

# Summa

CO-OPERATIVE SINCE 1977

**GLUTEN FREE**

MAY - JUNE 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
	<b>ALCOHOLIC DRINKS</b>			
	<b>NOVELTEA</b>			
WN066	Tale of Tangier	700ml	24.99	GSV
	<b>BABY &amp; CHILD FOOD</b>			
	<b>ANNABEL KARMEL</b>			
	<i>Pouches</i>			
BB002	Apple Blueberry & Banana	100g	1.25	GOV
BB020	Banana,Blueberry, Coconut Milk	100g	1.25	GOV
BB008	Banana,Pear & Peach	100g	1.25	GOV
BB023	Mango,Apple & Coconut Milk	100g	1.25	GOV
BB019	Pumpkin,Apple & Sweetcorn	100g	1.25	GOV
BB014	Strawberry,Banana & Apple	100g	1.25	GOV
	<b>BABEASE</b>			
BB100	Banana & Pear Coconut Water	100g	1.35	GOV
BB088	Butternut, Carrot & Broccoli	100g	1.35	GOV
BB090	Garden Vegetable Risotto	130g	1.75	GOV
BB096	Pumpkin & Peas	100g	1.35	GOV
BB103	Root Vegetable & Quinoa Pilaf	130g	1.75	GOV
BB097	Strawberry,Apple Coconut Water	100g	1.35	GOV
	<b>BEAR</b>			
ZX054	Paws Apple & Pumpkin	20g	0.59	GV
ZX061	Paws Mango & Carrot Multipack	20g	2.79	GV
ZX058	Paws Mango & Carrot Single	20g	0.59	GV
ZX515	Paws- Apple & Blackcurrant	20g	0.59	GV
ZX523	Paws- Raspberry & Blueberry	20g	0.59	GV
ZX520	Paws- Strawberry & Apple	20g	0.59	GV
	<i>Paws in multipacks</i>			
ZX189	Paws- Raspberry & Blueberry	5 x 20g	2.69	GV
	<b>LITTLE PASTA ORGANICS</b>			
BB017	Asparagus,Pea & Broad Bean	130g	2.99	GOV
	<i>Pasta</i>			
BB151	Gluten Free Mini Gnocchi	250g	2.39	GOV
	<i>Pasta Sauce</i>			
BB298	Pumpkin & Carrot Pasta Sauce	130g	2.05	GOV
BB257	Spinach & Broccoli Sauce	130g	2.05	GOV
	<i>Stage Three Jars</i>			
BB108	Cheesy Pumpkin & Pasta	180g	3.09	GO
BB104	Tomato & Ricotta Pasta	180g	3.09	GO
	<b>ORGANIX</b>			
	<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	100g	1.49	GOV
BB082	Apple,Pineapple,Coconut	100g	1.49	GOV
BB077	Mango, Pear & Oats	100g	1.49	GOV
BB085	Oatmeal, Apricot & Banana	100g	1.49	GOV
BB054	Oatmeal,Apple,Rasp & Blueberry	100g	1.49	GOV
	<b>BAKING SUNDRIES</b>			
	<b>SUMA</b>			
LJ039	Baking Powder - Gluten Free	200g	2.19	GV
	<b>BARKAT</b>			
LJ002	Gluten Free Baking Powder	100g	1.49	GV
	<b>DOVES FARM</b>			
LJ206	Baking Powder	130g	1.49	GV
LJ228	Choc Chip Cookie Mix	350g	3.25	GSV
LJ234	Chocolate Brownie Mix	350g	2.95	GS

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LJ203	Cornflour Organic	110g	1.79	GOV
LJ175	Gluten Free Batter Mix	1kg	3.09	GV
BT528	Gluten Free Sponge Mix	350g	2.49	GS
LJ233	Pancake Mix	300g	2.35	G
LJ423	Quick Yeast	8 x 125g	1.19	GV
LJ191	Vitamin C	120g	5.19	GV
<b>ENGEVITA</b>				
LJ144	Organic Yeast Flakes	125g	5.89	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
<b>MONTEZUMA'S</b>				
<i>Cooking Chocolate</i>				
KB052	Dark Couverture	3kg	52.49	GOSV
KB060	Milk Couverture	3kg	52.49	GOS
<b>MOO FREE</b>				
LJ311	Baking Drops	150g	3.79	GOSV
<b>ORGRAN</b>				
LJ656	Egg Replacer	200g	2.95	GV
LJ077	Vegan Easy Egg	250g	4.25	GV
<b>PLAMIL</b>				
<i>Drops in 1kg bags</i>				
KB651	Baking Chocolate	1kg	11.99	GSV
KB652	Organic Baking Chocolate	1kg	13.59	GOSV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
<b>THE RAW CHOCOLATE CO</b>				
<i>Chocolate Making Ingredients</i>				
KB050	Cacao Butter	240g	6.70	GFOV
<b>BEANS &amp; PULSES - CANNED</b>				
<b>WHOLE EARTH</b>				
VF161	Baked Beans - organic	400g	1.19	GOV
<b>BISCUITS CRACKERS &amp; CRISPBREAD</b>				
<b>AGAINST THE GRAIN</b>				
BT077	OG Berry Delicious Cookies	150g	3.26	GOV
BT341	Og Choc Chip & Hazelnut Cookie	150g	3.10	GOSV
BT302	Org Chocolate & Orange Cookies	150g	3.10	GOSV
BT340	Organic Almond Cookies	150g	2.98	GOSV
BT339	Organic Ginger Crunches	150g	2.98	GOSV
<b>AMISA</b>				
BT560	Chestnut Crispbread	100g	2.39	GO
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
BT262	Dark Chocolate Corn Cakes	100g	2.19	GOSV
BT263	Dark Chocolate Rice Cakes	100g	2.19	GOSV
BT159	Protein Lentil Crispbread	100g	1.99	GOV
BT259	Protein Pumpkin Crispbread	100g	2.09	GOV
<b>ANGELIC GLUTEN FREE</b>				
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
<b>CLEARSPRING</b>				
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
<b>DOVES FARM</b>				
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

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<b>EASY BEAN</b>				
BT078	Chickpea Crispbread - Cheddar	110g	3.15	G
BT204	Chickpea Crispbread - Moroccan	110g	3.15	G
BT076	Chickpea Crispbread - Seaweed	110g	3.15	G
BT208	Chickpea Crispbread with Seeds	110g	3.15	G
BT205	Chickpea Crispbread-Mung Bean	110g	3.15	G
BT304	Fava Bean & Poppy Seed	160g	2.95	GV
BT305	Greenpea & Chia Seed	160g	2.95	GV
BT303	Red Lentil & Poppy Seed	160g	2.95	GV
<b>FOODS OF ATHENRY</b>				
BT356	Almond/R'mary Soda Bread Toast	110g	1.65	GS
BT357	C'berry/Hazel Soda Bread Toast	110g	1.65	GS
<b>HONEYROSE</b>				
BT292	All Butter Lemon Shortbread	125g	2.89	GOS
BT249	All Butter Oat & Raisin Cookie	115g	2.89	GOS
BT232	All Butter Shortbread	125g	2.89	GOS
BT227	Date & Walnut Toast	110g	3.59	GOSV
BT228	Hazelnut & Agen Plum Toast	110g	3.59	GOSV
BT230	Kale & Spiced Nut Toast	110g	3.59	GOSV
BT235	Triple Chocolate Cookie	115g	2.89	GOS
<b>KALLO</b>				
BT045	Ancient Grain Corn Cakes	150g	1.99	GOV
BT152	Blueberry/Van Rice/Corn Cakes	131g	2.29	GSV
BT527	Chia Seed Corn Cake	130g	1.49	GV
BT184	Corn Cakes OG	130g	1.79	GOV
	<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	130g	1.69	GVO
BT036	Thick Slice Sesame Rice Cake	130g	1.48	GOV
BT240	Thin Slice No Salt - organic	130g	1.59	GVO
BT338	Thin Slice Rice Cake Dark Choc	90g	2.39	GO
<b>KENT &amp; FRASER</b>				
BT274	Chilli & Coriander Wafer	110g	2.75	G
BT256	Garlic & Poppy Seed Wafer	110g	2.75	G
BT255	Onion & Nigella Seed Wafer	110g	2.75	G
BT278	Pepper & Smoked Salt Wafer	110g	2.75	G
<b>KOOKIE CAT</b>				
BT565	Cacao Nib & Walnut Cookie	50g	1.49	GOV
BT567	Chia & Lemon Cookie	50g	1.49	GOV
BT566	Hemp & Cacao Cookie	50g	1.49	GOV
BT563	Pineapple & Orange Cookie	50g	1.49	GOV
BT105	Protein Dark Chocolate	50g	1.49	GOSV
BT131	Salted Caramel Almond	50g	1.49	GOSV
BT564	Vanilla & Choc Chip Cookie	50g	1.49	GOV
BT132	Wild Berries & White Chocolate	50g	1.49	GOSV
<b>LAZY DAY</b>				
BT188	Chocolate Chip Oaties	150g	2.45	GSV
BT539	Cranberry Orange Tiffin Slice	150g	2.89	GSV
BT214	Dark Belgian Chocolate Gingers	125g	3.25	GV
BT197	Free From Shortbread	150g	2.75	CV
BT140	Ginger Tiffin	150g	2.89	GVS
BT199	Golden Syrup Oaties	150g	2.45	GSV
BT524	Millionaire Crispie	150g	2.89	CVS
BT316	Millionaires Shortbread	150g	2.89	GSV
BT180	Stem Ginger Oaties	150g	2.45	GSV
BT538	Tiffin Gift Selection Box	225g	5.99	GSV
	<i>Mini Bites Tubs</i>			
BT183	Tiffin Bites	180g	3.89	GSV

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<b>LE PAIN DES FLEURS</b>				
BT094	Buckwheat Crispbread	150g	3.29	GOV
BT189	Buckwheat Crispbread (no salt)	125g	3.29	GOV
BT095	Chestnut Crispbread	125g	3.99	GOV
BT093	Quinoa Crispbread	125g	3.99	FGOV
<b>METCALFE'S</b>				
BT222	Rice Cakes - Dark Chocolate	34g	0.99	GVS
BT209	Rice Cakes - Milk Chocolate	34g	0.99	GS
BT198	Rice Cakes - Yoghurt	34g	0.99	GS
<b>MRS CRIMBLES</b>				
BT245	Chocolate Macaroons	195g	1.99	GSV
<b>NAIRN'S</b>				
BT149	Caramelised Onion Flatbreads	150g	2.09	G
BT156	Cheese Cracker	137g	2.09	G
BT133	Oaties GF	160g	1.49	GV
<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
<b>ORGRAN</b>				
BT138	Beetroot Crackers	100g	2.85	GV
BT134	Beetroot Turmeric Crackers	100g	2.85	GV
BT143	Lemon & Poppy Seed Cookies	130g	3.15	GSV
BT257	Toasted Corn Crispbread	125g	2.15	G
<b>ORIGIN EARTH</b>				
BT390	Gluten Free Crackers	150g	2.69	GV
BT389	Gluten Free Crackers Fennel	150g	2.69	GV
BT387	Gluten Free Crackers Sesame	150g	2.69	GV
<b>PREWETT'S</b>				
BT260	Dark Chocolate & Ginger	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
<b>RHYTHM 108</b>				
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
<b>RUDE HEALTH FOODS</b>				
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
<b>VEGAN BAKERY</b>				
BT069	Cookie N'Cream	200g	2.25	GSV
<b>BODY CARE</b>				
<b>DR BRONNER'S</b>				
DY338	Lavender Castile Liquid Soap	3.8l	67.49	FGOVB
DY350	Liquid Soap Peppermint	3.8l	67.49	FGOVB

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DY349	Pure Castile Liquid Soap-Baby <b>FAITH IN NATURE</b> <i>Body Wash</i>	3.8l	67.49	FGOVB
DY351	Body Wash - Avocado <i>Conditioner</i>	400ml	5.79	GV
DY354	Conditioner - Blueberry <i>Shampoo</i>	400ml	5.79	GV
DY353	Shampoo - Blueberry <b>LAVERA</b> <i>Basis</i>	400ml	5.79	GV
DY583	Lip Balm Sensitive <b>BREADS &amp; BREAD MIXES</b>	4.5g	3.95	OG
	<b>AMISA</b>			
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
	<b>BIONA</b>			
BT461	Rice Bread with Sunflower Seed <b>ISABEL'S NATURALLY FREE FROM</b>	500g	4.49	GOV
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 <b>SCHNITZER GLUTEN FREE</b>	100g	2.95	G
BT467	Baguette Classic	360g	3.59	GOV
BT466	Baguette Grainy Linseed/Sesame	320g	3.59	GOV
BT160	Burger Bun	125g	2.15	GOS
BT470	Ciabatta Olive Bread GF	360g	4.45	GOV
BT462	Focaccia Rolls	220g	3.09	GOV
BT469	Granello-Brown with Sunflowers	500g	4.45	GOV
BT083	Panini Bianco	250g	3.09	GO
BT516	Pizza Base	100g	1.39	GOSV
BT517	Quinoa Bread with Chia	500g	4.65	GOV
BT471	Rustico GF Bread with Amaranth <b>TASTE ITALIA</b>	500g	4.45	GOV
BT009	Gluten free Plain Wraps <b>BURGERS SAUSAGES &amp; TVP MIXES</b>	2 x 80g	2.99	GV
	<b>SUMA PREPACKS</b>			
VF154	Nut Roast Mix - Gluten Free	340g	2.99	GVS
	<b>CLEARSPRING</b>			
SY071	Organic Soya Mince	300g	3.49	GOV
	<b>CAKES</b>			
	<b>FREE &amp; EASY</b> <i>Gluten &amp; Dairy Free</i>			
BT072	Chocolate Brownie Mix <b>CEREALS &amp; MUESLIS</b>	350g	3.99	GSV
	<b>SUMA GRANOLA</b>			
MX213	GF Berry Burst Granola	350g	4.85	G
	<b>SUMA MUESLI</b>			
MX211	GF Multigrain Muesli - Organic <b>ALARA</b>	500g	3.59	GOV
	<i>Everyday Range</i>			
MX023	Gluten Free Muesli - organic <i>Into The Garden</i>	250g	3.29	GOV
MX236	Active Muesli <b>AMISA</b>	250g	3.99	GOV
FX016	Organic Porridge Oats <b>BIOFAIR</b>	325g	2.69	GOV
MX009	Quinoa Pops Organic, FT	120g	4.49	GFO

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	<b>DOVES FARM</b>			
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
	<b>EAT NATURAL</b>			
MX241	breakfast gluten free granola	425g	4.19	G
MX148	Toasted Muesli - Buckwheat	500g	4.19	GS
	<b>GLEBE FARM</b>			
MX111	Granola Org Oats GF	325g	2.99	GOS
FX037	Porridge Oats GF	450g	2.49	CV
MX106	Porridge Oats GF	450g	2.79	GOV
	<b>KALLO</b>			
MX124	Puffed Rice Cereal - Natural	225g	2.99	GOV
	<b>LIZI'S</b>			
MX181	Gluten Free Granola	400g	4.99	GV
	<b>NAIRN'S</b>			
MX152	Gluten Free Porridge Oats	450g	2.69	G
MX154	Muesli - Gluten Free	450g	3.15	GSV
	<b>NATURES PATH ORGANIC</b>			
MX602	Gorilla Munch	300g	3.95	GOVS
MX136	Granola - Berry	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
	<b>ORGRAN</b>			
MX003	Matcha & Coconut Cereal	200g	4.25	GV
	<b>PLANET ORGANIC</b>			
MX169	Chocolate Bliss Paleo Granola	350g	6.99	GOSV
MX165	Super Berry Paleo Granola	350g	6.99	GOSV
	<b>PRIMROSE'S KITCHEN</b>			
MX126	Banana & Turmeric Granola	300g	5.49	GOV
MX109	Beetroot & Ginger Muesli	300g	4.49	GOV
MX104	Carrot, Apple & Cinnamon Muesli	300g	4.49	GOV
MX245	Orange & Cashew Granola	300g	5.49	GOV
MX012	Pear & Apricot Bircher	300g	3.49	GOV
	<b>RUDE HEALTH FOODS</b>			
	<i>Muesli</i>			
MX089	Coconut & Seed GF Muesli	500g	4.49	GV
	<i>Porridge</i>			
MX208	Sprouted Porridge Oats	500g	4.99	GOV
	<i>Puffs</i>			
MX164	Honey Puffed Oats	240g	4.25	G
MX120	Puffed Brown Rice	225g	2.39	GV
	<b>WHOLE EARTH</b>			
MX172	Classic Cornflakes - organic	375g	2.49	GOSV
MX174	Maple Frosted Flakes - og	375g	3.29	GOSV
	<b>CHEESE, DAIRY (CHILLED)</b>			
	<b>BIO-TIFUL DAIRY</b>			
CV030	Herb/Garlic Kefir Cheese	150g	1.70	G
CV026	Kefir Cheese	150g	1.70	G
CV034	Roasted Pepper Kefir Cheese	150g	1.70	G
	<b>CHEESE, NON DAIRY (CHILLED)</b>			
	<b>APPLEWOOD</b>			
CV615	Smoked Cheese Block	200g	2.65	GS
CV618	Smoked Cheese Slices	200g	2.85	GV
	<b>BUTE ISLAND FOODS</b>			
CV141	Blue Style Wedge	200g	2.45	GV
CV820	Garlic & Chive	200g	2.45	GV



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CV755	Red Leicester Style	200g	2.19	GV
CV294	Smoked Cheddar	200g	2.45	GV
CV288	Strong Cheddar Wedge	200g	2.39	GV
<b>KOKO DAIRY FREE</b>				
CV688	Cheddar Cheese Alternative	200g	2.49	GV
CV715	Soft Cheese Alternative	150g	1.99	GV
<b>CHOCOLATE</b>				
<b>ANANDA FOODS</b>				
<i>AVERAGE 6-8 WEEKS SHELF LIFE</i>				
KB330	Gluten Free Round UP	75g	3.05	GVS
<b>BEECH'S FINE CHOCOLATE</b>				
WS100	Rose & Violet Creams	145g	4.99	GVS
<b>BOOJA-BOOJA</b>				
<i>Artist's Collection Gift Boxes</i>				
KB927	Fine De Champagne Truffles	185g	20.99	GFOSV
KB929	Hazelnut Truffles	185g	20.99	GFOSV
<i>Four Corners</i>				
KB296	Almond Salted Caramel Truffles	104g	7.35	GOV
KB790	Around Midnight Espresso	104g	7.35	GOSV
KB550	Hazelnut Truffles	104g	7.35	GOSV
KB655	The Gourmet Selection	230g	17.79	GOSV
<i>Gift Boxes</i>				
KB815	Award-winning Selection	184g	10.49	GOSV
KB656	Champagne Truffles	138g	9.95	GOSV
<i>Gift Range</i>				
KB622	Fine De Champagne Truffles	138g	13.55	GOSV
KB623	Hazelnut Truffles	138g	13.55	GOSV
KB624	Truffle Selection 1	138g	13.55	GOSV
<i>Two Packs</i>				
KB507	Almond Salted Caramel Truffles	23g	1.34	GOSV
KB513	Hazelnut Crunch Truffles	23g	1.34	GOSV
<b>CHOCOLATE AND LOVE</b>				
KB683	Panama light Turquoise Gift	160g	12.49	FGOS
<b>COCOA LIBRE</b>				
KB477	Dark Chocolate Mint Owls	100g	4.16	GSV
KB900	Milk Choc Alt Caramel Slab	100g	3.65	GSV
KB896	Milk Choc Alt Honeycomb Slab	100g	3.65	GSV
KB538	Mini Slab Gift Set	120g	6.09	GSV
<b>CONSCIOUS CHOCOLATE</b>				
ZX483	Chia & Coconut Raw Bar	60g	2.79	GOSV
ZX485	Citrus Zest Raw Bar	60g	2.79	GOSV
ZX487	Dark Side 75% Raw Bar	60g	2.79	GOSV
ZX488	Dark Side 85% Raw Bar	60g	2.79	GOSV
ZX491	Four Nuts Raw Bar	60g	2.79	GOSV
ZX492	Goji & Coconut Raw Bar	60g	2.79	GOSV
ZX493	Love Potion No 9 Raw Bar	60g	2.79	GOSV
ZX494	Maca & Spirulina Raw Bar	60g	2.79	GOSV
ZX497	Orange & Tangerine Raw Bar	60g	2.79	GOSV
ZX501	Peppermint Raw Bar	60g	2.79	GOSV
ZX505	Sour Cherry Raw Bar	60g	2.79	GOSV
<b>GOUPIE</b>				
WS124	Chilli Goupie	180g	4.49	GSV
<b>MONTEZUMA'S</b>				
<i>Absolute Black Range</i>				
ZX770	Absolute Black with Mint	90g	1.99	GV
<i>Giant Buttons</i>				
ZX775	Absolute Black Giant Buttons	180g	3.05	GV
<i>Like No Udder</i>				
KB530	Milk Alternative Bar	90g	1.99	GOVS
KB601	Milk Choc/Orange Alternative	90g	1.99	OSVG

code	product	size	rrp	bfgosv
	<i>Like No Udder Mini Bars</i>			
ZX743	Milk Chocolate Alternative	25g	0.79	GOSV
	<i>Mini Bars</i>			
ZX683	Absolute Black 100% Cocoa Bar	25g	0.79	GV
KB829	Royal Mint Dark 74%	25g	0.79	GOSV
KB844	Spotch Dark Butterscotch	25g	0.99	SG
	<i>Organic Bars</i>			
ZX779	Royal Mint Organic Dark W'Mint	90g	1.99	GOSV
	<i>Truffle Bites</i>			
ZX148	Dark Chocolate Truffle Bites	120g	3.99	GS
ZX172	Milk Chocolate Truffle Bites	120g	3.99	GS
ZX707	Peanut Butter Truffle Bites	120g	3.69	VSG
ZX146	White Chocolate Truffle Bites	120g	3.99	GS
	<b>MOO FREE</b>			
KB193	Choccy Chum Surprise	20g	0.55	GO
ZX790	Choccy Drops	25g	0.89	GOSV
KB812	Dairy Free Milk Chocolate Bar	100g	2.70	GOSV
	<i>Gifting Range</i>			
KB400	Hazelnut Truffles	108g	4.99	GOSV
KB788	White Choc & Rasp Truffles	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	GSOV
WS050	Cocoa Chocolate Bar	80g	2.19	GSOV
WS051	Sea Salt & Caramel Bar	80g	2.19	GSOV
WS052	Sea Salt & Lime Bar	80g	2.19	FGSO
	<i>Mini Moos</i>			
KB536	Bunnycomb Bars - Singles	23g	0.69	GOSV
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
KB895	Yummy White Bar	20g	0.69	GSV
	<b>MUMMY MEAGZ</b>			
	<i>Vegan Rocky Road Bars</i>			
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
	<b>NUGO</b>			
KB376	D/Mint Choc Chip Protein Bar	50g	2.35	SGV
KB493	Dark Choc Chip Protein Bar	50g	2.35	GSV
KB502	Dark Choc Coconut Protein Bar	50g	2.35	SGV
KB399	Dark Choc Mocha Protein Bar	50g	2.35	GSV
KB321	Dark Peanut Butter Protein Bar	50g	2.35	VSG
	<i>With Protein</i>			
KB468	D/Choc Pretzel Sea Salt Bar	50g	2.35	VSG
	<b>OMBAR RAW CHOCOLATE</b>			
	<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
ZX975	Salt and Nibs	70g	3.29	VOG
	<b>PLAYIN CHOC</b>			
ZX735	5 Pieces of Dark Chocolate	50g	2.55	GSOV
ZX736	5 Pieces of Light M*lk Choc	50g	2.55	GSOV

code	product	size	rrp	bfgosv
WS005	Dinosaur Series Surprise	2 x 10g	2.55	GOSV
	<b>RHYTHM 108</b>			
KB506	Hazelnut Praline Chocolate Bar	33g	1.55	GVOS
KB336	Super Coconut Swiss Choc Bar	33g	1.55	GSOV
KB276	Sweet N Salty Almond Choc Bar	33g	1.55	GOSV
	<b>SO FREE</b>			
	<i>Glass Jars - Plastic Free</i>			
ZX757	Dark Cocoa Bites	85g	2.49	GV
ZX765	Smooth Cocoa Bites	85g	2.49	VG
ZX767	White Cocoa Bites	85g	2.49	GV
	<i>No Added Sugar Large Bars</i>			
ZX915	No Added Sugar 72% Dark Choc	80g	2.75	GV
ZX917	No Added Sugar Hemp D/Choc	70g	2.75	GV
ZX919	No Added Sugar Mint Dark Choc	80g	2.75	SGV
	<i>Organic Large Bars</i>			
ZX921	Extra Dark 87% Chocolate	80g	2.75	OSVG
ZX920	F/trade Milk Choc Alternative	80g	2.75	OGVS
ZX923	Intense Mint 60% Chocolate	80g	2.75	SVOG
ZX924	Tropical Orange Chocolate	80g	2.75	OSVG
ZX926	White Chocolate	70g	2.75	GSOV
	<b>SUPERNATURE</b>			
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
	<b>THE RAW CHOCOLATE CO</b>			
KB307	Cacao Nibs	150g	4.20	GOV
	<i>Raw Chocolate Coated Snacks</i>			
KB054	Chocolate Covered Mulberries	125g	4.99	GOV
KB053	Goji Berries	125g	4.99	GFOV
ZX884	Raw Chocolate Covered Almonds	25g	1.49	GOSV
ZX885	Raw Chocolate Covered Ginger	28g	1.49	GOSV
	<b>TONY'S CHOCOLONELY</b>			
	<i>Small Bars</i>			
ZX114	Milk Chocolate 32% Hazelnut	47g	1.49	FGS
	<b>CHOCOLATE &amp; SWEET SPREADS</b>			
	<b>COCOFINA</b>			
GH136	Hazelnut Chocolate Spread -Org	200g	4.99	GOSV
	<b>SO FREE</b>			
GH223	Milk Choc Spread (Dairy Free)	275g	3.15	OSGV
GH225	Rich Dark Chocolate Spread	275g	3.15	OVGS
	<b>CHOCOLATES (CHILLED)</b>			
	<b>BOOJA - BOOJA</b>			
	<i>Chilled Chocolate</i>			
CV196	Hazelnut Crunch Truffles	69g	3.99	GOSV
	<b>BOOJA-BOOJA</b>			
	<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
CV189	Honeycomb Caramel Truffle	69g	3.99	GSOV
CV190	Raspberry Truffles	69g	5.29	GOSV
CV192	Toffee Strudel Truffle	69g	3.99	GSOV
	<i>Gift Boxes</i>			
CV197	Almond Caramel Choc Truffles	138g	8.89	GOSV
CV198	Fin De Champagne Choc Truffles	138g	8.89	GOSV
CV199	Hazelnut Crunch Choc Truffles	138g	8.89	GOV
CV200	The Wonderbox	230g	18.35	GOSV
CV202	Truffle Selection No.3	138g	8.89	GOSV

code	product	size	rrp	bfgosv
	<i>Gift Range</i>			
CV299	Truffle Selection 2	138g	13.55	GOSV
	<i>Two Packs</i>			
CV212	Almond Salted Caramel Truffles	2 pack	1.36	GOV
CV218	Fine De Champagne Truffles	2 pack	1.36	GOV
CV219	Hazelnut Crunch Truffles	2 pack	1.35	GOV
	<b>CIDERS</b>			
	<b>DUNKERTONS</b>			
RT054	Organic Craft Cider	500ml	3.39	GOSV
	<b>CONVENIENCE FOODS</b>			
	<b>AMY'S KITCHEN</b>			
VF008	Medium Chilli	416g	2.79	GV
VF009	Spicy Chilli	416g	2.79	GV
	<b>ARTISAN GRAINS</b>			
VF080	Falafel - Beetroot & Chilli	150g	1.89	GV
VF071	Falafel - Pumpkin & Quinoa	150g	1.89	GV
VF037	Falafel - Super Greens	150g	1.89	GV
VF213	Nut Roast - Cashew & Cranberry	200g	2.99	VG
	<b>GRANOVITA</b>			
VF036	Nut Luncheon	420g	2.85	GV
	<b>LOMA LINDA</b>			
VF035	Tuno - In Spring Water	142g	1.79	GV
VF026	Tuno - Thai Sweet Chilli	142g	1.79	GV
VF022	Tuno Mayo	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
	<b>MARIGOLD</b>			
SY154	Tempeh - Cans	280g	3.09	GV
	<b>CRISPS &amp; SNACKS</b>			
	<b>AMAIZIN</b>			
ZX589	Bio Corn Chips Nachos	150g	2.29	GOS
ZX482	Rice Paper Organic	110g	1.99	GOV
WS070	Taco Sauce Hot - Organic	220g	2.29	GOV
WS069	Taco Sauce Mild - Organic	220g	2.29	GOV
	<b>APE SNACKS</b>			
ZX504	Coconut Bites Chocolate	26g	1.69	GVS
	<b>BROWN BAG CRISPS</b>			
	<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
	<b>CLEARSPRING</b>			
ZX216	Roasted Seeds & Soya Snack	35g	0.99	GOV
ZX226	Tamari Roast Sicilian Almonds	30g	1.69	GOV
	<b>CORNITOS</b>			
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
	<b>EAT REAL</b>			
	<i>Hummus Chips - Impulse</i>			
ZX242	Hummus Chilli Cheez Chips	45g	0.79	GSV
ZX198	Hummus Sour Cream Chips	45g	0.79	GSV

code	product	size	rrp	bfgosv
ZX162	Humus Chilli & Lemon Chips	45g	0.79	GSV
ZX163	Humus Creamy Dill Chips	45g	0.79	GV
ZX161	Humus Sea Salted Chips	45g	0.79	GV
ZX160	Humus Tomato & Basil Chips	45g	0.79	GSV
	<i>Hummus Chips - Sharing</i>			
ZX237	Hummus Chilli Cheez	135g	1.79	GSV
ZX326	Hummus Sour Cream Chips	135g	1.79	GSV
ZX125	Humus Chilli Lemon Chips	135g	1.79	GSV
ZX127	Humus Creamy Dill Chips	135g	1.79	GSV
ZX124	Humus Sea Salt Chips	135g	1.79	GV
ZX121	Humus Tomato & Basil Chips	135g	1.79	GSV
	<i>Kale - Sharing</i>			
ZX057	Veggie & Kale Straws	113g	1.89	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 Multi	116g	2.39	GVS
	<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	113g	1.89	GSV
ZX109	Potato Cheez Straws	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	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
	<b>EMILY CRISPS</b>			
ZX186	Garden Greens Veg Crisps	23g	1.15	GV
ZX183	Rainbow Roots	30g	1.15	GV
ZX176	Veg Sticks - Salt & Vinegar	35g	1.05	GV
ZX197	Veg Thins - Chipotle BBQ	80g	1.89	GV
ZX194	Veg Thins - Sea Salt	80g	1.89	GV
ZX174	Vegetable Sticks - Thai Chilli	35g	1.05	GV

code	product	size	rrp	bfgo sv
	<b>FAIRFIELDS FARM</b>			
	<i>Potato Crisps</i>			
ZX120	Bacon & Tomato Crisp - Vegan	40g	0.69	GV
	<b>GARCIA</b>			
	<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
	<b>HIPPEAS</b>			
ZX090	Chilli Haze Puffs	22g	1.09	GOSV
ZX178	In Herbs We Trust Puffs	22g	1.09	GOSV
ZX538	Salt & Vinegar Vibes Puffs	22g	1.09	GOSV
ZX177	Sweet & Smoking Puffs	22g	1.09	GOSV
ZX179	Take It Cheesy Puffs	22g	1.09	GOSV
	<i>Large Bags</i>			
ZX070	Chilli Haze Puffs	78g	2.29	GOSV
ZX171	In Herbs We Trust	78g	2.29	GOSV
ZX600	Salt & Vinegar Vibes Puffs	78g	2.29	GOSV
ZX166	Sweet & Smokin' Puffs	78g	2.29	GOVS
ZX188	Take It Cheesy Puffs	78g	2.29	GOSV
	<b>KETTLE CHIPS</b>			
	<i>Sharing Bags</i>			
ZX394	Sweet Potato & Smoked Chipotle	100g	2.79	SG
	<b>LUKE'S ORGANICS</b>			
ZX490	Blue Corn Multigrain Chips	142g	2.95	GOV
	<b>NAIRN'S</b>			
ZX338	Original Flatbread	150g	2.09	GS
ZX080	Popped Oat Chips BBQ	20g	0.69	GV
ZX106	Popped Oat Chips Salt & Vinegar	20g	0.69	GV
ZX107	Popped Oat Chips Sour Cream	20g	0.69	G
ZX335	Sea Salt & Rosemary Flatbread	150g	2.09	GS
ZX210	Snackers - Cheese	23g	0.59	G
	<b>PIPERS CRISPS</b>			
	<i>Impulse Bag</i>			
ZX292	Anglesey Sea Salt	40g	0.85	GV
ZX293	Arreton Tomato Potato Crisps	40g	0.85	GSV
ZX423	Biggleswade Sweet Chilli	40g	0.85	GSV
ZX379	Jalapeno & Dill	40g	0.85	GSV
ZX295	Karnataka Bl Pepp & Sea Salt	40g	0.85	GSV
ZX297	Lye Cross Cheddar & Onion	40g	0.85	GS
ZX296	Somerset Cider Vinegar/Salt	40g	0.85	GS
ZX434	Wild Thyme & Rosemary	40g	0.85	GSV
	<i>Sharing Bag</i>			
ZX291	Anglesey Sea Salt	150g	2.19	GV
ZX289	Lye Cross Cheddar & Onion	150g	2.19	GS
ZX283	Sea Salt & Somerset Cider V'gr	150g	2.19	GS
ZX436	Wild Thyme & Rosemary	150g	2.19	GSV
	<b>PROPERCHIPS</b>			
ZX725	Barbecue	20g	0.55	GSV
ZX726	Sea Salt	20g	0.55	GSV
ZX728	Sour Cream & Chive	20g	0.55	GSV
ZX727	Sweet Sriracha Chilli	20g	0.55	GSV
	<b>QWRKEE</b>			
ZX220	Beetroot Puffs	80g	1.99	GV
ZX246	Cauliflower Puffs	80g	1.99	GV
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

code	product	size	rrp	bfgosv
ZX551	Sweet & Spicy BBQ Jerky	70g	2.99	GSV
ZX212	Sweet Chilli Puffs	20g	1.09	GV
ZX217	Sweet Chilli Puffs	80g	1.99	GV
ZX201	Vegan Cheese Puffs	20g	1.09	GV
ZX211	Vegan Cheese Puffs	80g	1.99	GV
<b>TEN ACRE CRISPS</b>				
ZX556	Cheese & Onion	40g	0.80	GV
ZX559	Hickory & BBQ Crisps	40g	0.80	GV
ZX554	Ready Salted Crisps	40g	0.80	GV
ZX557	Salt & Vinegar	40g	0.80	GV
ZX566	Sweet Chilli Crisps	40g	0.80	GV
<b>TRAF0</b>				
ZX359	Chickpea Flips	75g	2.75	GOV
ZX299	Lentil Flips	75g	2.75	GOV
ZX343	Pea Flips	75g	2.75	GOV
<b>TYRRELLS</b>				
<i>Potato Chips - Sharing</i>				
ZX978	Black Truffle & Sea Salt	150g	2.45	GVS
<i>Vegetable Chips</i>				
ZX388	Mixed Roots	125g	3.49	GV
ZX658	Mixed Roots	40g	1.55	GV
<b>DESSERTS</b>				
<b>BARKAT</b>				
VF135	GF Waffle Ice Cream Cones	150g	3.99	GS
<b>FOODS OF ATHENRY</b>				
BT226	Christmas Pudding	200g	4.65	GS
<b>NATURE'S CHARM</b>				
SY079	Coconut Caramel Sauce	200g	2.99	GSV
<b>PROVAMEL</b>				
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
<b>DESSERTS &amp; PUDDINGS (CHILLED)</b>				
<b>FREAKS OF NATURE</b>				
CV068	Cherry Bakewell Sponge	100g	2.29	VG
CV785	Chocolate Fudge Hot Pudding	100g	2.29	GSV
CV784	Hot Sticky Toffee Pudding	100g	2.29	GSV
CV060	Lemon Sponge	100g	2.29	VG
<b>VRAI</b>				
CV627	Rice Pudding with Vanilla	110g	1.19	GO
<b>DESSERTS, NON-DAIRY (FROZEN)</b>				
<b>FOOD HEAVEN</b>				
<i>Dairy-Free Ice Cream</i>				
XL294	Raspberry & Mango Ice Cream	900ml	4.50	GV
<i>Lollies</i>				
XL239	Little Cherubs Swirl Lollies	4 x 80ml	3.19	GV
<b>NATURLI</b>				
XL044	Strawberry Swirl Ice Cream	500ml	4.59	GSV
<b>DRINKS (CHILLED)</b>				
<b>CALIFIA FARMS</b>				
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
<b>LA BREWERY</b>				
CV168	Citrus Hops Kombucha	300ml	2.99	GV
CV138	Ginger Kombucha	300ml	2.99	GV
CV164	Lemongrass Kombucha	300ml	2.99	GV
CV155	Strawberry & Pepper Kombucha	300ml	2.99	GV

code	product	size	rrp	bfgosv
	<b>PUREARTH</b>			
	<i>Sparkling Kefir</i>			
CV144	Ginger & Lemon	250ml	3.25	GOV
CV140	Hibiscus & Lime	250ml	3.25	GOV
CV148	Lemon & Spirulina	250ml	3.25	GOV
CV161	Passionfruit & Turmeric	250ml	3.25	GOV
	<b>SOJADE</b>			
CV264	Blueberry & Cherry Soya Kefir	250ml	1.79	GOV
CV268	Natural Organic Soya Kefir	250ml	1.75	GOV
	<b>FAR EASTERN FOOD</b>			
	<b>CLEARSPRING</b>			
JP103	Teriyaki Sauce - Organic & GF	150ml	3.99	GOSV
JP026	Tofu	300g	1.99	GOV
JP095	Umeboshi Plum Seasoning	500ml	6.49	GOV
	<i>Miso Products</i>			
JP048	Creamy Sesame Miso Soup	4 x 15g	2.89	GOV
JP049	Ginger & Turmeric Miso Soup	4 x 15g	2.89	GOV
JP047	Hot & Spicy Miso Soup Paste	4 x 15g	2.89	GOV
	<i>Noodles</i>			
JP054	Brown Rice Wide Noodles - GF	200g	3.15	GOV
	<i>Sea Veg</i>			
JP106	Seaveg Crispies - Black Pepper	8g	1.99	GOV
JP082	Seaveg Crispies - Original	4g	0.99	GOSV
JP104	Seaveg Crispies - Original	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 4g	2.59	GOSV
	<i>Soya Sauce</i>			
JP130	Tamari Soy Sauce	150ml	3.49	GOV
JP098	Tamari Soya Sauce	150ml	2.69	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	GOV
JP099	Tamari Soya Sauce	250ml	3.69	GOV
JP501	Tamari Soya Sauce	500ml	9.79	GOV
	<b>COCONUT MERCHANT</b>			
VF081	Coconut Savoury Sauce	150ml	5.49	GV
	<b>KIKKOMAN</b>			
JP067	Tamari Gluten Free Soy Sauce	150ml	2.69	GV
	<b>KING SOBA</b>			
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
	<b>KING SOBA NOODLE CULTURE</b>			
WT042	Brown Rice Ramen Noodle Kit	190g	3.49	GOV
WT034	Buckwheat Ramen Noodle Kit	190g	3.49	GOV
	<b>MERIDIAN</b>			
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
	<b>THAI TASTE</b>			
VF174	Galangal	114g	1.65	GV
VF319	Green Curry Paste	114g	1.89	GV
VF171	Red Curry Paste	114g	1.89	GV
VF258	Sriracha Chilli Sauce	450ml	2.25	GSV
VF199	Tamarind Paste	130g	1.69	GSV
VF159	Vegan 'Fish' Sauce	180ml	1.99	GV



code	product	size	rrp	bfgosv
<b>YAKSO</b>				
JP012	Coconut Aminos	250ml	7.25	GOV
JP002	Tamari - organic	125ml	2.25	GOV
JP113	Tamari - organic	250ml	3.95	GVO
<b>FLAKES, BRANS &amp; WHEATGERM</b>				
<b>SUMA PREPACKS</b>				
FX046	Oats - Jumbo & Gluten Free	750g	4.05	GV
FX045	Oats - Porridge & Gluten Free	750g	4.05	GV
<b>SUMA PREPACKS - ORGANIC</b>				
FX042	Oats - Jumbo & Gluten Free	750g	4.35	GOV
FX044	Oats - Porridge & Gluten Free	750g	4.35	GOV
<b>ALARA</b>				
FX026	Gluten Free Scottish Porridge	500g	3.99	GOV
<b>FLOURS &amp; BREAD MIXES</b>				
<b>AMISA</b>				
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
<b>BIONA</b>				
FG163	Coconut Flour - Organic	500g	3.99	GOV
<b>CLEARSPRING</b>				
FG180	Breadcrumbs - Brown Rice, GF	250g	3.99	GOV
FG182	Whole Buckwheat Flour	375g	2.59	GOV
<b>DENISE'S DELICIOUS GLUTEN FREE</b>				
FG201	Sweet Pastry Mix Gluten Free	500g	2.59	GS
<b>DOVES FARM</b>				
FG039	GF Buckwheat Flour	1kg	3.45	GV
FG522	Gluten Free Brown Bread Flour	1kg	2.39	GV
FG700	Gluten Free Plain White Flour	1kg	2.25	GV
FG520	Gluten Free White Bread Flour	1kg	2.25	GV
FG047	Organic Coconut Flour	500g	3.95	GOV
FG117	Rice Flour	1kg	1.85	GV
FG116	Stoneground Gram Flour	1kg	2.39	GV
FG701	White Self Raising Flour GF	1kg	2.25	GV
<b>GLEBE FARM</b>				
FG177	Gluten Free Self Raising Flour	1kg	2.35	GV
FG113	Oat Flour Wheat/Gluten Free	300g	2.79	GSV
<b>ORGRAN</b>				
FG055	Premium Bread Mix	450g	3.15	GSV
	<i>Gluten Free Mixes</i>			
FG061	Buckwheat Pancake Mix	375g	3.19	G
<b>RUDE HEALTH FOODS</b>				
FG168	Whole Buckwheat Flour Sprouted	500g	6.49	GOV
<b>SHIPTON MILL</b>				
	<i>Specialist Flour</i>			
FG080	Chestnut Flour	500g	6.49	GOV
<b>FRESH MISO (CHILLED)</b>				
<b>TIDEFORD ORGANIC VEGAN FOODS</b>				
	<i>Organic, Vegan and Gluten-Free</i>			
CV628	Fresh Brown Rice Miso	320g	5.35	GOV
CV629	Fresh Red Miso	320g	5.35	GOV
CV631	Fresh Soya Free Miso	320g	5.35	GOV
CV633	Fresh White Miso	320g	5.35	GOV
<b>FRUIT - DRIED</b>				
<b>URBAN FRUIT</b>				
DR192	Mango	100g	2.29	GV
DR009	Mango Passionfruit	85g	2.29	GV
DR201	Pineapple	100g	2.29	GV
DR263	Snack Pack - Mango	35g	0.99	GV
DR002	Snack Pack - Strawberry	35g	1.29	GV

code	product	size	rrp	bfgosv
DR144	Snack Pack Pineapple	35g	0.99	VG
DR266	Strawberries	90g	2.29	GV
<b>FRUIT &amp; VEGETABLE JUICES</b>				
<b>BERRY COMPANY</b>				
JU063	Goji Berry Juice Drink	1l	2.59	GV
JU061	Superberries Purple Juice Drnk	1l	2.59	GV
JU050	Superberries Red Juice Drink	1l	2.59	GV
JU736	White Tea & Peach Juice Drink	1l	2.59	GV
<b>CAWSTON PRESS</b>				
JU048	Apple & Mango	1l	3.10	GV
<b>FLAWSOME!</b>				
<i>Not from concentrate juices</i>				
JU822	Apple & Beetroot Juice	250ml	1.75	GV
JU823	Apple & Orange Juice	250ml	1.75	GV
JU825	Apple & Strawberry Juice	250ml	1.75	GV
JU826	Apple & Superberry Juice	250ml	1.75	GV
JU820	Orange Juice	250ml	1.75	GV
JU821	Sweet & Sour Apple Juice	250ml	1.75	GV
<b>GRAVY, STOCK &amp; BOUILLON</b>				
<b>SUMA</b>				
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
<b>FREE &amp; EASY</b>				
LJ008	Gravy Sauce Mix	130g	1.75	GV
<b>KALLO</b>				
LJ102	French Onion Stock Cubes	66g	1.59	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.59	GOVS
LJ171	Low Salt Vegetable Stock Cubes	60g	1.59	GOVS
LJ122	Mushroom Stock Cubes	66g	1.59	GOVS
LJ101	Tomato & Herb Stock Cubes	66g	1.59	GOVS
LJ120	Vegetable Stock Cubes	66g	1.59	GOV
LJ147	Yeast Free Veg. Stock Cubes	6 x 10g	1.59	GV
<b>MARIGOLD</b>				
LJ211	Bouillon Cubes	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	150g	2.35	GOV
LJ238	Bouillon Powder - Organic	500g	7.15	GOV
LJ070	Bouillon Powder - Reduced Salt	150g	2.09	GV
LJ164	Bouillon Powder - Reduced Salt	1kg	11.65	GV
LJ237	Bouillon Powder - Reduced Salt	500g	6.35	GV
LJ062	Gravy Granules - Instant	170g	1.79	GSV
LJ212	Low Salt Bouillon Cubes	8	1.49	GOV
LJ074	Organic Bouillon Reduced Salt	140g	2.49	GOV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.39	GOV
<b>ORGRAN</b>				
LJ158	Gravy Mix	200g	2.89	G
<b>HERB &amp; FRUIT TEA INFUSIONS</b>				
<b>CLIPPER</b>				
<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
<b>HEATH AND HEATHER</b>				
<i>Organics</i>				
TE594	Turmeric Root Brew	20 bags	2.99	GOV

code	product	size	rrp	bfgosv
<b>PUKKA</b>				
TE055	Lean Matcha Green	20 bags	2.99	GOV
TE058	Turmeric Active	20 bags	2.99	GOV
<b>YOGI TEA</b>				
TE593	Alkaline Herbs	17 bags	2.49	GOV
TE630	Detox Dandelion with Lemon	17 bags	2.49	GOV
TE591	Finest Selection	18 bags	2.79	GOV
<i>For The Senses</i>				
TE615	Good Night	20 bags	2.99	GOV
TE129	Natural Wellbeing	20 bags	2.99	GOV
TE618	Peaceful Moment	20 bags	2.99	GOV
TE625	Pure Freshness	20 bags	2.99	GOV
TE610	Pure Happiness	20 bags	2.99	GOV
<i>Ready to Drink Tea</i>				
TE745	Hibiscus Mint Cold Tea	330ml	1.89	GOV
TE753	Mate Lemon Cold Tea	330ml	1.89	GOV
TE010	Orange and Ginger Cold Tea	330ml	1.89	GOV
TE030	Spearmint Lemon Cold Tea	330ml	1.89	GOV
<b>HONEY</b>				
<b>HILLTOP HONEY</b>				
HY097	Lavender Honey, Spanish	277g	3.19	G
HY076	Organic Multi Flower Honey	370g	3.85	OG
<b>HOUSEHOLD CLEANING PRODUCTS</b>				
<b>ECOZONE</b>				
HJ044	Appliance Descaler	500ml	4.69	GV
<b>HOUSEHOLD PRODUCTS</b>				
<b>TRADCRAFT</b>				
NF181	Fair Trade Rubber Gloves	1 pairs	1.45	GFV
<b>INDIAN FOOD</b>				
<b>MERIDIAN</b>				
VF019	Korma Sauce	350g	2.59	GSV
VF025	Tikka Masala Sauce	350g	2.59	GSV
<b>PATAKS</b>				
<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	283g	2.75	G
<i>Pickles</i>				
KJ040	Aubergine Pickle (Was Bringal)	312g	2.55	GSV
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
<b>PUNJABAN</b>				
<i>Bases (Sauce Concentrate)</i>				
KJ375	Authentic Curry Base - Hot	350g	3.05	GV
KJ374	Authentic Curry Base - Medium	350g	3.05	GV
KJ373	Authentic Curry Base - Mild	350g	3.05	GV
KJ379	Butter 'Chicken' Base	350g	3.05	GV
KJ383	Tasty Tamarind Curry Base	350g	3.05	GV
KJ083	Tikka Masala Curry Base Sauce	350g	3.05	GV

code	product	size	rrp	bfgosv
<b>JAMS &amp; FRUIT SPREADS</b>				
<b>ST DALFOUR</b>				
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
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
<b>MARGARINES &amp; SPREADS (CHILLED)</b>				
<b>KOKO DAIRY FREE</b>				
CV317	Koko Dairy Free Spread	500ml	2.19	GV
<b>NATURLI</b>				
CV879	Spreadable Vegan Butter	225g	1.89	GOV
CV880	Vegan Butter Block	200g	1.89	GOV
<b>MAYONNAISE &amp; SALAD DRESSINGS</b>				
<b>INSPIRED VEGAN</b>				
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
<b>MR ORGANIC</b>				
KJ498	Egg Free Garlic Mayo	180g	2.79	GOSV
<b>PLAMIL</b>				
KJ186	Egg Free Mayonnaise - Garlic	315g	2.65	GV
KJ187	Egg Free Mayonnaise - Plain	315g	2.65	GV
KJ188	Egg Free Mayonnaise - Tarragon	315g	2.65	GV
<i>Catering</i>				
LJ360	Egg Free Mayonnaise - Organic	3kg	26.41	GOSV
KJ254	Egg Free Mayonnaise - Plain	3kg	20.99	GV
<i>Organic</i>				
LJ259	Egg Free Mayonnaise - organic	315g	3.19	GOSV
<b>MEAT FREE ALTERNATIVES(FROZEN)</b>				
<b>FRYS</b>				
XL372	Chickpea & Butternut Balls	240g	4.49	GV
<b>NATURLI</b>				
XL065	Schnitzel	300g	4.20	GV
XL071	Vegan Balls	300g	3.50	GV
XL078	Vegan Burger	320g	3.90	GV
XL101	Vegan Mince	325g	3.30	GSV
XL086	Vegan Sausages	300g	4.25	GV
<b>MEATLESS SUBSTITUTES (CHILLED)</b>				
<b>BONSAN</b>				
CV837	Kofu Fishfree fillet	150g	3.99	GOSV
CV838	Kofu Fishfree Tofuna	110g	2.99	GOSV
CV843	Kofu Ragu Chunks	150g	3.89	GOSV
<b>FLORENTIN</b>				
CV571	Sweet Potato Falafel	240g	3.85	GV
<b>TOFURKY</b>				
CV713	Chorizo Style Mince	340g	4.39	GV

code	product	size	rrp	bfgosv
<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>				
<b>AMISA</b>				
KJ105	Falafel Mix	160g	1.89	GOV
<b>MILK - NON DAIRY</b>				
<b>ALPRO</b>				
TE004	Almond for Professionals	1l	2.25	GSV
<b>BLUE DIAMOND</b>				
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
<b>BORNA</b>				
SY206	Pistachio Drink Sweetened	500ml	1.49	GSV
SY204	Pistachio Drink Unsweetened	500ml	1.49	GV
<b>ECOMIL</b>				
SY012	Almond Drink Powder	400g	14.95	GOV
SY030	Cuisine - Almond Cream	200ml	1.69	GOV
SY137	Cuisine - Cashew Cream	200ml	1.69	GOV
SY059	Cuisine - Coconut Milk	200ml	1.69	GOV
<b>FOOD HEAVEN</b>				
SY055	Cooking Cream - Sweetened	1l	3.50	GSV
SY003	Cooking Cream - Unsweetened	1l	3.50	GV
SY168	Heavenly Whipped Spray Cream	200ml	2.19	GSV
SY220	Non Dairy Milk Portion Packs	120 x 10	9.35	GV
<b>GLEBE FARM</b>				
SY140	Barista Style Oat Drink	1lT	1.99	GV
<b>KOKO DAIRY FREE</b>				
SY038	Coconut Milk Drink	1l	1.79	GV
SY046	Coconut Milk Drink	3 x 250ml	1.99	GV
SY051	Coconut Milk Drink - Chocolate	1l	2.09	GSV
SY056	Coconut Milk Drink Chocolate	3 x 250ml	1.99	GSV
SY122	Coconut Milk Drink Unsweetened	1l	1.79	GV
SY167	Coconut Super Milk	1l	2.19	GV
<b>MIGHTY PEA</b>				
SY201	Pea Milk - Chocolate	330ml	1.79	GSV
SY199	Pea Milk - Iced Latte	330ml	1.79	GSV
SY124	Pea Milk - Original	1l	2.19	GSV
SY197	Pea Milk - Unsweetened	1l	2.19	GV
<b>NATURE'S CHARM</b>				
SY077	Condensed Coconut Milk	320g	2.85	GSV
SY078	Evaporated Coconut Milk	360ml	2.39	GSV
<b>PLAMIL</b>				
SY009	Soya Milk, unsweetened - og	1l	2.25	GOV
<b>PLANTED</b>				
SY039	Almond & Coffee Drink	330ml	1.60	GV
SY048	Coconut & Cocoa Drink	330ml	1.60	GV
<b>PLENISH</b>				
SY170	Oat M'lK - Gluten Free	1l	2.69	GOV
<b>PROVAMEL</b>				
SY094	Almond Drink - Unsweetened	1l	2.50	GOV
SY011	Coconut & Rice Drink	1l	2.50	GOV
SY064	Rice & Almond Drink	1l	2.50	GOSV
SY007	Rice Drink - organic	1l	1.99	GVO
SY080	Soya Milk - sweetened	1l	1.99	GOV
SY025	Soya Milk - Unsweetened	1l	1.99	GOV
SY212	Soya Milk - Unsweetened PMP	1l	1.50	GOV
<b>QWRKEE</b>				
SY153	Pea M'lK - Sweetened	1l	2.49	GSV
SY151	Pea M'lK - Unsweetened	1l	2.49	GV
<b>REBEL KITCHEN</b>				
SY181	Dairy Free Semi Skimmed Mylk	1l	2.49	GOV
SY182	Dairy Free Skimmed Mylk	1l	2.49	GOV
SY214	Dairy Free Whole Mylk	1l	2.49	GOV

code	product	size	rrp	bfgosv
	<b>RUDE HEALTH</b>			
SY036	Organic Soya Barista	1l	2.49	GOV
	<b>RUDE HEALTH FOODS</b>			
SY129	Almond Drink - Organic	1l	2.49	GOV
SY004	Almond Drink - Organic	250ml	1.50	GOV
SY130	Brown Rice Drink - Organic	1l	2.29	GOV
SY085	Cashew Drink - Organic	1l	3.50	GOV
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	Ultimate Almond Milk - Organic	1l	3.85	GOV
	<b>SOJADE</b>			
SY211	Barista Soya Drink	1l	1.85	GOV
SY141	Oat Drink Organic	1l	1.99	GOV
	<b>SPROUD</b>			
SY069	Sproud Barista	1l	2.10	GV
SY207	Sproud Chocolate Milk	1l	2.10	GV
SY057	Sproud Original	1l	1.99	GSV
	<b>THE BRIDGE</b>			
SY160	Coconut Drink	1l	2.25	GOV
SY042	Rice Drink - Calcium Enriched	1l	1.75	GOV
SY487	Rice Drink - Original	1l	1.75	GOV
SY452	Rice Drink + Almond	1l	2.09	GOV
SY008	Rice Drink + Coconut	1l	2.09	GOV
	<b>THE COCONUT COMPANY</b>			
SY116	Coconut Milk Powder - Organic	250g	5.49	GOV
	<b>NUT &amp; SEED BUTTERS</b>			
	<b>COCONUT MERCHANT</b>			
GH076	Coconut Butter	300g	5.99	GOV
	<b>WHOLE EARTH</b>			
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
	<b>OILS &amp; FATS</b>			
	<b>SUMA PREPACKS</b>			
GT028	Gluten Free Vegetarian Suet	250g	1.99	GV
	<b>OLIVES</b>			
	<b>MANI</b>			
KJ425	Og Kalamata Olives in OliveOil	280g	4.69	GOV
	<b>PASTA</b>			
	<b>SUMA</b>			
	<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
	<b>BARENAKED</b>			
WT162	Barenaked Noodles	250g	2.29	GV
WT163	Barenaked Rice	250g	2.29	GV
WT172	Barenaked Spaghetti	250g	2.29	GV
WT004	Protein Noodles	250g	2.29	GV

code	product	size	rrp	bfgosv
	<b>CIEMME</b>			
WT136	OG Gluten Free Gnocchi Plain	400g	3.69	GOV
WT138	Og Gluten Free Gnocchi/ Quinoa	400g	3.69	GOV
	<b>CLEARSPRING</b>			
WT052	Gluten Free Buckwheat Pasta	250g	2.79	GOV
	<b>DIFATTI</b>			
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	CV
WT152	Tomato Gnocchi - Gluten Free	250g	2.09	GV
	<b>DOVES FARM</b>			
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
	<b>EXPLORE CUISINE</b>			
WT030	Black Bean & Sesame Fettuccine	200g	2.85	GOV
WT113	Black Bean Spaghetti	200g	2.85	GOV
WT093	Edamame & Mung Bean Fettuccine	200g	2.85	GOV
WT114	Edamame Bean Spaghetti	200g	2.85	GOV
WT012	Mung Bean Rotini	250g	2.85	GOV
	<b>LA BUONA VITA</b>			
WT027	Gluten Free Fusilli	400g	1.99	GV
WT056	Gluten Free Lasagne Sheets	250g	2.59	GV
WT028	Gluten Free Spaghetti	400g	1.99	GV
	<b>ORGRAN</b>			
WT078	Buckwheat Pasta Spirals	250g	2.35	GV
WT105	Corn & Veg Shells	250g	2.15	GV
WT134	Rice & Corn Lasagne	200g	3.19	GV
WT109	Rice & Corn Macaroni	250g	2.15	GV
WT080	Vegetable Rice Spirals	250g	2.25	GV
	<b>PERFECT PASTA</b>			
WT006	Gluten Free Gnocchetti	250g	2.99	GOV
	<b>PROFUSION</b>			
WT130	Chickpea Fusilli - GF	300g	3.69	GOV
WT129	Red Lentil Fusilli GF	300g	3.69	GOV
	<b>PASTA (CHILLED)</b>			
	<b>AMISA</b>			
CV345	Gluten Free Gnocchi	350g	4.19	GOV
	<b>PASTA SAUCES &amp; PESTOS</b>			
	<b>SUMA</b>			
	<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	160g	3.49	OGV
	<b>MERIDIAN</b>			
VF173	Tomato & Basil Pasta Sauce	350g	2.69	GOV
VF197	Tomato & Herb - organic	440g	2.99	GVO
	<b>MR ORGANIC</b>			
KJ163	Coconut & Turmeric Salsa	200g	2.35	GOV
KJ158	Red Chilli & Ginger Hot Salsa	200g	2.35	GOV

code	product	size	rrp	bfqosv
	<b>PATE</b>			
	<b>GRANOVITA</b>			
GH015	Olive Pate	125g	1.89	GV
GH651	Ready Spread Pate - Mushroom	200g	3.30	GVO
	<b>TARTEX</b>			
GH001	Classic Pate - og	200g	2.79	GOV
	<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>			
	<b>SUMA</b>			
CV401	Pate - Mushroom (bombe)	200g	2.49	GV
	<b>CHICP</b>			
	<i>Houmous made from Surplus Veg</i>			
CV594	Beetroot & Horseradish	170g	2.39	GV
CV598	Carrot, Ginger & Turmeic	170g	2.39	GV
CV607	Chilli Pumpkin	170g	2.39	GV
CV595	Herby	170g	2.39	GV
CV611	Velvet	170g	2.39	GV
	<b>FLORENTIN</b>			
CV931	Hummus	200g	3.15	GV
CV125	Hummus Trio Pack	250g	3.99	GV
	<b>ME TOO!</b>			
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
	<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>			
	<b>SHAWS</b>			
KJ028	Mango Chutney - Chunky	300g	1.59	GSV
	<b>READY MEALS (FROZEN)</b>			
	<b>AMY'S KITCHEN</b>			
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	CV
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	CV
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
	<b>CLIVE'S</b>			
XL338	Organic Nut Roast	280g	5.45	GOSV
	<i>Pies &amp; Pastries</i>			
XL032	G/Free Vegetable Chilli Pie	250g	3.15	GOSV
XL028	Gln 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
	<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
	<b>GOODLIFE</b>			
XL265	Falafel	280g	2.29	GV



code	product	size	rrp	bfgovs
	<b>ONE PLANET PIZZA</b>			
	<i>Handmade Vegan Pizza</i>			
XL035	Gluten Free Three Cheeze Pizza	404g	5.95	GV
	<b>READY TO EAT FOODS (CHILLED)</b>			
	<b>LAURIE'S TUMMY LOVING FOODS</b>			
CV207	Original Sauerkraut	410g	4.99	GOV
	<b>TIDEFORD ORGANIC VEGAN FOODS</b>			
CV711	Basil Pesto	150g	3.05	GOV
	<b>SALT &amp; SEASONINGS</b>			
	<b>MARIGOLD</b>			
LJ444	Liquid Aminos	250ml	3.59	GV
	<b>SAUSAGES &amp; BURGERS (FROZEN)</b>			
	<b>FRYS</b>			
XL360	Rice Protein & Quinoa Burgers	320g	4.29	GV
	<b>WICKEN FEN</b>			
XL381	Carrot & Coriander Sausages	280g	2.86	GV
	<b>SNACK BARS &amp; FLAPJACKS</b>			
	<b>BOUNCE</b>			
	<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
	<b>BRYNMOR</b>			
	<i>Flapjack</i>			
KB559	Apricot & Almond	80g	0.69	GSV
KB562	Caramel Fudge	80g	0.75	GS
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
	<b>CREATIVE NATURE</b>			
KB755	Cacao Orange Flapjack Bar	40g	1.29	GV
KB946	Ginger Teatox Flapjack	38g	0.99	GV
	<b>DELICIOUSLY ELLA</b>			
KB435	Cacao & Almond Ball	40g	1.99	GV
KB441	Cashew & Ginger Ball	40g	1.99	GV
	<i>Nut Butter Filled</i>			
WS071	Almond Butter Ball	36g	1.99	GV
WS007	Apple, Cinnamon & Almond Ball	36g	1.99	GV
WS072	Hazelnut Nut Butter Ball	36g	1.99	GV
WS006	Raspberry & Cashew Butter Ball	36g	1.99	GV
	<b>DOVES FARM</b>			
	<i>Impulse</i>			
KB228	Apple & Sultana Flapjack	35g	0.75	GOSV
KB230	Apricot & Chia Seed Flapjack	35g	0.75	GOSV
KB234	Chocolate Chip Flapjack	35g	0.75	GOSV
	<i>Multipack</i>			
KB237	Apple & Sultana Flapjack	4 x 35g	2.55	GOSV
KB261	Apricot & Chia Seed Flapjack	4 x 35g	2.55	GOSV
KB463	Chocolate Chip Flapjack	4 x 35g	2.55	GOSV
	<b>EAT NATURAL</b>			
KB464	Almond, Apricot & Yoghurt	50g	0.89	GS
WS028	Apple, ginger & dark chocolate	45g	0.89	GS

code	product	size	rrp	bfgovs
KB470	Blueberry & Cashew Bar	45g	0.89	GS
KB466	Brazil, Sultana, Almond, Hazel	50g	0.89	GS
KB547	Dark 70% Choc,Brazils,Apricots	45g	0.89	G
KB465	Date, Walnut & Pumpkin Seed	45g	0.89	GS
WS031	Maple Syrup, Pecans & Peanuts	45g	0.89	GSV
KB171	Vegan Fruit & Nut bar	45g	0.95	GV
<b>GO BITES</b>				
ZX534	Blackcurrant & Blueberry	24g	0.99	GV
ZX527	Date & Coconut	24g	0.99	GV
ZX508	Hazelnut & Cacao	24g	0.99	GV
ZX533	Raspberry & Cacao	24g	0.99	GV
ZX518	Strawberry & Cashew	24g	0.99	GV
<b>LOVE VEGAN BY JENNIFER</b>				
KB986	Cacao and Cherry Protein Bite	45g	1.99	GV
KB107	Cacao and Morello Cherry Bar	32.5g	1.25	GV
KB990	Cookies and Cream Protein Bite	45g	1.99	GV
KB716	Orange Cacao and Cashew	32.5g	0.99	GV
KB708	Rich Cacao and Cashew	32.5g	0.99	GV
KB993	Salted Caramel and Peanut Bite	45g	1.99	GV
KB514	Smooth Peanut and Caramel Bar	32.5g	0.99	GV
KB723	Warm Ginger and Peanut	32.5g	0.99	GV
<b>MERIDIAN</b>				
KB709	Almond Bar	40g	1.50	GV
KB972	Peanut & Banana Bar	40g	1.25	GV
KB975	Peanut & Cocoa Bar	40g	1.25	GV
KB201	Peanut & Coconut Bar	40g	1.25	GV
KB721	Peanut Bar	40g	1.25	GV
<b>NAIRN'S</b>				
<i>Gluten Free Oat Bars</i>				
BT330	Oat Bar Apple & Cinnamon	40g	0.89	GV
BT326	Oat Bar Cacao & Orange	40g	0.89	GV
BT325	Oat Bar Seeded Protein	40g	0.89	GV
<b>NAKD</b>				
<i>Multi Packs</i>				
WS045	Apple Danish Multipacks	4 x 30g	3.09	GV
KB802	Banoffee Pie Multipack	4 x 35g	2.49	GV
KB029	Berry Delight Multipack	4 x 35g	3.09	GV
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	30g	0.89	GV

code	product	size	rrp	bfgosv
WS043	Banana Bread Bars	30g	0.89	GV
WS042	Berry Bliss Bars	30g	0.89	GV
<b>NINE</b>				
<i>New Range</i>				
KB634	Almond & Raspberry	50g	0.99	GSV
KB669	Carob Raspberry & Chia Seed	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	4 x 40g	2.25	GSV
KB614	Original Carob & Hemp Seed	40g	0.89	GSV
KB629	Peanut & Pumpkin Seed	40g	0.89	GSV
KB630	Pumpkin & Sunflower Seed	40g	0.89	GSV
KB904	Salted Caramel	40g	0.89	GSV
<b>ONLI NATURAL</b>				
KB962	Cherry Bakewell	35g	0.75	GV
KB949	Cocoa Brownie	35g	0.75	GV
KB942	Cocoa Orange	35g	0.75	GV
KB945	Salted Caramel	35g	0.75	GSV
<i>Oaties</i>				
KB973	Fruits of the Forest	28g	0.49	GV
KB971	Salted Caramel	28g	0.49	GSV
<b>PLANET ORGANIC</b>				
<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
<b>PULSIN'</b>				
<i>Fruit and Nut Bars</i>				
ZX649	Berry & Beet Bar	35g	0.89	GSV
<i>Fruity Oat Bars</i>				
KB792	Orange Choc Chip Fruity Oat	25g	0.59	GV
KB791	Strawberry Fruity Oat Bar	25g	0.59	GV
<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	50g	1.79	GV
KB148	Peanut Choc Protein Bar	50g	1.79	GV
KB706	Vanilla Choc Chip Protein Bar	50g	1.79	GV
<i>Raw Choc Brownie</i>				
WS054	Maca Bliss Raw Choc Brownie	35g	1.19	GV
WS056	Peanut Choc Chip Raw Brownie	35g	1.19	GSV
WS057	Raw Choc Almond Raisin Brownie	35g	1.19	GV
WS058	Salted Caramel Raw Choc Brownie	35g	1.19	GV
WS055	Super Berry Raw Choc Brownie	35g	1.19	GV
<b>RHYTHM 108</b>				
WS083	Choco Walnut Brownie	40g	1.39	VGSO
WS084	Coconut Macaroon	40g	1.39	OSGV
WS085	Hazelnut Cookie DOugh	40g	1.39	SGVO
<b>RUDE HEALTH FOODS</b>				
KB350	The Peanut Bar	35g	1.19	GV
<b>TREK</b>				
<i>FLAPJACKS</i>				
KB499	Cocoa and oat protein flapjack	50g	1.05	CVS

<b>code</b>	<b>product</b>	<b>size</b>	<b>rrp</b>	<b>bfgo</b>
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
	<b>TRIBE</b>			
	<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>			
KB928	Cherry Bakewell	46g	1.99	GV
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
KB937	Double Chocolate	50g	1.99	GV
KB932	White Chocolate & Raspberry	46g	1.99	GV
	<b>URBAN FRUIT</b>			
KB067	Cocoa & Hazelnut Oat Bites	27g	1.29	GV
KB069	Ginger & Pecan Oat Bites	27g	1.29	GV
KB074	Mango & Pineapple Oat Bites	27g	1.29	GV
	<b>SOFT DRINKS</b>			
	<b>BERRY COMPANY</b>			
	<i>Cans</i>			
JU784	Sparkling Acai Drink	250ml	1.19	GV
JU778	Sparkling Goji Drink	250ml	1.19	GV
	<b>BUMBLEZEST</b>			
JU138	Flourish & Flow	250ml	1.85	GV
JU143	Fuel & Focus	250ml	1.85	GV
JU137	Refresh & Relax	250ml	1.95	GV
	<b>CAWSTON PRESS</b>			
	<i>Cawston Drys</i>			
JU047	Dry Ginger & Lemon	250ml	1.19	GV
JU032	Dry Raspberry	250ml	1.19	GV
	<b>COCOFINA</b>			
JU777	Organic Coconut Water Turmeric	200ml	2.99	GOV
	<b>DALSTON'S</b>			
	<i>Cans</i>			
JU163	Cherryade	330ml	1.09	GSV
JU166	Fizzy Elderflower	330ml	1.09	GSV
JU772	Fizzy Rhubarb	330ml	1.09	GSV
JU162	Ginger Beer	330ml	1.09	GSV
JU776	Real Squeezed Elderflower Sprk	330ml	1.09	GV
JU775	Real Squeezed Rhubarb Sparkling	330ml	1.09	GV
	<b>DASH WATER</b>			
JU110	Dash Sparkling Peach	330ml	1.29	GV
	<b>FENTIMANS</b>			
JU002	Apple & Blackberry	275ml	1.65	GSV
JU001	Apple & Blackberry	750ml	3.69	GSV
	<i>Cans</i>			
JU278	Curiosity Cola	250ml	1.35	GSV

code	product	size	rrp	bfgosv
	<i>Mixer Range - Cans</i>			
JU803	Elderflower Tonic Water	8 x 150ml	7.15	GV
JU805	Pink Grapefruit Tonic Water	8 x 150ml	7.15	GV
	<b>GUSTO</b>			
JU376	Naturally Slim Cola	275ml	1.99	FGV
JU353	Organic Real Cola	275ml	1.99	FGOV
	<b>KUKA COFFEE</b>			
JU076	Cold Brew Coffee	240ml	2.65	FGV
	<b>OH MY GUTNESS</b>			
JU089	Real Cola	330ml	1.99	GOV
	<b>REBEL KITCHEN</b>			
JU176	Chocolate Hazelnut	250ml	1.59	GOV
JU178	Chocolate Mylk	250ml	1.59	GOV
JU168	Coffee Mylk	250ml	1.59	GOV
JU179	Mocha Mylk	250ml	1.59	GOV
	<b>SANDOWS</b>			
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
	<b>SIMPLEE ALOE</b>			
JU706	Aloe with Coconut Water	1l	3.49	GV
	<b>THE GUTSY CAPTAIN COMPANY</b>			
	<i>Water Kefir</i>			
JU247	Atlantic Raspberry	330ml	1.99	GOSV
JU254	Ginger & Lemon	330ml	1.99	GOSV
JU246	Original	330ml	1.99	GOSV
JU248	Real Cola	330ml	1.99	GOSV
	<b>SOUPS</b>			
	<b>AMY'S KITCHEN</b>			
VF252	Chunky Tomato Soup	400g	2.25	GO
VF248	Cream Of Mushroom Soup	400g	2.25	GO
VF260	Lentil Soup	400g	2.25	GOV
VF265	Lentil Vegetable Soup	400g	2.25	GOV
VF268	Split Pea Soup	400g	2.25	GOV
	<i>Hearty Soup</i>			
VF054	French Country Vegetable	408g	2.79	GV
VF267	Quinoa Kale & Red Lentil Soup	408g	2.79	GOV
VF057	Rustic Italian Vegetable	397g	2.79	GV
VF059	Spanish Rice & Red Bean Soup	416g	2.79	GV
	<b>FREE &amp; EASY</b>			
VF302	Broccoli & Kale	400g	1.75	GOV
VF297	Butternut, Sweet Potato, Turmeric	400g	1.75	GOV
VF097	Sweet Potato & Chia Soup - Org	400g	1.75	GOV
VF301	Sweet Potato & Quinoa	400g	1.75	GOV
	<b>SOUPS (CHILLED)</b>			
	<b>TIDEFORD ORGANIC VEGAN FOODS</b>			
CV782	Lentil and Spinach Dahl	600g	3.05	GOV
CV734	Tomato and Basil	600g	3.05	GOV
CV783	Winter Spiced Parsnip Soup	600g	3.05	GOV
	<b>SUGARS &amp; SYRUPS</b>			
	<b>CHANTICO</b>			
LJ226	Raw Agave Syrup	333g	3.49	GOV
LJ227	Wild Agave Syrup	333g	3.49	GOV
	<b>SUPERFOODS &amp; SPORTS NUTRITION</b>			
	<b>CLEARSPRING</b>			
MD069	Flaxseed Protein Powder	350g	5.89	GOV
	<b>GRANOVITA</b>			
GT300	Flax Oil - Organic	260ml	11.75	GOV
GT302	Hemp Oil - Organic	260ml	7.89	GOV

code	product	size	rrp	bfgovs
<b>LINWOODS</b>				
MD113	Chia Seed	200g	6.19	GV
MD109	Flax,Almond,Brazil,Walnut,Q10	360g	6.25	GV
MD104	Flax,Sunflower,Pump,Sesame,Goji	425g	5.99	GV
MD114	Flaxseed	200g	3.35	GOV
MD102	Flaxseed	425g	5.29	GOV
MD115	Flaxseed & Goji Berries	200g	3.55	GV
<i>Organic Sprouted Range</i>				
VM263	Sprouted Flaxseed	360g	6.99	GOV
<b>NATURES AID</b>				
VM003	MCT Oil	500ml	18.95	FGV
<b>NATURYA</b>				
MD040	Greens Blend Organic	250g	11.25	FGOV
MD032	Mushroom Superblend	100g	15.99	OVG
MD155	Organic Spirulina Powder	200g	8.99	GOV
MD067	Organic Turmeric Superblend	250g	7.99	GOV
<b>NUUN ACTIVE</b>				
VM061	Orange Drink Tablets	1	6.99	GV
VM064	Tri-Berry Drink Tablets	1	6.99	GV
VM069	Tropical Drink Tablets	1	6.99	GV
<b>PULSIN</b>				
VM120	Cacao & Maca Protein Shake	330ml	2.79	GV
VM123	Faba Bean Protein Powder	250g	9.99	GV
VM124	Iced Coffee Protein Shake	330ml	2.79	GV
<b>PULSIN'</b>				
VM258	Chocolate Pea Protein Powder	250g	14.99	GV
VM012	Hemp Protein Powder	1kg	28.15	GV
VM093	Hemp Protein Powder	250g	8.39	GV
VM163	Organic Whey Protein Powder	1kg	53.45	GO
VM175	Organic Whey Protein Powder	250g	16.99	GO
VM027	Pea Protein Isolate	1kg	28.15	GV
VM092	Pea Protein Powder	250g	8.39	GV
VM091	Premium Whey	250g	12.99	G
VM024	Rice Protein Powder	250g	9.99	GV
VM070	Simply Whey	250g	8.99	G
VM010	Soya Protein Isolate	1kg	18.75	GV
VM095	Soya Protein Powder	250g	5.99	GV
VM090	Vanilla Keto Protein Powder	252g	24.99	VG
VM260	Vanilla Whey Protein Powder	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
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>BETTER YOU</b>				
<i>Vitamins &amp; Minerals</i>				
VM171	Boost B12 Oral Spray	25ml	11.95	GV
VM051	DLux 1000 Vegan Vitamin D	15ml	9.95	GV
VM055	DLux Infant Vitamin D	15ml	6.35	G
VM106	Iron 10	25ml	11.95	GV
<b>FLORADIX</b>				
MD016	Floradix Vitamin B Complex	250ml	13.19	GV
MD033	Neuro Balance with Ashwagandha	250ml	12.95	GV
<b>HIGHER NATURE</b>				
VM028	Ashwagandha & Rhodiola Complex	30 capsules	14.99	GV
<b>NATURES AID</b>				
VM293	Bilberry Capsules	60 capsules	16.55	GOV
VM041	D-Mannose	60 tablets	16.95	GV
VM291	Turmeric Capsules	30 capsules	9.95	GV
VM292	Turmeric Capsules	60 capsules	17.95	GV
VM295	Vitamin D3 1000iu	60 tablets	5.95	GV

code	product	size	rrp	bfgosv
	<i>CBD Range</i>			
VM317	CBD Oil 10% Spray	10ml	64.99	GV
VM315	CBD Oil 2.5% Spray	10ml	21.99	GV
VM316	CBD OIL 5% Spray	10ml	39.99	GV
VM058	CBD Sachets - one a day	7 sachet	9.99	GV
	<i>Childrens Vitamins</i>			
VM015	Multi-Vitamin Drops	50ml	7.95	FG
VM034	Vitamin C Drops	50ml	4.95	FGV
VM037	Vitamin D3 Drops	50ml	6.95	FG
	<b>PUKKA</b>			
MD036	Women Wholistic Shatavari	30 capsules	16.95	GOV
	<b>RICOLA</b>			
	<i>Soothe &amp; Clear</i>			
MD001	Honey Herb Bag	75g	1.65	SG
MD009	Honey, Lemon & Echinacea	75g	1.65	GS
	<b>SIMPLEE ALOE</b>			
MD025	Aloe Juice Health Supplement	1l	15.99	GOV
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV
	<b>TOGETHER HEALTH</b>			
VM022	Beautiful	60	14.99	GV
VM033	Gentle Iron	30	7.99	GV
VM025	Pregnancy - Multi Vit & Mins	60	14.99	G
VM050	Stress Aid Vitamin & Mineral	30	9.99	GV
VM111	Vitamin B Complex	30	9.25	G
VM017	Vitamin B12 Complex	60	12.99	GV
VM113	Vitamin C with Bioflavonoids	30	7.99	GV
VM054	Womens Multivit	30	9.99	G
	<b>SWEET SNACKS</b>			
	<b>ANANDA FOODS</b>			
	<i>Mini Mallows</i>			
KB176	Caramel Marshmallow Bag	45g	2.59	GSV
KB182	Raspberry Marshmallow Bag	45g	2.59	GSV
	<b>BEAR</b>			
ZX526	Yoyo Pure Fruit Rolls - Apple	20g	0.59	GV
ZX529	Yoyo Pure Fruit Rolls - Mango	20g	0.59	GV
ZX545	Yoyo Pure Fruit Rolls - Pineap	20g	0.59	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	20g	0.59	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	20g	0.59	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry	20g	0.59	GV
	<i>Claws 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
	<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 - Raspberry Multipack	5 x 20g	2.59	GV
ZX012	Yoyos - Strawberry Multipack	5 x 20g	2.59	GV
	<b>BIONA</b>			
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

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<b>CANDY KITTENS</b>				
ZX621	Blueberry Bliss	108g	2.05	VSG
ZX123	Peach Fizz Gift Jar	350g	9.45	GSV
ZX599	Sour Watermelon	108g	2.05	GSV
ZX118	Sour Watermelon Gift Jar	350g	9.45	GSV
ZX344	Tropical Mango	108g	2.05	GSV
ZX622	Wild Strawberry	108g	2.05	SVG
<i>Small Bags</i>				
ZX645	Sour Watermelon	54g	1.25	SVG
ZX035	Tropical Mango	54g	1.25	GSV
<b>CHUM FRUIT BITES</b>				
ZX223	Apple	20g	0.89	GV
ZX225	Berry	20g	0.89	GV
ZX228	Peach	20g	0.89	GV
ZX224	Strawberry	20g	0.89	GV
<b>FABULOUS FREE FROM FACTORY</b>				
ZX548	Chocovered Crunchee Bites	65g	1.85	GSV
ZX928	Chocovered Peanuts	65g	1.69	GSV
ZX159	Dairy Free Chocolate Raisins	75g	1.69	GV
ZX432	Dairy Free Fudge	200g	2.79	GSV
ZX627	Dairy Free Fudgee Bites	75g	1.69	GSV
ZX628	Raspberry Ice Bites	75g	1.49	GSV
<b>FREE FROM FELLOWS</b>				
ZX065	Cola Bottles	100g	1.89	GV
ZX060	Gummy Bears	100g	1.89	GV
ZX072	Midget Gems	100g	1.89	GV
<i>Boiled Sweets</i>				
ZX321	Cola & Strawberry Lollipops	60g	1.89	VG
ZX373	Pear Drops	70g	1.89	GS
ZX324	Rhubarb and Custard	70g	1.89	VG
<b>FREEDOM CONFECTIONERY</b>				
KB911	Mallow Out Bar Strawberry	40g	1.89	GV
KB910	Mallow Out Bar Vanilla	40g	1.89	GV
KB385	Strawberry Marshmallows	75g	2.49	GV
KB726	Veganics- Large Mallows	105g	2.49	VSG
KB383	White Vanilla Marshmallows	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	75g	2.49	GSV
<b>JEALOUS SWEETS</b>				
<i>40g Bags</i>				
ZX231	Fizzy Friends	40g	1.29	SVG
ZX238	Grizzly Bears	40g	1.29	GSV
ZX678	Happy Bears	40g	1.35	GV
ZX675	Love Bears	40g	1.35	GV
ZX229	Tangy Worms	40g	1.29	SVG
ZX233	Tropical Wonder	40g	1.29	SGV
<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
<b>NOT GUILTY</b>				
KB085	Be My Love	100g	1.99	GOSV
KB096	Berry Good	100g	1.99	GOSV
KB094	Lovely Tender	100g	1.99	GOSV
KB093	Mi Colazon	100g	1.99	GOSV



code	product	size	rrp	bfgosv
<b>TABLE SAUCES</b>				
<b>BIONA</b>				
KJ106	Classic Tomato Ketchup Squeezy	560g	2.99	GOSV
KJ463	Worcester Sauce	140ml	3.69	GOSV
<b>MERIDIAN</b>				
KJ621	Tomato Ketchup - organic	285g	2.49	GOSV
<b>MR ORGANIC</b>				
KJ496	Naturally sweetened Ketchup	480g	3.59	GOV
<b>STUBB'S</b>				
KJ073	Hickory Liquid Smoke	148ml	2.59	GSV
<b>TEAS</b>				
<b>CLIPPER</b>				
TE172	FT OG English Breakfast Tea	40 bags	2.69	FGOV
TE177	FT Organic Earl Grey	40 bags	2.69	FGOV
TE168	FT Organic Everyday Tea	40 bags	2.69	FGOV
TE189	FT Organic Everyday Tea	80 bags	3.99	FGOV
TE191	FT Organic Green & Lemon Tea	80 bags	3.99	FGOV
TE182	FT Organic Green Tea	40 bags	2.69	FGOV
TE190	FT Organic Green Tea	80 bags	3.99	FGOV
TE183	FT Organic White Tea	40 bags	2.69	FGOV
	<i>Classic</i>			
TE507	English Breakfast Organic	80 bags	3.99	FGOV
<b>HAMPSTEAD TEA</b>				
TE677	English Breakfast Tea - og	100g	5.99	GOVB
<b>TOFU &amp; TEMPEH (CHILLED)</b>				
<b>PLANT POWER</b>				
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
<b>TOOTH CARE</b>				
<b>GREEN PEOPLE</b>				
DY980	Childrens Mandarin/Fluoride	50ml	4.75	GOV
<b>THE NATURAL FAMILY CO</b>				
	<i>Toothpaste</i>			
DY263	Black Whitening Toothpaste	100g	4.87	GV
DY498	Original Toothpaste	100g	4.87	GOV
DY494	Whitening Toothpaste	100g	4.87	GOV
<b>VEGETABLES</b>				
<b>AMAIZIN</b>				
KJ117	Jalapeno Peppers	150g	2.39	GOV
<b>COOKS &amp; CO</b>				
KJ078	Sweetly Drop Peppers	235g	3.45	GV
<b>ST DALFOUR</b>				
VF112	Whole Chestnuts	200g	2.89	GV
<b>VINEGARS</b>				
<b>MR ORGANIC</b>				
KJ492	Organic Apple Cider Vinegar	500ml	3.35	GOV
<b>YEAST EXTRACTS</b>				
<b>ESSENTIAL TRADING</b>				
GH059	Yeast Extract	125g	3.95	GV
<b>YOGHURT, DAIRY (CHILLED)</b>				
<b>YEO VALLEY</b>				
	<i>Kefir Yoghurt</i>			
CV863	Mango & Passionfruit	350g	1.45	GOS
CV864	Natural	350g	1.45	GOS
CV862	Strawberry	350g	1.45	GOS

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<b>YOGHURT, NON-DAIRY (CHILLED)</b>				
<b>ALPRO</b>				
CV574	Almond Soya Yoghurt	500g	1.59	GV
CV575	Coconut Soya Yoghurt	500g	1.59	CV
CV576	Soya Blueberry Cherry Yoghurt	4 x 125g	1.89	GSV
CV572	Soya Blueberry Yoghurt	500g	1.59	GSV
CV579	Soya Greek Style	400g	1.59	CV
CV589	Soya Strawberry Banana Yoghurt	4 x 125g	1.89	GSV
<b>PROVAMEL</b>				
<i>Soya-Based Yoghurts</i>				
CV318	Organic Vanilla Yofu	500g	2.35	GOSV
<b>SOJADE</b>				
CV289	Blueberry Cherry Soya Yoghurt	400g	2.75	GOV
CV876	Greek Style Yoghurt	400g	2.05	GOV
<b>THE COCONUT COLLABORATIVE</b>				
<i>Minimum 5 days shelf life</i>				
CV500	Blueberry Yoghurt	120g	1.75	GV
CV507	Little Choc Pots	4 x 45g	2.99	GSV
CV502	Mango & Passion Fruit Yoghurt	120g	1.75	GV
CV498	Natural Yoghurt	120g	1.75	GV
CV495	Natural Yoghurt	350g	2.99	GV
CV511	Salted Caramel Pots	4 x 45g	2.99	GSV
CV497	Vanilla Yoghurt	350g	2.99	CV

# Suma

CO-OPERATIVE SINCE 1977

Lacy Way, Lowfields Business Park, HX5 9DB

Email: [sales@suma.coop](mailto:sales@suma.coop)

Sales: +44 (0)1422 313848

Shop online: [www.suma.coop/wholesale](http://www.suma.coop/wholesale)