

The background of the page is composed of large, overlapping, organic shapes in two colors: a vibrant teal and a soft pink. The shapes are fluid and non-geometric, creating a modern, artistic feel. The teal shapes are more prominent and layered over the pink ones in several areas.

Suma

CO-OPERATIVE SINCE 1977

FAIRTRADE

NOVEMBER - DECEMBER 2019

FAIRTRADE

A bit more about it..

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

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

To find out more www.fairtrade.org.uk



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
BAGS, BOXES AND BASKETS				
SIESTA CRAFTS				
NF159	Dreamcatcher - Vegan Rope Tree	each	5.49	FV
NF467	Recycled Saree Bag - Folding	each	4.50	FV
	<i>Macrame Plant Hanger</i>			
NF157	Macrame Plant Hanger - Bright	each	7.99	FV
BAKING SUNDRIES				
COCOA LOCO				
KB139	Dark Chocolate Couverture	1.5kg	22.99	FOSV
KB140	Milk Chocolate Couverture	1.5kg	22.99	FOS
GREEN & BLACKS				
	<i>Cooks Chocolate</i>			
KB058	Dark Cooking Chocolate-Organic	150g	2.85	FOS
PLAMIL				
	<i>Drops in 1kg bags</i>			
KB652	Org & F/T Baking Chocolate	1kg	13.59	GFOSV
THE RAW CHOCOLATE CO				
	<i>Chocolate Making Ingredients</i>			
KB050	Cacao Butter	240g	6.70	GFOV
KB051	Raw Cacao Powder	180g	4.20	FOV
BISCUITS CRACKERS & CRISPBREAD				
LE PAIN DES FLEURS				
BT093	Quinoa Crispbread	125g	3.99	FGOV
TRADCRAFT				
BT369	Chewy Fruit & Oat Cookies	180g	2.39	FS
BT547	Double Chocolate Chip Cookies	180g	2.25	FS
BT236	Double Chocolate Chunk Cookies	45g	0.85	FS
BT481	Stem Ginger Cookies	180g	2.05	FS
BODY CARE				
BADGER				
DY340	Sunscreen Clear Zinc SPF30	87ml	20.45	FO
DR BRONNER'S				
DY191	Almond Castile liquid Soap	473ml	12.39	FOV
DY160	Almond Castile Liquid Soap	237ml	8.19	FOV
DY208	Almond Castile Liquid Soap	946ml	20.49	FOV
DY198	Baby Castile liquid Soap	473ml	12.39	FOV
DY209	Baby Castile Liquid Soap	946ml	20.49	FOV
DY201	Citrus Orange Liquid Soap	473ml	12.39	FOV
DY182	Citrus Orange Liquid Soap	237ml	8.19	FOV
DY338	Lavender Castile Liquid Soap	3.8l	67.49	FGOVB
DY205	Lavender Castile Liquid Soap	473ml	12.39	FOV
DY183	Lavender Castile Liquid Soap	237ml	8.19	FOV
DY213	Lavender Castile Liquid Soap	946ml	20.49	FOV
DY207	Peppermint Castile Liquid Soap	473ml	12.39	FOV
DY214	Peppermint Castile Liquid Soap	946ml	20.49	FOV
DY443	Pump Soap - Lavender	355ml	11.25	FOV
DY454	Pump Soap - Tea Tree	355ml	10.49	FOV
DY350	Pure Castile Liquid Soap	3.8l	67.49	FGOVB
DY349	Pure Castile Liquid Soap-Baby	3.8l	67.49	FGOVB
	<i>Bar Soap</i>			
DY117	Almond Pure Castile Bar Soap	140g	5.35	FOV
DY118	Baby Castile Bar Soap	140g	5.35	FOV
DY119	Citrus Orange Bar Soap	140g	5.35	FOV
DY123	Lavender Castile Bar Soap	140g	5.35	FOV
DY138	Peppermint Castile Bar Soap	140g	5.35	FOV
	<i>Hand Sanitiser</i>			
DY455	Hand Sanitiser - Lavender	60ml	4.99	FOV
FAIR SQUARED				
DY950	Lube and Massage Gel-Green Tea	each	13.95	FOV

code	product	size	rrp	bfgosv
	<i>Natural Latex. Carbon Neutral</i>			
DY943	Original Condoms	10	9.95	FV
DY947	Sensitive Condoms	10	9.95	FV
DY945	Ultra Thin Condoms	10	9.95	FV
	<i>Packaging-Bioplastic/Cardboard</i>			
DY936	100% Rubber Period Cup - Large	each	17.95	FV
DY926	100% Rubber Period Cup - Med	each	17.95	FV
	WELEDA			
DY322	Lip Balm - Berry Red Tinted	10ml	5.21	FVB
	<i>Skin Food</i>			
DY134	Skin Food Body Butter	150ml	18.95	FVB
DY133	Skin Food Light	75ml	12.95	FVB
	CANDLES, INCENSE & HOLDERS			
	GREATER GOODS			
	<i>Mother's Vegan Incense</i>			
NF444	Cinnamon & Spice	12 sticks	2.00	FV
NF440	Frankincense	12 sticks	2.00	FV
NF448	Jasmine	12 sticks	2.00	FV
NF446	Lotus	12 sticks	2.00	FV
NF449	Musk	12 sticks	2.00	FV
NF445	Opium	12 sticks	2.00	FV
NF447	Orange Blossom	12 sticks	2.00	FV
NF441	Patchouli	12 sticks	2.00	FV
NF443	Vanilla	12 sticks	2.00	FV
	<i>The Mother's India Incense</i>			
NF526	Aditi - Crisp Blend of Sage	20 sticks	3.50	F
NF394	Amrita - Earthy and Spicy	20 sticks	3.50	F
NF403	Ganesh - Rich and Sumptuous	20 sticks	3.50	F
NF469	Lila - Woody Patchouli	20 sticks	3.50	F
NF525	Meera - Sandalwood Blend	20 sticks	3.50	F
NF412	Om - Cassia, Vanilla, Amber	20 sticks	3.50	F
NF408	Oudh - Sensuous	20 sticks	3.50	F
NF410	Prem - Sweet blend of Jasmine	20 sticks	3.50	F
NF402	Rishi - Exotic Rose	20 sticks	3.50	F
NF409	Sattva - Woody	20 sticks	3.50	F
NF411	Shanti - Woody, w/Rose,Jasmine	20 sticks	3.50	F
NF393	Yoga - Sandalwood blend	20 sticks	3.50	F
	SIESTA CRAFTS			
NF579	Mango Wood Elephant Ashcatcher	each	1.59	FV
NF285	Satya Sai Nag Champa Incense	15g	0.99	FV
NF577	Satya Sai Patchouli Incense	15g	0.99	FV
NF576	Satya Sai Sandalwood Incense	15g	0.99	FV
NF578	Satya Sai White Sage Incense	15g	0.99	FV
	CEREALS & MUESLIS			
	BIOFAIR			
FX018	Quinoa Flakes Organic	400g	5.39	FO
MX009	Quinoa Pops Organic, FT	120g	4.49	GFO
	CHOCOLATE			
	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
	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

code	product	size	rrp	bfgosv
	COCOA LOCO			
KB038	Dark Chocolate Buttons	100g	2.40	FOSV
KB128	Milk Chocolate Buttons	100g	2.40	FOS
	DIVINE			
KB114	Dark Chocolate Coins	65g	2.49	FSV
KB816	Milk Chocolate Coins	65g	2.49	FS
	<i>35g Bars</i>			
ZX286	70% Dark Chocolate	35g	1.09	FSV
ZX180	Cappuccino Bar Fairtrade	35g	1.09	FS
KB138	Dark Caramel Bar	35g	1.09	FS
ZX499	Milk Chocolate	35g	1.09	FS
KB425	Milk Chocolate Caramel Bar	35g	1.09	FS
ZX422	Orange Milk Chocolate Bars	35g	1.09	FS
ZX287	White Chocolate Mini Bar	35g	1.09	FS
	<i>90g Bars</i>			
ZX498	70% Dark Chocolate	90g	2.59	FSV
ZX365	70% Dark Smooth Hazelnut	90g	2.59	SVF
ZX469	85% Dark Chocolate	90g	2.59	FSV
ZX471	Dark Choc with Ginger & Orange	90g	2.59	FSV
KB798	Dark Choc with Lemon & Juniper	90g	2.59	VSF
KB534	Dark Choc with Raspberries	90g	2.59	FSV
ZX001	Dark Chocolate with Mint	90g	2.59	FSV
ZX789	Dark Chocolate with Pink Salt	90g	2.59	FS
KB459	Milk Choc Toffee & Sea Salt	90g	2.59	FS
ZX370	Milk Chocolate 45% Cocoa	90g	2.59	FS
ZX284	Milk Chocolate Orange	90g	2.59	FS
KB364	White Choc with Strawberries	90g	2.59	FS
ZX528	White Chocolate	90g	2.59	FS
	EQUAL EXCHANGE			
KB659	55% Dark Caramel & Sea Salt	100g	2.79	FOS
KB698	65% Organic Dark Orange	100g	2.79	FOSV
KB654	71% Organic Very Dark	100g	2.79	FOSV
KB977	Dark 55% Choc with Almond	100g	2.79	FOS
ZX597	Dark Chocolate with Raspberry	100g	2.79	VSFO
	GREEN & BLACKS			
KB405	Tasting Collection	395g	14.95	FOS
KB403	The Connoisseur Collection	540g	20.65	FOS
	<i>90g Bars</i>			
KB116	70% Dark Chocolate	90g	2.45	FOS
KB034	85% Dark Chocolate	90g	2.45	FOSV
KB796	Dark Choc Hazelnut & Currant	90g	2.45	FOS
KB935	Dark Chocolate & Burnt Toffee	90g	2.45	FOS
KB132	Dark Chocolate & Ginger	90g	2.45	FOS
ZX251	Maya Gold Dark Chocolate	90g	2.45	FSOV
KB908	Milk Choc & Chopped Almonds	90g	2.45	FOS
ZX239	Milk Chocolate	90g	2.45	FOS
KB133	Milk Chocolate & Butterscotch	90g	2.45	FOS
WS091	Milk Chocolate & Sea Salt	90g	2.45	FOS
KB370	White Chocolate	90g	2.45	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	1.05	FOS
KB177	White Chocolate	35g	1.05	FOS
	<i>Xmas range</i>			
KB438	Advent Calendar	360g	16.65	OFS

code	product	size	rrp	bfgosv
MOO FREE				
	<i>Marvellously Moreish</i>			
WS052	Sea Salt & Lime Bar	80g	2.19	FGSO
ORGANIC SEED & BEAN COMPANY				
	<i>Includes 4 x 25g bars</i>			
ZX656	Mini Bar Gift Set	1g set	6.49	FOS
	<i>Includes 4 x 85g bars</i>			
ZX666	Gift Set Botanicals Collection	1g set	11.99	FOSV
ZX664	Gift Set Favourites Collection	1g set	11.99	FOSV
<i>Large Bars</i>				
KB152	37% Milk Choc,Hazels & Almonds	85g	2.69	FOS
KB733	37% Milk Chocolate	85g	2.69	FOS
KB970	58% Dark Choc & Espresso	85g	2.69	FOS
KB155	58% Dark Choc & Hazelnuts	85g	2.69	FOSV
KB979	58% Dark Choc,Lemon & Cardamon	85g	2.69	FOS
ZX793	58% Dark Sweet Orange & Thyme	85g	2.69	FOSV
KB736	70% Dark Choc & Sea Salt	85g	2.69	FOSV
KB767	72% Dark Choc & Lavender	85g	2.69	FOSV
KB200	72% Dark Choc & Mint	85g	2.69	FOSV
KB773	72% Dark Choc, Chilli & Lime	85g	2.69	FOSV
KB743	72% Dark choc, Dominican	85g	2.69	FOSV
KB772	72% Dark Choc,Mandarin &Ginger	85g	2.69	FOSV
ZX313	Raspberry & Vanilla White Bar	85g	2.69	FOS
ZX126	Sea Salt & Tropical Lime	85g	2.69	FOS
KB742	White Choc, Lemon & Poppy Seed	85g	2.69	FOS
<i>Mini Bars</i>				
ZX392	58% Dark Choc & Espresso	25g	1.25	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				
ZX094	Box of 10 Playin Chocolates	100g	3.82	FSGVO
THE RAW CHOCOLATE CO				
<i>Raw Chocolate Coated Snacks</i>				
KB053	Goji Berries	125g	5.99	GFOV
KB360	Goji Berries - Snack Pack	28g	1.79	FOV
KB362	Mulberries - Snack Pack	28g	1.79	FOV
KB903	Vanoffe Covered Mulberries	125g	5.99	FOV
TONY'S CHOCOLONELY				
ZX337	Dark Choc 51% Almonds&Sea Salt	180g	4.05	FS
ZX345	Dark Chocolate 70%	180g	4.05	FS
ZX105	Dark/Milk Choc Pretzel&Toffee	180g	4.05	FS
KB886	Milk Choc Caramel/Sea Salt	180g	4.05	FS
ZX091	Milk Chocolate	180g	4.05	FS
KB697	Milk Chocolate 32% Nougat	180g	4.05	FS
ZX369	Milk Chocolate Hazelnut	180g	4.05	FS
ZX724	White Chocolate & Raspberry	180g	4.05	SF
VEGO				
KB821	Mini Whole Hazel Chocolate Bar	65g	2.19	FOVS
WS003	Vego Dark Nuts & Berries	85g	2.69	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
CHOCOLATE & SWEET SPREADS				
ESSENTIAL TRADING				
GH092	Dark Chocolate Spread	400g	3.25	FOSV

code	product	size	rrp	bfgov
CIDERS				
DUNKERTONS				
RT054	Organic Craft Cider	500ml	2.89	FGOSV
RT053	Premium Reserve Organic Cider	500ml	2.89	FGOSV
COCOA				
SUMA PREPACKS				
LJ189	Cocoa Powder - Organic	250g	3.25	FOV
CAFEDIRECT				
TE857	Drinking Chocolate	250g	3.55	FVS
TE603	Sao Tome Hot Chocolate	300g	3.80	FS
CLIPPER				
TE205	Drinking Chocolate Fairtrade	250g	3.05	FS
TE196	Instant Hot Chocolate	1kg	10.15	FS
TE188	Instant Hot Chocolate	350g	3.59	FS
COCOA LOCO				
KB637	Dark Hot Chocolate Spoon	30g	2.19	FOSV
KB478	Milk Hot Chocolate Spoon	30g	2.19	FOS
WS116	Praline Hot Chocolate Spoon	30g	1.79	FOSV
DIVINE				
TE687	Drinking Chocolate	400g	4.39	FVS
TE169	Winter Spice Hot Chocolate	300g	4.80	FSV
EQUAL EXCHANGE				
TE491	Hispaniola Cocoa Powder - og	250g	4.49	FOV
GREEN & BLACKS				
TE453	Cocoa Powder - organic	125g	2.73	FOV
TE131	Hot Chocolate	300g	4.75	FO
HASSLACHER'S				
TE078	Bar of Drinking Chocolate	250g	5.59	FV
MONTEZUMA'S				
KB190	Dark Drinking Chocolate	300g	5.75	FOSV
COFFEE				
SUMA				
<i>Bulk Packs</i>				
TE103	Colombia Cosurca Beans	1kg	20.28	FOV
TE656	Espresso Beans	1kg	19.69	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	21.28	FOV
TE109	Honduras Coffee Beans	1kg	17.24	FOV
TE758	Medium Roast Ground Coffee	1kg	19.20	FOV
TE106	Peru Cepicafe Beans	1kg	18.21	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	20.56	FOV
TE113	Swiss Water Decaff Beans	1kg	21.28	FOV
<i>Roast and Ground Coffees</i>				
TE014	Bolivia Femenino Ground Coffee	227g	4.65	FOV
TE372	Colombia Ground Coffee	227g	4.65	FOV
TE400	Decaffeinated Ground Coffee	227g	5.25	FOV
TE650	Espresso Ground Coffee	227g	4.99	FOV
TE374	Ethiopia Yirgacheffe Ground	227g	4.99	FOV
TE384	Honduras Ground Coffee	227g	4.29	FOV
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

code	product	size	rrp	bfgosv
TE513	Machu Picchu	100g	5.10	FV
TE792	Smooth Organic	100g	4.99	FOV
TE329	Smooth Roast	100g	4.60	FV
TE203	Smooth Roast	200g	7.80	FV
TE395	Smooth Roast	500g	22.60	FV
<i>Roast & Ground Coffees</i>				
TE492	Arabica Espresso	227g	4.35	FV
TE493	Decaffeinated Machu Picchu	227g	4.75	FV
TE666	Intense Roast	227g	4.35	FV
TE951	Kilimanjaro Tanzania	227g	4.50	FV
TE156	Lively Roast	227g	4.35	FV
TE952	Machu Picchu Organic Ground	227g	4.50	FOV
TE950	Organic Roast	227g	4.60	FOV
TE793	Origins Blend Organic	227g	4.59	FOV
TE794	Peruvian Reserve Organic	227g	4.79	FOV
TE176	Smooth Roast	227g	4.35	FV
<i>Roast Wholebean Coffees</i>				
TE791	Espresso Blend Organic	227g	4.59	FOV
TE901	Machu Picchu Organic	227g	4.50	FOV
TE795	Peruvian Reserve Organic	227g	4.79	FOV
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	100g	5.49	FOV
TE422	Fairtrade Organic Instant	100g	4.99	FOV
TE076	Fairtrade Organic Instant	100g	4.99	FOV
TE739	Fairtrade Organic Instant	100g	4.99	FOV
<i>Roast and Ground Coffees</i>				
TE845	Decaffeinated Ground Coffee	227g	4.49	FOV
TE849	Italian Style Ground Coffee	227g	3.99	FOV
TE705	Papua New Guinea Ground Coffee	227g	3.99	FOV
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
TE876	Women Grew This- Ground Coffee	227g	4.89	FOV
<i>Roast Wholebean Coffees</i>				
TE898	Anytime Med Roast Og Beans	1kg	18.95	FOV
TE402	Dark City Og Coffee Beans	227g	4.89	FOV
TE403	Decaffeinated Og Coffee Beans	227g	5.25	FOV
TE896	Espresso - og	1kg	18.95	FOV
TE408	Italian Blend Coffee Beans	227g	4.89	FOV
TE008	Italian Blend Og Coffee Beans	1kg	18.95	FOV
TE371	Medium Roast Coffee Beans	227g	4.89	FOV
TE409	Women Grew This - Coffee Beans	227g	4.89	FOV
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
TE839	Guatemala Pocola	227g	5.25	FV
TE559	Peru Femenino	227g	4.65	FOV

code	product	size	rrp	bfgosv
TE285	Sumatra Gayo Highlands	227g	4.65	FOV
	<i>Roast Wholebean Coffees</i>			
TE718	Cafe Equidad - Colombia Beans	227g	4.65	FOV
	PERCOL			
	<i>Instant Coffees</i>			
TE005	Colombian Fairtrade	100g	4.49	FV
TE679	Colombian Fairtrade Decaff	100g	4.49	FV
	<i>Roast & Ground Coffees</i>			
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
TE804	Vibrant Guatemalan Fairtrade	200g	4.75	FV
	<i>Roast Wholebean Coffees</i>			
TE729	Intense Espresso Beans FT	200g	4.75	FOV
	DRINKS (CHILLED)			
	KARMA KOMBUCHA			
CV256	Ginger	1l	5.89	FOV
CV245	Mango	500ml	3.65	FOV
CV258	Pomegranate	1l	5.89	FOV
	FAR EASTERN FOOD			
	KING SOBA			
WT123	Og Basmati White Rice Noodles	250g	2.39	OFV
	FLOURS & BREAD MIXES			
	BIOFAIR			
FG027	Organic Fairtrade Quinoa Flour	400g	6.99	FOV
	FRUIT - DRIED			
	SUMA PREPACKS - ORGANIC			
DR720	Dates -og pitted fairly traded	250g	2.89	FOV
	TROPICAL WHOLEFOODS			
DR134	Fairtrade Apricots	125g	1.89	FV
DR200	Fairtrade Organic Mango	100g	2.75	FOV
	ZAYTOUN			
DR164	Palestinian Medjoul Dates	250g	4.95	FV
	GRAINS			
	BIOFAIR			
QS015	Organic Fairtrade Quinoa Red	500g	5.39	FOV
QS024	Organic Fairtrade Quinoa Tri	500g	4.99	FOV
	ZAYTOUN			
QS014	Palestinian Couscous	250g	3.65	FV
QS131	Smoky Freekeh	250g	3.69	FV
	HERB & FRUIT TEA INFUSIONS			
	CLIPPER			
	<i>Black Tea</i>			
TE042	Blackcurrant	20 bags	2.19	FGOV
TE035	Indian Chai	20 bags	2.19	FGOV
TE036	Red Fruits	20 bags	2.19	FGOV
TE037	Summer Berry	20 bags	2.19	FGOV
	<i>FOOD SERVICE RANGE</i>			
TE148	Chamomile - og	25 bags	2.53	FOV
TE166	Peppermint - og	25 bags	2.53	FOV
	ESSENTIAL TRADING			
TE271	Camomile Tea	20 bags	1.65	FOV
TE279	Peppermint Tea	20 bags	1.65	FOVB
	PUKKA			
TE421	Clean Matcha Green	20 bags	2.99	FOV
TE609	Ginseng Matcha Green	20 bags	2.99	FOV
TE490	Mint Matcha Green	20 bags	2.99	FOV

code	product	size	rrp	bfgosv
TE095	Original (Black Spice) Chai	20 bags	2.99	FOV
TE542	Supreme Green Matcha	20 bags	2.99	FOV
TE623	Turmeric Gold	20 bags	2.99	FOV
TE094	Vanilla Chai	20 bags	2.99	FOV

HERBS & SPICES - PREPACKED

SUMA ORGANIC

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, F/T

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

STEENBERGS

HE047	Saffron - Fairtrade	0.5g	4.09	FV
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HONEY

EQUAL EXCHANGE

HY003	Chilean Ulmo Blossom	500g	5.90	F
HY005	Organic clear	500g	5.90	FO
HY004	Organic set	500g	5.90	FO

HILLTOP HONEY

HY068	Organic Fairtrade Honey	227g	4.39	FO
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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
HY071	Single Estate Autumn Ivy Honey	380g	6.89	F

HOUSEHOLD PRODUCTS

FELT SO GOOD

NF124	Hanging Felt Unicorns,3 Cols	1	5.95	F
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XMAS 2018

NF176	Tree Decoration - Felt Santas	1	8.95	F
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IF YOU CARE

NF224	Latex House Gloves - Medium	medium	3.49	FV
NF226	Latex Household Gloves - Small	small	3.49	FV
NF223	Latex Household Gloves- Large	large	3.49	FV

SIESTA CRAFTS

NF117	2 piece set Tortilla Baskets	set	9.15	FV
NF275	Backpack-Cicles, Ass'd Colours	each	13.99	FV

TRADCRAFT

NF181	Fair Trade Rubber Gloves	1 pairs	1.45	GFV
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INDIAN FOOD

GEO ORGANICS

KJ573	Mango Chutney OG Fairtrade	300g	3.05	FOSV
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JAMS & FRUIT SPREADS

TRADCRAFT

GH165	Organic Orange Marmalade	340g	2.59	FOVS
GH166	Organic Strawberry Jam	340g	3.09	FOVS

MILK - NON DAIRY

PLENISH

Grab & Go Shakes

SY161	Coffee Almond Shake	250ml	2.39	FOV
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NUT & SEED BUTTERS

SUMA

GH135	Peanut Butter, crunchy	340g	3.59	FVO
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EQUAL EXCHANGE

GH704	Peanut Butter -Crunchy no salt	280g	2.99	FOV
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code	product	size	rrp	bfgosv
NUTS & SEEDS				
ZAYTOUN				
NU108	Palestinian Almonds	150g	5.75	FV
OILS & FATS				
EQUAL EXCHANGE				
<i>Palestinian Fairtrade Oils</i>				
GT555	Olive Oil	1l	18.99	FV
ZAYTOUN				
GT056	Olive Oil - Fair Trade	500ml	14.69	FOV
GT023	Olive Oil - Fairtrade	5l	115.00	FOV
GT020	Olive Oil - Organic Fairtrade	250ml	9.01	FOV
GT022	Olive Oil - Organic Fairtrade	750ml	20.95	FOV
READY MEALS (FROZEN)				
AMY'S KITCHEN				
XL356	Breakfast Scramble	255g	4.15	FGV
XL355	Breakfast Tofu Wrap	155g	2.49	FGV
SAUSAGES & BURGERS (FROZEN)				
GOODLIFE				
XL363	Smokey Bean Sausages	252g	3.09	FSV
SHERRY, PORT & DESSERT WINE				
STEENBERGS				
HE114	Mulled Wine Sachets-Fairtrade	20g	1.99	FOV
SNACK BARS & FLAPJACKS				
OH SO SCRUMMY				
KB982	FT Chocolate Topped Flapjack	80g	0.85	FS
KB984	FT Fruity Flapjack	80g	0.85	FS
KB983	FT Yoghurt Topped Flapjack	80g	0.85	FS
TROPICAL WHOLEFOODS				
KB710	Organic Mango & Brazil	40g	0.79	FOV
SOFT DRINKS				
CHARITEA				
JU598	CharITea Black	330ml	1.35	FOSV
JU597	CharITea Green	330ml	1.35	FOS
JU596	CharITea Mate	330ml	1.35	FOS
JU595	CharITea Red	330ml	1.35	FOSV
GUSTO				
JU223	Fiery Ginger With Chipotle	275ml	1.99	FOV
JU376	Naturally Slim Cola	275ml	1.99	FGV
JU353	Organic Real Cola	275ml	1.99	FGOV
JU224	Sicilian Blood Orange	275ml	1.99	FOV
JU159	Sicilian Lemon with Fresh Yuzu	275ml	2.05	FOV
HAMPSTEAD TEA				
<i>Iced Tea</i>				
JU169	Elegant Elderflower	1l	2.99	FOSV
JU172	Perfect Peach	1l	2.99	FOSV
JU174	Royal Raspberry	1l	2.99	FOSV
KARMA COLA				
<i>Cans</i>				
JU617	Gingerella Ginger Ale	250ml	1.29	FOSV
JU616	Karma Cola	250ml	1.29	FOSV
JU749	Karma Cola - sugar free	250ml	1.29	FV
JU800	Karma Orangeade	250ml	1.29	FOSV
JU615	Lemony Lemon	250ml	1.29	FOSV
<i>Glass Bottles</i>				
JU073	Gingerella Ginger Ale	300ml	1.85	FOVS
JU075	Karma Cola	300ml	1.85	FOSV
JU750	Karma Cola - Sugar Free	300ml	3.49	FOV
JU078	Lemony Lemon	300ml	3.49	FOSV
JU302	Summer Orangeade	300ml	1.85	FOSV

code	product	size	rrp	bfgosv
	KUKA COFFEE			
JU076	Cold Brew Coffee	240ml	2.65	FGV
	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
	SUGARS & SYRUPS			
	SUMA PREPACKS			
LJ090	Golden Granulated Sugar	500g	2.75	FV
	BILLINGTONS			
LJ188	Fairtrade Demerara	500g	1.89	FV
LJ185	Fairtrade Golden Gran Sugar	500g	1.74	FV
LJ186	Fairtrade Light Brown Soft	500g	1.79	FV
LJ192	Fairtrade Natural Dark Brown	500g	1.82	FV
	EQUAL EXCHANGE			
LJ500	Raw Cane Sugar - organic	500g	2.39	FOSV
	MERIDIAN			
HY300	Molasses - Organic, Fairtrade	350g	1.99	FOV
	RAYNERS			
LJ587	Fairtrade Organic Golden Syrup	340g	3.75	FVO
LJ704	Golden Syrup - Organic	5kg	34.99	FOV
	TRADCRAFT			
LJ515	Brown Sugar Sticks	3g	12.19	FVS
LJ889	Caster Sugar - Golden Caster	500g	1.65	FSV
LJ880	Sugar - Dark Muscovado Sugar	500g	1.75	FSV
LJ990	Sugar - Demerara	500g	1.65	FSV
LJ132	Sugar - Raw Cane	500g	1.65	FSV
LJ514	White Sugar Sticks	3g	12.19	FVS
	SUPERFOODS & SPORTS NUTRITION			
	NATURES AID			
VM003	MCT Oil	500ml	18.95	FGV
	NATURYA			
MD040	Greens Blend Organic	250g	14.99	FGOV
MD216	Organic Cacao Powder F/trade	250g	6.99	FVO
	SUPPLEMENTS & REMEDIES			
	NATURES AID			
VM015	Multi-Vitamin Drops	50ml	7.95	FG
VM034	Vitamin C Drops	50ml	4.95	FGV
VM037	Vitamin D3 Drops	50ml	6.95	FG
	SWEET SNACKS			
	COTSWOLD FUDGE CO			
ZX463	Vegan Chocolate Fudge	150g	3.25	FSV
ZX464	Vegan Seasalt Fudge	150g	3.25	FSV
ZX465	Vegan Vanilla Fudge	150g	3.25	FSV
	TEAS			
	CAFEDIRECT			
	<i>Everyday Teas</i>			
TE691	Everyday Tea	1100 bags	34.21	FV
TE390	Everyday Tea	160 bags	6.10	FV
TE690	Everyday Tea	80 bags	3.45	FV
TE637	Everyday Tea Decaff	80 bags	4.75	FV
	CLIPPER			
	<i>Classic</i>			
TE982	Assam - organic	125g	2.53	FOV
TE983	Assam - organic	50 bags	2.53	FOV
TE500	Earl Grey - organic	50 bags	2.99	FOV
TE053	Earl Grey - organic	80 bags	3.99	FOV
TE897	English Breakfast Organic	125g	2.53	FOV
TE300	English Breakfast Organic	40 bags	2.53	FOV

code	product	size	rrp	bfgosv
TE507	English Breakfast Organic	80 bags	3.99	FGOV
TE967	Indian Chai organic	20 bags	1.90	FOV
<i>FOOD SERVICE RANGE</i>				
TE150	Earl Grey - og	25 bags	2.53	FOV
TE796	English Breakfast - og	25 bags	2.53	FOV
TE635	Everyday Decaffeinated - og	25 bags	2.53	FOV
TE447	Fairtrade Blend	100 bags	5.08	FV
TE726	Fairtrade One Cup Teabags	440 bags	14.72	FV
TE161	Green Tea - og	25 bags	2.53	FOV
<i>GREEN TEA FAIRTRADE</i>				
TE486	Citrus Green Tea + Echinacea	20 bags	1.89	OFV
TE968	Green Chai - og	20 bags	2.29	FOV
TE877	Green Tea - og	100g	2.69	FOV
TE571	Green Tea with Aloe Vera - og	20 bags	2.38	FOV
TE754	Green Tea with Ginseng	20 bags	1.89	FV
TE996	Organic Green & Lemon 80 Bags	80 bags	3.99	OVF
TE993	Organic Green Decaf Tea	20 bags	2.19	OVF
TE991	Organic Green Tea & peppermint	20 bags	1.99	OFV
TE990	Organic Green Tea with Lemon	20 bags	1.99	OFV
TE997	Organic Pure Green 80 Bags	80 bags	3.99	OFV
TE989	Organic Pure Green Tea	20 bags	1.99	OFV
TE016	Pure Green Tea	50 bags	2.29	FV
TE484	Pure Green Tea - organic	50 bags	2.69	FOV
<i>Originals</i>				
TE800	Fairtrade 80 Teabags	80 bags	3.49	FV
TE541	Fairtrade Blend	40 bags	1.99	FV
HAMPSTEAD TEA				
TE939	Clean Green	20 bags	2.49	FOV
TE936	Divine Earl Grey	20 bags	2.49	FOV
TE935	Pure Darjeeling	20 bags	2.49	FOV
TE932	Strong English Breakfast	20 bags	2.49	FOV
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	25 bags	2.09	FOV
TE582	Fairtrade Ginger Green Tea	25 bags	2.09	FOV
TE585	Fairtrade Ginkgo Green Tea	25 bags	2.09	FOV
TE485	Fairtrade Green Tea	25 bags	1.69	FOV
TE817	Fairtrade Gunpowder Tea	100g	2.39	FOV
TE114	Fairtrade White Tea	25 bags	1.89	FOV
TE257	Green Tea and Matcha	20 bags	2.09	FOV
TE261	Green Tea Ginseng & Matcha	20 bags	1.57	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
TRAIDCRAFT				
TE091	Breakfast Blend	250g	2.89	FV
TE097	Breakfast Blend Loose Leaf Tea	125g	1.75	FV
TE092	Decaffeinated Breakfast Blend	250g	4.45	FV
TE093	Earl Grey Tea	125g	2.09	FV
WILLIAMSON TEA				
TE086	Earl Grey	50 bags	2.85	FV
TE087	English Breakfast	50 bags	2.85	FV
TE098	Traditional Afternoon	50 bags	2.85	FV
TOOTH CARE				
DR BRONNER'S				
DY544	Peppermint Toothpaste	140ml	7.49	FV

code	product	size	rrp	bfgosv
WINES				
RED WINE				
<i>Argentina</i>				
WN176	Bonarda Malbec Casa Solero	75cl	9.25	FV
WN119	Made in Mendoza Malbec	75cl	11.29	FOV
<i>Chile</i>				
WN030	Merlot Carmenere	75cl	9.84	FV
<i>Lebanon</i>				
WN033	Coteaux Les Cedres Du Liban	75cl	20.39	FV
<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
WN196	Pinotage - Running Duck	75cl	10.59	FOV
WN116	Shiraz - Running Duck	75cl	8.69	FOV
ROSE WINE				
<i>South Africa</i>				
WN118	Shiraz Rose - Running Duck	75cl	10.35	FOV
WHITE WINE				
<i>Chile</i>				
WN032	Sauvignon Blanc Semillon	75cl	9.84	FV
<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

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