

Suma

CO-OPERATIVE SINCE 1977

GLUTEN FREE

JANUARY - FEBRUARY 2020

Gluten Free

A bit more about it..

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

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

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



Key BFGSOV

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

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

code	product	size	rrp	bfgosv
ALCOHOLIC DRINKS				
NOVELTEA				
WN064 GSV	Tale of Earl Grey		700ml	24.99
WN068 GSV	Tale of Oolong		700ml	24.99
WN066 GSV	Tale of Tangier		700ml	24.99
WN069 33.99	Trio Gift Pack GSV		3 x 250ml	
BABY & CHILD FOOD				
ANNABEL KARMEL				
<i>Pouches</i>				
BB002 GOV	Apple Blueberry & Banana	Puree	100g	1.25
BB020 GOV	Banana,Blueberry, Coconut Milk	Puree	100g	1.25
BB008 GOV	Banana,Pear & Peach	Puree	100g	1.25
BB023 GOV	Mango,Apple & Coconut Milk		100g	1.25
BB019 GOV	Pumpkin,Apple & Sweetcorn	Puree	100g	1.25
BB014 GOV	Strawberry,Banana & Apple	Puree	100g	1.25
BABEASE				
BB100 GOV	Banana & Pear Coconut Water	Stage One	100g	1.35
BB088 GOV	Butternut, Carrot & Broccoli	Stage One	100g	1.35
BB090 GOV	Garden Vegetable Risotto	Stage Two	130g	1.75
BB096 GOV	Pumpkin & Peas	Stage One	100g	1.35
BB103 GOV	Root Vegetable & Quinoa Pilaf	Stage Two	130g	1.75
BB097 GOV	Strawberry,Apple Coconut Water	Stage One	100g	1.35
BEAR				
ZX054 GV	Paws Apple & Pumpkin		20g	0.59
ZX061 GV	Paws Mango & Carrot Multipack	Paws in Multipack	20g	2.79
ZX058 GV	Paws Mango & Carrot Single		20g	0.59
ZX059 2.79	Paws Pumpkin & Apple Multipack	Paws in Multipack		20g
ZX515 GV	Paws- Apple & Blackcurrant		20g	0.59
ZX523 0.59	Paws- Raspberry & Blueberry	See also Sweet Snacks (Yoyos)		20g
ZX520 GV	Paws- Strawberry & Apple		20g	0.59
<i>Paws in multipacks</i>				
ZX189 GV	Paws- Raspberry & Blueberry		5 x 20g	2.69
LITTLE PASTA ORGANICS				
<i>Pasta</i>				
BB151 GOV	Gluten Free Mini Gnocchi		250g	2.39

code	product	size	rrp	bfgosv
	<i>Pasta Sauce</i>			
BB017	Asparagus Pasta Sauce with Broadbean and Pea	130g	2.65	GOV
BB298	Pumpkin & Carrot Pasta Sauce	130g	2.05	GOV
BB257	Spinach & Broccoli Sauce pasta sauce for kids	130g	2.05	GOV
	<i>Stage Three Jars</i>			
BB108	Cheesy Pumpkin & Pasta	Gluten Free 180g	3.09	GO
BB104	Tomato & Ricotta Pasta	Gluten Free 180g	3.09	GO
	ORGANIX			
	<i>From 12 months</i>			
BB031	Blackcurrant Stars	12g	0.79	GOV
BB029	Raspberry Moos	12g	0.79	GOV
	<i>Goodies Savouries</i>			
BB034	Sweet Cinnamon Puffcorn	4 x 10g	2.19	GOV
	<i>Pouches</i>			
BB086	Apple, Strawberry & Oat	from 6 months 100g	1.49	GOV
BB082	Apple,Pineapple,Coconut	from 6 months 100g	1.49	GOV
BB077	Mango, Pear & Oats	from 6 months 100g	1.49	GOV
BB085	Oatmeal, Apricot & Banana	from 6 months 100g	1.49	GOV
BB054	Oatmeal,Apple,Rasp & Blueberry from 6 months	100g	1.49	GOV
	BAKING SUNDRIES			
	SUMA			
LJ039	Baking Powder - Gluten Free	200g	2.19	GV
	BARKAT			
LJ002	Gluten Free Baking Powder	100g	1.49	GV
	CLEARSPRING			
JP064	Kuzu (Wild Arrowroot)	125g	6.99	GVO
	DOVES FARM			
LJ206	Baking Powder	130g	1.49	GV
LJ228	Choc Chip Cookie Mix	350g	3.25	GSV
LJ234	Chocolate Brownie Mix	350g	2.95	GS
LJ203	Cornflour Organic	110g	1.79	GOV
LJ175	Gluten Free Batter Mix	1kg	3.09	GV
LJ233	Pancake Mix	300g	2.35	G
LJ423	Quick Yeast	Now in Outers of Two 8 x 125g	1.19	GV
LJ191	Vitamin C	120g	5.19	GV
	ENGEVITA			
LJ144	Organic Yeast Flakes	125g	4.95	GOV
LJ148	Super Yeast Flakes Vit D & B12	100g	3.99	GV
LJ143	Yeast Flakes	125g	2.99	GV
LJ020	Yeast Flakes with Vitamin B12	125g	3.59	GV
	MOO FREE			
LJ311	Baking Drops Alternative to Milk Chocolate	150g	3.79	GOSV
	ORGRAN			
LJ656	Egg Replacer	200g	2.95	GV
LJ077	Vegan Easy Egg	250g	4.25	GV
	PLAMIL			
	<i>Drops in 1kg bags</i>			
KB651	Baking Chocolate	1kg	11.99	GSV
KB652	Org & F/T Baking Chocolate	1kg	13.59	GFOV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
	THE RAW CHOCOLATE CO			
	<i>Chocolate Making Ingredients</i>			
KB050	Cacao Butter	240g	6.70	GFOV
	BEANS & PULSES - CANNED			
	WHOLE EARTH			
VF161	Baked Beans - organic	400g	1.19	GOV
	BISCUITS CRACKERS & CRISPREAD			
	AGAINST THE GRAIN			
BT077	OG Berry Delicious Cookies	150g	3.26	GOV

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BT341	Og Choc Chip & Hazelnut Cookie	150g	3.10	GOSV
BT302	Org Chocolate & Orange Cookies Gluten free	150g	3.10	GOSV
BT340	Organic Almond Cookies	150g	2.98	GOSV
BT339	Organic Ginger Crunches	150g	2.98	GOSV
AMISA				
BT560	Chestnut Crispbread	100g	2.39	GO
BT119	Chickpea Crispbread	100g	1.99	GOV
BT106	Crispbread - Amaranth & Rice	120g	2.09	GOV
BT185	Crispbread - Buckwheat W/grain	120g	2.39	GOV
BT291	Crispbread - Veggie Garden GF	100g	1.69	GOV
BT159	Protein Lentil Crispbread	100g	1.99	GOV
ANGELIC GLUTEN FREE				
BT111	Chocolate & Coconut Oat Slice	200g	2.85	GV
BT104	Chocolate Brownie Squares	200g	2.85	GV
BT179	Double Chocolate Cookies	125g	2.59	GSV
BT186	Ginger Crunch Cookies	125g	2.59	GSV
BT177	Rosemary & Seasalt Crackers	145g	2.59	GS
CLEARSPRING				
BT573	Brown Rice Cakes - Buckwheat Buckwheat & Amaranth	120g		1.49
GOV				
BT574	Brown Rice Cakes - Quinoa Quinoa & Chia	120g	1.49	GOV
BT575	Brown Rice Cakes - Seeds 7 Super Seeds	120g	1.49	GOV
BT317	Organic Corncakes	130g	1.29	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	130g	1.19	GOV
BT629	Rice Cakes - No Added Salt,Org	130g	1.19	GOV
DOVES FARM				
BT295	Choc Chip Cookies	180g	2.29	GOSV
BT269	Lemon Zest Cookies - GF	150g	1.59	GOSV
BT008	Stem Ginger Cookies - GF	150g	1.59	GOSV
EASY BEAN				
BT078	Chickpea Crispbread - Cheddar	110g	3.15	G
BT204	Chickpea Crispbread - Moroccan	110g	3.15	G
BT076	Chickpea Crispbread - Seaweed With sesame	110g	3.15	G
BT208	Chickpea Crispbread with Seeds	110g	3.15	G
BT205	Chickpea Crispbread-Mung Bean With chive	110g	3.15	G
BT304	Fava Bean & Poppy Seed	160g	2.95	GV
BT305	Green Pea & Chia Seed	160g	2.95	GV
BT303	Red Lentil & Poppy Seed	160g	2.95	GV
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
KALLO				
BT045	Ancient Grain Corn Cakes	150g	1.99	GOV
BT152	Blueberry/Van Rice/Corn Cakes Jumbo cakes	131g	2.29	GSV
BT527	Chia Seed Corn Cake	130g	1.49	GV
BT184	Corn Cakes OG Slightly Salted	130g	1.79	GOV
	<i>Lentil Cakes</i>			
BT578	Protein Lentil Cake	100g	1.99	GV
	<i>Rice Cakes</i>			
BT237	Honey Jumbo Rice Cake	125g	2.19	GO
BT810	Milk Chocolate Rice Cakes OG	90g	2.39	GO
BT034	Original Organic Wholegrain Salted	130g	1.69	GVO
BT036	Thick Slice Sesame Rice Cake Salted	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

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	KENT & FRASER			
BT274	Chilli & Coriander Wafer	With Lime	110g	2.75 G
	KOOKIE CAT			
BT565	Cacao Nib & Walnut Cookie		50g	1.49 GOV
BT567	Chia & Lemon Cookie		50g	1.49 GOV
BT566	Hemp & Cacao Cookie		50g	1.49 GOV
BT563	Pineapple & Orange Cookie		50g	1.49 GOV
BT564	Vanilla & Choc Chip Cookie		50g	1.49 GOV
	LAZY DAY			
BT188	Chocolate Chip Oaties	gluten & dairy free	150g	2.45 GSV
BT194	Chocolate Chip Shortbread	suitable for coeliacs & vegans	150g	2.75
CV				
BT141	Chocolate Orange Slices	suitable for coeliacs & vegans	150g	2.89
CV				
BT214	Dark Belgian Chocolate Gingers	suitable for coeliacs & vegans		125g
3.25	GV			
BT197	Free From Shortbread	suitable for coeliacs & vegans	150g	2.75 GV
BT140	Ginger Tiffin	suitable for coeliacs & vegans	150g	2.89 GVS
BT199	Golden Syrup Oaties	gluten & dairy free	150g	2.45 GSV
BT524	Millionaire Crispies	suitable for coeliacs & vegans	150g	2.89 GVS
BT316	Millionaires Shortbread	gluten & dairy free	150g	2.89 GSV
BT489	Peppermint Slice		150g	2.89 GSV
BT180	Stem Ginger Oaties	gluten & dairy free	150g	2.45 GSV
	<i>Mini Bites Tubs</i>			
BT191	Millionaires Crispie Bites	gluten and dairy free	180g	3.89 GSV
BT196	Rocky Road Bites	gluten and dairy free	180g	3.89 GSV
BT183	Tiffin Bites	gluten & dairy free	180g	3.89 GSV
	LE PAIN DES FLEURS			
BT094	Buckwheat Crispbread		125g	3.29 GOV
BT189	Buckwheat Crispbread (no salt)	no added sugar or salt	125g	3.29
GOV				
BT095	Chestnut Crispbread		125g	3.99 GOV
BT093	Quinoa Crispbread		125g	3.99
FGOV				
	METCALFE'S			
BT222	Rice Cakes - Dark Chocolate	Twin Pack	34g	0.99 GVS
BT209	Rice Cakes - Milk Chocolate	Twin Pack	34g	0.99 GS
BT198	Rice Cakes - Yoghurt	Twin Pack	34g	0.99 GS
	MRS CRIMBLES			
BT245	Chocolate Macaroons		195g	1.99 GSV
	NAIRN'S			
BT149	Caramelised Onion Flatbreads		150g	2.09 G
BT156	Cheese Cracker		137g	2.09 G
	<i>Gluten Free</i>			
BT558	Cracked Black Pepper Cracker		137g	2.09 GS
BT200	GF Apple&Cinnamon Chunky Bisc		160g	2.35 GV
BT324	GF Biscuit Breaks Choc Chip		160g	2.35 G
BT108	GF Biscuit Breaks Oat & Fruit		160g	2.35 GVS
BT109	GF Biscuit Breaks Oat & Syrup		160g	2.35 GSV
BT267	GF Biscuit Breaks Stem Ginger		160g	2.35 GSV
BT571	GF Blueb&Rasp Chunky Biscuits		160g	2.35 GS
BT572	GF Dark Choc&C'nut Chunky Bisc		160g	2.35 GS
BT549	GF Super Seeded Oatcake		180g	2.25 GV
BT420	Gluten Free Oatcakes		213g	2.25 GGV
BT424	Gluten Free Oatcakes - Cheese		180g	2.25 G
BT559	W/Grain Super Seeded Cracker		137g	2.09 GS
BT557	Wholegrain Cracker		137g	2.09 GS
	ORGRAN			
BT257	Toasted Corn Crispbread		125g	2.15 G
	ORIGIN EARTH			
BT390	Gluten Free Crackers		150g	2.69 GV
BT389	Gluten Free Crackers Fennel		150g	2.69 GV

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BT387	Gluten Free Crackers Sesame		150g	2.69	GV
PREWETTS					
BT260	Dark Chocolate & Ginger	gluten free	150g	3.55	GS
BT280	Jammy Wheels		160g	2.19	GV
BT258	Milk Chocolate Digestives		165g	2.35	GS
BT526	Rich Quadruple Choc Cookies		150g	3.45	GS
RHYTHM 108					
BT334	Coconut Cookie		135g	3.09	GOV
BT335	Double Choco Hazelnut Biscuits		135g	3.09	OVG
BT344	Lemon Ginger Chia Biscuits		135g	3.09	GOV
BT333	Oh-la-la Almond Biscotti		135g	3.09	GOV
RUDE HEALTH FOODS					
BT244	Black Rice & Turmeric Crackers		100g	2.99	GOV
BT505	Buckwheat & Chia Crackers		150g	3.25	GOV
BT144	Buckwheat & Black Bean Crackers		120g	2.99	GOV
BT147	Chickpea & Lentil Crackers		120g	2.99	GOV
BT054	Corn Crackers		130g	2.75	GOV
BT395	Multigrain Thins		160g	2.75	GOV
BODY CARE					
DR BRONNER'S					
DY338	Lavender Castile Liquid Soap	Bulk size 3.8 litres	3.8l	67.49	FGOVB
DY350	Pure Castile Liquid Soap	Bulk size 3.8 litres	3.8l	67.49	FGOVB
DY349	Pure Castile Liquid Soap-Baby	Bulk size 3.8 litres	Unscented	3.8l	FGOVB
67.49					
FAITH IN NATURE					
<i>Body Wash</i>					
DY351	Body Wash - Avocado	Nourishing	400ml	5.79	GV
<i>Conditioner</i>					
DY354	Conditioner - Blueberry	Hydrating	400ml	5.79	GV
<i>Shampoo</i>					
DY353	Shampoo - Blueberry	Hydrating	400ml	5.79	GV
GREEN PEOPLE COMPANY					
<i>Men's Range</i>					
DY337	No 11 Texturising Styling Gel	Creates natural m'ment/texture			100ml
10.99					GOV
DY334	No 4 Men's Taming Beard Oil	Conditioning, cypress & rosemary			30ml
17.49					GOV
LAVERA					
<i>Basis</i>					
DY583	Lip Balm Sensitive	With jojoba and almond oil	4.5g	3.95	OG
BREADS & BREAD MIXES					
AMISA					
BT248	French Style Classic Baguette		180g	3.19	GOV
BT125	Olive Ciabatta		180g	3.19	GOV
BT247	Rustic Style Seeded Baguette		160g	3.19	GOV
BIONA					
BT461	Rice Bread with Sunflower Seed	Organic and Gluten Free	500g	4.49	GOV
GOV					
ISABEL'S NATURALLY FREE FROM					
FG186	Baked Donut Mix	Gluten Free	100g	2.95	GV
BT201	Dough Ball Mix		125g	2.95	GV
BT203	Gluten & Wheat Free Pizza Mix		300g	3.35	G
FG084	Yorkshire Pudding Mix - G/Free	Wheat free	100g	2.95	G
SCHNITZER GLUTEN FREE					
BT467	Baguette Classic	Average 2-3 months shelf life	360g	3.75	GOV
BT466	Baguette Grainy Linseed/Sesame	Average 2-3 months shelf life			320g
3.75					GOV
BT160	Burger Bun		125g	2.15	GOS
BT470	Ciabatta Olive Bread GF	Average 2-3 months shelf life	360g	4.45	GOV
GOV					
BT462	Focaccia Rolls	Average 2-3 months shelf life	220g	3.09	GOV

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BT469 4.45	Granello-Brown with Sunflowers	Average 2-3 months shelf life		500g
BT083	Panini Bianco		250g 3.09	GO
BT516	Pizza Base	Average 2-3 months shelf life	300g 1.39	GOV
BT517 GOV	Quinoa Bread with Chia	Average 2 months shelf life	500g	4.65
BT471 4.45	Rustico GF Bread with Amaranth	Average 2-3 months shelf life		500g
TASTE ITALIA				
BT009	Gluten free Plain Wraps		2 x 80g 2.99	GV
BT014	Gluten Free Vegan OG Wraps		2 x 80g 3.69	GOV
BURGERS SAUSAGES & TVP MIXES				
SUMA PREPACKS				
VF154	Nut Roast Mix - Gluten Free	Vegan & Gluten Free	340g 2.99	GVS
CLEARSPRING				
SY071	Organic Soya Mince		300g 3.49	GOV
CAKES				
CREATIVE NATURE				
BT231 GSVO	Chocolate Chip Muffin Mix	Gluten, Dairy, Soya & Nut Free	250g	3.99
FREE & EASY				
<i>Gluten & Dairy Free</i>				
BT072	Chocolate Brownie Mix		350g 3.99	GSV
CEREALS & MUESLIS				
SUMA GRANOLA				
MX213	GF Berry Burst Granola	70% Fruit, nuts & seeds	350g 4.85	G
SUMA MUESLI				
MX211 GOV	GF Multigrain Muesli - Organic	Over 52% fruit, nuts & seeds	500g	3.59
ALARA				
<i>Everyday Range</i>				
MX023	Gluten Free Muesli - organic		250g 3.29	GOV
<i>Into The Garden</i>				
MX236	Active Muesli	New Size	250g 3.99	GOV
AMISA				
FX016	Organic Porridge Oats		325g 2.69	GOV
BIOFAIR				
MX009	Quinoa Pops Organic, FT		120g 4.49	GFO
DOVES FARM				
MX019	Cereal Flakes		375g 3.65	GO
MX988	Chocolate Stars		300g 2.85	GV
MX632	Corn Flakes		325g 2.85	GO
MX171	Fibre Flakes		375g 3.45	GO
MX002	Porridge Oats		430g 3.49	GOV
EAT NATURAL				
MX241	breakfast gluten free granola		425g 4.19	G
MX148	Toasted Muesli - Buckwheat	Gluten Free	500g 4.19	GS
MX150	Toasted Muesli - Vine Fruits	Gluten Free	500g 3.49	GS
GLEBE FARM				
MX111	Granola Org Oats GF		325g 2.99	GOS
MX106	Porridge Oats GF		450g 2.79	GOV
FX037	Porridge Oats GF		450g 2.49	GV
HODMEDOD'S				
FX020	Organic Puffed Quinoa	British Grown	150g 2.99	GOV
KALLO				
MX124	Puffed Rice Cereal - Natural		225g 2.99	GOV
LIZI'S				
MX181	Gluten Free Granola		400g 4.99	GV
NAIRN'S				
MX152	Gluten Free Porridge Oats		450g 2.69	G
MX154	Muesli - Gluten Free		450g 3.15	GSV

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	NATURES PATH ORGANIC			
MX602	Gorilla Munch	Envirokidz	300g	3.95 GOVS
MX136	Granola - Berry Strawberry/raspberry/blueberry		312g	4.89 GOS
MX074	Granola - Pumpkin, Raisin, Alm		312g	4.89 GOS
MX194	Maple Sunrise		332g	4.15 GOS
MX885	Mesa Sunrise		355g	4.29 GOSV
	<i>Envirokidz</i>			
MX079	Choco Chimps		284g	3.99 GOVS
	ORGRAN			
MX003	Matcha & Coconut Cereal	Sugar Free	200g	4.25 GV
	PLANET ORGANIC			
MX169	Chocolate Bliss Paleo Granola		350g	6.99 GOSV
MX165	Super Berry Paleo Granola		350g	6.99 GOSV
	PRIMROSE'S KITCHEN			
MX126	Banana & Turmeric Granola		300g	5.49 GOV
MX109	Beetroot & Ginger Muesli		300g	4.49 GOV
MX104	Carrot, Apple & Cinnamon Muesi		300g	4.49 GOV
MX245	Orange & Cashew Granola		300g	5.49 GOV
MX012	Pear & Apricot Bircher		300g	3.49 GOV
	RUDE HEALTH FOODS			
MX208	Sprouted Porridge Oats		500g	4.99 GOV
	<i>Muesli</i>			
MX089	Coconut & Seed GF Muesli		500g	4.49 GV
	<i>Puffs</i>			
MX164	Honey Puffed Oats		240g	4.25 G
MX120	Puffed Brown Rice		225g	2.39 GV
	WHOLE EARTH			
MX172	Classic Cornflakes - organic		375g	2.49 GOSV
MX174	Maple Frosted Flakes - og		375g	3.29 GOSV
	CHEESE, NON DAIRY (CHILLED)			
	BUTE ISLAND FOODS			
CV141	Blue Style Wedge		200g	2.45 GV
CV820	Garlic & Chive		200g	2.45 GV
CV755	Red Leicester Style		200g	2.19 GV
CV294	Smoked Cheddar		200g	2.45 GV
CV288	Strong Cheddar Wedge		200g	2.39 GV
	KOKO DAIRY FREE			
CV688	Cheddar Cheese Alternative		200g	2.49 GV
CV715	Soft Cheese Alternative		150g	1.99 GV
	TOFUTTI			
CV297	Cheddar Style D/Free Slices		150g	2.29 GSV
CV396	Creamy Smooth Garlic & Herb		225g	3.05 GSV
CV293	Creamy Smooth Herb & Chives		225g	3.05 GSV
CV295	Creamy Smooth Original		225g	3.05 GSV
CV601	Grated Mozzarella style Cheese	No Hydrogenated Fats	200g	2.75
GVS				
CV560	Sour Supreme	Free From Hydrogenated Fats	225g	3.05 GV
	CHOCOLATE			
	ANANDA FOODS			
	<i>AVERAGE 6-8 WEEKS SHELF LIFE</i>			
KB330	Gluten Free Round UP	Gluten Free Wagon Wheel Cake	75g	3.25
GVS				
	BEECH'S			
	<i>EASTER 2020</i>			
ZX143	Easter Egg - Dark Chocolate		165g	6.99 GV
ZX149	Easter Egg - Milk Chocolate		165g	6.99 G
	BEECH'S FINE CHOCOLATE			
WS100	Rose & Violet Creams		145g	4.99 GVS
	BEECH'S FINE CHOCOLATES			
KB375	After Dinner Mints	Dark Chocolate	130g	3.99 GVS

code	product	size	rrp	bfgosv
BOOJA BOOJA				
<i>Artist's Collection Gift Boxes</i>				
KB927	Fine De Champagne Truffles Chill During Summer Months	185g	20.99	GFOFOSV
KB929	Hazelnut Truffles Chill During Summer Months	185g	20.99	GFOFOSV
<i>EASTER 2020</i>				
KB902	Almond & Sea Salt Caramel Egg	34.5g	10.49	GOSV
KB129	Hazelnut Crunch Truffle Egg	34.5g	10.49	GOSV
ZX837	Large Almond & Sea Salt Egg	138g	26.19	GOSV
KB795	Large Champagne Truffle Egg	138g	26.19	GOSV
KB985	Large Hazelnut Truffle Egg	138g	26.19	GOSV
<i>Four Corners</i>				
KB296	Almond Salted Caramel Truffles Chill During Summer Months			104g 7.35
GOV				
KB790	Around Midnight Espresso Chill During Summer Months	104g	7.35	GOSV
KB550	Hazelnut Truffles Chill During Summer Months	104g	7.35	GOSV
KB655	The Gourmet Selection Chill During Summer Months	230g	17.79	GOSV
<i>Gift Boxes</i>				
KB656	Champagne Truffles	138g	9.95	GOSV
<i>Gift Range</i>				
KB622	Fine De Champagne Truffles Special Edition	138g	13.55	GOSV
KB623	Hazelnut Truffles Special Edition	138g	13.55	GOSV
KB624	Truffle Selection 1 Contains alcohol	138g	13.55	GOSV
<i>Two Packs</i>				
KB507	Almond Salted Caramel Truffles	23g	1.34	GOSV
KB513	Hazelnut Crunch Truffles	23g	1.34	GOSV
BOOJA-BOOJA				
<i>Gift Range</i>				
KB815	Award-winning Selection A selection of sixteen	184g	10.49	GOSV
COCOA LIBRE				
<i>EASTER 2020</i>				
KB274	Milk ALternative Bear Lolly	20g	1.19	VGS
ZX998	Milk Alternative Easter Chicks	100g	4.19	GV
ZX997	Milk Alternative Easter Sheep	40g	1.95	GV
KB374	Solid Milk Choc Alt Easter Egg	110g	5.45	GSV
KB373	Solid Milk Choc Alt Orange Egg	110g	5.39	GSV
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
D & D				
<i>EASTER 2020</i>				
ZX604	100g Hollow Eggs	100g	6.39	GSV
ZX602	18 X 20g Hollow Eggs	20g	0.99	GSV
ZX635	Chuckling Bunnies	120g	7.49	GSV
ZX638	Mini Eggs	120g	7.49	GSV
ZX637	Novelty Shapes	120g	7.49	GSV
GOUPIE				
<i>EASTER 2020</i>				
ZX010	Goupies in Painted Tin Egg	Salted Sticky Toffee Goupie	100g	9.99 GSV
MONTEZUMA'S				
ZX707	Peanut Butter Truffle Bites	120g	2.79	VSG
KB145	Vegan Truffle Collection Box 6 Weeks Shelf Life	205g	12.15	GOSV

code	product	size	rrp	bfgosv
	<i>Absolute Black Range</i>			
ZX770	Absolute Black with Mint	90g	2.49	GV
	<i>Giant Buttons</i>			
ZX775	Absolute Black Giant Buttons	180g	3.79	GV
	<i>Like No Udder</i>			
KB530	Milk Alternative Bar	100g	2.79	GOVS
KB601	Milk Choc/Orange Alternative	100g	2.79	OSVG
	<i>Like No Udder Mini Bars</i>			
ZX743	Milk Chocolate Alternative	25g	0.99	GOSV
	<i>Mini Bars</i>			
ZX683	Absolute Black 100% Cocoa Bar	25g	0.99	GV
KB829	Royal Mint Dark 74%	25g	0.99	GOSV
KB844	Spotch Dark Butterscotch	25g	0.99	GSV
	<i>Organic Bars</i>			
ZX779	Royal Mint Organic Dark W'Mint	90g	2.49	GOSV
	MOO FREE			
KB958	Caramelised Hazelnut Bar	100g	2.65	GSV
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>EASTER 2020</i>			
KB188	Bunnycomb Egg With Choccy Chums Surprise	130g	3.99	GOSV
KB192	Cheeky Orange Egg With Choccy Chums Surprise	130g	3.99	GOSV
KB794	Hammy White Choc & Strawberry3D Hollow Hamster Figure	85g	2.99	
VGS				
KB204	Marvellously Moreish Egg Sea Salt and Caramel Egg	160g	5.99	
GOSV				
KB183	Moo Free Marvellously Moreish 65% Dark Egg	160g	5.99	GOSV
KB195	Original Og Egg With Choccy Chums Surprise	130g	3.99	GOSV
ZX989	Rosie Rabbit Dairy Free	32g	0.99	GOSV
	<i>Giftng Range</i>			
KB400	Hazelnut Truffles With a Soft Hazelnut Centre	108g	4.99	GOSV
KB788	White Choc & Rasp Truffles Dairy Free / Vegan	108g	4.99	VSG
	<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	GSVO
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
KB382	Caramel Bars	20g	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
KB398	Strawberry Bar	20g	0.69	GOSV
	MUMMY MEAGZ			
	<i>Vegan Rocky Road Bars</i>			
ZX698	Mint Rocky Road Cake Bar	55g	1.49	VSG
ZX705	Orange Rocky Road Bar	55g	1.49	VSG
ZX704	Original Rocky Road Bar	55g	1.49	SVG
WS053	Sea Salt& Honeycomb Rocky Road	55g	1.49	GVS
	NUGO			
KB376	D/Mint Choc Chip Protein Bar	50g	2.35	SGV
KB493	Dark Choc Chip Protein Bar	50g	2.35	GSV
KB502	Dark Choc Coconut Protein Bar	50g	2.35	SGV
KB399	Dark Choc Mocha Protein Bar	50g	2.35	GSV

code	product	size	rrp	bfgosv
KB321	Dark Peanut Butter Protein Bar		50g	2.35 VSG
	<i>With Protein</i>			
KB468	D/Choc Pretzel Sea Salt Bar	With Protein	50g	2.35 VSG
	OMBAR RAW CHOCOLATE			
	<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
	PLAMIL			
	<i>EASTER 2020</i>			
ZX306	Bow-Tie Bunny Box & 1/2 eggs		65g	3.49
GOSV				
ZX968	Easter Bunny Bar	Dairy Free	25g	1.35
GOSV				
KB535	Easter Egg - Finest Dark	No Added Sugar	125g	3.99
GOSV				
KB520	Easter Egg - Milk	Milk Chocolate Alternative	125g	3.99
GOSV				
KB576	Easter Egg - White	Hollow Egg With Bunny Bar	110g	3.99
GOSV				
ZX969	NAS Bunny Box with Half Eggs	With Xylitol	65g	3.49 GSV
	PLAYIN CHOC			
ZX735	5 Pieces of Dark Chocolate	5 X 10G Pieces of Chocolate	50g	2.55
GSOV				
ZX736	5 Pieces of Light M*lk Choc	5 X 10G Pieces of Chocolate	50g	2.55
GSOV				
ZX138	5 Pieces of Playin Chocolate	5 X 10G Pieces of Chocolate	50g	2.55
GSOV				
ZX094	Box of 10 Playin Chocolates	10 X 10G Pieces of Chocolate	100g	3.82
FSGVO				
	<i>EASTER 2020</i>			
ZX077	Rabbit Surprise	2 X 10G Choc & Toy	1	2.55
OGSV				
ZX066	Woodland Animal Surprise	2 X 10G Choc & Toy	1	2.55
OGSV				
	RHYTHM 108			
KB506	Hazelnut Praline Chocolate Bar		33g	1.55
CVOS				
KB336	Super Coconut Swiss Choc Bar		33g	1.55
GSOV				
KB276	Sweet N Salty Almond Choc Bar		33g	1.55
GOSV				
	<i>EASTER 2020</i>			
ZX688	Swiss Chocolate Truffle Eggs	36g Mini Easter Eggs	36g	2.19
GOSV				
	SIESTA CAROB			
	<i>EASTER 2020</i>			
ZX611	100g Hollow Egg		100g	6.39 GV
ZX605	18 x 20g Hollow Eggs		20g	0.95 CV
ZX619	Chuckling Bunnies		120g	7.49 GSV
ZX620	Easter Novelty Shapes		120g	7.49 GSV
ZX618	Mini Eggs		120g	7.49 GSV
	SO FREE			
	<i>Glass Jars - Plastic Free</i>			
ZX757	Dark Cocoa Bites	With Coconut Blossom	85g	2.49 GV
ZX765	Smooth Cocoa Bites		85g	2.49 VG

code	product	size	rrp	bfgosv	
ZX767	White Cocoa Bites		85g	2.49	GV
	<i>No Added Sugar Large Bars</i>				
ZX915	No Added Sugar 72% Dark Choc	With Xylitol	80g	2.75	GV
ZX917	No Added Sugar Hemp D/Choc	With Xylitol	70g	2.75	GV
ZX919	No Added Sugar Mint Dark Choc	With Xylitol	80g	2.75	SGV
	<i>Organic Large Bars</i>				
ZX921	Extra Dark 87% Chocolate		80g	2.75	OSVG
ZX920	F/trade Milk Choc Alternative		80g	2.75	OGVS
ZX923	Intense Mint 60% Chocolate		80g	2.75	SVOG
ZX924	Tropical Orange Chocolate		80g	2.75	OSVG
ZX926	White Chocolate		70g	2.75	GSOV
	SUPERNATURE				
KB210	Chocolate covered Hazelnuts		40g	2.29	GOSV
KB213	Hazelnut Clusters		34g	2.29	GOSV
KB214	Peanut Butter Cups		40g	2.29	GOSV
KB217	Raspberry Chocolate Raisins		40g	2.29	GOSV
	THE RAW CHOCOLATE CO				
KB307	Cacao Nibs		150g	4.20	GOV
	<i>Raw Chocolate Coated Snacks</i>				
KB054	Chocolate Covered Mulberries	Raw Chocolate Covered		125g	5.99
GOV					
KB053	Goji Berries	Raw Chocolate Covered	125g	5.99	GFOV
ZX884	Raw Chocolate Covered Almonds		25g	1.79	GOSV
ZX885	Raw Chocolate Covered Ginger		28g	1.79	GOSV
	CHOCOLATE & SWEET SPREADS				
	COCOFINA				
GH136	Hazelnut Chocolate Spread -Org		200g	4.99	GOSV
	SO FREE				
GH223	Milk Choc Spread (Dairy Free)		275g	3.15	OSGV
GH225	Rich Dark Chocolate Spread	Dairy Free	275g	3.15	OVGS
	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	Twelve Truffle Gift Boxes		138g	8.89
GOSV					
CV198	Fin De Champagne Choc Truffles	Twelve Truffle Gift Boxes		138g	8.89
GOSV					
CV199	Hazelnut Crunch Choc Truffles	Twelve Truffle Gift Boxes		138g	8.89
GOV					
CV200	The Wonderbox		230g	18.35	GOSV
CV202	Truffle Selection No.3	Twelve Truffle Gift Boxes	138g	8.89	GOSV
	<i>Gift Range</i>				
CV299	Truffle Selection 2	No Alcohol	138g	13.55	GOSV
	<i>Two Packs</i>				
CV212	Almond Salted Caramel Truffles	2 Single Truffles per pack		2 pack	1.36
GOV					
CV218	Fine De Champagne Truffles	2 Single Truffles per pack		2 pack	1.36
GOV					
CV219	Hazelnut Crunch Truffles	2 Single Truffles per pack		2 pack	1.35
					GOV

code	product	size	rrp	bfgosv
CIDERS				
DUNKERTONS				
RT054	Organic Craft Cider Medium Sparkling 5% ABV	500ml	2.89	FGOSV
RT053	Premium Reserve Organic Cider Medium Dry Sparkling 6.8% ABV	500ml	2.89	
FGOSV				
COCOA				
FUDGE KITCHEN				
<i>Vegan Gifts</i>				
WS102	Dairy Free Mug SetIncludes Mug and Marshmallows		80g	11.99 GSV
CONVENIENCE FOODS				
AMY'S KITCHEN				
VF008	Medium Chilli	416g	2.65	GV
VF009	Spicy Chilli	416g	2.65	GV
ARTISAN GRAINS				
VF080	Falafel - Beetroot & Chilli	150g	1.89	GV
VF071	Falafel - Pumpkin & Quinoa	150g	1.89	GV
VF037	Falafel - Super Greens Spinach & Broccoli	150g	1.89	GV
VF213	Nut Roast - Cashew & Cranberry	200g	2.99	VG
GRANOVITA				
VF036	Nut Luncheon Canned	420g	2.85	GV
LOMA LINDA				
VF035	Tuno - In Spring Water Plant based protein	142g	1.79	GV
VF026	Tuno - Thai Sweet Chilli Plant Based Protein	142g	1.79	GV
VF022	Tuno Mayo Plant based protein	142g	1.80	GV
<i>Ready Meals</i>				
VF027	Spicy Pad Thai	284g	3.99	GSV
VF028	Thai Green Curry	284g	3.99	GSV
VF016	Tikka Masala	284g	3.99	GSV
MARIGOLD				
SY157	Mo-Du Braised Seitan Slices	225g	2.35	GSV
SY154	Tempeh - Cans	170g	3.09	GV
SY156	Tunah - Cans	170g	3.09	GSV
CRISPS & SNACKS				
AMAIZIN				
ZX589	Bio Corn Chips Nachos Minimum 4 Weeks Shelf Life	150g	2.29	GOS
ZX482	Rice Paper Organic	110g	1.99	GOV
WS070	Taco Sauce Hot - Organic Gluten free	220g	2.29	GOV
WS069	Taco Sauce Mild - Organic Gluten free	220g	2.29	GOV
APE SNACKS				
ZX504	Coconut Bites Chocolate	26g	1.69	GSV
BROWN BAG CRISPS				
<i>Impulse</i>				
ZX266	Lightly Salted	40g	0.75	GV
ZX268	Oak Smoked Chilli	40g	0.75	GSV
ZX206	Rosemary & Sea Salt	40g	0.75	GSV
ZX267	Sea Salt and Vinegar	40g	0.75	GS
ZX265	West Country Cheddar & Onion	40g	0.75	GS
<i>Sharing</i>				
ZX270	Lightly Salted	150g	1.95	GV
ZX108	Rosemary & Sea Salt	150g	1.95	GSV
CLEARSPRING				
ZX216	Roasted Seeds & Soya Snack Sunflower, pumpkin, & soya	35g	0.99	GOV
ZX226	Tamari Roast Sicilian Almonds Provides Vit E,fibre & protein	30g	1.69	GOV
CORNITOS				
ZX747	Nacho Crisp - Thai Chilli	70g	1.00	GSV
ZX781	Nacho Crisps - Barbeque	70g	1.00	GSV
ZX780	Nacho Crisps - Lime and Mint	70g	1.00	GSV
ZX777	Nacho Crisps - Peri Peri	70g	1.00	GSV

code	product	size	rrp	bfgo	sv
EAT REAL					
<i>Hummus Chips - Impulse</i>					
ZX242	Hummus Chilli Cheez Chips	Vegan	45g	0.79	GSV
ZX198	Hummus Sour Cream Chips		45g	0.79	GSV
ZX162	Humus Chilli & Lemon Chips		45g	0.79	GSV
ZX163	Humus Creamy Dill Chips		45g	0.79	GV
ZX161	Humus Sea Salted Chips		45g	0.79	GV
ZX160	Humus Tomato & Basil Chips		45g	0.79	GSV
<i>Hummus Chips - Sharing</i>					
ZX237	Hummus Chilli Cheez	Vegan	135g	1.79	GSV
ZX326	Hummus Sour Cream Chips		135g	1.79	GSV
ZX125	Humus Chilli Lemon Chips		135g	1.79	GSV
ZX127	Humus Creamy Dill Chips		135g	1.79	GSV
ZX124	Humus Sea Salt Chips		135g	1.79	GV
ZX121	Humus Tomato & Basil Chips		135g	1.79	GSV
<i>Kale - Sharing</i>					
ZX057	Veggie & Kale Straws		113g	1.59	GSV
<i>Lentil Chips - Impulse</i>					
ZX169	Lentil Chilli & Lemon Chips		40g	0.79	GV
ZX740	Lentil Chips Mango & Mint		40g	0.79	GSV
ZX170	Lentil Creamy Dill Chips		40g	0.79	GSV
ZX165	Lentil Sea Salted Chips		40g	0.79	GV
ZX168	Lentil Tomato & Basil Chips		40g	0.79	GSV
<i>Lentil Chips - Sharing</i>					
ZX135	Lentil Chips Chilli Lemon		113g	1.79	GSV
ZX883	Lentil Chips Creamy Dill		113g	1.79	GSV
ZX737	Lentil Chips Mango & Mint		113g	1.79	GSV
ZX128	Lentil Chips Sea Salt		113g	1.79	GSV
ZX130	Lentil Chips Tomato Basil 113g		113g	1.79	GSV
<i>Multi Pack</i>					
ZX027	Hummus, Lentil, Quinoa MultiEat Real Multi Pack		116g	2.39	GSV
ZX742	Kiddies Veggie Straw Multipack	Five Packs	5 x 20g	2.29	GSV
<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
<i>Potato Straws</i>					
ZX190	Potato Cheez Straws	Vegan	113g	1.89	GSV
ZX109	Potato Cheez Straws	Vegan	45g	0.69	GSV
<i>Quinoa Chips - Impulse</i>					
ZX041	Quinoa Chilli & Lime Chips		30g	0.79	GV
ZX007	Quinoa Cream & Chive Chips		30g	0.79	GV
ZX263	Quinoa Paprika Chips		30g	0.79	GSV
ZX046	Quinoa Tomato & Garlic Chips				30g
0.79	GV				
<i>Quinoa Chips - Sharing</i>					
ZX311	Quinoa Chips Chilli Lime		80g	1.79	GSV
ZX315	Quinoa Chips Cream & Chives		80g	1.79	GSV
ZX314	Quinoa Chips Tomato & Garlic		80g	1.79	GSV
ZX264	Quinoa Paprika Chips		80g	1.79	GSV
ZX327	Quinoa Sweet Chilli Chips		80g	1.79	GSV
<i>Quinoa Puffs - Sharing</i>					
ZX880	Quinoa Kale Puffs Jalapeno	Cheese Flavouring - vegan		113g	1.99
GSV					
ZX881	Quinoa Kale Puffs with Cheese		113g	1.99	GSV
ZX878	Quinoa Puffs Cheddar Cheese		113g	1.99	GS
ZX879	Quinoa Puffs Cheese Jalapeno		113g	1.99	GS

code	product	size	rrp	bfgosv
FAIRFIELDS FARM				
<i>Potato Crisps</i>				
ZX120	Bacon & Tomato Crisps	Vegan	40g	0.69 GV
GARCIA				
<i>Crackers</i>				
ZX445	Beetroot Crackers		180g	4.59 GV
ZX760	Crackers - Kale		180g	4.59 GV
ZX761	Crackers - Sweet Potato		180g	4.59 GV
<i>Sharing Bag</i>				
ZX461	Blue Corn Tortilla Chips - Org		150g	2.59 OVG
ZX200	Veggie Mix Tortilla - Org		150g	2.59 GOV
HIPPEAS				
ZX090	Chilli Haze Puffs Organic Chickpea Puffs		22g	1.09 GOSV
ZX178	In Herbs We Trust Puffs Organic Chickpea Puffs		22g	1.09 GOSV
ZX538	Salt & Vinegar Vibes Puffs Organic Chickpea Puffs		22g	1.09 GOSV
ZX177	Sweet & Smoking Puffs Organic Chickpea Puffs		22g	1.09 GOSV
ZX179	Take It Cheesy Puffs Organic Chickpea Puffs		22g	1.09 GOSV
<i>Large Bags</i>				
ZX070	Chilli Haze Puffs Organic Chickpea Puffs - Vegan		78g	2.29 GOSV
ZX171	In Herbs We Trust Organic Chickpea Puffs - Vegan		78g	2.29 GOSV
ZX600	Salt & Vinegar Vibes Puffs Organic Chickpea Puffs - Vegan		78g	2.29
GOSV				
ZX166	Sweet & Smokin' Puffs Organic Chickpea Puffs - Vegan		78g	2.29
GOVS				
ZX188	Take It Cheesy Puffs Organic Chickpea Puffs - Vegan		78g	2.29
GOSV				
KETTLE CHIPS				
<i>Sharing Bags</i>				
ZX394	Sweet Potato & Smoked Chipotle	With Creme Fraiche	100g	2.79
SG				
LEAFY				
BT323	Kale Crisps - Tomato & Oregano		12g	1.79 GSV
LUKE'S ORGANICS				
ZX490	Blue Corn Multigrain Chips		142g	2.95 GOV
NAIRN'S				
ZX338	Original Flatbread		150g	2.09 GS
ZX080	Popped Oat Chips BBQ		20g	0.59 GV
ZX106	Popped Oat Chips Salt & Vinegar		20g	0.59 GV
ZX107	Popped Oat Chips Sour Cream	With chive	20g	0.59 G
ZX335	Sea Salt & Rosemary Flatbread		150g	2.09 GS
ZX210	Snackers - Cheese		23g	0.59 G
PIPERS CRISPS				
<i>Impulse Bag</i>				
ZX292	Anglesey Sea Salt		40g	0.79 GV
ZX293	Arreton Tomato Potato Crisps		40g	0.79 GSV
ZX423	Biggleswade Sweet Chilli		40g	0.79 GSV
ZX379	Jalapeno & Dill		40g	0.79 GSV
ZX295	Karnataka Bl Pepp & Sea Salt		40g	0.79 GSV
ZX297	Lye Cross Cheddar & Onion		40g	0.79 GS
ZX296	Somerset Cider Vinegar/Salt	Burrow Hill Cider Vinegar	40g	0.79
GS				
ZX434	Wild Thyme & Rosemary		40g	0.79 GSV
<i>Sharing Bag</i>				
ZX291	Anglesey Sea Salt		150g	2.09 GV
ZX382	Jalapeno & Dill		150g	2.09 GSV
ZX289	Lye Cross Cheddar & Onion		150g	2.09 GS
ZX283	Sea Salt & Somerset Cider V'gr	Burrow Hill Cider Vinegar	150g	2.09
GS				
ZX436	Wild Thyme & Rosemary		150g	2.09 GSV
PROPERCHIPS				
ZX725	Barbecue	Lentil Chips	20g	0.79 GSV

code	product	size	rrp	bfgovs	
ZX726	Sea Salt	Lentil Chips	20g	0.79	GSV
ZX728	Sour Cream & Chive	Lentil Chips	20g	0.79	GSV
ZX727	Sweet Sriracha Chilli	Lentil Chips	20g	0.79	GSV
QWRKEE					
ZX553	Maple Bacon Jerky		70g	2.99	GSV
ZX572	Smoked Black Pepper Jerky		70g	2.99	GSV
ZX578	Sriracha Hot Chilli Jerky		70g	2.99	GSV
ZX551	Sweet & Spicy BBQ Jerky		70g	2.99	GSV
TEN ACRE CRISPS					
ZX556	Cheese & Onion		40g	0.80	GV
ZX559	Hickory & BBQ Crisps		40g	0.80	GV
ZX554	Ready Salted Crisps	The Secret of Mr Salt	40g	0.80	GV
ZX557	Salt & Vinegar		40g	0.80	GV
ZX566	Sweet Chilli Crisps	When The Chilli Got Sweet	40g	0.80	GV
TRAF0					
ZX359	Chickpea Flips		75g	2.75	GOV
ZX299	Lentil Flips		75g	2.75	GOV
ZX343	Pea Flips		75g	2.75	GOV
TYRRELLS					
<i>Potato Chips - Sharing</i>					
ZX978	Black Truffle & Sea Salt		150g	2.29	GVS
<i>Vegetable Chips</i>					
ZX658	Mixed Roots		40g	1.49	GV
ZX388	Mixed Roots		125g	3.39	GV
DESSERTS					
BARKAT					
VF135	GF Waffle Ice Cream Cones		150g	3.99	GS
NATURE'S CHARM					
SY079	Coconut Caramel Sauce		200g	2.99	GSV
PROVAMEL					
SY040	Soya alternative to Cream		250ml	1.25	GOV
SY645	Soya Dessert - Caramel		4 x 125g	2.15	GSOV
SY780	Soya Dessert - Chocolate		4 x 125g	2.15	GOSV
SY195	Soya Dessert - Vanilla		4 x 125g	2.15	GOSV
DESSERTS & PUDDINGS (CHILLED)					
FREAKS OF NATURE					
CV068	Cherry Bakewell Sponge		100g	2.29	VG
CV759	Chocolate Caramel Cheesecake		90g	2.29	GV
CV785	Chocolate Fudge Hot Pudding		100g	2.29	GSV
CV757	Double Chocolate Ganache		90g	2.29	GV
CV784	Hot Sticky Toffee Pudding		100g	2.29	GSV
CV060	Lemon Sponge		100g	2.29	VG
DESSERTS, NON-DAIRY (FROZEN)					
FOOD HEAVEN					
<i>Dairy-Free Ice Cream</i>					
XL294	Raspberry & Mango Ice Cream		900ml	4.50	GV
<i>Lollies</i>					
XL239	Little Cherubs Swirl Lollies	Vanilla and Blackcurrant	4 x 80ml	3.19	GV
XL330	Lolly Tots Assorted Lollies		8 x 35ml	3.19	GV
NATURLI					
XL044	Strawberry Swirl Ice Cream		500ml	4.59	GSV
DRINKS (CHILLED)					
CALIFIA FARMS					
CV824	Chocolate Coconut Almond Milk		750ml	2.50	GSV
CV822	Cocoa Noir Cold Brew Coffee		310ml	1.99	GSV
CV823	Unsweetened Almond Milk		750ml	2.50	GSV
CV821	XX Espresso Cold Brew Coffee		310ml	1.99	GSV

code	product	size	rrp	bfgosv
	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
	SOJADE			
CV264	Blueberry & Cherry Soya Kefir Available from 26th September			250ml
1.79	GOV			
CV268	Natural Organic Soya Kefir Available from 26th September	250ml		1.75
GOV				
	FAR EASTERN FOOD			
	CLEARSPRING			
JP103	Teriyaki Sauce - Organic & GF	150ml	3.99	GOSV
JP026	Tofu	300g	1.99	GOV
JP095	Umeboshi Plum Seasoning	500ml	6.49	GOV
	<i>Noodles</i>			
JP054	Brown Rice Wide Noodles - GF	200g	3.15	GOV
	<i>Sea Veg</i>			
JP106	Seaveg Crispies - Black Pepper No plastic inner tray		8g	1.99
GOV				
JP082	Seaveg Crispies - Original	5g	0.99	GOSV
JP104	Seaveg Crispies - Original No plastic inner tray	8g	1.59	GOV
JP035	Seaveg Crispies - Turmeric	4g	1.15	GOV
JP083	Seaveg Crispies Multipack-Orig	3 x 4g	2.49	GOSV
JP085	Seaveg Crispies Multipk-Chilli	3 x 5g	2.59	GOSV
	<i>Soya Sauce</i>			
JP130	Tamari Soy Sauce Double strength	150ml	3.49	GOV
JP501	Tamari Soya Sauce	500ml	9.79	GOV
JP098	Tamari Soya Sauce Single strength	150ml	2.69	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	GOV
JP099	Tamari Soya Sauce Japanese - Single Strength	250ml	3.69	GOV
	KING SOBA			
WT061	Og Coconut Tahini Ramen Noodle	105g	2.29	GOV
WT064	Og Laksa Red Curry Ramn Noodle	105g	2.29	GOV
WT063	Og Red Thai Curry Ramen Noodle	105g	2.29	GOV
WT062	Og Tamari Miso Ramen Noodles	105g	2.29	GOV
	KING SOBA NOODLE CULTURE			
WT042	Brown Rice Ramen Noodle Kit Shiro Miso & Sea Garden Salad			190g
3.49	GOV			
WT034	Buckwheat Ramen Noodle Kit With Zesty Ginger Miso & Tofu			190g
3.49	GOV			
	MERIDIAN			
JP309	Tamari	150ml	2.99	GV
JP310	Tamari	500ml	5.99	GV
JP058	Tamari	5l	39.33	GV
	<i>Cooking Sauce</i>			
VF033	Peanut Satay	350g	2.59	GV
VF013	Thai Peanut	350g	2.59	GV
	THAI TASTE			
VF174	Galangal	114g	1.65	GV
VF319	Green Curry Paste	Gang Keow Wan	114g	1.89
VF198	Kaffir Lime Leaves		114g	1.65
VF171	Red Curry Paste	Panang	114g	1.89
VF258	Sriracha Chilli Sauce		450ml	2.25
VF199	Tamarind Paste		130g	1.69
VF159	Vegan 'Fish' Sauce		180ml	1.99
	YAKSO			
JP012	Coconut Aminos	250ml	7.25	GOV
JP002	Tamari - organic	125ml	2.25	GOV
JP113	Tamari - organic	250ml	3.95	GVO

code	product	size	rrp	bfgosv
	FLAKES, BRANS & WHEATGERM			
	SUMA PREPACKS			
FX046	Oats - Jumbo & Gluten Free	750g	4.05	GV
FX045	Oats - Porridge & Gluten Free	750g	4.05	GV
	SUMA PREPACKS - ORGANIC			
FX042	Oats - Jumbo & Gluten Free	750g	4.35	GOV
FX044	Oats - Porridge & Gluten Free	750g	4.35	GOV
	ALARA			
FX026	Gluten Free Scottish Porridge	500g	3.99	GOV
	FLOURS & BREAD MIXES			
	AMISA			
FG085	Chestnut Flour - Organic	350g	5.89	GOV
FG065	Chickpea Flour	400g	3.29	GOV
FG139	Seeded Bread Mix - G/F, Org	500g	4.69	GOSV
	BIONA			
FG163	Coconut Flour - Organic	500g	3.99	GOV
	CLEARSPRING			
FG180	Breadcrumbs - Brown Rice, GF	250g	3.99	GOV
FG182	Whole Buckwheat Flour	375g	2.59	GOV
	DENISE'S DELICIOUS GLUTEN FREE			
FG201	Sweet Pastry Mix Gluten Free	500g	5.19	GS
	DOVES FARM			
FG039	GF Buckwheat Flour	1kg	3.45	GV
FG522	Gluten Free Brown Bread FlourWheat Free, Orange Logo	1kg	2.39	
CV				
FG700	Gluten Free Plain White FlourWheat Free - Plum Logo	1kg	2.25	
CV				
BT528	Gluten Free Sponge Mix	350g	2.49	GS
FG520	Gluten Free White Bread FlourWheat Free, Purple Logo	1kg	2.25	
CV				
FG117	Rice Flour Beige Bag Brown Logo	1kg	1.85	GV
FG116	Stoneground Gram FlourChickpea Flour, Brown Logo	1kg	2.39	
CV				
FG701	White Self Raising Flour GFWhite Bag Blue Logo	1kg	2.25	GV
	GLEBE FARM			
FG177	Gluten Free Self Raising Flour	1kg	2.35	GV
FG113	Oat Flour Wheat/Gluten Free	300g	2.79	GSV
	ORGRAN			
	<i>Gluten Free Mixes</i>			
FG061	Buckwheat Pancake Mix	375g	3.19	G
	RUDE HEALTH FOODS			
FG168	Whole Buckwheat Flour Sprouted	500g	6.49	GOV
	SHIPTON MILL			
	<i>Specialist Flour</i>			
FG080	Chestnut Flour Great for adding to pastries	500g	6.49	GOV
	FRESH MISO (CHILLED)			
	TIDEFORD ORGANIC VEGAN FOODS			
	<i>Organic, Vegan and Gluten-Free</i>			
CV628	Fresh Brown Rice Miso with Live Cultures	320g	5.35	GOV
CV629	Fresh Red Miso with Live Cultures	320g	5.35	GOV
CV631	Fresh Soya Free Miso with Live Cultures	320g	5.35	GOV
CV633	Fresh White Miso with Live Cultures	320g	5.35	GOV
	FRUIT - DRIED			
	URBAN FRUIT			
DR192	Mango	100g	2.29	GV
DR201	Pineapple	100g	2.29	GV
DR263	Snack Pack - Mango	35g	0.99	CV
DR002	Snack Pack - Strawberry	35g	0.99	GV
DR144	Snack Pack Pineapple	35g	0.99	VG
DR266	Strawberries	90g	2.29	CV

code	product	size	rrp	bfgosv	
FRUIT & VEGETABLE JUICES					
BERRY COMPANY					
JU063	Goji Berry Juice Drink	1l	2.09	GV	
JU061	Superberries Purple Juice Drnk	1l	2.09	GV	
JU050	Superberries Red Juice Drink	1l	2.09	GV	
JU736	White Tea & Peach Juice Drink	1l	2.09	GV	
CAWSTON PRESS					
JU048	Apple & Mango	1l	3.10	GV	
FLAWSOME					
<i>Not from concentrate juices</i>					
JU822	Apple & Beetroot Juice100% recycled glass bottles	250ml	1.75	GV	
JU823	Apple & Orange Juice100% recycled glass bottles	250ml	1.75	GV	
JU825	Apple & Strawberry Juice100% recycled glass bottles	250ml	1.75	GV	
JU826	Apple & Superberry Juice100% recycled glass bottles	250ml	1.75	GV	
JU820	Orange Juice 100% recycled glass bottles	250ml	1.75	GV	
JU821	Sweet & Sour Apple Juice100% recycled glass bottles	250ml	1.75	GV	
GRAVY, STOCK & BOUILLON					
SUMA					
LJ650	Organic Bouillon	150g	2.39	GOV	
LJ675	Organic Bouillon	500g	7.15	GOV	
LJ685	Organic Bouillon Reduced Salt	150g	2.65	GOV	
LJ690	Organic Bouillon Reduced Salt	500g	7.25	GOV	
FREE & EASY					
LJ008	Gravy Sauce Mix	Gluten Free	130g	1.75	GV
KALLO					
LJ102	French Onion Stock Cubes	organic	66g	1.59	GOVS
LJ103	Garlic & Herb Stock Cubes	organic	66g	1.59	GOVS
LJ171	Low Salt Vegetable Stock Cubes	organic	60g	1.59	GOVS
LJ122	Mushroom Stock Cubes	organic	66g	1.59	GOVS
LJ101	Tomato & Herb Stock Cubes	organic	66g	1.59	GOVS
LJ120	Vegetable Stock Cubes	organic	66g	1.59	GOV
LJ147	Yeast Free Veg.Stock Cubes		6 x 10g	1.59	GV
MARIGOLD					
LJ211	Bouillon Cubes	Organic	8	1.29	GOV
LJ043	Bouillon Powder		150g	2.24	G
LJ046	Bouillon Powder		1kg	11.65	G
LJ044	Bouillon Powder		500g	6.35	G
LJ073	Bouillon Powder - Organic	Vegan	150g	2.39	GOV
LJ238	Bouillon Powder - Organic	Vegan	500g	7.15	GOV
LJ070	Bouillon Powder - Reduced Salt	Vegan/Yeast Free	150g	2.09	GV
LJ164	Bouillon Powder - Reduced Salt	Vegan/Yeast free	1kg	11.65	GV
LJ237	Bouillon Powder - Reduced Salt	Vegan/Yeast Free	500g	6.35	GV
LJ062	Gravy Granules - Instant	Gluten Free	170g	1.70	GSV
LJ212	Low Salt Bouillon Cubes	Organic	8	1.49	GOV
LJ074	Organic Bouillon Reduced Salt	Vegan	140g	2.49	GOV
LJ321	Yeast Free Bouillon Stock Cube	Gluten Free	84g	1.39	GOV
ORGRAN					
LJ158	Gravy Mix		200g	2.89	G
HERB & FRUIT TEA INFUSIONS					
CLIPPER					
<i>Black Tea</i>					
TE042	Blackcurrant	Plastic Free EST Tea Bags	20 bags	2.19	FGOV
TE035	Indian Chai	Plastic Free EST Tea Bags	20 bags	2.19	FGOV
TE036	Red Fruits	Plastic Free EST Tea Bags	20 bags	2.19	FGOV
TE037	Summer Berry	Plastic Free EST Tea Bags	20 bags	2.19	FGOV

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HEATH AND HEATHER				
<i>Organics</i>				
TE594	Turmeric Root Brew string, tag and envelope	20 bags	2.99	GOV
PUKKA				
TE055	Lean Matcha Green	20 bags	2.99	GOV
TE058	Turmeric Active	20 bags	2.99	GOV
YOGI TEA				
TE593	Alkaline Herbs	17 bags	2.49	GOV
TE630	Detox Dandelion with Lemon	17 bags	2.49	GOV
TE591	Finest Selection Contains 3 each of 6 varieties	18 bags	2.79	GOV
<i>For The Senses</i>				
TE615	Good Night	20 bags	2.99	GOV
TE618	Peaceful Moment	20 bags	2.99	GOV
TE625	Pure Freshness	20 bags	2.99	GOV
TE610	Pure Happiness	20 bags	2.99	GOV
<i>Ready to Drink Tea</i>				
TE745	Hibiscus Mint Cold Tea Glass Bottle	330ml	1.89	GOV
TE753	Mate Lemon Cold Tea Glass Bottle	330ml	1.89	GOV
TE010	Orange and Ginger Cold Tea Glass Bottle	330ml	1.89	GOV
TE030	Spearmint Lemon Cold Tea Glass Bottle	330ml	1.89	GOV
HONEY				
HILLTOP HONEY				
HY097	Lavender Honey, Spanish	277g	3.19	G
HY098	Orange Blossom Honey, Spanish	227g	3.19	G
HY076	Organic Multi Flower Honey	370g	3.85	OG
HOUSEHOLD CLEANING PRODUCTS				
ECOZONE				
HJ044	Appliance Descaler Multi- Purpose	500ml	4.69	GV
HOUSEHOLD PRODUCTS				
TRAIDCRAFT				
NF181	Fair Trade Rubber Gloves Medium Size	1 pairs	1.45	GFV
INDIAN FOOD				
MERIDIAN				
VF019	Korma Sauce	350g	2.59	GSV
VF025	Tikka Masala Sauce	350g	2.59	GSV
PATAKS				
<i>Chutneys</i>				
KJ444	Mango Chutney	340g	1.99	GSV
<i>Curry Pastes</i>				
KJ222	Korma Curry Paste	290g	2.75	G
KJ054	Madras Curry Paste	283g	2.75	GV
KJ152	Rogan Josh Curry Paste	283g	2.75	GSV
KJ246	Tikka Masala Curry Paste	283g	2.75	GS
KJ059	Vindaloo Curry Paste Hot	283g	2.75	G
<i>Pickles</i>				
KJ040	Aubergine Pickle (Was Bringal)	312g	2.55	GVS
KJ041	Chilli Pickle	283g	2.55	GV
KJ042	Garlic Pickle	300g	2.55	GS
KJ044	Lime Pickle - Hot	283g	2.55	GV
KJ045	Lime Pickle - Medium/Hot	283g	2.55	GV
KJ047	Mango Pickle - Medium	283g	2.55	GV
KJ049	Mixed Pickle	283g	2.55	GV
PUNJABAN				
<i>Bases (Sauce Concentrate)</i>				
KJ375 CV	Authentic Curry Base - Hot1kg/2.2kg sizes available too	350g	3.05	
KJ374 CV	Authentic Curry Base - Medium1kg/2.2kg sizes available too	350g	3.05	
KJ373	Authentic Curry Base - Mild1kg/2.2kg sizes available too	350g	3.05	

code	product	size	rrp	bfgosv	
GV					
KJ379	Butter 'Chicken' Base1kg/2.2kg sizes available too	350g	3.05	GV	
KJ383	Tasty Tamarind Curry Base1kg/2.2kg sizes available too	350g	3.05	GV	
GV					
KJ083	Tikka Masala Curry Base Sauce	350g	3.05	GV	
JAMS & FRUIT SPREADS					
ST DALFOUR					
JS051	Apricot Spread	284g	2.49	GV	
JS064	Black Cherry Spread	284g	2.49	GV	
JS063	Blackberry Spread	284g	2.49	GV	
JS062	Blackcurrant Spread	284g	2.49	GV	
JS026	Chestnut Spread - Gourmet	284g	2.49	GV	
JS009	Cranberry & Blueberry	284g	2.49	GV	
JS068	Fig Spread	284g	2.49	GV	
JS067	Four Fruits Spread	284g	2.49	GV	
JS066	Mirabelle Plum Spread	284g	2.49	GV	
JS120	Orange and Ginger Spread	284g	2.49	GV	
JS046	Raspberry & Pomegranate Spread	284g	2.49	GV	
JS049	Raspberry Spread	284g	2.49	GV	
JS050	Strawberry Spread	284g	2.49	GV	
JS061	Thick Cut Orange Spread	284g	2.49	GV	
JS060	Wild Blueberry Spread	284g	2.49	GV	
MARGARINES & SPREADS (CHILLED)					
KOKO DAIRY FREE					
CV317	Koko Dairy Free Spread	500ml	2.19	GV	
NATURLI					
CV879	Spreadable Vegan Butter	Palm Oil Free	225g	1.89	GOV
CV880	Vegan Butter Block	Palm Oil Free	200g	1.89	GOV
MAYONNAISE & SALAD DRESSINGS					
INSPIRED VEGAN					
KJ247	Vegan Bearnaise Style Sauce	205g	2.35	GSV	
KJ249	Vegan Dill Mustard Sauce	200g	2.35	GSV	
KJ270	Vegan Hollandaise Style Sauce	250g	2.35	GSV	
KJ048	Vegan Honar Mustard Dressing	265g	2.99	GSV	
KJ271	Vegan Horseradish Sauce	210g	2.35	GSV	
KJ245	Vegan Marie Rose Sauce	210g	2.35	GSV	
KJ261	Vegan Tartare Sauce	210g	2.35	GSV	
MR ORGANIC					
KJ498	Egg Free Garlic Mayo	180g	2.79	GOSV	
PLAMIL					
KJ186	Egg Free Mayonnaise - Garlic	315g	2.65	GV	
KJ187	Egg Free Mayonnaise - PlainWith added flax oil	315g	2.65	GV	
KJ188	Egg Free Mayonnaise - Tarragon	315g	2.65	GV	
<i>Catering</i>					
LJ360	Egg Free Mayonnaise - Organic	3kg	26.41	GOSV	
KJ254	Egg Free Mayonnaise - PlainWith added flax oil	3kg	20.99	GV	
<i>Organic</i>					
LJ259	Egg Free Mayonnaise - organic	315g	3.19	GOSV	
MEAT FREE ALTERNATIVES(FROZEN)					
FRYS					
XL372	Chickpea & Butternut Balls	240g	4.49	GV	
MEATLESS SUBSTITUTES (CHILLED)					
BONSAN					
CV837	Kofu Fishfree fillet	150g	3.99	GOSV	
CV838	Kofu Fishfree Tofuna	110g	2.99	GOSV	
CV843	Kofu Ragu Chunks	150g	3.89	GOSV	

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CV571	FLORENTIN Sweet Potato Falafel		240g 3.59	GV
CV713	TOFURKY Chorizo Style Mince		340g 4.39	GV
MIDDLE EASTERN & AFRICAN FOOD				
AMISA				
KJ105	Falafel Mix	160g	1.89	GOV
MILK - NON DAIRY				
ALPRO				
TE004	Almond for Professionals Barista Formulated Drink	1l	2.25	GSV
BLUE DIAMOND				
SY101	Almond Breeze - Barista Blend	1l	2.50	GV
SY061	Almond Breeze - Original	1l	1.79	GSV
SY066	Almond Breeze - Unsweetened	1l	1.79	GV
BORNA				
SY206	Pistachio Drink Sweetened Lightly Sweetened	500ml	2.09	GSV
SY204	Pistachio Drink Unsweetened	500ml	2.09	GV
CALIFIA FARMS				
SY169	Barista Blend Almond Milk	946ml	2.99	GSV
DREAM				
JU488	Coconut Dream calcium enriched	1l	1.99	GV
ECOMIL				
SY012	Almond Drink Powder Makes 6 - 8 litres	400g	14.95	GOV
SY030	Cuisine - Almond Cream suitable for cooking	200ml	1.69	GOV
SY137	Cuisine - Cashew Cream No Sugar	200ml	1.69	GOV
SY059	Cuisine - Coconut Milk	200ml	1.69	GOV
FOOD HEAVEN				
SY179	Cafe Soy Latte Dairy Free	1l	1.89	GV
SY168	Heavenly Whipped Spray Cream	200ml	2.19	GSV
GLEBE FARM				
SY140	Barista Style Oat Drink	1lT	1.99	GV
KOKO DAIRY FREE				
SY038	Coconut Milk Drink with calcium & vitamins	1l	1.79	GV
SY046	Coconut Milk Drink with calcium & vitamins	3 x 250ml	1.99	GV
CV				
SY051	Coconut Milk Drink - Chocolate with calcium & vitamins	1l	2.09	GV
GSV				
SY056	Coconut Milk Drink Chocolate with calcium & vitamins	3 x 250ml	1.99	GV
GSV				
SY122	Coconut Milk Drink Unsweetened	1l	1.79	GV
SY167	Coconut Super Milk 14 Vitamins & Minerals	1l	2.19	GV
MIGHTY PEA				
SY201	Pea Milk - Chocolate Single Serve	330ml	1.79	GSV
SY199	Pea Milk - Iced Latte Single Serve	330ml	1.79	GSV
SY124	Pea Milk - Original	1l	2.19	GSV
SY197	Pea Milk - Unsweetened	1l	2.19	GV
NATURE'S CHARM				
SY077	Condensed Coconut Milk Sweetened	320g	2.85	GSV
SY078	Evaporated Coconut Milk	360ml	2.39	GSV
PLAMIL				
SY009	Soya Milk, unsweetened - og	1l	2.25	GOV
PLANTED				
SY039	Almond & Coffee Drink	330ml	1.60	GV
SY048	Coconut & Cocoa Drink	330ml	1.60	GV
PLENISH				
SY170	Oat M*lk - Gluten Free	1l	3.15	GOV
PROVAMEL				
SY094	Almond Drink - Unsweetened	1l	2.50	GOV
SY152	Coconut & Almond Drink	1l	1.45	GOSV
SY011	Coconut & Rice Drink	1l	2.50	GOV
SY064	Rice & Almond Drink Sweetened	1l	2.50	GOSV
SY007	Rice Drink - organic	1l	2.49	GVO

code	product	size	rrp	bfgosv	
SY043 CV	Soya Milk - Light BlueSweetened, Calcium & Vitamins		1l	1.65	
SY080	Soya Milk - sweetened with Calcium		1l	1.99	GOV
SY025	Soya Milk - Unsweetened Red		1l	1.99	GOV
SY026	Soya Milk - Unsweetened Red		500ml	1.25	GOV
QWRKEE					
SY153	Pea M'lk - Sweetened		1l	2.49	GSV
SY151	Pea M'lk - Unsweetened Unsweetened		1l	2.49	GV
REBEL KITCHEN					
SY181	Dairy Free Semi Skimmed Mylk		1l	2.49	GOV
SY182	Dairy Free Skimmed Mylk		1l	2.49	GOV
RUDE HEALTH FOODS					
SY129	Almond Drink - Organic		1l	2.49	GOV
SY004	Almond Drink - Organic Single Serve		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
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
SY194	Organic Soya Drink		1l	1.85	GOV
SY117	Tiger Nut Drink Organic		1l	2.99	GOV
SY159 GOV	Ultimate Almond Milk - Organic Just water and almonds		1l	3.85	
SOJADE					
SY141	Oat Drink Organic		1l	1.99	GOV
SPROUD					
SY069	Sproud Barista Foamable and Creamy		1l	2.10	GV
SY057	Sproud Original Pea Protein Drink		1l	1.99	GSV
THE BRIDGE					
SY160	Coconut Drink organic		1l	2.25	GOV
SY042	Rice Drink - Calcium Enriched		1l	1.75	GOV
SY487	Rice Drink - Original organic		1l	1.75	GOV
SY452	Rice Drink + Almond organic		1l	2.09	GOV
SY008	Rice Drink + Coconut		1l	2.09	GOV
THE COCONUT COMPANY					
SY116	Coconut Milk Powder - Organic		250g	5.49	GOV
THE MIGHTY SOCIETY					
SY052	Pea Milk - Original		1l	2.99	GSV
SY054	Pea Milk - Unsweetened		1l	2.99	GV
NUT & SEED BUTTERS					
WHOLE EARTH					
GH091	Peanut Butter - smooth organic		227g	3.09	GOV
GH090	Peanut Butter -crunchy organic		227g	2.99	GOV
GH113	Peanut Butter -smooth original		1kg	6.99	GV
GH084	Peanut Butter -smooth original		340g	3.29	GV
GH108	Peanut Butter + Mixed Seeds		340g	3.59	GV
GH151	Peanut Butter-100% Nuts,Crunch		227g	2.89	GOV
GH115	Peanut Butter-crunchy original		1kg	6.99	GV
GH082	Peanut Butter-crunchy original		340g	3.29	GV
GH190	Peanut Butter-Hi Oleic Crunchy		340g	3.59	GV
OILS & FATS					
SUMA PREPACKS					
GT028	Gluten Free Vegetarian Suet		250g	1.99	GV
OLIVES					
MANI					
KJ425	Og Kalamata Olives in OliveOil Black Olives		280g	4.69	GOV

code	product	size	rrp	bfgosv
PASTA				
SUMA				
<i>Gluten Free</i>				
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
BARENAKED				
WT162	Barenaked Noodles Spaghetti shaped noodles		250g 2.29	GV
WT163	Barenaked Rice Rice shaped noodles		250g 2.29	GV
WT172	Barenaked Spaghetti		250g 2.29	GV
WT004	Protein Noodles		250g 2.29	GV
CIEMME				
WT136	OG Gluten Free Gnocchi Plain		400g 3.69	GOV
WT138	Og Gluten Free Gnocchi/ Quinoa		400g 3.69	GOV
CLEARSPRING				
WT052	Gluten Free Buckwheat Pasta Tortiglioni		250g 2.79	GOV
DIFATTI				
WT015	Gluten Free Egg Tagliatelle		250g 3.79	G
WT151	Gnocchi- Gluten Free		250g 2.09	GV
WT153	Spinach Gnocchi - gluten free		250g 2.09	GV
WT152	Tomato Gnocchi - Gluten Free		250g 2.09	GV
DOVES FARM				
WT038	Organic Brown Rice Fusilli		500g 3.10	GOV
WT047	Organic Brown Rice Penne Pasta		500g 3.10	GOV
WT036	Organic Brown Rice Spaghetti		500g 3.10	GOV
WT005	Organic Brown Rice Tortiglioni		500g 3.10	GOV
WT133	Organic Buckwheat Pasta		500g 4.15	GOV
WT167	Organic Green Pea Penne Pasta		250g 2.99	GOV
WT165	Organic Maize and Rice Lasagne		250g 2.49	GOV
WT051	Organic Maize/Rice Fusilli		500g 2.59	GOV
WT039	Organic Maize/Rice Penne Pasta		500g 2.59	GOV
WT053	Organic Maize/Rice Spaghetti		500g 2.59	GOV
WT135	Organic Multigrain Pasta		500g 3.09	GOV
WT166	Organic Red Lentil Penne Pasta		250g 2.99	GOV
EXPLORE CUISINE				
WT113	Black Bean Spaghetti 88g protein, 42g fibre		200g 3.29	GOV
WT093	Edamame & Mung Bean Fettuccine 86g protein, 36g fibre		200g 3.29	GOV
WT114	Edamame Bean Spaghetti 90g protein, 40g fibre		200g 3.29	GOV
WT012	Mung Bean Rotini		250g 3.29	GOV
WT092	Soybean Spaghetti 84g protein a bag		200g 3.29	GOV
LA BUONA VITA				
WT027	Gluten Free Fusilli		400g 1.99	GV
WT056	Gluten Free Lasagne SheetsNo Precook Required		250g 2.59	GV
WT026	Gluten Free Penne Pasta		400g 1.99	GV
WT028	Gluten Free Spaghetti		400g 2.39	GV
ORGRAN				
WT078	Buckwheat Pasta Spirals		250g 2.35	GV
WT105	Corn & Veg Shells		250g 2.15	GV
WT134	Rice & Corn Lasagne	Instant	200g 3.19	GV
WT109	Rice & Corn Macaroni		250g 2.15	GV
WT080	Vegetable Rice Spirals		250g 2.25	GV
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	Chickpea Fusilli - GF	Grain free	300g 3.69	GOV

code	product	size	rrp	bfgosv
WT129	Red Lentil Fusilli GF	Grain free	300g	3.69 GOV
	PASTA (CHILLED)			
	AMISA			
CV345	Gluten Free Gnocchi with corn and potato		350g	4.19 GOV
	PASTA SAUCES & PESTOS			
	SUMA			
	<i>Organic Pestos</i>			
KJ192	Pesto - Green, vegan		160g	2.99 GOV
KJ154	Pesto - Lemon & Herb, vegan		160g	3.49 GOV
KJ189	Pesto - Red, vegan		160g	2.99 GOV
KJ177	Pesto - Tomato & Chilli Pesto	Vegan	160g	3.49 OGV
	LA CONSERVE DELLA NONNA			
KJ126	Bechamel Sauce for Lasagne		340g	2.49 GV
	MERIDIAN			
VF173	Tomato & Basil Pasta Sauce		350g	2.69 GOV
VF197	Tomato & Herb - organic		440g	2.99 GVO
	MR ORGANIC			
KJ163	Coconut & Turmeric Salsa		200g	2.35 GOV
KJ158	Red Chilli & Ginger Hot Salsa		200g	2.35 GOV
	PATE			
	GRANOVITA			
GH015	Olive Pate		125g	1.89 GV
GH651	Ready Spreadable Pate - Mushroom	Organic	200g	3.30 GVO
	TARTEX			
GH001	Classic Pate - og		200g	2.79 GOV
	PATES, DIPS & TAPAS (CHILLED)			
	SUMA			
CV401	Pate - Mushroom (bombe)		200g	2.49 GV
	FLORENTIN			
CV931	Hummus		200g	3.15 GV
CV125	Hummus Trio Pack 3 flavours of hummus		250g	3.99 GV
	ME TOO!			
CV848	Coriander Houmous		250g	1.89 GV
CV847	Jalapeno Houmous		250g	1.89 GV
CV845	Original Houmous		250g	1.89 GV
CV846	Red Pepper Houmous		250g	1.89 GV
	PICKLES, CHUTNEYS & MUSTARDS			
	SHAWS			
KJ028	Mango Chutney - Chunky		300g	1.59 GSV
	READY MEALS (FROZEN)			
	AMY'S KITCHEN			
XL288	Black Bean Enchilada		269g	3.25 GV
XL356	Breakfast Scramble		255g	4.15 FGV
XL355	Breakfast Tofu Wrap		155g	2.49 FGV
XL435	Broccoli and Cheddar Bake		270g	4.15 GS
XL287	Cheese Enchilada		255g	3.25 G
XL272	Free From Bean & Rice Burrito		156g	2.19 GV
XL273	Free From Macaroni Cheese		255g	3.19 GV
XL261	G/F 3 Cheese & Kale Bake		255g	4.39 G
XL275	Gluten Free Vegetable Lasagne		255g	3.15 G
XL191	Gluten-Free Chinese Noodles		270g	4.15 GV
XL436	Gluten-free Vegan Veg Lasagne		255g	3.69 GV
XL276	Indian Mattar Paneer		238g	3.59 G
XL285	Indian Vegetable Korma		269g	3.59 GV
XL354	Pad Thai		269g	4.15 GSV
XL274	Rice Macaroni Cheese		255g	2.99 G
	CLIVE'S			
XL338	Organic Nut Roast		280g	5.45 GOSV

code	product	size	rrp	bfgovs
	<i>Pies & Pastries</i>			
XL032	G/Free Vegetable Chilli Pie	250g	3.15	GOSV
XL028	Gltn Free French Cassoulet Pie	250g	3.15	GOSV
XL026	Gluten Free Aloo Gobi Pie	250g	3.15	GOSV
XL029	Gluten Free Lentil & Olive Pie	250g	3.15	GOSV
XL030	Gluten Free Minty Chickpea Pie	250g	3.15	GOSV
XL114	Org G/F Mushroom & Leek Pie	235g	3.15	GOV
XL135	Organic G/F Homity Pie	235g	3.15	GO
	<i>Tarts</i>			
XL324	Lentil & Kale Ragout Tart	195g	3.59	GOSV
XL337	Pea and Potato Rosti Tart	195g	3.59	GOSV
XL336	Tomato and Olive Tart	195g	3.59	GOSV
	GOODLIFE			
XL265	Falafel with Coriander and Cumin	280g	1.85	GV
	ONE PLANET PIZZA			
	<i>Handmade Vegan Pizza</i>			
XL035	Gluten Free Three Cheeze Pizza	404g	5.95	GV
	READY TO EAT FOODS (CHILLED)			
	LAURIE'S TUMMY LOVING FOODS			
CV207	Original Sauerkraut Raw and Organic	410g	4.99	GOV
	TIDEFORD ORGANIC VEGAN FOODS			
CV711	Basil Pesto	150g	3.05	GOV
CV033	Coconut Korma Curry Sauce Organic, Vegan and Gluten-Free			300g
3.05	GOV			
CV040	Tikka Masala Curry Sauce Organic, Vegan and Gluten Free	300g		3.05
GOV				
	SALT & SEASONINGS			
	MARIGOLD			
LJ444	Liquid Aminos All Purpose Seasoning	250ml	3.59	GV
	SAUSAGES & BURGERS (FROZEN)			
	FRYS			
XL360	Rice Protein & Quinoa Burgers	320g	4.29	GV
	QUORN			
XL203	Gluten Free Sausages	300g	3.19	G
	WICKEN FEN			
XL381	Carrot & Coriander Sausages	280g	2.86	GV
	SNACK BARS & FLAPJACKS			
	BOUNCE			
	<i>Indulgent</i>			
KB573	Salted Caramel Ball	40g	1.99	G
	<i>Protein Energy Balls</i>			
ZX897	Cacao Mint Energy Balls	42g	1.98	G
ZX754	Coconut Macadamia Balls	40g	1.98	G
ZX896	Peanut Protein Balls	45g	1.98	G
	<i>V Life Protein Balls</i>			
ZX899	Almond Spirulina Energy Balls	40g	1.85	GV
	BRYNMOR			
	<i>Flapjack</i>			
KB559	Apricot & Almond	80g	0.69	GSV
KB541	Cashew & Coconut	80g	0.69	GV
KB575	Dark Chocolate & Ginger	80g	0.75	GS
KB409	Golden Syrup Flapjack	80g	0.99	GSV
KB543	Summer Berry	80g	0.69	GSV
	<i>Protein Flapjack</i>			
ZX713	Salted Caramel Protein Flapjak	52g	1.05	GS
	CREATIVE NATURE			
KB770	Apple Pie Flapjack Bar High Protein Snack Bar	40g	1.29	GV
KB755	Cacao Orange Flapjack Bar High Protein Snack Bar	40g	1.29	GV

code	product	size	rrp	bfgosv
KB946 CV	Ginger Teatox Flapjack	Raw Cold pressed Flapjack Bar	38g	0.99
KB947 CV	Goji Goodness Flapjack	Raw Cold pressed Flapjack Bar	38g	0.99
<i>Raw Cold Pressed flapjack bar</i>				
KB944	Raw Cacao Superfood Flapjack		38g	0.99
DELICIOUSLY ELLA				
KB435	Cacao & Almond Ball		40g	1.99
KB441	Cashew & Ginger Ball		40g	1.99
<i>Nut Butter Filled</i>				
WS071	Almond Butter Ball		36g	1.99
WS007	Apple, Cinnamon & Almond Ball		36g	1.99
WS072	Hazelnut Nut Butter Ball		36g	1.99
WS006	Raspberry & Cashew Butter Ball		36g	1.99
DOVES FARM				
<i>Impulse</i>				
KB228	Apple & Sultana Flapjack		35g	0.75
KB230	Apricot & Chia Seed Flapjack		35g	0.75
KB234	Chocolate Chip Flapjack		35g	0.75
<i>Multipack</i>				
KB237	Apple & Sultana Flapjack		4 x 35g	2.55
KB261	Apricot & Chia Seed Flapjack		4 x 35g	2.55
KB463	Chocolate Chip Flapjack		4 x 35g	2.55
EAT NATURAL				
KB464	Almond, Apricot & Yoghurt	Yoghurt Coating	50g	0.89
WS028	Apple, ginger & dark chocolate	contains honey	45g	0.89
KB470	Blueberry & Cashew Bar	with Yoghurt Coating	45g	0.89
KB466	Brazil, Sultana, Almond, Hazel		50g	0.89
KB547	Dark 70% Choc, Brazils, Apricots		45g	0.89
KB465	Date, Walnut & Pumpkin Seed	Dates, Walnuts & Pumpkin Seeds		45g
0.89	GS			
WS031	Maple Syrup, Pecans & Peanuts		45g	0.89
KB171	Vegan Fruit & Nut bar		45g	0.95
GO BITES				
ZX534	Blackcurrant & Blueberry		24g	0.99
ZX527	Date & Coconut		24g	0.99
ZX508	Hazelnut & Cacao		24g	0.99
ZX533	Raspberry & Cacao		24g	0.99
ZX518	Strawberry & Cashew		24g	0.99
LOVE VEGAN BY JENNIFER				
KB716	Orange Cacao and Cashew		32.5g	1.25
KB708	Rich Cacao and Cashew		32.5g	1.25
KB514	Smooth Peanut and Caramel Bar		32.5g	1.25
KB723	Warm Ginger and Peanut		32.5g	1.25
MERIDIAN				
KB709	Almond Bar		40g	1.50
KB879	Cashew Bar		40g	1.49
KB972	Peanut & Banana Bar		40g	1.25
KB975	Peanut & Cocoa Bar		40g	1.25
KB201	Peanut & Coconut Bar		40g	1.25
KB721	Peanut Bar		40g	1.25
NAIRN'S				
<i>Gluten Free Oat Bars</i>				
BT330	Oat Bar Apple & Cinnamon		40g	0.75
BT326	Oat Bar Cacao & Orange		40g	0.75
BT325	Oat Bar Seeded Protein		40g	0.75
NAKD				
<i>Multi Packs</i>				
WS045	Apple Danish Multipacks	New Improved Recipe	4 x 30g	3.09
KB802	Banoffee Pie Multipack		4 x 35g	2.49
KB029	Berry Delight Multipack		4 x 35g	3.09

code	product	size	rrp	bfgosv	
KB779	Blueberry Muffin Multipack	4 x 35g	2.49	GV	
KB931	Cashew Cookie Multipack	4 x 35g	3.09	GV	
KB031	Cocoa Delight Multipack	4 x 35g	3.09	GV	
KB003	Cocoa Orange Multipack	4 x 35g	3.09	GV	
KB771	Salted Caramel Multipack	4 x 35g	2.49	GV	
KB799	Strawberry Sundae Multipack	4 x 35g	2.49	GV	
<i>Nudie Bars</i>					
KB877	Bakewell Tart Bar	35g	0.89	GV	
KB686	Banoffee Pie Bar	35g	0.89	GV	
KB756	Berry Delight Bar	35g	0.89	GV	
KB532	Blueberry Muffin	35g	0.89	GV	
KB554	Cashew Cookie Bar	35g	0.89	GV	
KB347	Cocoa Coconut	35g	0.89	GV	
KB757	Cocoa Delight Bar	35g	0.89	GV	
KB556	Cocoa Orange Bar	35g	0.89	GV	
KB995	Coffee & Walnut	35g	0.89	GV	
KB558	Ginger Bread Bar	35g	0.89	GV	
KB163	Lemon Drizzle Bar	35g	0.89	GV	
WS021	Peanut Delight	35g	0.89	GV	
KB553	Pecan Pie Bar	35g	0.89	GV	
ZX609	Salted Caramel	35g	0.89	GV	
KB691	Strawberry Sundae Bar	35g	0.89	GV	
<i>Oaties</i>					
WS041	Apple Danish	New Improved Recipe	30g	0.89	GV
WS043	Banana Bread Bars	New Improved Recipe	30g	0.89	GV
WS042	Berry Bliss Bars	New Improved Recipe	30g	0.89	GV
NINE					
<i>New Range</i>					
KB634	Almond & Raspberry	Breakfast Bar	50g	0.99	GSV
KB669	Carob Raspberry & Chia Seed	Multi Pack	4 x 40g	2.25	GSV
KB597	Carob Raspberry & Chia Seed		40g	0.89	GSV
KB907	Cocoa & Orange		40g	0.89	GSV
KB604	Double Cocoa & Coconut		40g	0.89	GSV
KB609	Double Cocoa & Raspberry		40g	0.89	GSV
KB692	Original Carob & Hemp Seed	Multi Pack	4 x 40g	2.25	GSV
KB614	Original Carob & Hemp Seed		40g	0.89	GSV
KB629	Peanut & Pumpkin Seed		40g	0.89	GSV
KB664	Peanut & Raisin	Breakfast Bar	50g	0.99	GSV
KB630	Pumpkin & Sunflower Seed		40g	0.89	GSV
KB904	Salted Caramel		40g	0.89	GSV
PERKIER					
WS018	Cacao & Cashew Quinoa Bar		35g	0.99	GSV
KB124	Cacao & Orange Bites		35g	1.65	GV
KB113	Cacao & Peanut Bites		35g	1.65	GS
KB115	Salted Caramel Bites		35g	1.65	GV
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
<i>Raw Protein Bar</i>					
KB025	Almond Butter & Choc Chip		50g	1.99	GOSV
BT379	Sour Cherry & White Choc		50g	1.99	GOSV
PULSIN'					
<i>Fruit and Nut Bars</i>					
ZX649	Berry & Beet Bar		35g	0.89	GSV
ZX650	Cacao & Raisin Bar		35g	0.89	VSG
<i>Fruity Oat Bars</i>					
KB660	Choc & Raisin Fruity Oat Bars	Fruity Oat Bars	25g	0.59	GV
KB792	Orange Choc Chip Fruity Oat		25g	0.59	GV
KB791	Strawberry Fruity Oat Bar		25g	0.59	GV

code	product	size	rrp	bfgosv
	<i>Keto Bars</i>			
KB784	Choc Fudge & Peanut Keto Bar	50g	1.99	GV
	<i>Protein Boosters</i>			
KB156	Caramel Choc & Peanut Bar	50g	1.79	GV
KB090	Maple & Peanut Protein Bar	50g	1.79	GV
KB875	Mint Choc & Cashew Protein Bar	50g	1.79	GV
KB279	Orange Choc Chip Protein Bar With Cashews	50g	1.79	GV
KB148	Peanut Choc Protein Bar	50g	1.79	GV
KB706	Vanilla Choc Chip Protein Bar With Almonds	50g	1.79	GV
	<i>Raw Choc Brownie</i>			
WS054	Maca Bliss Raw Choc Brownie With Cashew	35g	1.19	GV
WS056	Peanut Choc Chip Raw Brownie	35g	1.19	GSV
WS057	Raw Choc Almond Raisin BrownieWith almonds & vanilla	35g	1.19	GV
WS058	Salted Caramel Raw Choc BrownieWith Peanuts	35g	1.19	GV
WS055	Super Berry Raw Choc Brownie With Cashews	35g	1.19	GV
	RAW HEALTH			
KB118	Chocada Truffles 3 TruffleS in a Pack	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
ZX784	Sweet potato & cacao bar	35g	1.19	GV
KB350	The Peanut Bar	35g	1.19	GV
	RUE HEALTH FOODS			
KB112	Sesame Crunch Single	35g	1.75	GO
	SWEET NOTHINGS			
KB165	Chocolate & Caramel Flapjack	68g	1.59	GV
KB169	Chocolate & Orange Flapjack	68g	1.59	GV
	<i>Flapjack Bites</i>			
KB442	Ginger & Lemon	68g	1.59	GV
KB334	Lime & Coconut	68g	1.59	GV
	TREK			
	<i>FLAPJACKS</i>			
KB499	Cocoa and oat protein flapjack	50g	1.05	GVS
KB500	Cocoa coconut protein flapjack	50g	1.05	GVS
KB501	Morning berry protein flapjack	50g	1.05	GVS
KB504	Oat & raisin protein flapjack	50g	1.05	GVS
KB505	Original oat protein flapjack	50g	1.05	GVS
	<i>Nut Protein Bar</i>			
BT130	Blueberry & Pumpkin Seed	40g	0.99	GSV
BT136	Coconut & Raspberry	40g	0.99	GSV
BT128	Dark Chocolate & Orange	40g	0.99	GSV
BT139	Dark Chocolate & Sea Salt	40g	0.99	GSV
	<i>TREK BARS</i>			
KB720	Berry Burst	55g	1.15	GV
KB722	Cocoa Chaos	55g	1.15	GV
KB725	Peanut Power	55g	1.15	GV
	TRIBE			
	<i>Energy Bars</i>			
KB103	Apple & Cinnamon Infinity	47g	1.69	GV
KB151	Choc Salt Caramel Infinity Bar	50g	1.69	GV
KB510	PnB Crunch Infinity Bar	50g	1.69	GV
	<i>Protein Bars</i>			
KB527	Choc Brownie Protein Bar	50g	1.99	GV
KB584	Choc Peanut Butter Bar	50g	1.99	GV
KB633	Coffee & Walnut Bar	50g	1.99	GV

code	product	size	rrp	bfgosv
SOFT DRINKS				
BERRY COMPANY				
<i>Cans</i>				
JU784	Sparkling Acai Drink	250ml	1.19	GV
JU778	Sparkling Goji Drink	250ml	1.19	GV
BUMBLEZEST				
JU137	Rescue & Remedy Ginger, Turmeric & CBD	250ml	1.95	GV
JU138	Rosemary, Thyme & Lavender Sparkling	250ml	1.85	GV
JU143	Yerba Mate, Matcha & CoffeeSparkling, Green Coffee	250ml	1.85	GV
CAPTAIN KOMBUCHA				
JU404	Ginger & Lemon	400ml	2.89	GOSV
JU709	Original	400ml	2.89	GOSV
CAWSTON PRESS				
<i>Cawston Drys</i>				
JU047	Dry Ginger & Lemon Only 10 Calories Per Can	250ml	1.19	GV
JU032	Dry Raspberry Only 10 Calories Per Can	250ml	1.19	GV
COCOFINA				
JU777	Organic Coconut Water Turmeric Glass Bottle	200ml	2.99	GOV
DALSTON'S				
<i>Cans</i>				
JU163	Cherryade	330ml	1.09	GSV
JU773	Fizzy Blackcurrant	330ml	1.09	GSV
JU166	Fizzy Elderflower	330ml	1.09	GSV
JU772	Fizzy Rhubarb	330ml	1.09	GSV
JU162	Ginger Beer Hand Mashed	330ml	1.09	GSV
JU776	Real Squeezed Elderflower SprkLight - no added sugar	330ml	1.09	GV
JU775	Real Squeezed Rhubarb SparklngLight - no added sugar	330ml	1.09	GV
FENTIMANS				
JU002	Apple & Blackberry	275ml	1.59	GSV
JU001	Apple & Blackberry	750ml	3.59	GSV
<i>Mixer Range - Cans</i>				
JU803	Elderflower Tonic Water Fridge Pack	8 x 150ml	7.15	GV
JU804	Naturally Light Tonic Water Fridge Pack	8 x 150ml	6.55	GV
JU805	Pink Grapefruit Tonic Water Fridge Pack	8 x 150ml	7.15	GV
JU806	Pink Rhubarb Tonic Water Fridge Pack	8 x 150ml	7.15	GV
JU807	Premium Indian Tonic Water Fridge Pack	8 x 150ml	6.55	GV
JU808	Valencian Orange Tonic Water Fridge Pack	8 x 150ml	7.15	GV
GUSTO				
JU376	Naturally Slim Cola	275ml	1.99	FGV
JU353	Organic Real Cola	275ml	1.99	FGOV
KUKA COFFEE				
JU076	Cold Brew Coffee Ready to Drink	240ml	2.65	FGV
LOVERAW				
SY087	Almond Caffe Latte Cold Brew	330ml	2.39	GV
OH MY GUTNESS				
JU087	Ginger & Lemon	330ml	1.99	GOV
JU089	Real Cola	330ml	1.99	GOV
<i>Water Kefir</i>				
JU086	Original	330ml	1.99	GOV
REBEL KITCHEN				
JU176	Chocolate Hazelnut Dairy Free, Og Iced Coffee	250ml	1.59	GOV
JU178	Chocolate Mylk Dairy Free, Og Choc Mylk	250ml	1.59	GOV
JU168	Coffee Mylk Dairy Free, Og Iced Coffee	250ml	1.59	GOV
JU179	Mocha Mylk Dairy Free, OG Mocha Mylk	250ml	1.59	GOV
SANDOWS				
JU200	Cold Brew Coffee - Flask	200ml	2.99	GV
JU198	Cold Brew Coffee Soda - Citrus	250ml	1.59	GSV
JU193	Cold Brew Coffee Soda - Spice	250ml	1.59	GSV
SIMPLEE ALOE				
JU708	Aloe Water with Pulp	500ml	1.49	GV
JU706	Aloe with Coconut Water	1l	3.49	GV

code	product	size	rrp	bfgovs
JU704	Aloe with Grape and Lemon THE GUTSY CAPTAIN COMPANY	1l	3.49	GV
	<i>Kombucha</i>			
JU233	California Raspberry	400ml	2.29	GOSV
JU239	Cayenne Pepper	400ml	2.29	GOSV
JU228	Coconut Summer Beach	400ml	2.29	GOSV
JU235	Ginger & Lemon	400ml	2.29	GOSV
JU190	Original	400ml	2.29	GOSV
JU237	Pineapple Peach	400ml	2.29	GOSV
	<i>Water Kefir</i>			
JU247	Atlantic Raspberry	330ml	1.59	GOSV
JU254	Ginger & Lemon	330ml	1.59	GOSV
JU246	Original	330ml	1.59	GOSV
JU248	Real Cola	330ml	1.59	GOSV
	SOUPS			
	AMY'S KITCHEN			
VF252	Chunky Tomato Soup	400g	2.10	GO
VF248	Cream Of Mushroom Soup	400g	2.10	GO
VF260	Lentil Soup	400g	2.10	GOV
VF265	Lentil Vegetable Soup	400g	2.10	GOV
VF268	Split Pea Soup	400g	2.10	GOV
	<i>Hearty Soup</i>			
VF054	French Country Vegetable with red rice	408g	2.65	GV
VF267	Quinoa Kale & Red Lentil Soup organic	408g	2.65	GOV
VF057	Rustic Italian Vegetable with chickpeas & brown rice	397g	2.65	GV
VF059	Spanish Rice & Red Bean Soup brown rice & red bean	416g	2.65	GV
	FREE & EASY			
VF302	Broccoli & Kale Low Salt	400g	1.75	GOV
VF297	Butternut, Sweet Potato, Turmeric Low Salt	400g	1.75	GOV
VF097	Sweet Potato & Chia Soup - Org	400g	1.75	GOV
VF301	Sweet Potato & Quinoa Low Salt	400g	1.75	GOV
	SOUPS (CHILLED)			
	TIDEFORD ORGANIC VEGAN FOODS			
CV782	Lentil and Spinach Dahl	600g	3.05	GOV
CV734	Tomato and Basil FODMAP Friendly	600g	3.05	GOV
CV783	Winter Spiced Parsnip Soup	600g	3.05	GOV
	SUGARS & SYRUPS			
	CHANTICO			
LJ226	Raw Agave Syrup Single Origin, Dark Colour	333g	3.49	GOV
LJ227	Wild Agave Syrup Single Origin, Light	333g	3.49	GOV
	SUPERFOODS & SPORTS NUTRITION			
	CLEARSPRING			
MD069	Flaxseed Protein Powder Raw Austrian Flaxseed	350g	5.89	GOV
	GRANOVITA			
GT300	Flax Oil - Organic	260ml	11.75	GOV
GT302	Hemp Oil - Organic	260ml	7.89	GOV
	LINWOODS			
MD113	Chia Seed Milled	200g	6.19	GV
MD109	Flax, Almond, Brazil, Walnut, Q10 Milled, with Co-Enzyme Q10	360g	6.25	GV
MD104	Flax, Sunflower, Pump, Sesame, Goji Milled	425g	5.99	GV
MD102	Flaxseed Milled & Organic	425g	5.29	GOV
MD114	Flaxseed Milled & Organic	200g	3.35	GOV
MD115	Flaxseed & Goji Berries Milled	200g	3.55	GV
	<i>Organic Sprouted Range</i>			
VM263	Sprouted Flaxseed Milled & Organic	360g	6.99	GOV
	NATURES AID			
VM003	MCT Oil	500ml	18.95	FGV
	NATURYA			
MD040	Greens Blend Organic	250g	11.25	FGOV

code	product	size	rrp	bfgosv
MD032	Mushroom Superblend	100g	15.99	OVG
MD155	Organic Spirulina Powder	200g	8.99	GOV
MD067	Organic Turmeric Superblend	250g	7.99	GOV
NUUN ACTIVE				
VM060	Citrus Fruit Drink Tablets electrolyte enhanced	1	6.99	GV
VM066	Lemon + Lime Drink Tablets electrolyte enhanced	1	6.99	GV
VM061	Orange Drink Tablets electrolyte enhanced	1	6.99	GV
VM067	Strawberry Lemonade Drink Tabs electrolyte enhanced	1	6.99	GV
VM064	Tri-Berry Drink Tablets electrolyte enhanced	1	6.99	GV
VM069	Tropical Drink Tablets electrolyte enhanced	1	6.99	GV
PULSIN'				
VM258	Chocolate Pea Protein Powder 69% Protein	250g	14.99	GV
VM012	Hemp Protein Powder 47% protein	1kg	28.15	GV
VM093	Hemp Protein Powder 47% protein	250g	8.39	GV
VM163	Organic Whey Protein Powder 75% protein	1kg	53.45	GO
VM175	Organic Whey Protein Powder 75% protein	250g	16.99	GO
VM027	Pea Protein Isolate 85% protein	1kg	28.15	GV
VM092	Pea Protein Powder 85% protein	250g	8.39	GV
VM091	Premium Whey 93% protein	250g	12.99	G
VM024	Rice Protein Powder unsweetened, raw, sprouted	250g	9.99	GV
VM070	Simply Whey 82% protein	250g	8.99	G
VM010	Soya Protein Isolate 90% protein	1kg	18.75	GV
VM095	Soya Protein Powder 90% protein	250g	5.99	GV
VM090	Vanilla Keto Protein Powder	252g	24.99	VG
VM260	Vanilla Whey Protein Powder 87% Protein	250g	14.99	G
<i>Supershakes</i>				
VM304	Cacao & Maca Energy Supershake	300g	17.59	GV
VM305	Red Berry Immunity Shake	280g	17.59	GV
VM306	Vanilla Matcha Vitality Shake	300g	17.59	GV
SUPPLEMENTS & REMEDIES				
BETTER YOU				
VM171	Boost B12 Oral Spray	25ml	11.95	GV
VM051	DLux 1000 Vegan Vitamin D Daily Oral Spray - Vegan	15ml	9.95	GV
VM055	DLux Infant Vitamin D Daily Oral Spray	15ml	6.35	G
FLORADIX				
MD016	Floradix Vitamin B Complex	250ml	13.19	GV
NATURES AID				
VM293	Bilberry Capsules 75mg Organic Bilberry Extract	60 capsules	16.55	GOV
VM041	D-Mannose 1000mg	60 tablets	16.95	GV
VM294	Red Yeast Rice Capsules	30 capsules	17.95	GV
VM291	Turmeric Capsules Turmeric 8,200mg	30 capsules	9.95	GV
VM292	Turmeric Capsules Turmeric 8,200mg	60 capsules	17.95	GV
VM295	Vitamin D3 1000iu Tablets	60 tablets	5.95	GV
<i>CBD Range</i>				
VM317	CBD Oil 10% Spray Peppermint Flavour	10ml	64.99	GV
VM315	CBD Oil 2.5% Spray Peppermint Flavour	10ml	21.99	GV
VM316	CBD OIL 5% Spray Peppermint Flavour	10ml	39.99	GV
VM058	CBD Sachets - one a day 10mg CBD per sachet	7 sachet	9.99	GV
<i>Childrens Vitamins</i>				
VM015	Multi-Vitamin Drops Suitable for Infants, Children	50ml	7.95	FG
VM034	Vitamin C Drops Suitable For Infants, Children	50ml	4.95	FGV
VM037	Vitamin D3 Drops Suitable For Infants, Children	50ml	6.95	FG
PUKKA				
MD036	Women Wholistic Shatavari High in Saponins & Ayurvedic	30 capsules	16.95	GOV
RICOLA				
<i>Soothe & Clear</i>				
MD001	Honey Herb Bag	75g	1.65	SG
MD009	Honey, Lemon & Echinacea	75g	1.39	GS
SIMPLEE ALOE				
MD025	Aloe Juice Health Supplement Original	1l	15.99	GOV

code	product	size	rrp	bfgosv
MD041	Aloe Juice Health Supplement Original	500ml	9.99	GOV
	TOGETHER HEALTH			
VM022	Beautiful Hair, Skin & Nails Formula	60	14.99	GV
VM033	Gentle Iron with B Vitamins	30	7.99	GV
VM025	Pregnancy - Multi Vit & Mins	60	14.99	G
VM050	Stress Aid Vitamin & Mineral	30	9.99	GV
VM111	Vitamin B Complex	30	9.25	G
VM017	Vitamin B12 Complex Iron Zinc Calcium	60	12.99	GV
VM113	Vitamin C with Bioflavonoids	30	7.99	GV
VM054	Womens Multivit	30	9.99	G
	SWEET SNACKS			
	ANANDA FOODS			
	<i>Mini Mallows</i>			
KB176	Caramel Marshmallow Bag	45g	2.59	GSV
KB182	Raspberrry Marshmallow Bag	45g	2.59	GSV
	BEAR			
ZX526	Yoyo Pure Fruit Rolls - AppleSee also 'Baby&Child' section	20g		0.59
GV				
ZX529	Yoyo Pure Fruit Rolls - Mango	20g	0.59	GV
ZX545	Yoyo Pure Fruit Rolls - Pineap	20g	0.59	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	20g	0.59	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	20g	0.59	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry	20g	0.59	GV
	<i>Claws</i>			
ZX302	Claws - Apple, Pear & Pumpkin	18g	0.69	GV
ZX531	Claws- Strawberry & Butternut	18g	0.69	GV
	<i>Claws in multipacks</i>			
ZX008	Claws - Apple, Pear & Pumpkin	5 x 18g	2.69	GV
ZX006	Claws - Blackcurrant& Beetroot	5 x 18g	2.69	GV
ZX005	Claws - Mango & Carrot	5 x 18g	2.69	GV
ZX003	Claws - Strawberry & Butternut	5 x 18g	2.69	GV
	<i>Yoyo Sours</i>			
ZX514	Blackcurrant & Apple	20g	0.59	GV
ZX511	Mango & Apple	20g	0.59	GV
ZX448	Strawberry & Apple	20g	0.59	GV
	<i>Yoyo Sours Multipack</i>			
ZX567	Strawberry & Apple	5 x 20g	2.69	GV
	<i>Yoyos in multipacks</i>			
ZX020	Yoyos - Blackcurrant Multipack	5 x 20g	2.59	GV
ZX014	Yoyos - Mango Multipack	5 x 20g	2.59	GV
ZX013	Yoyos - Raspberrry Multipack	5 x 20g	2.59	GV
ZX012	Yoyos - Strawberry Multipack	5 x 20g	2.59	GV
	BIONA			
ZX002	Berry Burst Sweets - Organic	75g	1.89	GOSV
ZX441	Jelly Dino Sweets - Organic	75g	1.89	GOSV
ZX911	Mini Fruit Bears	75g	2.09	GOSV
ZX443	Pomegranate Heart Sweets - Org	75g	1.89	GOSV
ZX576	Sour Snake Sweets - Organic	75g	2.09	GOSV
	CANDY KITTENS			
ZX621	Blueberry Bliss Fruit Gum Sweets	108g	2.05	VSG
ZX623	Peach Fizz Fruit Gum Sweets	108g	2.05	GSV
ZX599	Sour Watermelon Fruit Gum Sweets	108g	2.05	GSV
ZX344	Tropical Mango Fruit Gum Sweets	108g	2.05	GSV
ZX622	Wild Strawberry Fruit Gum Sweets	108g	2.05	SVG
	<i>Small Bags</i>			
ZX646	Peach Fizz Fruit Gum Sweets	54g	1.25	GSV
ZX645	Sour Watermelon Fruit Gum Sweets	54g	1.25	SVG

code	product	size	rrp	bfgosv
	<i>Small bags</i>			
ZX035	Tropical Mango Fruit Gum Sweets	54g	1.25	GSV
	CHUM FRUIT BITES			
ZX223	Apple	20g	0.89	GV
ZX225	Berry	20g	0.89	GV
ZX228	Peach	20g	0.89	GV
ZX224	Strawberry	20g	0.89	GV
	FABULOUS FREE FROM FACTORY			
ZX548	Chocovered Crunchee Bites Dairy Free	65g	1.85	GSV
ZX928	Chocovered Peanuts Dairy Free	65g	1.69	GSV
ZX159	Dairy Free Chocolate Raisins	75g	1.69	GV
ZX432	Dairy Free Fudge	200g	3.29	GSV
ZX627	Dairy Free Fudgee Bites	75g	1.69	GSV
ZX628	Raspberry Ice Bites Dairy Free	75g	1.49	GSV
	FREE FROM FELLOWS			
ZX065	Cola Bottles sugar, gelatine & gluten free	100g	1.49	GV
ZX060	Gummy Bears sugar, gelatine & gluten free	100g	1.49	GV
ZX072	Midget Gems sugar, gelatine & gluten free	100g	1.49	GV
	<i>Bailed Sweets</i>			
ZX321	Cola & Strawberry Lollipops sugar free	60g	1.49	VG
ZX373	Pear Drops sugar free	70g	1.49	GS
ZX324	Rhubarb and Custard sugar free	70g	1.49	VG
	FREEDOM CONFECTIONERY			
KB385	Strawberry Marshmallows Vegan	75g	2.49	GV
KB726	Veganics- Large MallowsPink & White, toastable	105g	2.49	VSG
KB383	White Vanilla Marshmallows Vegan	75g	2.49	GSV
	<i>Mallow Bites</i>			
KB043	Strawberry Chocolate	100g	3.25	GSV
KB040	Vanilla Chocolate	100g	3.25	GSV
	<i>Mini Mallows</i>			
KB789	Pink & White Mini Marshmallows Vegan	75g	2.49	GSV
	FUDGE KITCHEN			
	<i>Vegan Range</i>			
WS101	Dairy Free Fudge Slider Chocolate Flavour	125g	5.99	GSV
WS111	Rock Salted Peanut Brittle	125g	5.99	GSV
WS112	Sunflower&Pumpkin Seed Brittle	125g	5.99	GSV
	JEALOUS SWEETS			
	<i>40g Bags</i>			
ZX231	Fizzy Friends	40g	1.29	SVG
ZX238	Grizzly Bears	40g	1.29	GVS
ZX678	Happy Bears Sugar Free	40g	1.35	GV
ZX675	Love Bears Sugar Free	40g	1.35	GV
ZX229	Tangy Worms	40g	1.29	SVG
ZX233	Tropical Wonder	40g	1.29	SGV
	<i>Share Bags</i>			
ZX480	Fizzy Friends Share Bags	125g	2.49	GSV
ZX466	Grizzly Bears Share Bags	125g	2.49	GSV
ZX472	Tangy Worms Share Bags	125g	2.49	GSV
ZX478	Tropical Wonder Share Bags	125g	2.49	GSV
	NOT GUILTY			
KB085	Be My Love Pomegranate Gummies	100g	1.99	GOSV
KB096	Berry Good Berry Gummies	100g	1.99	GOSV
KB094	Lovely Tender Mixed Fruit Gummies	100g	1.99	GOSV
KB093	Mi Colazon Cola Gummies	100g	1.99	GOSV
	TABLE SAUCES			
	BIONA			
KJ106	Classic Tomato Ketchup Squeezy	560g	2.99	GOSV
KJ463	Worcester Sauce	140ml	3.69	GOSV

code	product	size	rrp	bfgosv
	MERIDIAN			
KJ621	Tomato Ketchup - organic	285g	2.49	GOSV
	MR ORGANIC			
KJ496	Naturally sweetened Ketchup	480g	3.59	GOV
	STUBB'S			
KJ073	Hickory Liquid Smoke	148ml	2.59	GSV
	TEAS			
	CLIPPER			
	<i>Classic</i>			
TE507	English Breakfast Organic	80 bags	3.99	FGOV
	HAMPSTEAD TEA			
TE677	English Breakfast Tea - og looseleaf	100g	5.99	GOVB
	LONDON TEA COMPANY			
TE442	Earl Grey Tea Pyramid Teabags in Caddy	15 bags	7.95	FGV
TE443	Jasmine Green Tea Pyramid Teabags in Caddy	15 bags	7.95	FGV
	TOFU & TEMPEH (CHILLED)			
	PLANT POWER			
CV368	Black Bean Tempeh	200g	3.35	GOV
CV380	Chickpea Tempeh	200g	3.35	GOV
CV367	Original Tempeh	200g	2.95	GOV
CV400	Sweet N Smoky BBQ Ribz	300g	4.95	GOV
CV399	Tempeh Pieces - Curry Flavour	180g	3.25	GOV
	TOOTH CARE			
	GREEN PEOPLE COMPANY			
DY980	Childrens Mandarin/Fluoride	50ml	4.75	GOV
	THE NATURAL FAMILY CO			
	<i>Toothpaste</i>			
DY263	Black Whitening ToothpasteWith Activated Charcoal	100g	6.49	GV
DY498	Original Toothpaste	100g	6.49	GOV
DY494	Whitening Toothpaste	100g	6.49	GOV
	VEGETABLES			
	AMAIZIN			
KJ117	Jalapeno Peppers	150g	2.39	GOV
	COOKS & CO			
KJ078	Sweety Drop Peppers	235g	3.45	GV
	ST DALFOUR			
VF112	Whole Chestnuts Ready to eat	200g	2.89	GV
	VINEGARS			
	MR ORGANIC			
KJ492	Organic Apple Cider Vinegar	500ml	3.35	GOV
	YEAST EXTRACTS			
	ESSENTIAL TRADING			
GH059	Yeast Extract	125g	3.75	GV
	YOGHURT, DAIRY (CHILLED)			
	YEO VALLEY			
	<i>Kefir Yoghurt</i>			
CV863	Mango & Passionfruit	350g	1.45	GOS
CV864	Natural	350g	1.45	GOS
CV862	Strawberry	350g	1.45	GOS
	YOGHURT, NON-DAIRY (CHILLED)			
	PROVAMEL			
	<i>Soya-Based Yoghurts</i>			
CV455	Org Soya Almond Yoghurt Sugar Free	500g	2.35	GOV
CV075	Organic Forest Fruit Yofu Minimum 15 days shelf life	500g	2.35	GOSV
CV061	Organic Natural Soy Yoghurt Sugar Free	4 x 125g	2.19	GOV
CV081	Organic Peach & Mango Yofu Minimum 15 days shelf life	4 x 125g	2.35	GOSV

code	product	size	rrp	bfgosv
CV318 GOSV	Organic Vanilla Yofu Minimum 15 days shelf life	500g	2.35	
	SOJADE			
CV289 GOV	Blueberry Cherry Soya Yoghurt No added sugar	400g	2.75	
CV876 GOV	Greek Style Yoghurt	400g	2.05	
	THE COCONUT COLLABORATIVE			
	<i>Minimum 5 days shelf life</i>			
CV500 GV	Blueberry Yoghurt	120g	1.75	
CV507 GSV	Little Choc Pots	4 x 45g	2.99	
CV502 GV	Mango & Passion Fruit Yoghurt	120g	1.75	
CV498 GV	Natural Yoghurt	120g	1.75	
CV495 GV	Natural Yoghurt	350g	2.99	
CV511 GSV	Salted Caramel Pots	4 x 45g	2.99	
CV497 GV	Vanilla Yoghurt	350g	2.99	

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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