	Silverskin Onions Organic	340G	2.89	OV
BIONOVA				
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
BYODO				
KJ351	Mustard - Dijon, organic	1 KG	9.65	VO
KJ354	Mustard - wholegrain, organic	1 KG	7.55	VO
CULTURED FOOD COMPANY				
KJ510	Raw Carrot & Fennel Sauerkraut	400G	5.35	OV
KJ512	Raw Juniper Berry Sauerkraut	400G	5.35	OV
KJ513	Raw Ruby Red Sauerkraut	400G	5.35	OV
KJ514	Raw Sauerkraut	400G	5.35	OV
DELOUIS				
KJ001	Organic Dijon Mustard	200G	2.09	OV
KJ007	Organic Wholegrain Mustard	200G	2.09	OV
GEO ORGANICS				
KJ332	Apple, Apricot, Ginger Chutney	300G	2.99	OSV
READY MEALS (FROZEN)				
CLIVE'S				
XL338	Organic Nut Roast	280G	5.25	GOSV
	<i>Pies & Pastries</i>			
XL019	Arabian Chickpea Pie	250G	2.89	OSV

code	product	size	rrp	bfgosv
XL021	Chestnut & Bean Cassoulet Pie	250G	2.89	OV
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
XL025	Mushroom 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>			
XL324	Lentil & Kale Ragout Tart	195G	3.49	GOSV
XL337	Pea and Potato Rosti Tart	195G	3.49	GOSV
XL336	Tomato and Olive Tart	195G	3.49	GOSV

READY TO EAT FOODS (CHILLED)

BIONA

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	4.39	OV
CV328	Falafel Balls Sesame & Mint	220G	4.09	OV
CV678	Horseradish Sauce	125G	2.99	OBV
CV063	Lucky Stars	250G	4.19	OV
CV441	Mini Energy Burgers	250G	4.09	OV
CV321	Mini Quinoa Burgers	195G	4.09	OV
CV180	Mini Vegan Spring Rolls	200G	4.19	OSV
CV372	Red Lentil Sun Seed Burger	160G	4.09	OV
CV677	Spelt & Almond Cutlets	200G	3.69	O
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

FOLLOW YOUR HEART

Dressings

CV672	Caesar Salad Dressing	355ML	4.15	OV
CV133	Coleslaw Dressing	355ML	4.15	OV
CV671	Miso Ginger Salad Dressing	355ML	4.15	OV

Veganaise

CV137	Organic Garlic Vegenaise	340G	3.29	OV
CV127	Organic Vegenaise	340G	3.29	OSV

LAURIE'S TUMMY LOVING FOODS

CV208	Beet Kraut	410G	5.99	OV
CV203	Kimchi Kraut	410G	5.99	OV
CV207	Original Sauerkraut	410G	4.69	GOV

LOVING FOODS

Raw, Organic, Vegan & UK made

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

PROFUSION

CV006	Fresh Organic Sauerkraut	520G	2.69	OV
CV718	Raw Fresh Organic Kimchi	250G	3.69	OV

RAW HEALTH

code	product	size	rrp	bfgosv
	<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
CV747	Organic Fresh Sauerkraut	410G	4.39	OV
	TIDEFORD ORGANIC VEGAN FOODS			
CV711	Basil Pesto	150G	3.05	GOV
CV033	Coconut Korma Curry Sauce	300G	3.05	GOV
CV040	Tikka Masala Curry Sauce	300G	3.05	GOV
	SALADS & SPROUTS (CHILLED)			
	SKY SPROUTS			
	<i>Minimum 4 days shelf life</i>			
CV479	Alfalfa & Broccoli Sprouts	100G	1.69	OV
CV481	Alfalfa & Fenugreek Sprouts	100G	1.69	OV
CV476	Alfalfa & Radish Sprouts	100G	1.69	OV
CV475	Alfalfa Sprouts	100G	1.65	OV
CV721	Broccoli Sprouts	100G	1.79	OV
CV504	Mixed Bean Sprouts	227G	1.79	OV
CV503	Mung Bean Sprouts	200G	1.69	OV
CV510	Organic Sprouts Multi Pack	160G	2.45	OV
CV121	Organic Sprouts Protein Pack	200G	2.45	OV
CV131	Organic Sprouts Superfood Pack	200G	2.45	OV
CV509	Radish Sprout	100G	1.69	OV
	SALT & SEASONINGS			
	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	2.25	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
	SEA VEGETABLES			
	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	30G	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	30G	5.79	OV
	I SEA PASTA			
LJ198	Seaweed Tagliatelle	100G	5.79	OV
	MARIVITA			
HE012	Dried & Ground Seaweed Organic	100G	4.79	OV
	SHERRY, PORT & DESSERT WINE			
	PORT			
WN067	Finest Reserve Port	75CL	27.99	OV
	STEENBERGS			
HE114	Mulled Wine Sachets-Fairtrade	20G	1.99	FOV
	SNACK BARS & FLAPJACKS			
	CLIF			

code	product	size	rrp	bfgosv
KB328	Chocolate Hazelnut Butter	50G	1.99	OS
KB365	Chocolate Peanut Butter	50G	1.99	OS
KB393	Peanut Butter	50G	1.99	OS
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
ORGANICA				
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
PLANET ORGANIC				
<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>Raw Protein Bar</i>				
KB025	Almond Butter & Choc Chip	50G	1.99	GOSV
KB020	Almond Butter & Coconut	50G	1.99	GOSV
BT373	Espresso Mocha	50G	1.99	GOV
BT379	Sour Cherry & White Choc	50G	1.99	GOSV
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
KB110	Peanut Crunch Single	35G	1.75	GO
KB846	Sesame Crunch	3 X 25G	3.39	GOS
RUE HEALTH FOODS				
KB112	Sesame Crunch Single	35G	1.75	GO
SUNITA				
KB998	Sesame & Honey Bar - organic	30 G	0.89	O
KB508	Sesame bar with Coconut Syrup	30G	0.89	OV
TROPICAL WHOLEFOODS				
KB710	Organic Mango & Brazil	40G	0.79	FOV
SOFT DRINKS				
BELVOIR				
JU792	Elderflower Presse	750ML	3.49	OSV
JU810	Elderflower Presse	250ML	1.69	OSV
JU813	Ginger Beer	750ML	3.49	OSV
JU814	Ginger Beer	250ML	1.69	OSV
JU811	Handmade Lemonade	250ML	1.69	OSV
BIONA				
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

code	product	size	rrp	bfgo sv
JU523	Kombucha Original	330ML	2.99	OSV
JU551	Kombucha Sour Cherry Mint	330ML	2.99	OSV
	CAPTAIN KOMBUCHA			
JU070	Cayenne Pepper	400ML	2.89	GOV
JU071	Pineapple Peach Splash	400ML	2.89	GOV
	CHARITEA			
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
	COCOFINA			
JU368	Cocofina Natural Coconut Water	1L	3.99	OV
JU777	Organic Coconut Water Turmeric	200ML	2.99	GOV
	DAIONI			
JU080	Banana Flavour Milk - og	250ML	1.20	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
	GUSTO			
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
JU159	Sicilian Lemon with Fresh Yuzu	275ML	2.05	FOV
	HAMPSTEAD TEA			
JU017	Raspberry Iced Tea - og	330ML	0.59	FOSV
	ICE CUBE TEA			
JU042	Iced Green Tea & Moroccan Mint	275ML	2.20	OV
JU044	Iced Thai Tea & Coconut Water	275ML	2.20	OV
JU040	Patagonian Iced Tea with Yerba	275ML	2.20	OV
JU037	Sicilian Lemon Iced Black Tea	275ML	2.20	OV
	KARMA COLA			
	<i>Cans</i>			
JU617	Gingerella Ginger Ale	250ML	1.29	FOSV
JU616	Karma Cola	250ML	1.29	FOSV
JU800	Karma Orangeade	250ML	1.29	FOSV
JU615	Lemony Lemon	250ML	1.29	FOSV
	<i>Glass Bottles</i>			
JU073	Gingerella Ginger Ale	330ML	1.85	FOVS
JU075	Karma Cola	330ML	1.85	FOSV
JU078	Lemony Lemon	330ML	1.85	FOSV
JU302	Summer Orangeade	330ML	1.85	FOSV
	LA MAISON DU COCO			
JU756	Coconut Water - Fairtrade OG	330ML	1.89	OFV
	LEMONAID BEVERAGES			
JU592	Lemonaid Blood Orange	330ML	1.75	FOSV
JU068	Lemonaid Ginger	330ML	1.75	FOSV
JU587	Lemonaid Lime	330ML	1.75	FOSV
JU589	Lemonaid Passion Fruit	330ML	1.75	FOSV
	LUSCOMBE DRINKS			
JU434	Blueberry Crush	270ML	1.85	OV
JU584	Cool Ginger Beer	270ML	1.75	OV
JU438	Cranberry Crush	270ML	1.85	OV
JU482	Damascene Rose Bubbly	270ML	1.85	OV
JU586	Hot Ginger Beer	270ML	1.75	OV
JU483	Madagascar Vanilla Soda	270ML	1.85	OV
JU480	Passionate Ginger Beer	270ML	1.85	OV

code	product	size	rrp	bfgosv
JU145	Raspberry Crush	270ML	1.85	OV
JU108	Rhubarb Crush	270ML	1.85	OSV
JU583	Sicilian Lemonade	270ML	1.75	OV
JU439	St Clements	270ML	1.85	OV
JU442	Strawberry Crush	270ML	1.85	OV
JU585	Wild Elderflower Bubbly	270ML	1.85	OV
	<i>Mixer Range</i>			
JU034	Cucumber Tonic	200ML	0.99	OSV
JU035	Light Devon Tonic	200ML	0.95	OSV
	OH MY GUTNESS			
JU085	Atlantic Raspberry	330ML	1.99	GOV
JU087	Ginger & Lemon	330ML	1.99	GOV
JU086	Original	330ML	1.99	GOV
JU089	Real Cola	330ML	1.99	GOV
	ORGANICO			
JU367	Blueberry Sparkle	750ML	5.95	OV
JU473	Bubbly Blackcurrant Juice	750ML	5.95	OV
JU369	Raspberry Fizz	750ML	5.95	OV
	PERCOL			
JU107	Iced Oat Flat White	230ML	1.70	FOV
	REBEL KITCHEN			
	<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
	ROCKS			
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
	RUNA			
JU146	Blood Orange Energy Drink	330ML	1.49	OV
JU135	Pineapple Energy Drink	330ML	1.49	SOV
JU134	Wild Berry Energy Drink	330ML	1.49	SOV
	SCHECKTERS			
JU669	Scheckters Organic Energy	250ML	1.73	OVS
JU154	Scheckters Organic Energy Lite	250ML	1.73	OSV
	WHOLE EARTH			
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
	WONDER DRINK			
JU049	Asian Pear & Ginger Kombucha	250ML	2.29	OSV
JU053	Green Tea & Lemon Kombucha	250ML	2.29	OSV
JU062	Original Kombucha	250ML	2.29	OSV
	SOUPS			
	SUMA			
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

code	product	size	rrp	bfgovs
VF365	Spicy Lentil Soup	400G	1.55	OV
VF340	Tomato Soup	400G	1.55	OV
VF685	Tuscan Bean Soup	400G	1.55	OV
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
VF245	Vegetable Barley Soup	400G	2.10	OV
<i>Hearty Soup</i>				
VF267	Quinoa Kale & Red Lentil Soup	408G	2.65	GOV
ESSENTIAL TRADING				
VF085	Lentil & Pumpkin Soup	680G	2.95	OV
VF375	Pea Soup	680G	2.95	OV
FREE & EASY				
VF302	Broccoli & Kale	400G	1.65	GOV
VF096	Butternut Squash & Ginger - Og	400G	1.65	OV
VF297	Butternut, Sweet Potato, Turmeric	400G	1.65	GOV
VF124	Carrot & Coconut Soup	400G	1.65	OV
VF720	Lentil & Red Pepper Soup - Org	400G	1.65	OV
VF086	Pea & Mint Soup - Org	400G	1.65	OV
VF097	Sweet Potato & Chia Soup - Org	400G	1.65	GOV
VF301	Sweet Potato & Quinoa	400G	1.65	GOV
VF083	Tomato Soup - Org	400G	1.65	OV
SOUPS (CHILLED)				
TIDEFORD ORGANIC VEGAN FOODS				
CV382	Beetroot and Curly Kale	600G	3.05	OV
CV619	Country Veg, Rosemary & Thyme	600G	3.05	OV
CV176	Gazpacho Andaluz Soup	600G	3.05	GOV
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
SPIRITS & LIQUEURS				
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
DA MHILE				
WN129	Botanical Gin - organic	70CL	29.99	OV
WN355	Oak Aged Gin - organic	70CL	29.99	OV
WN062	Orange Liqueur - organic	70CL	29.99	OSV
WN035	Sloe Gin - organic	70CL	29.99	OSV
SUGARS & SYRUPS				
SUMA				
LJ099	Agave Syrup - organic	240ML	3.99	OV
LJ121	Agave Syrup - organic	500ML	7.99	OV
LJ300	Coconut Blossom Syrup Organic	350G	5.69	OV

code	product	size	rrp	bfgosv
	SUMA PREPACKS - ORGANIC			
LJ100	Coconut Palm Sugar, Organic	500G	4.49	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
	BALI NUTRA			
LJ295	Coconut Syrup	370G	3.49	OV
	BILLINGTONS			
LJ999	Granulated Sugar - organic	500 G	2.35	VO
LJ190	Organic Natural Caster	500G	2.69	OVS
	BIONA			
HY008	Caramel Agave Syrup	350G	4.59	OSV
HY007	Chocolate Agave Syrup	325G	4.89	OSV
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
LJ239	Organic Blackstrap Molasses	350G	2.79	OSV
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
	CHANTICO			
LJ226	Raw Agave Syrup	333G	3.49	GOV
LJ227	Wild Agave Syrup	333G	3.49	GOV
	CLEARSPRING			
HY210	Rice Malt Syrup - organic	330G	3.19	OV
	COCOFINA			
HY057	Coconut Flower Nectar - og	350ML	6.99	OV
	COCONUT MERCHANT			
LJ235	Organic Coconut Sugar	1KG	9.99	OV
	EQUAL EXCHANGE			
LJ500	Raw Cane Sugar - organic	500G	2.39	FOSV
	HASSLACHER'S			
LJ163	Colombian Panela	200G	3.22	OSV
	MERIDIAN			
LJ297	Agave Syrup Blue Grade-Squeezy	250G	3.99	OV
HY006	Barley Malt Extract - og	370G	2.99	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
	RAYNERS			
LJ901	Black Treacle - organic	340G	2.39	OV
LJ587	Fairtrade Organic Golden Syrup	340G	3.75	FVO
LJ704	Golden Syrup - Organic	5 KG	34.99	FOV
LJ900	Malt Extract - Organic	340G	2.99	OV
LJ589	Malt Extract - Organic	5 KG	25.49	OV
	SHADY MAPLE FARMS			
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
	ST LAWRENCE GOLD			
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
HY001	Pure Organic Maple Butter	150G	6.99	OV
HY002	Pure Organic Maple Sugar	125G	6.39	OV

code	product	size	rrp	bfgosv
	SUGAVIDA			
LJ314	Sugavida - Natural Sweetener	250G	7.99	OV
	TERRASANA			
HY330	Blueberry & Maple Syrup	250ML	4.75	OVS
HY754	Maple Syrup	1 L	26.55	OV
HY654	Maple Syrup	250 ML	7.39	OV
HY251	Maple Syrup Grade A No 1	250ML	7.65	OV
	SUPERFOODS & SPORTS NUTRITION			
	ADUNA			
VM198	Baobab Superfruit Powder	275G	12.99	OV
VM195	Moringa Green Superleaf Powder	275G	13.99	OV
	BEET IT			
	<i>From James White</i>			
JU201	Beet It Stamina Shot	70ML	1.45	OV
	BIONA			
MD736	Cracked Linseed Gold Organic	500G	4.79	OV
	CLEARSPRING			
MD069	Flaxseed Protein Powder	350G	5.89	GOV
	CREATIVE NATURE			
MD103	Cacao Powder - Peruvian	200G	6.99	OV
MD142	Shelled Hemp Seeds	300G	8.99	OV
	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
	GREEN ORIGINS			
MD083	Baobab Powder Raw Organic	80G	3.49	OV
MD085	Cacao Butter Organic	90G	3.29	OV
MD084	Cacao Powder Organic	90G	2.25	OV
MD087	Chlorella Powder Organic	75G	3.75	OV
MD002	Chlorella Powder Organic	150G	9.99	OV
MD078	Organic Bee Pollen	75G	5.49	O
MD092	Organic Hemp Protein Powder	100G	3.29	VO
MD054	Organic Hemp Protein Powder	200G	5.99	VO
MD091	Organic Raw Cacao Nibs	90G	2.75	VO
MD052	Organic Raw Cacao Nibs	150G	5.99	VO
MD093	Spirulina Powder Organic	90G	3.19	OV
	<i>Capsules & Tablets</i>			
MD037	Chlorella & Spirulina Tablets	180	11.75	OV
MD044	Chlorella Tablets	180	11.75	OV
MD071	Immunity Support Capsules	180	20.35	OV
MD045	Maca Capsules	90	11.75	OV
MD029	Spirulina Tablets	180	11.75	OV
MD072	Vitality Capsules	180	15.69	OV
MD074	Vitamin C	180	16.19	OV
	<i>Freeze Dried</i>			
MD080	Acai Berry Powder Organic	50G	6.39	OV
	JAMES WHITE			
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
	LINWOODS			
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

code	product	size	rrp	bfgosv
	<i>Organic Sprouted Range</i>			
VM263	Sprouted Flaxseed	360G	6.99	GOV
	<i>Seed Boost Sachets</i>			
MD049	Flaxseed & Goji Berries	15G	0.89	VSO
	LOVERAW ORGANIC FOOD BOOSTER			
VM237	Energise	150G	15.70	OV
	NATURYA			
MD040	Greens Blend Organic	250G	14.99	FGOV
MD158	Organic Acai Powder	125G	19.99	OV
MD157	Organic Barleygrass Powder	200G	7.99	OV
MD216	Organic Cacao Powder F/trade	250G	6.99	FVO
MD111	Organic Chia Seeds	300G	5.99	OV
MD156	Organic Chlorella Powder	200G	12.49	OV
MD153	Organic Cocoa Nibs	300G	7.99	OV
MD152	Organic Hemp Protein Powder	300G	9.99	OV
MD151	Organic Lucuma Powder	300G	11.49	OV
MD150	Organic Maca Powder	300G	6.99	OV
MD155	Organic Spirulina Powder	200G	8.99	GOV
MD067	Organic Turmeric Superblend	250G	7.99	GOV
MD154	Organic Wheatgrass Powder	200G	7.99	OV
	PIURA ORGANIC			
MD077	Chaga Mushroom Powder	100G	9.99	OV
MD076	Reishi Mushroom Powder	100G	9.99	OV
	PREWETTS			
VM020	Organic Ground Flaxseed	175G	2.45	OV
	PULSIN'			
VM175	Organic Whey Protein Powder	250G	16.99	GO
VM163	Organic Whey Protein Powder	1 KG	49.99	GO
	RAINFOREST FOODS			
	<i>Capsules & 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	7.49	OV
MD259	NZ Wheatgrass Powder	200G	15.99	OV
MD258	Spirulina Powder	200G	7.49	OV
	SUPPLEMENTS & REMEDIES			
	FLORADIX			
MD023	Detox Bio Herbal Formula	250ML	16.95	OV
	GRANOVITA			
VM279	Blackcurrant Well Drink	250ML	6.95	O
	HEALTHPOL			
DY720	Delacet - Head Lice Solution	100ML	13.95	OV
	NATURES AID			
VM293	Bilberry Capsules	60 CAPS	16.55	GOV
VM185	Evening Primrose Oil Organic	90 CAPS	14.95	OV
VM030	Mushroom Complex Organic	60 CAPS	18.95	OV
	NATURES OWN			
	<i>Organic Range</i>			
VM122	Organic Curcumin Complex	60 CAPS	9.30	OV
VM126	Organic Kelp	60 CAPS	11.20	OV
	PLANET HEMP			
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
	PUKKA			
MD159	Ashwaganda - Wholistic	30 CAPS	16.97	OV

code	product	size	rrp	bfgovs
MD202	Castor Oil	250ML	9.95	OV
MD131	Clean Greens Powder	112G	27.95	OV
MD143	Natural Vitamin C	60 CAPS	14.95	OV
MD164	Night Time	30 CAPS	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	OS
MD182	Turmeric Active	30 CAPS	15.95	OV
MD066	Turmeric Active	60 CAPS	28.95	OV
MD013	Turmeric Brainwave Capsules	30 CAPS	15.95	OV
MD178	Wholistic Turmeric	30 CAPS	15.99	OV
MD064	Womankind Menopause	30 CAPS	16.95	OV
MD184	Womankind Premenstrual	30 CAPS	16.95	OV
MD036	Women Wholistic Shatavari	30 CAPS	16.95	GOV
SIMPLEE ALOE				
MD041	Aloe Juice Health Supplement	500ML	9.99	GOV
MD025	Aloe Juice Health Supplement	1L	15.99	GOV
SWEET SNACKS				
BIONA				
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
BONSAN				
KB418	Fruity Stars	50G	1.79	OSV
KB415	Tropical Kisses	50G	1.99	OSV
HASSLACHER'S				
ZX307	Organic Panela Fudge	200G	1.99	O
ZX308	Organic Peru Cacao Fudge	200G	1.99	O
JOM				
<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
JUST WHOLEFOODS				
ZX573	Frooty Fruits	100G	1.95	OSV
ZX571	Fruit Jellies Vegebears	100G	1.95	SOV
ZX209	Fruit Jellies Vegebears	100G	1.89	OSV
NOT GUILTY				
KB085	Be My Love	100G	1.99	GOSV
KB096	Berry Good	100G	1.99	GOSV
KB094	Lovely Tender	100G	1.99	GOSV
KB093	Mi Colazon	100G	1.99	GOSV
ROSKILLYS				
ZX341	Organic Assorted Fudge	100G	2.35	OS
ZX346	Organic Clotted Cream Fudge	100G	2.35	OS
SUNITA				
ZX587	Grape Juice & Sultana Halva OG	75G	1.60	OV
ZX850	Honey Halva - organic	75 G	2.00	O
ZX588	Honey Halva with Almonds OG	75G	2.15	O
ZX099	Og Halva with Coconut	75G	1.79	O
ZX524	Organic Honey Halva with Cocoa	75G	1.99	O
TABLE SAUCES				
BIONA				
KJ228	Balsamic Glaze Organic	150ML	3.69	OV

code	product	size	rrp	bfgosv
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
BONSAN				
KJ085	Hot & Fiery Chilli Sauce	140ML	3.49	OSV
KJ086	Worcester Sauce	140ML	3.79	OSV
GEO ORGANICS				
KJ212	Worcestershire Sauce - organic	150ML	2.99	OSV
GRANOVITA				
KJ134	Organic Brown Sauce	275G	2.49	GOSV
MERIDIAN				
KJ621	Tomato Ketchup - organic	285G	2.29	GOSV
MR ORGANIC				
KJ050	Italian Organic Ketchup	480G	2.65	OSV
KJ496	Naturally sweetened Ketchup	480G	3.59	GOV
TEAS				
CLEARSPRING				
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)	1 KG	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
CLIPPER				
<i>Classic</i>				
TE983	Assam - organic	50 BAGS	2.53	FOV
TE982	Assam - organic	125G	2.53	FOV
TE978	Earl grey - organic	125G	2.53	FOV
TE500	Earl Grey - organic	50 BAGS	2.99	FOV
TE053	Earl Grey - organic	80BAGS	3.99	FOV
TE897	English Breakfast Organic	125G	2.53	FOV
TE300	English Breakfast Organic	40 BAGS	2.53	FOV
TE507	English Breakfast Organic	80 BAGS	4.49	FGOV
TE967	Indian Chai organic	20BAGS	1.90	FOV
FOOD SERVICE RANGE				
TE150	Earl Grey - og	25BAGS	2.53	FOV
TE796	English Breakfast - og	25 BAGS	2.53	FOV
TE635	Everyday Decaffeinated - og	25 BAGS	2.53	FOV
TE161	Green Tea - og	25BAGS	2.53	FOV
GREEN TEA FAIRTRADE				
TE486	Citrus Green Tea + Echinacea	20 BAGS	1.89	OFV
TE968	Green Chai - og	20BAGS	2.29	FOV
TE877	Green Tea - og	100G	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	OVF
TE989	Organic Pure Green Tea	20 BAGS	1.99	OFV
TE484	Pure Green Tea - organic	50 BAGS	2.69	FOV

code	product	size	rrp	bfgosv
	<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
	GREEN ORIGINS			
TE762	Ceremonial Matcha Powder	30G	9.15	OV
	HAMPSTEAD TEA			
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>			
TE326	Karma Chai	20 BAGS	0.99	OV
	PUKKA			
TE213	Elegant English Breakfast	20 BAGS	2.99	FOV
TE214	Gorgeous Earl Grey	20 BAGS	2.99	FOV
	QI			
TE308	Decaffeinated Green Tea	20 BAGS	2.39	FOV
TE819	Fairtrade Chun Mee Tea	100G	2.39	FOV
TE583	Fairtrade Detox Tea	25BAGS	2.09	FOV
TE582	Fairtrade Ginger Green Tea	25BAGS	2.09	FOV
TE585	Fairtrade Ginkgo Green Tea	25BAGS	2.09	FOV
TE485	Fairtrade Green Tea	25BAGS	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	11.95	FOV
	RIDGWAYS			
TE619	Tea - Organic	80 BAGS	2.79	OV
	RUDE HEALTH FOODS			
	<i>Hot Drinks</i>			
TE100	Hot Chocolate - Organic	1L	2.99	OV
TE157	Turmeric Latte - Organic	1L	2.99	OV
	SIMPLY CHAI			
	<i>Vegan, Organic, Fairly Traded</i>			
TE316	Matcha Anis	125G	0.59	FGOV
	SWEET REVOLUTION			
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

code	product	size	rrp	bfgosv
	<i>Barista Blend</i>			
TE838	Beetroot Latte with Ginger	500G	24.00	OV
TE915	Chicory Latte with Lion's Mane	250G	24.00	OV
TE851	Chocolate Latte with Raw Cacao	1KG	24.00	OV
TE873	Organic Chai Latte with Reishi	500G	24.00	OV
TE906	Organic Matcha Vanilla Latte	250G	24.00	OV
TE914	Turmeric Black Pepper Latte	500G	24.00	OV
	TWININGS			
TE761	Earl Grey	50BAGS	6.11	OV
	TOFU (CHILLED)			
	CAULDRON			
CV562	Organic Marinated Tofu Pieces	160G	2.86	SOV
CV561	Organic Tofu	396G	2.60	OV
	CLEAR SPOT			
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
CV249	Smoked Tofu	225G	2.75	OV
CV074	Tempeh	200G	3.39	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
	DRAGONFLY			
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
	NATUREMADE OASIS			
CV582	Marinated Tofu	200G	2.09	OV
	TAIFUN			
CV007	Almond/Ses Tofu Slice	200G	3.79	OV
CV835	Basil Tofu with Fresh Herbs	200G	3.79	OVB
CV339	Black Forest Tofu Slices	200G	3.79	OV
CV716	Curcuma Turmeric Tofu	200G	3.79	OV
CV163	Curry/Mango Tofu	200G	3.79	OV
CV635	Feto Natural Tofu	200G	3.49	OV
CV684	Firm Tofu - Natural	200G	2.09	OV
CV035	Natural Silken Tofu	400G	3.59	OVB
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	3.29	OVB
CV384	Tofu Olive - Demeter Standard	200G	3.79	OVB
CV832	Tofu Rosso - Taste of the Med	200G	3.69	OVB
	VIANA			
	<i>Demeter Organic Standard</i>			
CV410	Hazelnut Tofu	250G	2.55	OV
CV408	Real Smoked Firm Tofu	250G	2.89	OV
	TOMATOES & TOMATO PRODUCTS			
	SUMA			
LJ660	Organic Basil Passata	690G	1.79	VO
LJ560	Organic Passata	690G	1.75	VO
LJ088	Tomato Puree - organic	200G	1.29	VO
LJ236	Tomatoes - crushed, organic	2.5K	4.99	OV
	<i>Canned</i>			
LJ075	Cherry Tomatoes - organic	400G	1.35	OV

code	product	size	rrp	bfgosv
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
SUMA PREPACKS - ORGANIC				
<i>Dried</i>				
LJ602	Sundried Tomatoes - organic	125G	1.85	OV
MR ORGANIC				
KJ071	Italian Tomato Ppuree	200G	1.75	OV
ORGANICO				
KJ010	Sundried Tomatoes - og	190G	4.85	OV
TOOTH CARE				
BEN & ANNA				
DY300	Mouthwash - Sensitive	500ML	10.95	OV
DY302	Toothpaste - Charcoal	100ML	8.95	OV
DY293	Toothpaste - Sensitive	100ML	8.95	OV
DY291	Toothpaste - Whitening	100ML	8.95	OV
DY296	Toothpowder - Charcoal	20G	8.95	OV
DY299	Toothpowder - Cinnamon	45G	10.95	OV
GREEN PEOPLE COMPANY				
DY256	Childrens Mandarin	50ML	4.49	VO
DY980	Childrens Mandarin/Fluoride	50ML	4.49	GOV
DY014	Childrens Spearmint&AloeVera	50ML	4.49	VO
LAVERA				
DY591	Propolis-Echinacea Toothpaste	75ML	3.95	O
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				
SUMA				
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
AMAIZIN				
KJ117	Jalapeno Peppers	150G	2.39	GOV
BIONA				
LJ243	Capers In Olive Oil	120G	4.19	OV
BIONOVA				
VF039	Garden Peas	350G	1.89	O
VF040	Sauerkraut	350G	2.59	VO
VF030	Sweetcorn - organic	340G	1.85	VO
CLEARSPRING				
<i>Bio Kitchen</i>				
VF343	Beetroot	340G	1.49	OSV
VF338	Carrots & Peas	350G	1.49	OV
VF337	French Beans	340G	1.49	OV
VF344	Gherkins Sweet & Sour	680G	4.49	OVb
VF341	Red Cabbage	355G	1.29	OSV
VF339	Sauerkraut	360G	1.49	OV
VF342	Silverskin Onions Sweet & Sour	350G	2.79	OSV
MANI				
KJ440	Og Capers in Olive Oil	180G	3.49	OV

code	product	size	rrp	bfgosv
KJ434	Og Kalamata Olive Paste	180G	3.49	OV
KJ437	Og Sun Dried Tomato Paste	180G	3.49	OV
ORGANICO				
KJ016	Artichoke Hearts - og	190G	4.85	OV
KJ428	Capers	100G	1.95	OV
KJ429	Capers	250G	3.15	OV
VF088	French Chestnuts in box - og	200G	4.95	OV
TERRASANA				
LJ084	Instant Mashed Potato	100G	2.19	VO
VEGETABLES (FROZEN)				
BIO INSIDE				
XL155	Organic Garden peas	300G	1.45	OVB
XL153	Organic Sweetcorn	300G	1.89	OVB
NATURAL COOL				
<i>Vegetables</i>				
XL183	Broccoli	300G	2.19	OVB
XL221	Chips - Oven or Fry	600G	2.19	OV
XL176	Cut Green Beans	450G	2.05	OV
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
VINEGARS				
SUMA				
KJ290	Apple Cider Vinegar	5L	14.29	OV
KJ304	Apple Cider Vinegar	500ML	2.59	OV
KJ335	Apple Cider Vinegar	750ML	3.10	OV
KJ654	OG Balsamic Vinegar - oak aged	250ML	4.99	O
ASPALL				
KJ382	Balsamic Vinegar - og	5L	41.55	OV
KJ478	Balsamic Vinegar - organic	350ML	3.59	OV
KJ205	Cyder Vinegar - organic	5L	18.65	OV
KJ481	Cyder Vinegar - organic	350ML	1.79	VO
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	18.90	OV
BIONA				
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
BRAGG				
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
HIGHER NATURE OMEGA EXCELLENCE				
VM062	Organic Apple Cider Vinegar	350ML	7.50	OV
MR ORGANIC				
KJ492	Organic Apple Cider Vinegar	500ML	3.35	GOV
RAW HEALTH				
KJ489	Apple Cider Vinegar	1LTR	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	500ML	3.49	OV
KJ380	Turmeric Ginger Cider Vinegar	500ML	3.09	OV

code	product	size	rrp	bfgosv
RAYNERS				
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
WINES				
RED WINE				
<i>Argentina</i>				
WN134	Grande Reserve Malbec	75CL	25.39	OV
WN119	Made in Mendoza Malbec	75CL	11.29	FOV
WN155	Malbec - Jean Bousquet	75CL	14.50	OV
<i>Austria</i>				
WN025	Pinot Noir Meinklang	75CL	18.35	OVB
<i>France</i>				
WN228	Chateau la Blanquerie	75CL	12.59	OV
WN010	Cotes du Rhone	75CL	13.09	OV
WN016	La Nature Le Rouge	75CL	10.99	OV
WN055	Merlot - Guvee Gabriel	75CL	11.75	OV
WN006	Merlot - La Marouette	75CL	11.89	OV
<i>Italy</i>				
WN063	Era Nero d'Avola	75CL	12.09	OV
WN058	Nero d'Avola	75CL	9.95	O
WN140	Nero d'Avola - Fedele	75CL	10.99	OV
WN023	Nero D'Avola Insieme S. Tresa	75CL	13.72	OV
WN094	Vino Rosso - Fedele	75CL	9.99	OV
<i>South Africa</i>				
WN114	Cab Sauvignon - Running Duck	75CL	10.59	FOV
WN137	Dig This! Shiraz Merlot	75CL	10.25	FOV
WN197	Merlot - Running Duck	75CL	10.59	FOV
WN138	Merlot - Stellar	75CL	10.29	FOV
WN076	Pinot Noir - River's End	75CL	12.69	FOV
WN196	Pinotage - Running Duck	75CL	10.59	FOV
WN116	Shiraz - Running Duck	75CL	8.69	FOV
<i>Spain</i>				
WN232	Camino Tinto Tempranillo	75CL	9.09	OV
WN207	Cuesta Colora Tempranillo	75CL	12.25	OV
WN054	Dragora Syrah	75CL	10.40	OV
WN040	Dragora Tinto	75CL	9.69	OV
WN147	Rioja - Usoa de Bagordi	75CL	12.19	OV
WN103	Rioja Garnacha Crianza	75CL	15.65	OV
ROSE WINE				
<i>France</i>				
WN229	Grenache Rose - La Marouette	75CL	11.75	OV
<i>Italy</i>				
WN139	Vino Rose - Fedele	75CL	10.99	OV
<i>South Africa</i>				
WN118	Shiraz Rose - Running Duck	75CL	10.35	FOV
SPARKLING WINE				
<i>Italy</i>				
WN214	Perla Rosa Frizzante - Giol	75CL	12.25	OV
WN133	Prosecco - Proverbio	75CL	16.65	OV
WN009	Prosecco Col di Manza Perlage	75CL	20.99	OVB
WN015	Prosecco Spumante Era	75CL	15.19	OV
WHITE WINE				

code	product	size	rrp	bfgosv
	<i>England</i>			
WN235	Horsmonden Dry White Davenport	75CL	19.55	OV
	<i>France</i>			
WN226	Sauvignon - La Marouette	75CL	12.40	OV
	<i>Germany</i>			
WN101	Riesling - Sander	75CL	14.09	OV
	<i>Italy</i>			
WN095	Blanco - Fedele	75CL	9.99	OV
WN141	Catarratto Pinot Grigio Fedele	75CL	10.99	OV
WN029	Gavi Spinola cas. Tassarolo	75CL	16.99	OV
WN057	Pinot Grigio	75CL	9.95	OV
WN233	Pinot Grigio - Boira	75CL	13.29	OV
	<i>South Africa</i>			
WN071	Chenin Blanc - River's End	75CL	12.69	FOV
WN008	Chenin Blanc - Running Duck	75CL	10.35	FOV
WN115	Chenin Sauv Blanc - R/Duck	75CL	10.39	FOV
WN136	Dig This! Chenin Sauv Blanc	75CL	10.25	FOV
WN019	Sauvignon Blanc - Stellar	75CL	10.29	FOV

YOGHURT, DAIRY (CHILLED)

BERGERIE

CV581	Goat Milk Yoghurt Natural Org	125G	0.75	O
CV084	Natural Goat Milk Yoghurt	400G	2.99	O
CV585	Sheep Milk Yoghurt Greek Style	250G	1.61	O

CALON WEN

	<i>The Farmers Co-op</i>			
CV816	Natural Yoghurt	400G	1.59	O
CV817	Strawberry Yoghurt	400G	1.85	O
CV818	Vanilla Yoghurt	400G	1.85	O

WOODLANDS DAIRY

CV420	Natural Sheeps Yoghurt	450G	3.35	O
-------	------------------------	------	------	---

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

Minimum 4 days shelf life

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
CV360	Natural Yoghurt	500G	1.75	O
CV365	Raspberry Yoghurt	450G	1.75	OS
CV363	Strawberry Yoghurt	450G	1.75	OS

Multipack Range

CV603	Fruity Favourites	4 X 120G	2.05	OS
-------	-------------------	----------	------	----

YOGHURT, NON-DAIRY (CHILLED)

COYO

CV343	Morello Cherry Coconut 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

PROVAMEL

code	product	size	rrp	bfgosv
	<i>Soya-Based Yoghurts</i>			
CV719	Org Lime and Lemon Balm Yofu	500G	2.35	GOSV
CV108	Org Raspberry & Vanilla Yofu	4 X 125G	2.35	OSV
CV455	Org Soya Almond Yoghurt	500G	2.35	GOV
CV454	Org Soya Coconut Yoghurt	500G	2.35	OV
CV078	Organic Blueberry Yofu	500G	2.35	OSV
CV092	Organic Blueberry Yofu	4 X 125G	2.35	OSV
CV075	Organic Forest Fruit Yofu	500G	2.35	GOSV
CV061	Organic Natural Soy Yoghurt	4 X 125G	2.19	GOV
CV069	Organic Natural Yofu	500G	2.15	OV
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			
CV485	Apricot Soya Yoghurt	400G	2.04	OSV
CV486	Blueberry Soya Yoghurt	400G	2.04	OVS
CV876	Greek Style Yoghurt	400G	2.05	GOV
CV724	Lemon Soya Yoghurt	400G	2.04	OSVB
CV483	Natural Soya Yoghurt	400G	1.35	OV
CV494	Organic Mango & Peach Soya Yog	400G	2.04	SOV
CV266	Sojade Natural soya dessert	250G	0.95	OV
CV723	Vanilla Soya Yoghurt	400G	2.04	OSVB

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