

# Suma

CO-OPERATIVE SINCE 1977

**ORGANIC**

MAY - JUNE 2020

# ORGANIC

A bit more about it..

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

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

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



## Key BFGSOV

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

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

code	product	size	rrp	bfgosv
<b>ALCOHOL FREE BEVERAGES</b>				
<b>THOMSON &amp; SCOTT NOUGHTY</b>				
WN077	Sparkling Chardonnay	750ml	12.99	OSV
<b>BABY &amp; CHILD FOOD</b>				
<b>ANNABEL KARMEL</b>				
BB092	Baby Pasta Shapes	250g	1.89	OV
<i>Pouches</i>				
BB002	Apple Blueberry & Banana	100g	1.25	GOV
BB020	Banana,Blueberry, Coconut Milk	100g	1.25	GOV
BB008	Banana,Pear & Peach	100g	1.25	GOV
BB023	Mango,Apple & Coconut Milk	100g	1.25	GOV
BB019	Pumpkin,Apple & Sweetcorn	100g	1.25	GOV
BB014	Strawberry,Banana & Apple	100g	1.25	GOV
<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>ELLA'S KITCHEN</b>				
<i>Breakfast</i>				
BB109	Baby Brekkie - Banana	100g	1.35	O
BB199	Baby Brekkie - Blueberry/Pear	100g	1.35	O
BB120	Baby Brekkie - Mango	100g	1.35	O
<i>Dairy Free</i>				
BB018	Banana & Strawberry rice pud	80g	1.59	OV
BB032	Banana Yoghurt Alternative	90g	1.19	OV
BB016	Pear & Fig Porridge	100g	1.29	OV
<i>Mighty Grains</i>				
BB055	Apple,Raspberry & Buckwheat	120g	1.39	OV
BB064	Butternut Squash,Apple,Quinoa	120g	1.39	OV
<i>Smoothie Fruits</i>				
BB238	The Green One - Multi Pack	5 x 90g	5.25	OV
BB048	The Green One - smoothie fruit	90g	1.09	OV
BB160	The Orange One	5 x 90g	5.45	OV
BB164	The Pink One	5 x 90g	4.95	OV
BB237	The Purple One - Multi Pack	5 x 90g	5.25	OV
BB007	The Purple One -smoothie fruit	90g	1.09	OV
BB239	The Red One - Multi Pack	5 x 90g	5.25	OV
BB011	The Red One - smoothie fruit	90g	1.09	OV
BB139	The White One - Multi Pack	4 x 90g	4.35	OV
BB236	The Yellow One - Multi Pack	5 x 90g	5.25	OV
BB010	The Yellow One -smoothie fruit	90g	1.09	OV
<i>Snacks</i>				
BB037	Melty Puffs	20g	1.09	OV
BB040	Melty Puffs	20g	1.09	OV
BB041	Melty Sticks	16g	1.30	OV
BB046	Melty Sticks	17g	1.30	OV
BB263	Nibbly Fingers - Strawb/Apple	5 x 25g	3.35	O
BB275	Nibbly Fingers Banana/Raisin	5 x 25g	3.35	O
<i>Stage 1</i>				
BB196	Apple & Pear Baby Rice	120g	1.39	O
BB001	Apples & Bananas	120g	1.39	OV
BB198	Banana & Apricot Baby Rice	120g	1.39	O
BB021	Banana & Blueberry Baby Rice	120g	1.39	OV

code	product	size	rrp	bfgosv
BB003	Broccoli, Pear & Peas	120g	1.39	OV
BB049	Butternut Squash, Carrot	120g	1.39	OV
BB006	Carrot, Apple & Parsnip	120g	1.39	OV
BB230	First Taste Apples Apples	70g	1.29	OV
BB233	First Taste Mango Mango Mango	70g	1.29	OV
BB231	First Taste Pears Pears Pears	70g	1.29	OV
BB012	First Taste Prunes Prunes	70g	1.29	OV
BB137	Greek Yoghurt & Berries	90g	1.35	O
BB138	Greek Yoghurt & Strawberries	90g	1.35	O
BB004	Mango, Pear & Papaya	120g	1.39	OV
BB095	Peaches & Bananas	120g	1.39	OV
BB013	Red Pepper,Sweet Potato,Apple	120g	1.39	OV
BB063	Spinach, Apples & Swede	120g	1.39	OV
BB078	Strawberries & Apples	120g	1.39	OV
BB087	Strawberry,Rhubarb & Apple	120g	1.39	OV
BB126	Sweet Potato,Broccoli,Carrot	120g	1.39	OV
	<i>Stage 2</i>			
BB229	Big Smiles Cheesy Pie	130g	1.97	O
BB127	Four Bean Feast	130g	1.97	O
BB058	Kitchen Vegetable Bake	130g	1.97	O
BB200	Rice Pudding Dessert	80g	1.69	O
	<b>HOLLE</b>			
	<i>Cereals</i>			
BB269	3-Grain Porridge	250g	3.79	OV
BB272	Millet Porridge	250g	3.79	OV
BB273	Rolled Oats Porridge	250g	3.45	OV
	<i>Infant Milk Formula</i>			
BB155	Infant Goat Milk Formula 1	400g	16.70	OS
BB254	Infant Goat Milk Formula 2	400g	16.70	O
BB089	Infant Goat Milk Formula 3	400g	16.70	O
	<b>LITTLE INCA</b>			
BB110	Happy Orange	100g	1.39	OV
BB113	Joyful Green	100g	1.39	OV
BB111	Yummy Purple	100g	1.39	OV
	<b>LITTLE PASTA ORGANICS</b>			
BB017	Asparagus,Pea & Broad Bean	130g	2.99	GOV
	<i>Pasta</i>			
BB255	Animal Pasta Shapes - Tricolor	250g	1.95	OV
BB151	Gluten Free Mini Gnocchi	250g	2.39	GOV
BB043	Red Lentil Dinosaur Pasta	250g	3.55	OV
BB051	Teddy Bear Pasta	250g	1.95	VO
BB174	Travel Pasta Shapes - Tricolor	250g	1.95	OV
	<i>Pasta 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>Cereals - Stage 1</i>			
BB047	Fruity Apple Porridge	120g	2.19	OV
	<i>Cereals - Stage 2</i>			
BB052	Banana & Plum Porridge	200g	2.95	OV
BB053	Multigrain Porridge	200g	2.95	OV
	<i>Cereals - Stage 3</i>			
BB057	Banana,Peach & Apple Muesli	200g	3.50	OV
BB060	Raspberry & Banana Muesli	200g	3.50	OV

code	product	size	rrp	bfgosv
<i>Finger Foods - from 7 months</i>				
BB713	Apple Rice Cakes	50g	1.69	OV
BB033	Baby Pea Puffs	15g	1.05	OV
BB153	Banana Rice Cakes	50g	1.69	OV
BB156	Banana Ring Biscuits	54g	2.15	OV
BB157	Creamy Vanilla Ring Biscuit	54g	2.15	O
BB715	Crunchy Carrot Sticks	20g	0.79	OV
BB717	Crunchy Sweetcorn Rings	20g	0.79	OV
BB069	Raspberry/Blueberry Rice Cake	50g	1.69	OV
BB154	Raspberry Ring Biscuits	54g	2.15	OV
<i>From 12 months</i>				
BB031	Blackcurrant Stars	12g	0.79	GOV
BB029	Raspberry Moos	12g	0.79	GOV
<i>Goodies Biscuits</i>				
BB711	Alphabet Biscuits	5 x 25g	2.89	OV
BB022	Animal Biscuits	100g	1.95	OV
BB247	Gingerbread Men	135g	2.89	OV
BB026	Jammie Monsters	8 x 8g	3.19	OV
<i>Goodies Fruit Snacks</i>				
BB159	Apple & Date Chunky Fruit Bars	6 x 17g	2.85	OV
BB158	Banana & Date Chunky Fruit Bar	6 x 17g	2.85	OV
BB150	Raisins Mini Boxes	12 x 14g	2.89	OV
<i>Goodies Savouries</i>				
BB549	Carrot Stix	15g	0.49	OV
BB248	Cheese & Herb Curly Puffs	15g	0.49	O
BB094	Mini Cheese Crackers	4 x 20g	2.85	O
BB034	Sweet Cinnamon Puffcorn	4 x 10g	2.19	GOV
<i>Goodies Snack Bars</i>				
BB076	Apple & Orange Soft Oaty Bar	6 x 30g	4.29	OV
BB075	Carrot Cake Soft Oaty Bars	6 x 30g	4.29	OV
BB080	Raspberry & Apple Soft Oaty	6 x 30g	4.29	OV
<i>Jars</i>				
BB101	Apple, Blueberry & Oat	120g	1.49	OV
BB105	Apple, Cinnamon & Oat	120g	1.49	OV
BB098	Apple, Strawberry & Blueberry	120g	1.49	OV
BB107	Broccoli, Sweetcorn & Quinoa	190g	1.79	OV
BB099	Carrot, Sweetcorn & Squash	120g	1.49	OV
<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>PUMPKIN TREE ORGANICS</b>				
BB132	Apple & Grape Juice	200ml	0.85	OV
BB131	Blackcurrant & Apple Juice	200ml	0.85	OV
<b>BABY CARE</b>				
<b>BEAMING BABY</b>				
<i>Wipes</i>				
NF688	Organic Baby Wipes Sensitive	72	4.69	OV
NF103	Organic Baby Wipes Unscented	72	4.69	OV
<b>EARTH FRIENDLY BABY</b>				
DY545	Chamomile Shampoo & Wash OG	250ml	4.09	OV
DY524	Organic Lavender Bubble Bath	300ml	5.39	OV
DY558	Organic Lavender Shampoo &	250ml	4.09	OV
<b>NATRACARE</b>				
NF099	Organic Cotton Baby Wipes	50	4.05	OV

code	product	size	rrp	bfgosv
<b>BAGS, BOXES AND BASKETS</b>				
<b>SUMA BRANDED BAGS</b>				
<i>Suma Branded Bags</i>				
NF554	Lg- organic cotton produce bag	bag	3.49	OV
NF553	Med-organic cotton produce bag	bag	2.99	OV
<b>BAKING SUNDRIES</b>				
<b>BREAD MATTERS</b>				
LJ218	Original Sourdough Starter	10g	4.99	OV
<b>CLEARSPRING</b>				
LJ138	Agar Agar Flakes Gelling Agent	30g	5.79	OV
<b>COCOA LOCO</b>				
KB139	Dark Chocolate Couverture	1.5kg	22.99	FOSV
KB140	Milk Chocolate Couverture	1.5kg	17.24	FOS
<b>DOVES FARM</b>				
LJ203	Cornflour Organic	110g	1.79	GOV
<b>ENGEVITA</b>				
LJ144	Organic Yeast Flakes	125g	5.89	GOV
<b>GREEN &amp; BLACKS</b>				
<i>Cooks Chocolate</i>				
KB058	Dark Cooking Chocolate-Organic	150g	2.85	FOS
KB429	Milk Cooks Chocolate - organic	150g	2.85	OS
<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>PLAMIL</b>				
<i>Drops in 1kg bags</i>				
KB652	Organic Baking Chocolate	1kg	13.59	GOSV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
<b>STEENBERGS</b>				
LJ117	Orange Flower Water Organic	100ml	3.75	OV
LJ010	Organic Coffee Extract	60ml	3.99	OV
LJ085	Rose Water Organic	100ml	3.75	OV
<b>TAYLOR &amp; COLLEDGE</b>				
LJ115	Vanilla Bean Extract	100ml	9.25	SOV
LJ113	Vanilla Bean Paste	65g	6.65	SOV
LJ036	Vanilla Pods	4g	9.95	OV
<b>THE RAW CHOCOLATE CO</b>				
<i>Chocolate Making Ingredients</i>				
KB050	Cacao Butter	240g	6.70	GFOV
KB051	Raw Cacao Powder	180g	4.20	FOV
<b>VIVANI ORGANIC CHOCOLATE</b>				
KB408	Dark Cooking Chocolate	200g	3.65	OSV
<b>BEANS &amp; PULSES - CANNED</b>				
<b>SUMA</b>				
VF675	Aduki Beans - organic	400g	1.09	OV
VF800	Baked Beans - Low Sugar	400g	1.19	OV
VF550	Baked Beans - Organic	400g	1.19	OSV
VF900	Black Beans - Organic	2.6kg	4.29	OV
VF625	Black Beans - organic	400g	1.09	OV
VF230	Black Beluga Lentils - organic	400g	1.19	OV
VF300	Black Chickpeas - Organic	400g	1.09	OV
VF015	Blackeye Beans - organic	400g	1.09	OV
VF630	Borlotti Beans - organic	400g	1.09	OV
VF645	Butter Beans - organic	400g	1.09	VO
VF395	Cannellini Beans - organic	400g	1.09	OV

code	product	size	rrp	bfgosv
VF785	Chickpeas - organic	2.6kg	4.29	OV
VF642	Chickpeas - organic	400g	1.09	VO
VF647	Green Lentils - organic	400g	1.09	VO
VF644	Haricot Beans - organic	400g	1.09	VO
VF795	Mixed Beans - organic	2.6kg	4.29	OV
VF649	Mixed Beans - organic	400g	1.09	VO
VF643	Red Kidney Beans - organic	400g	1.09	VO
	<i>Canned From Fresh</i>			
VF123	Fresh Borlotti Beans - Organic	400g	1.39	OV
VF560	Fresh Chickpeas - Organic	400g	1.39	OV
	<b>BIONA</b>			
VF222	Baked Beans - Organic	400g	1.25	OVS
LJ167	Brown Lentil Curry	400g	1.49	OV
VF062	Chick Peas in Tomato Sauce	350g	2.19	OSV
VF042	Chilli Beans - Organic	395g	1.39	OSV
VF227	Chilli Black Beans - Organic	400g	1.29	OV
VF306	Edamame Beans	200g	1.79	OV
	<b>BIONOVA</b>			
VF495	Baked Beans - organic	340g	1.55	OSV
	<b>GEO ORGANICS</b>			
VF094	Black Beluga Lentils Organic	400g	1.89	OV
	<b>HODMEDOD'S</b>			
VF129	Organic Vaal Dhal - British	400g	1.79	OSV
VF098	Organic Whole Fava Beans	400g	1.09	OV
	<b>WHOLE EARTH</b>			
VF161	Baked Beans - organic	400g	1.19	GOV
	<b>BEANS &amp; PULSES - DRIED</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
PU202	Aduki Beans - Organic	500g	2.29	VO
PU222	Bean Mix - organic	500g	2.75	OV
PU034	Black Turtle Beans	500g	1.89	OV
PU004	Broth Mix - Organic	500g	1.99	OV
PU345	Butter Beans - organic	500g	4.25	VO
PU225	Cannellini Beans - organic	500g	2.85	OV
PU369	Chickpeas - organic	500g	1.75	VO
PU182	Green Split Peas - organic	500g	2.15	OV
PU145	Haricot Beans - organic	500g	2.25	OV
PU135	Lentils - Brown, organic	500g	2.19	VO
PU167	Lentils - Dark Speckled, org	500g	3.75	OV
PU129	Lentils - Green, organic	500g	2.35	VO
PU294	Lentils - Red split organic	750g	2.85	OV
PU267	Lentils - Red split, organic	500g	1.99	VO
PU151	Mung Beans - organic	500g	3.05	VO
PU136	Pinto Beans - organic	500g	2.35	OV
PU156	Red Kidney Beans - organic	500g	2.95	OV
PU146	Soya Beans - organic	500g	1.75	OV
PU166	Yellow Split Peas - organic	500g	1.99	OV
	<b>HODMEDOD'S</b>			
PU029	Fava Beans Organic - whole	500g	1.85	OV
PU005	Organic Carlin Peas	500g	1.99	OV
PU014	Organic Fava Beans - Split	500g	2.29	OV
	<b>BEERS</b>			
	<b>SUMA</b>			
RT215	Long Wall Mouse Blonde Beer	500ml	2.84	OV
	<b>BUDELS</b>			
RT131	Budels Lager	330ml	2.15	OV
	<b>SAM SMITHS</b>			
RT009	Chocolate Stout	550ml	3.49	OV

code	product	size	rrp	bfgosv
RT008	Organic Pale Ale	550ml	3.49	OV
RT120	Pure Brewed Organic Lager	550ml	3.49	OV
	<b>ST PETER'S</b>			
	<i>Alcohol Free Beers</i>			
RT026	St Peter's Without - Organic	500ml	2.19	OV
	<b>STROUD BREWERY</b>			
RT063	Aleflower	330ml	2.89	OV
RT058	Big Cat	500ml	3.40	OV
RT055	Budding	500ml	3.29	OV
RT057	Hop Drop	500ml	3.69	OV
RT060	IPA	330ml	3.05	OV
RT059	Premium Organic	500ml	3.89	OV
RT062	Schwarzwald	330ml	2.90	OV
RT056	Tom Long	500ml	3.20	OV
	<b>BISCUITS CRACKERS &amp; CRISPREAD</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
BT289	Crispbread - Quinoa Fibre Plus	100g	1.69	OV
BT398	Crispbread - Spelt/Chia, Org	200g	2.99	OSV
BT291	Crispbread - Veggie Garden GF	100g	1.69	GOV
BT262	Dark Chocolate Corn Cakes	100g	2.19	GOSV
BT263	Dark Chocolate Rice Cakes	100g	2.19	GOSV
BT211	Melba Toasts - Spelt, Organic	200g	3.09	OVB
BT159	Protein Lentil Crispbread	100g	1.99	GOV
BT259	Protein Pumpkin Crispbread	100g	2.09	GOV
	<b>ARTYSAN</b>			
BT037	Chocolate Hazelnut Cantuccini	180g	2.79	OS
	<b>BIONA</b>			
BT336	Blueberry Filled Cookies	175g	2.39	OS
BT167	Caramel Syrup Waffles	175g	2.49	OS
BT166	Hazelnut Syrup Waffles	175g	2.49	OSV
BT157	Honey Waffles	175g	2.29	OS
BT123	Maple Syrup Waffles	175g	2.49	OV
	<b>CLEARSPRING</b>			
BT129	Brown Rice Crackers-Blk Sesame	40g	2.19	OV
BT318	Oatcakes - Sea Vegetable	200g	2.59	OV
BT290	Oatcakes - Sun Dried Tom /Herb	200g	2.59	OV
BT319	Oatcakes, Traditional, Organic	200g	2.39	OV
BT317	Organic Corncakes	130g	1.29	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	130g	1.19	GOV
BT630	Rice Cakes - Lightly Salted	130g	1.19	OV
BT629	Rice Cakes - No Added Salt,Org	130g	1.19	GOV
BT576	Rye Crispbread - Original	200g	1.29	OV
BT577	Rye Crispbread - Sesame	200g	1.49	OV
	<b>DOVES FARM</b>			
BT295	Choc Chip Cookies	180g	2.29	GOSV
BT010	Digestives	200g	1.25	OSV
BT271	Double Chocolate Cookies - GF	180g	2.29	OSV
BT202	Fruity Oat Digestives	200g	1.55	OSV



code	product	size	rrp	bfgosv
BT269	Lemon Zest Cookies - GF	150g	1.59	GOSV
BT092	Organic Digestive Biscuits	400g	2.09	OS
BT029	Organic Ginger Oat Biscuits	200g	1.85	OSV
BT008	Stem Ginger Cookies - GF	150g	1.59	GOSV
<b>DR KARG</b>				
BT001	3 Grains & 3 Seeds Crispbreads	200g	2.79	OV
BT812	Classic 3 Seed Crispbread	200g	2.55	OV
BT815	Emmental Cheese & Pumpkin Seed	200g	2.79	O
BT813	Seeded Spelt Crispbread	200g	2.95	O
BT550	Spelt with Emmental Cheese	200g	3.15	O
BT250	Tomato/Mozzarella Crispbread	200g	2.89	O
<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>ISLAND BAKERY ORGANICS</b>				
BT121	Apple Crumbles Organic Biscuit	125g	2.79	OS
BT252	Blonde Chocaccinos	133g	3.49	OS
BT163	Chocolate Gingers	133g	3.35	OS
BT164	Lemon Melts	133g	3.35	OS
BT006	Lime Melts	133g	3.35	OS
BT162	Oat Crumbles	125g	2.15	OS
BT253	Orange Melts	135g	3.49	OS
BT165	Shortbread Biscuits	125g	2.15	OS
<b>KALLO</b>				
BT045	Ancient Grain Corn Cakes	150g	1.99	GOV
BT184	Corn Cakes OG	130g	1.79	GOV
<i>Rice Cakes</i>				
BT096	Belgian Choc Mini Rice Cakes	40g	0.99	OS
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>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>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>MR ORGANIC</b>				
BT354	Breadstick Classic	150g	2.69	OV
BT361	Breadstick with Olives	130g	2.69	OV
ZX221	Cocoa Biscuits	250g	2.19	OV
BT350	Flatbread Classic	150g	2.69	OV

code	product	size	rrp	bfgosv
BT345	Flatbread with Rosemary	150g	2.69	OV
ZX222	Multigrain Biscuits	250g	2.19	OV
ZX219	Orange Biscuits/ Cocoa Beans	250g	2.79	OV
<b>NAIRN'S</b>				
BT273	Oatcakes - Organic	250g	1.59	OV
BT386	Oatcakes -Organic Super Seeded	200g	1.79	O
<b>ORGANICO</b>				
<i>Rustic Breadsticks</i>				
BT065	Classic Grissini - og	120g	1.95	OV
BT061	Omega Grissini - og	120g	1.95	OV
BT068	Sesame Grissini - og	120g	2.15	OV
BT067	Spelt Grissini - og	120g	2.50	OV
<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>BODY CARE</b>				
<b>ALOE PURA</b>				
DY040	Aloe Vera Gel OG	200g	6.75	OV
<b>ALTER/NATIVE BY SUMA</b>				
<i>Accessories</i>				
DY110	Organic Cotton Soap Bag	each	1.95	OV
<b>BADGER</b>				
DY286	Aftersun Balm	56g	10.45	VO
DY331	Sunscreen Baby SPF30	87ml	18.99	O
DY340	Sunscreen Clear Zinc SPF30	87ml	20.45	FO
DY333	Sunscreen Kids SPF30	87ml	18.99	O
<b>BADGER BALM</b>				
DY309	Cheerful Mind Balm	17g	7.99	O
MD850	Hardworking Hands Balm	21g	6.99	O
DY411	Lip Balm Sticks - Blue Pack	sticks	14.99	O
DY417	Lip Balm Sticks - Green Pack	sticks	14.99	O
MD145	Muscle Rub	21g	6.99	O
MD874	Sleep Balm - Mini	21g	6.99	O
<b>BEN &amp; ANNA</b>				
<i>Sensitive Deodorant</i>				
DY462	Deodorant - Highland Breeze	60g	10.95	OV
DY458	Deodorant - Japanese Blossom	60g	10.95	OV
DY463	Deodorant - Lemon & Lime	60g	10.95	OV
<i>Stick Deodorant in Paper Tube</i>				
DY788	Soda Deodorant - Nordic Timber	60g	9.95	OV
DY805	Soda Deodorant - Persian Lime	60g	9.95	OV
DY820	Soda Deodorant - Provence	60g	9.95	OV
DY796	Soda Deodorant - Pure	60g	9.95	OV
DY823	Soda Deodorant-Indian Mandarin	60g	9.95	OV
DY816	Soda Deodorant-Pink Grapefruit	60g	9.95	OV
DY795	Soda Deodorant-Vanilla Orchid	60g	9.95	OV
<b>CM LA VIE</b>				
DY289	Coconut Beauty Oil	300ml	9.99	OV

code	product	size	rrp	bfgosv
<b>DR BRONNER'S</b>				
DY160	Almond Castile Liquid Soap	237ml	8.19	FOV
DY191	Almond Castile liquid Soap	473ml	12.39	FOV
DY208	Almond Castile Liquid Soap	946ml	20.49	FOV
DY198	Baby Castile liquid Soap	473ml	12.39	FOV
DY209	Baby Castile Liquid Soap	946ml	20.49	FOV
DY182	Citrus Orange Liquid Soap	237ml	8.19	FOV
DY201	Citrus Orange Liquid Soap	473ml	12.39	FOV
DY338	Lavender Castile Liquid Soap	3.8l	67.49	FGOVB
DY183	Lavender Castile Liquid Soap	237ml	8.19	FOV
DY205	Lavender Castile Liquid Soap	473ml	12.39	FOV
DY213	Lavender Castile Liquid Soap	946ml	20.49	FOV
DY350	Liquid Soap Peppermint	3.8l	67.49	FGOVB
DY207	Peppermint Castile Liquid Soap	473ml	12.39	FOV
DY214	Peppermint Castile Liquid Soap	946ml	20.49	FOV
DY443	Pump Soap - Lavender	355ml	11.25	FOV
DY349	Pure Castile Liquid Soap-Baby	3.8l	67.49	FGOVB
<i>Bar Soap</i>				
DY117	Almond Pure Castile Bar Soap	140g	5.35	FOV
DY118	Baby Castile Bar Soap	140g	5.35	FOV
DY119	Citrus Orange Bar Soap	140g	5.35	FOV
DY123	Lavender Castile Bar Soap	140g	5.35	FOV
DY138	Peppermint Castile Bar Soap	140g	5.35	FOV
<b>FAIR SQUARED</b>				
DY950	Lube and Massage Gel-Green Tea	each	13.95	FOV
<b>GREEN PEOPLE</b>				
DY495	Aloe & Prebiotics Deodorant	75ml	10.50	OV
DY487	Daily Aloe Conditioner	200ml	12.50	OV
<i>Hair &amp; Body Care</i>				
DY218	Intensive Repair Shampoo	200ml	14.49	VO
<i>Organic Skincare</i>				
DY072	Day Solution SPF15	50ml	17.85	OV
<b>GREEN PEOPLE COMPANY</b>				
<i>Gift Sets</i>				
DY378	Forest & Fruit Gift Set	2 x 100ml	22.95	OV
DY379	Leaf & Stem Gift Set	2 x 100ml	22.95	OV
DY352	Tree & Seed Mens Collection	2 x 100ml	18.69	OV
<b>HEAVENLY ORGANICS SKIN CARE</b>				
DY348	Eye & Face Cream - Chamomile	25g	8.99	VO
DY347	Eye & Face Cream-Rose Geranium	25g	8.99	OV
DY525	Facial Cleanser-Rose &Geranium	110g	8.99	VO
DY346	Facial Scrub - Rose Geranium	100g	7.99	OV
DY345	Facial Scrub-Orange&Grapefruit	100g	7.99	OV
DY339	Hand Balm - Orange & Lime	15g	6.99	OV
DY342	Hand Balm - Rose Geranium	15g	6.99	OV
DY605	Lip Balm - Lemon & Lime	12g	3.99	OV
DY594	Lip Balm - Orange	12g	3.99	OV
DY584	Rose & Geranium Body Butter	100g	8.99	OV
<i>Apply Dry</i>				
DY472	Deodorant Powder -Lemon, Mint	100g	8.99	OV
DY515	Deodorant Powder-Rose & Lemon	100g	8.99	OV
<i>Just Add Water</i>				
DY500	Conditioner Powder - Rosemary	25g	8.99	OV
DY457	Conditioner Powder - Seaweed	25g	8.99	OV
DY453	Shampoo Powder	100g	8.99	OV
<b>LAVERA</b>				
DY116	Moisturiser - Sensitive	150ml	8.95	OV

code	product	size	rrp	bfgosv
	<i>Basis</i>			
DY963	All in One Cream	150ml	7.95	O
DY590	Deodorant Spray	75ml	9.95	O
DY202	Deodorant- Roll On	50ml	7.95	OV
DY589	Hand Cream	75ml	4.95	OV
DY583	Lip Balm Sensitive	4.5g	3.95	OG
DY581	Moisturising Face Cream	50ml	11.95	OV
	<b>NATRACARE</b>			
	<i>Pads</i>			
NF096	Mini Panty Liner	30	1.79	VO
NF104	Org Cotton Wrapped Panty Liner	18	1.79	OV
NF048	Organic Cotton Panty Liners	22	2.19	OV
NF304	Ultra Extra Pad Normal - Wings	12	2.29	OV
NF300	Ultra Extra Pads Long - Wings	8	2.29	OV
NF313	Ultra Extra Super Pads Winged	10	2.29	OV
	<i>Tampons</i>			
NF826	Applicator Tampon - Super	16	3.15	O
NF823	Applicator Tampons - Regular	16	3.05	O
NF030	Tampons Regular - Organic	10	1.79	OV
NF085	Tampons Regular - Organic	20	2.75	VO
NF086	Tampons Super - Organic	20	2.85	OV
NF087	Tampons Super Plus - OG	20	2.95	VO
	<i>Wipes</i>			
NF204	Organic Cotton Intimate Wipes	12	2.19	OV
	<b>ORGANYC</b>			
NF136	Applicator Tampons - Regular	16	3.79	OV
NF135	Applicator Tampons - Super	16	3.79	OV
NF137	Applicator Tampons Super Plus	16	3.89	OV
NF227	Pads - Heavy Flow	10	4.29	OV
NF199	Pads - Moderate Flow	10	3.99	OV
NF148	Panty Liners Folded	24	3.99	OV
NF147	Tampons - Regular	16	3.19	OV
NF139	Tampons - Super	16	3.29	OV
	<b>PATCH</b>			
	<i>Biodegradable Bamboo Plasters</i>			
NF547	Bamboo Kids Plasters - Coconut	1	6.99	OV
NF546	Bamboo Plasters - Aloe Vera	1	6.99	OV
NF548	Bamboo Plasters - Charcoal	1	6.99	OV
NF545	Bamboo Plasters - Natural	1	6.99	OV
	<b>SIMPLY GENTLE</b>			
DY097	Cotton Buds - organic	200	2.25	VO
DY098	Organic Cotton Wool Balls	100	2.25	O
DY099	Organic Cotton Wool Pads	100	2.15	O
DY100	Organic Cotton Wool Pleats	100g	2.25	O
	<b>SUNTRIBE</b>			
DY506	All Natural Mineral Day Cream	40ml	24.99	OV
DY504	Body Butter Coconut & Argan	150ml	18.99	OV
DY513	Sunscreen Face & Body	100ml	24.99	OV
	<b>URTEKRAM</b>			
DY725	Lime Crystal Roll On Deodorant	50ml	4.89	OV
	<i>Rose</i>			
DY060	Rose Crystal Deodorant	50ml	4.89	OV
DY396	Rose Shower Gel	500ml	7.75	OV
	<b>BREADS &amp; BREAD MIXES</b>			
	<b>AMAIZIN</b>			
BT268	Og Tortilla Wraps Extra Fibre	240g	2.45	OV
BT329	Organic Tortilla Wraps	240g	2.45	O

code	product	size	rrp	bfgosv
<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>				
BT465	Millet Bread - Organic	250g	3.69	O
BT135	Pizza Base - 2 Per Retail Pack	300g	2.89	OV
BT440	Pumpernickel Bread	500g	2.09	OV
BT461	Rice Bread with Sunflower Seed	500g	4.49	GOV
BT464	Rye Bread - Amaranth & Quinoa	500g	2.09	OV
BT073	Rye Bread - Chia & Flax	500g	2.29	OV
BT041	Rye Bread - Coconut&Cranberry	500g	2.19	OV
BT438	Rye Bread - Hemp Seed	500g	2.19	OV
BT206	Rye Bread - Omega 3	500g	2.09	OV
BT207	Rye Bread - Pumpkin Seed	500g	2.09	OV
BT210	Rye Bread - Sunflower Seed	500g	2.09	OV
BT439	Rye Bread - Vitality	500g	2.09	OV
BT145	Rye Bread - Wholegrain	500g	2.09	OV
BT422	Spelt Pizza Base - Organic	300g	3.99	OV
<b>EVERFRESH NATURAL FOODS</b>				
BT048	Malt & Raisin Loaf	330g	1.65	OV
BT049	Rye Sourdough Bread	400g	1.69	OV
BT934	Sprouted Rye Bread	400g	2.05	OV
BT935	Sprouted Spelt Bread	400g	2.75	OV
BT086	Sprouted Wheat Bread	400g	1.99	OV
BT886	Sprouted Wheat Carrot & Raisin	400g	2.29	OV
<b>FLORENTIN</b>				
BT552	Pitta Bread - spelt	260g	1.95	OV
BT360	Pitta Bread - white	260g	1.69	OV
BT376	Pitta Bread - wholemeal	280g	1.69	OV
<b>GO VEGAN</b>				
BT172	Vegan Wheat Croissants - Cocoa	5 45g	5.49	OSV
<b>PROFUSION</b>				
BT405	Protein Bread - Rye / Flax	250g	2.89	O
<b>SCHNITZER GLUTEN FREE</b>				
BT467	Baguette Classic	360g	3.59	GOV
BT466	Baguette Rainy 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	Cranello-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	500g	4.45	GOV
<b>BURGERS SAUSAGES &amp; TVP MIXES</b>				
<b>CLEARSPRING</b>				
SY074	Organic Soya Chunks	200g	2.99	OSV
SY071	Organic Soya Mince	300g	3.49	GOV
<b>JUST WHOLEFOODS</b>				
VF706	Vegetarian Banger Mix -organic	125g	1.65	OV
VF705	Vegetarian Burger Mix	125g	1.65	OV
<b>BUTTER, CREAM &amp; MILK (CHILLED)</b>				
<b>CALON WEN</b>				
<i>The Farmers Co-op</i>				
CV277	Lightly Salted Welsh Butter	250g	3.05	O
CV174	Spreadable Butter	250g	2.89	O
CV204	Unsalted Welsh Butter	250g	3.05	O

code	product	size	rrp	bfgosv
	<b>VRAI</b>			
CV632	Creme Fraiche	200g	1.85	O
	<b>YEO VALLEY</b>			
CV304	Slightly Salted Organic Butter	250g	2.75	O
CV292	Spreadable Butter	500g	5.69	O
CV726	Unsalted Organic Butter	250g	2.75	O
	<i>Minimum 4 days shelf life</i>			
PO101	Double Cream	227ml	1.49	O
CV309	Half Fat Creme Fraiche	200g	1.19	O
	<b>CAKES</b>			
	<b>EVERFRESH NATURAL FOODS</b>			
BT246	Sprouted Banana & Walnut Cake	350g	3.55	OV
BT242	Sprouted Carrot & Raisin Cake	350g	3.19	OV
BT366	Sprouted Chocolate Cake	350g	3.29	OV
BT241	Sprouted Date & Pecan Cake	350g	3.85	OV
BT365	Sprouted Fig & Orange Cake	350g	3.29	OV
BT089	Sprouted Fruit Cake	350g	3.19	OV
BT238	Sprouted Ginger Cake	350g	3.85	OV
BT368	Sprouted Rye Ginger Cake	350g	3.85	OV
	<b>CEREALS &amp; MUESLIS</b>			
	<b>SUMA MUESLI</b>			
MX209	Fruit Burst Muesli - Organic	500g	3.85	OV
MX211	GF Multigrain Muesli - Organic	500g	3.59	GOV
MX196	Nutty Crunch Muesli - Organic	500g	4.69	OV
MX210	Simply Muesli Base - Organic	500g	1.95	OV
MX191	Swiss Twist Muesli - Organic	500g	2.89	O
	<b>ALARA</b>			
MX123	Classic Apple Bircher	450g	3.49	OV
MX099	Everyday Muesli	550g	2.99	OV
	<i>Everyday Range</i>			
MX023	Gluten Free Muesli - organic	250g	3.29	GOV
MX031	Rich Muesli - organic	500g	2.99	OV
	<i>Into The Garden</i>			
MX236	Active Muesli	250g	3.99	GOV
	<b>AMISA</b>			
FX016	Organic Porridge Oats	325g	2.69	GOV
MX007	Spelt Crispy Flakes - Organic	250g	2.99	O
MX029	Spelt Puffs - Organic	200g	2.39	OV
	<b>BIOFAIR</b>			
FX018	Quinoa Flakes Organic	400g	5.39	FO
MX009	Quinoa Pops Organic, FT	120g	4.49	GFO
	<b>BIONA</b>			
MX198	Choco Coco Granola - Organic	375g	4.19	OS
MX199	Honey Hazel Granola - Organic	375g	4.89	O
MX201	Wild Berry Granola - Organic	375g	5.29	OS
	<b>DOVES FARM</b>			
MX019	Cereal Flakes	375g	3.65	GO
MX632	Corn Flakes	325g	2.85	GO
MX171	Fibre Flakes	375g	3.45	GO
MX002	Porridge Oats	430g	3.49	GOV
	<b>GLEBE FARM</b>			
MX111	Granola Org Oats GF	325g	2.99	GOS
MX106	Porridge Oats GF	450g	2.79	GOV
	<b>KALLO</b>			
MX124	Puffed Rice Cereal - Natural	225g	2.99	GOV
	<b>LIZI'S</b>			
MX011	Organic Granola	400g	4.29	OSV

code	product	size	rrp	bfgosv
<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
MX884	Millet Rice	375g	3.69	OV
	<i>Envirokidz</i>			
MX079	Choco Chimps	284g	3.99	GOVS
<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>Children's</i>			
MX044	Fruity Bircher	350g	3.49	OV
MX232	Honey Puffed Spelt	175g	3.49	O
	<i>Granola</i>			
MX006	Strawberry & Raspberry Granola	450g	5.99	O
MX135	Ultimate Granola	500g	5.99	O
	<i>Muesli</i>			
MX060	Organic Ultimate Muesli	500g	5.99	OV
MX128	Super Seed Muesli Organic	500g	4.49	OV
	<i>Porridge</i>			
MX208	Sprouted Porridge Oats	500g	4.99	GOV
	<i>Puffs</i>			
MX001	Organic Puffed Wheat	125g	2.25	OV
<b>WHOLE EARTH</b>				
MX172	Classic Cornflakes - organic	375g	2.49	GOSV
MX158	Cocoa Crunch - og	375g	2.99	OS
MX174	Maple Frosted Flakes - og	375g	3.29	GOSV
MX155	Organic Muesli	750g	4.99	O
MX162	Red Fruit Crunch - og	450g	3.59	OS
<b>CHEESE, DAIRY (CHILLED)</b>				
<b>BERGERIE</b>				
CV583	Fresh Goat Cheese Organic	100g	1.99	O
CV590	Organic Sheeps Cheese Fresh	100g	1.95	O
<b>BIONA</b>				
CV076	Organic Emmental Cheese	200g	4.99	O
CV679	Organic Greek Sheep Feta	180g	4.69	O
<b>CALON WEN</b>				
	<i>Organic Welsh Cheese</i>			
CV397	Extra Mature Cheddar	200g	2.79	O
CV215	Extra Mature Cheddar	350g	4.45	O
CV398	Mellow Cheddar	200g	2.49	O
CV216	Mellow Cheddar	350g	4.39	O
<b>CYPRESSA</b>				
CV761	Organic Feta	200g	3.29	O
CV760	Organic Halloumi	225g	3.99	O
<b>HIGH WEALD DAIRY</b>				
CV443	Mixed Case Soft Sheeps Cheese	100g	3.05	O
<b>LYE CROSS</b>				
CV591	100% Grass-Fed Cheddar	200g	3.85	O
CV049	Double Gloucester	245g	3.49	O

code	product	size	rrp	bfgosv
CV506	Mature Cheddar	245g	3.65	O
CV332	Mature Cheddar Slices	200g	3.05	O
CV166	Medium Cheddar	245g	3.49	O
CV477	Mild Cheddar	245g	3.39	O
CV105	Red Leicester	245g	3.49	O
CV296	Stilton	150g	3.09	O
CV522	Vintage Cheddar	245g	3.85	O
CV478	Wensleydale	245g	3.49	O
	<i>Grated</i>			
CV323	Organic Mature Grated Cheddar	180g	2.49	O
	<b>MANGIAGRATTA</b>			
CV003	Organic Italian Hard Cheese	200g each	5.99	O
	<b>OMA</b>			
	<i>Minimum 4 days shelf life</i>			
CV066	Mozzarella Cheese	125g	2.39	O
CV447	Organic Cottage Cheese	200g	2.49	O
	<b>WOODLANDS DAIRY</b>			
CV298	Organic Sheeps Milk Cheese	140g	4.99	O
	<b>CHEESE, NON DAIRY (CHILLED)</b>			
	<b>BONSAN</b>			
CV490	Almond Spread - Plain	125g	2.99	OV
CV492	Almond Spread - Toms & Pepper	125g	2.99	OV
CV527	Almond Spread - Wild Garlic	125g	2.99	OV
	<b>CHOCOLATE</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
KB137	Cacao Nibs - Organic	100g	1.99	OV
	<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>			
WS082	Creamy Dark 55% Chocolate	80g	3.29	FOS
WS004	Milk Chocolate, Hazelnut	80g	3.29	OS
WS079	Mint 67% Chocolate	80g	3.25	FOSV
WS081	Orange 65% Chocolate	80g	3.29	FOSV
WS077	Panama 80% Chocolate Bar	80g	3.29	FOSV
KB683	Panama light Turquoise Gift	160g	12.49	FGOS
WS078	Pomegranate 70% Chocolate	80g	3.29	FOSV
WS080	Sea Salt 55% Chocolate	80g	3.25	FOS
	<b>COCOA LOCO</b>			
KB038	Dark Chocolate Buttons	100g	2.40	FOSV
KB646	Ginger in Dark Choc	100g	4.59	FOSV



code	product	size	rrp	bfgosv
KB128	Milk Chocolate Buttons	100g	2.40	FOS
WS114	Milk Chocolate Fairies	100g	4.59	FOS
	<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
	<i>Gift Range</i>			
ZX787	Love Gift Box	180g	9.95	OSV
	<b>DIVINE ORGANIC</b>			
ZX629	85% Dark Chocolate	80g	3.45	SVO
ZX630	85% Dark Chocolate	80g	3.45	OSV
ZX643	95% Dark Chocolate	80g	3.45	SVO
	<b>EQUAL EXCHANGE</b>			
KB659	55% Dark Caramel & Sea Salt	100g	2.79	FOS
KB698	65% Organic Dark Orange	100g	2.79	FOSV
KB654	71% Organic Very Dark	100g	2.79	FOSV
KB977	Dark 55% Choc with Almond	100g	2.79	FOS
KB640	Lemon, Ginger & Pepper	100g	2.79	OSV
	<b>GREEN &amp; BLACKS</b>			
KB405	Tasting Collection	395g	14.95	FOS
KB403	The Connoisseur Collection	540g	20.65	FOS
	<i>90g Bars</i>			
KB116	70% Dark Chocolate	90g	2.65	FOS
KB034	85% Dark Chocolate	90g	2.65	FOSV
KB796	Dark Choc Hazelnut & Currant	90g	2.65	FOS
KB935	Dark Chocolate & Burnt Toffee	90g	2.65	FOS
KB132	Dark Chocolate & Ginger	90g	2.65	FOS
ZX251	Maya Gold Dark Chocolate	90g	2.65	FSOV
KB908	Milk Choc & Chopped Almonds	90g	2.65	FOS
ZX239	Milk Chocolate	90g	2.65	FOS
KB133	Milk Chocolate & Butterscotch	90g	2.65	FOS
WS091	Milk Chocolate & Sea Salt	90g	2.65	FOS
KB370	White Chocolate	90g	2.65	FOS
	<i>Gift Range</i>			
KB665	Miniature Collection, Milk	180g	7.99	FOS
KB746	Miniature Collection, Original	180g	7.99	FOS
KB108	Treat Collection	90g	3.99	FOS
	<i>Minibars</i>			
KB199	70% Dark Chocolate	35g	1.05	FOS
KB198	Milk Chocolate	35g	1.05	OS
KB136	Milk Chocolate & Butterscotch	35g	1.05	OS
KB177	White Chocolate	35g	1.05	FOS
	<b>MONTEZUMA'S</b>			
	<i>Giant Buttons</i>			
KB005	Dark Chocolate Giant Buttons	180g	3.19	OVS
KB271	Milk Chocolate Button Bags	180g	3.99	O
KB270	White Chocolate Button Bag	180g	3.99	OS
	<i>Like No Udder</i>			
KB530	Milk Alternative Bar	90g	1.99	GOVS

code	product	size	rrp	bfgosv
KB601	Milk Choc/Orange Alternative	90g	1.99	OSVG
	<i>Like No Udder Mini Bars</i>			
ZX743	Milk Chocolate Alternative	25g	0.79	GOSV
	<i>Mini Bars</i>			
KB416	73% Very Dark Chocolate	30g	1.09	OS
KB414	Milk Chocolate	30g	1.09	SO
KB829	Royal Mint Dark 74%	25g	0.79	GOSV
	<i>Organic Bars</i>			
KB194	Chilli Bonkers	90g	1.99	OSV
KB186	Darkside 54% Milk Chocolate	90g	1.99	OS
KB196	FitzRoy Very Dark Chocolate	90g	1.99	OSV
KB254	Happy Hippy	90g	1.99	OSV
KB616	Hot Pickle Milk Chocolate	90g	2.49	OS
ZX779	Royal Mint Organic Dark W'Mint	90g	1.99	GOSV
KB191	Smooth Operator Milk Chocolate	90g	2.49	OS
KB617	Spotlch Milk Chocolate Bar	90g	2.49	OS
	<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
	<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
	<b>OMBAR RAW CHOCOLATE</b>			
ZX419	100% Raw Chocolate	35g	1.99	OVS
ZX659	90% Raw Chocolate	35g	1.99	OV
KB759	Blueberry & Acai Chocolate	35g	1.99	OV
KB761	Coco Dark Chocolate	35g	1.99	OV
KB406	Coco Mylk Raw Chocolate	35g	1.99	OV
ZX657	Coconut & Vanilla Centre	35g	1.99	OV
KB763	Dark 72% Raw Chocolate	35g	1.99	OV
ZX421	Pistachio & Coconut Centre	35g	1.99	OVS
ZX663	Raspberry & Coconut Centre	35g	1.99	OV
KB764	Strawberry Mylk Raw Chocolate	35g	1.99	OV
	<i>70g Bars</i>			
ZX952	Coco Almonds Raw Chocolate	70g	3.29	GOV
ZX953	Coco Mylk	70g	3.29	GOV
ZX639	Coconut & Vanilla Centre	70g	3.29	GOSV
ZX641	Pistachio Centre	70g	3.29	GOSV
ZX644	Raspberry & Coconut	70g	3.29	GOSV
ZX951	Raw Cacao 72%	70g	3.29	GOV
ZX975	Salt and Nibs	70g	3.29	VOG
	<i>Buttons</i>			
KB492	Coco Mylk Chocolate Buttons	25g	1.49	OVS

code	product	size	rrp	bfgosv
ZX661	Dark 72% Chocolate Buttons	25g	1.49	OV
	<b>ORGANIC SEED &amp; BEAN COMPANY</b>			
	<i>Large Bars</i>			
KB152	37% Milk Choc,Hazels & Almonds	85g	2.99	FOS
KB733	37% Milk Chocolate	85g	2.99	FOS
KB970	58% Dark Choc & Espresso	85g	2.99	FOS
KB155	58% Dark Choc & Hazelnuts	85g	2.99	FOSV
KB979	58% Dark Choc,Lemon & Cardamon	85g	2.99	FOS
ZX793	58% Dark Sweet Orange & Thyme	85g	2.99	FOSV
KB740	66% Dark, Raspberry & Coconut	85g	2.99	OSV
KB736	70% Dark Choc & Sea Salt	85g	2.99	FOSV
KB767	72% Dark Choc & Lavender	85g	2.99	FOSV
KB200	72% Dark Choc & Mint	85g	2.99	FOSV
KB773	72% Dark Choc, Chilli & Lime	85g	2.99	FOSV
KB743	72% Dark choc, Dominican	85g	2.99	FOSV
KB772	72% Dark Choc,Mandarin &Ginger	85g	2.99	FOSV
ZX313	Raspberry & Vanilla White Bar	85g	2.99	FOS
ZX126	Sea Salt & Tropical Lime	85g	2.99	FOS
KB742	White Choc, Lemon & Poppy Seed	85g	2.99	FOS
	<i>Mini Bars</i>			
ZX392	58% Dark Choc & Espresso	25g	1.25	FOSV
ZX391	58% Dark Sweet Orange & Thyme	25g	1.25	FOSV
ZX400	72% Dark Choc, Dominican	25g	1.25	FOSV
ZX389	Sea Salt & Tropical Lime	25g	1.25	FOS
	<b>ORGANICA</b>			
KB277	Vegan Diets White Chocolate	100g	2.89	FOVS
	<b>PEARLS OF SAMARKAND</b>			
KB685	Organic Cacao Nibs with Lucuma	100g	3.19	OSV
KB676	Organic Cacao Nibs with Panela	100g	3.19	OSV
	<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
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>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 Bars</i>			
ZX513	Koffee Kapow	38g	1.99	OSV
ZX510	Mint	38g	1.99	OSV
ZX692	Pitch Dark	38g	1.99	OSV
ZX690	Salted Vanoffee Hazelnut	38g	1.99	OSV
ZX517	Silky Coconut	38g	1.99	OSV
ZX689	Vanoffee	38g	1.99	OSV

code	product	size	rrp	bfgosv
	<i>Raw Chocolate Coated Snacks</i>			
KB924	Chocolate Cherries	40g	0.99	OSV
KB054	Chocolate Covered Mulberries	125g	4.99	GOV
KB053	Goji Berries	125g	4.99	GFOV
KB360	Goji Berries - Snack Pack	28g	1.49	FOV
KB362	Mulberries - Snack Pack	28g	1.49	FOV
KB855	Raisins - Snack Pack	28g	1.49	OV
ZX884	Raw Chocolate Covered Almonds	25g	1.49	GOSV
ZX182	Raw Chocolate Covered Almonds	110g	4.99	OSV
ZX885	Raw Chocolate Covered Ginger	28g	1.49	GOSV
ZX181	Raw Chocolate Covered Ginger	125g	4.99	OSV
KB903	Vanoffee Covered Mulberries	125g	4.99	FOV
KB915	Vanoffee Cashews	40g	1.99	OSV
	<b>VANTASTIC</b>			
ZX699	Vantastic Almond Bar	40g	1.64	OSV
ZX694	Vantastic Hazelnut	40g	1.64	OSV
	<b>VEGO</b>			
KB821	Mini Whole Hazel Chocolate Bar	65g	2.19	FOVS
WS003	Vego Dark Nuts & Berries	85g	2.69	FOVS
WS059	Vego White - Almond Bliss	50g	2.25	FOVS
KB943	Vegolino Pralines	180g	5.95	FOSV
KB489	Whole Hazelnut Chocolate Bar	150g	3.95	FOV
	<b>VIVANI ORGANIC CHOCOLATE</b>			
KB485	71% Dark Chocolate	100g	2.39	OSV
KB049	Crunchy Coconut Chocolate Bars	35g	1.19	OSV
KB044	Dark & Creamy	35g	1.19	OSV
KB377	Dark Almond Caramel Crisp	80g	2.39	OSV
KB851	Dark Choc & Almonds	100g	2.75	OS
KB486	Dark Choc & Cassis Filling	100g	2.75	OS
KB693	Dark Choc & Nougat	100g	2.75	OSV
KB487	Dark Choc & Peppermint Filling	100g	2.75	OS
KB849	Dark Choc & Whole Hazelnuts	100g	2.75	OS
KB484	Dark Chocolate & Orange	100g	2.39	OS
KB243	Dark Marzipan Amaretto	100g	2.75	OS
KB488	Milk & White Cappuccino Choc	100g	2.39	OS
KB480	Milk Choc & Praline Filling	100g	2.75	OS
KB479	Milk Chocolate	100g	2.39	OS
KB042	Superior Dark 100% Cocoa	80g	2.99	OV
KB046	White Hemp Caramel	80g	2.99	OS
	<i>Premium Large Bars</i>			
KB632	85% Dark Chocolate	100g	2.99	OS
KB407	92% Dark Choc Panama Estate	80g	2.99	OV
KB901	Dark 75% Chocolate	80g	2.99	OSV
KB048	Dark Choc & Cranberry	100g	2.99	OSV
KB036	Dark Ginger Turmeric Chocolate	80g	2.99	OSV
KB035	Superior Dark 89% Chocolate	80g	2.99	OSV
	<i>Snack Size</i>			
KB420	Almond Orange Rice Chocolate	35g	1.19	OSV
KB430	Black Cherry	35g	1.19	OSV
KB447	Creamy Caramel	40g	1.19	OS
KB728	Crispy Corn Flakes	35g	1.19	OSV
KB475	Dark Nougat Croccante	35g	1.19	OSV
KB452	Espresso Biscotti	40g	1.09	OS
KB476	White Nougat Crisp	35g	1.09	OSV
	<i>Vivani iChoc</i>			
KB897	Almond & Orange	80g	2.39	OSV
KB882	Choco Cookie	80g	2.39	OSV

code	product	size	rrp	bfgosv
KB735	Expedition Caribbean Gold	50g	2.05	VOS
KB922	Milkless Chocolate	80g	2.39	VOS
KB738	Super Nut	80g	2.39	VOS
KB881	White Nougat Crisp	80g	2.39	OSV
KB898	White Vanilla	80g	2.39	OSV

## CHOCOLATE & SWEET SPREADS

### BIONA

GH043	Carobio - Carob Spread	350g	4.69	OSV
GH112	CocoBella Spread Organic	250g	4.99	OSV
GH840	Dark Chocolate Spread - org	350g	3.59	OSV
GH010	Milk Choc Hazel Spread - org	350g	4.39	OS

### BONSAN

GH129	Mylk Hazelnut Cocoa Spread	350g	4.49	OV
GH123	Plain Choco Spread	350g	3.59	OSV

### COCOFINA

GH136	Hazelnut Chocolate Spread -Org	200g	4.99	GOSV
-------	--------------------------------	------	------	------

### COCONUT MERCHANT

GH071	Organic Coconut Jam	330g	5.99	OV
-------	---------------------	------	------	----

### ESSENTIAL TRADING

GH092	Dark Chocolate Spread	400g	3.99	FOSV
-------	-----------------------	------	------	------

### RAW HEALTH

GH033	Raw Cacao Brazilnut Bliss	170g	5.69	OV
-------	---------------------------	------	------	----

### SO FREE

GH223	Milk Choc Spread (Dairy Free)	275g	3.15	OSGV
GH225	Rich Dark Chocolate Spread	275g	3.15	OVGS

### VEGO

GH075	Hazelnut Chocolate Spread	200g	3.55	SVO
-------	---------------------------	------	------	-----

## CHOCOLATES (CHILLED)

### BOOJA - BOOJA

#### *Chilled Chocolate*

CV196	Hazelnut Crunch Truffles	69g	3.99	GOSV
-------	--------------------------	-----	------	------

### BOOJA-BOOJA

#### *Chilled Chocolate*

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

#### *Gift Boxes*

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

#### *Gift Range*

CV299	Truffle Selection 2	138g	13.55	GOSV
-------	---------------------	------	-------	------

#### *Two Packs*

CV212	Almond Salted Caramel Truffles	2 pack	1.36	GOV
CV218	Fine De Champagne Truffles	2 pack	1.36	GOV
CV219	Hazelnut Crunch Truffles	2 pack	1.35	GOV

## CIDERS

### ASPALL

RT023	Aspall Organic Suffolk Cyder	500ml	3.49	OV
-------	------------------------------	-------	------	----

### DUNKERTONS

RT054	Organic Craft Cider	500ml	3.39	GOSV
RT053	Premium Reserve Organic Cider	500ml	3.39	OSV

code	product	size	rrp	bfgosv
	<b>WESTONS</b>			
RT006	Wyldwood Organic Cider	500ml	3.35	OV
	<b>COCOA</b>			
	<b>SUMA PREPACKS</b>			
LJ189	Cocoa Powder - Organic	250g	3.25	FOV
	<b>COCOA LOCO</b>			
KB637	Dark Hot Chocolate Spoon	30g	2.19	FOSV
	<b>EQUAL EXCHANGE</b>			
TE491	Hispaniola Cocoa Powder - og	250g	4.49	FOV
	<b>GREEN &amp; BLACKS</b>			
TE453	Cocoa Powder - organic	125g	2.73	FOV
TE131	Hot Chocolate	300g	4.75	FO
	<b>MONTEZUMA'S</b>			
KB190	Dark Drinking Chocolate	300g	5.75	FOSV
	<b>ROSAMOND &amp; IVY</b>			
TE071	Coconut Cacao	300g	7.95	OSV
TE073	Spiced Cacao	250g	6.95	OSV
TE072	Super Cacao	250g	6.95	OSV
	<b>VIVANI ORGANIC CHOCOLATE</b>			
WS134	Hot & Spicy Drinking Chocolate	280g	7.99	OSV
WS135	Hot Chocolate	280g	7.99	OSV
	<b>COFFEE</b>			
	<b>SUMA</b>			
	<i>Bulk Packs</i>			
TE103	Colombia Cosurca Beans	1kg	20.28	FOV
TE656	Espresso Beans	1kg	19.69	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	21.28	FOV
TE109	Honduras Coffee Beans	1kg	17.24	FOV
TE758	Medium Roast Ground Coffee	1kg	19.20	FOV
TE106	Peru Cepicafe Beans	1kg	18.21	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	20.56	FOV
TE113	Swiss Water Decaff Beans	1kg	21.28	FOV
	<i>Roast and Ground Coffees</i>			
TE014	Bolivia Femenino Ground Coffee	227g	4.65	FOV
TE372	Colombia Ground Coffee	227g	4.65	FOV
TE400	Decaffeinated Ground Coffee	227g	5.25	FOV
TE650	Espresso Ground Coffee	227g	4.99	FOV
TE374	Ethiopia Yirgacheffe Ground	227g	4.99	FOV
TE384	Honduras Ground Coffee	227g	4.29	FOV
TE643	Medium Roast Ground Coffee	227g	3.99	FOV
TE397	Peru Ground Coffee	227g	4.59	FOV
TE641	Suma Dark Roast	227g	3.99	FOV
TE399	Sumatra Ground Coffee	227g	4.65	FOV
	<i>Roast Whole Bean Coffees</i>			
TE373	Colombia Coffee Beans	227g	4.65	FOV
TE655	Espresso Coffee Beans	227g	4.99	FOV
TE375	Ethiopia Yirgacheffe Beans	227g	4.99	FOV
TE401	Peru Coffee Beans	227g	4.59	FOV
	<b>CAFEDIRECT</b>			
	<i>Instant Coffees</i>			
TE949	Decaffeinated Organic	100g	5.25	FOV
TE792	Smooth Organic	100g	4.99	FOV
	<i>Roast &amp; Ground Coffees</i>			
TE952	Machu Picchu Organic Ground	227g	4.50	FOV
TE950	Organic Roast	227g	4.60	FOV
TE794	Peruvian Reserve Organic	227g	4.79	FOV

code	product	size	rrp	bfgosv
	<i>Roast Wholebean Coffees</i>			
TE791	Espresso Blend Organic	227g	4.59	FOV
TE901	Machu Picchu Organic	227g	4.50	FOV
TE795	Peruvian Reserve Organic	227g	4.79	FOV
	<b>CLIPPER</b>			
	<i>FOOD SERVICE RANGE</i>			
TE724	Instant - Fairtrade & Organic	500g	21.45	FOV
TE526	Instant Organic Decaff	500g	25.00	FOV
	<i>Instant Coffees</i>			
TE879	Fairtrade Org Decaf Instant	100g	5.49	FOV
TE422	Fairtrade Organic Instant	100g	4.99	FOV
TE076	Fairtrade Organic Instant	100g	4.99	FOV
TE739	Fairtrade Organic Instant	100g	4.99	FOV
	<i>Roast and Ground Coffees</i>			
TE845	Decaffeinated Ground Coffee	227g	4.49	FOV
TE849	Italian Style Ground Coffee	227g	3.99	FOV
TE705	Papua New Guinea Ground Coffee	227g	3.99	FOV
	<b>EQUAL EXCHANGE</b>			
	<i>Roast &amp; Ground Coffees</i>			
TE872	Anytime Med Roast Og Ground	227g	4.89	FOV
TE875	Colombian Excelso - og	227g	4.89	FOV
TE347	D.R. Congo	227g	4.89	FOV
TE874	Dark City Og Ground Coffee	227g	4.89	FOV
TE870	Decaffeinated Ground Coffee	227g	5.25	FOV
TE867	Ethiopia Yirgacheffe Og Ground	227g	5.25	FOV
TE812	Guatemalan Ground Coffee	227g	4.89	FOV
TE866	Italian Blend Ground Coffee	227g	4.89	FOV
TE876	Women Grew This- Ground Coffee	227g	4.89	FOV
	<i>Roast Wholebean Coffees</i>			
TE898	Anytime Med Roast Og Beans	1kg	18.95	FOV
TE402	Dark City Og Coffee Beans	227g	4.89	FOV
TE403	Decaffeinated Og Coffee Beans	227g	5.25	FOV
TE896	Espresso - og	1kg	18.95	FOV
TE834	Guatemalan Og Coffee Beans	227g	4.89	OV
TE408	Italian Blend Coffee Beans	227g	4.89	FOV
TE008	Italian Blend Og Coffee Beans	1kg	18.95	FOV
TE371	Medium Roast Coffee Beans	227g	4.89	FOV
TE409	Women Grew This - Coffee Beans	227g	4.89	FOV
TE105	Women Grew This - Coffee Beans	1kg	18.95	FOV
	<b>GRUMPY MULE</b>			
	<i>Roast &amp; Ground Coffees</i>			
TE286	Colombia Cafe Equidad	227g	4.65	FOV
TE136	Cool Ground	227g	4.69	FOV
TE289	Decaffeinated	227g	5.25	FOV
TE032	Espresso - Landscape Blend	227g	4.99	FOV
TE134	Honduras La Labor	227g	4.69	FOV
TE132	Honduras Pico Pijol	227g	4.69	FOV
TE559	Peru Femenino	227g	4.65	FOV
TE285	Sumatra Gayo Highlands	227g	4.65	FOV
	<i>Roast Wholebean Coffees</i>			
TE718	Cafe Equidad - Colombia Beans	227g	4.65	FOV
TE130	Decaffeinated	227g	5.25	FOV
TE290	Espresso - Landscape Blend	227g	4.99	OV
	<b>PERCOL</b>			
	<i>Roast &amp; Ground Coffees</i>			
TE717	Bold Peruvian Fairtrade Ground	200g	4.75	FOV
TE636	Delicious Decaff Fairtrade Org	200g	4.75	FOV

code	product	size	rrp	bfgosv
TE633	Intense Espresso Fairtrade Org	200g	4.75	FOV
TE632	Rich Americano Fairtrade Org	200g	4.75	FOV
TE634	Smooth Colombian Fairtrade Org	200g	4.75	FOV
	<i>Roast Wholebean Coffees</i>			
TE729	Intense Espresso Beans FT	200g	4.75	FOV
	<b>COFFEE SUBSTITUTES</b>			
	<b>BARLEYCUP</b>			
TE698	Instant Cereal Drink Organic	100g	3.69	OV
TE480	Organic Chicory Cup	100g	3.95	OV
	<b>PREWETT'S</b>			
TE589	Chicory Drink - Organic	100g	3.19	OV
	<b>WHOLE EARTH</b>			
TE389	Nocaf - organic	100g	2.99	VO
	<b>CONVENIENCE FOODS</b>			
	<b>BONSAN</b>			
VF333	Plain Shredded Jackfruit	200g	2.99	OV
VF331	Smoky Shredded Jackfruit	200g	3.99	OSV
VF332	Teriyaki Jackfruit Cubes	200g	3.99	OSV
VF329	Thai Jackfruit Cubes	200g	3.99	OV
	<b>FREE &amp; EASY</b>			
VF125	Bean Cassoulet - og	400g	2.35	OV
VF006	Chickpea / Vegetable Curry	400g	2.35	OV
VF116	Chickpea & Bean Tagine	400g	2.35	OV
VF132	Middle Eastern Casserole	400g	2.35	OV
VF141	Sweet Pot/Kale/Coconut Curry	400g	2.35	OV
VF014	Three Bean Chilli - og	400g	2.45	OV
VF127	Vegetable Balti - og	400g	2.35	OV
VF128	Vegetable Hotpot - og	400g	2.35	OV
	<b>GEO ORGANICS</b>			
KJ182	Chickpea & Apricot Tagine	400g	1.99	OSV
KJ183	Moroccan Chickpea Tagine	400g	2.10	OV
VF074	Organic Bombay Potatoes	400g	2.15	OSV
VF079	Organic Chickpea & Lentil Dahl	400g	1.99	OV
VF090	Organic Vegetable Hotpot	400g	2.15	OSV
	<i>Dahl</i>			
VF148	Coconut & Kale	400g	2.10	OV
VF149	Tadka Dahl	400g	1.99	OV
	<b>SUNITA</b>			
FG601	Polenta - organic	500g	1.99	OV
	<b>CRISPS &amp; SNACKS</b>			
	<b>AMAIZIN</b>			
ZX544	Bio Corn Chips Chilli	75g	1.30	OV
ZX589	Bio Corn Chips Nachos	150g	2.29	GOS
ZX543	Bio Corn Chips Natural	150g	1.75	OV
ZX542	Bio Corn Chips Natural	75g	1.30	OV
ZX546	Bio Corn Chips Paprika	75g	1.30	OV
ZX429	Natural Corn Chips Value Bag	250g	2.39	OV
ZX399	Organic Taco Shells	150g	2.69	OV
ZX482	Rice Paper Organic	110g	1.99	GOV
WS070	Taco Sauce Hot - Organic	220g	2.29	GOV
WS069	Taco Sauce Mild - Organic	220g	2.29	GOV
ZX406	Tomato Corn Rolls	100g	1.55	OS
	<b>BIONA</b>			
ZX424	Potato Chips - Lightly Salted	100g	2.13	OV
	<b>BONSAN</b>			
BT450	Salted Caramel Coconut Chips	40g	1.69	OSV
BT444	Spicy Turmeric Coconut Chips	40g	1.69	OSV



code	product	size	rrp	bfgosv
	<b>CLEARSPRING</b>			
ZX216	Roasted Seeds & Soya Snack	35g	0.99	GOV
ZX226	Tamari Roast Sicilian Almonds	30g	1.69	GOV
ZX129	Tamari Roasted Cashew Nuts	30g	1.69	OV
	<b>EAT REAL</b>			
	<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
	<b>GARCIA</b>			
	<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>LUKE'S ORGANICS</b>			
ZX490	Blue Corn Multigrain Chips	142g	2.95	GOV
	<i>Sharing bags</i>			
ZX615	Chia Seed Multigrain Chips	142g	2.95	OV
ZX631	Kale Multigrain & Seed Chip	142g	2.95	OV
ZX634	S/Potato Hemp B/Wheat Chips	142g	2.95	OV
	<b>TRAF0</b>			
ZX359	Chickpea Flips	75g	2.75	GOV
ZX299	Lentil Flips	75g	2.75	GOV
ZX343	Pea Flips	75g	2.75	GOV
	<i>Handcooked Baked Crisps</i>			
ZX755	Hand Cook Cheese & Onion	40g	0.99	O
ZX460	Hand Cooked Crisps Seasalt	40g	0.99	O
ZX473	Rosemary & Himalaya Salt	40g	0.99	OV
	<i>Hummus Chips</i>			
ZX932	Hummus Chips - Paprika	75g	1.89	OV
	<i>Light Baked Crisps</i>			
ZX625	Coconut Oil Baked Crisps	100g	2.65	OV
ZX759	Coconut Oil Baked Crisps	40g	1.25	OV
ZX758	Vegetable Chips	40g	1.65	OV
ZX624	Vegetable Chips	75g	2.59	OV
ZX575	Vegetable Chips Sweet Potato	80g	2.89	OV
ZX626	Virgin Olive Oil Baked Crisps	100g	2.65	OV
	<i>Potato Crisps Fried</i>			
ZX053	Paprika Crisps - organic	40g	0.99	OV
ZX055	Salted Crisps - organic	40g	0.99	OV
	<i>Snacks</i>			
ZX401	Corn Peanuts	75g	1.39	OV
BT075	Pretzel Sticks	100g	1.35	OV
	<i>Tortilla Chips</i>			
VF218	Tortilla Chips - Chilli	75g	1.09	VO
ZX136	Tortilla Chips - Natural	200g	1.95	OV

code	product	size	rrp	bfgosv
VF226	Tortilla Chips - Natural	75g	1.09	VO
	<i>Tortilla Chips - Stoneground</i>			
VF048	Tortilla Chips - Natural	100g	1.85	OV
VF056	Tortilla Chips - Paprika	100g	1.85	OV
<b>DESSERTS</b>				
<b>BIONA</b>				
SY192	Coconut Whipping Cream	400ml	2.89	OV
<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>ROOTS &amp; WINGS</b>				
BT055	Christmas Pudding	100g	1.75	OS
<b>SOJADE</b>				
SY099	Chocolate Soya Dessert	530g	1.55	OSV
SY017	Cuisine- Organic Soya Cream	200ml	0.99	OSV
SY107	Vanilla Soya Dessert	530ml	1.55	OSV
<b>DESSERTS &amp; PUDDINGS (CHILLED)</b>				
<b>VRAI</b>				
CV627	Rice Pudding with Vanilla	110g	1.19	GO
CV634	Sheep's Milk Chocolate Dessert	110g	1.19	O
<b>DESSERTS, DAIRY (FROZEN)</b>				
<b>ROSKILLYS</b>				
XL174	OG Caramel Crunch Ice Cream	120ml	1.70	OS
XL219	OG Caramel Crunch Ice Cream	500ml	4.70	OS
XL171	OG Chocolate Ice Cream	120ml	1.70	OS
XL325	OG Chocolate Ice Cream	500ml	4.70	OS
XL170	OG Clotted Cream Vanilla Ice	120ml	1.70	OS
XL173	OG Mint Choc Chip Ice Cream	120ml	1.70	OS
XL326	OG Mint Choc Chip Ice Cream	500ml	4.70	OS
XL172	OG Strawberry Ice Cream	120ml	1.70	OS
XL327	OG Strawberry Ice Cream	500ml	4.70	OS
XL220	OG Vanilla Ice Cream	500ml	4.20	OS
<b>YEO VALLEY</b>				
XL347	Mint Chocolate Chip Ice Cream	500ml	4.19	OS
XL248	Sea Salted Caramel Ice Cream	500ml	4.19	OS
XL246	Vanilla Ice Cream	500ml	4.19	OS
<b>DESSERTS, NON-DAIRY (FROZEN)</b>				
<b>BOOJA-BOOJA</b>				
	<i>Alternative to Dairy Ice Cream</i>			
XL258	Caramel Pecan Praline Ice Crea	110ml	2.05	OV
XL263	Caramel Pecan Praline Ice Crm	500ml	5.69	OSV
XL048	Choc Salted Caramel Ice Cream	110ml	2.05	OV
XL259	Choc Salted Caramel Ice Cream	500ml	5.69	OV
XL332	Hazel Choc & Truffle Ice Cream	110ml	2.05	OV
XL255	Hazel Choc & Truffle Ice Cream	500ml	5.69	OV
XL102	Honeycomb Caramel Ice Cream	500ml	5.69	OV
XL031	Hunky Punky Chocolate	110ml	2.05	OV
XL033	Hunky Punky Chocolate	500ml	5.69	OV
XL410	Keep Smiling Vanilla M'Gorilla	110ml	2.05	OV
XL038	Keep Smiling Vanilla M'Gorilla	500ml	5.69	OV
XL104	Mint Chocolate Ice Cream	500ml	5.69	OV
XL256	Raspberry Ripple Ice Cream	110ml	2.05	OV
XL257	Raspberry Ripple Ice Cream	500ml	5.69	OV
<b>PIP ORGANIC</b>				
XL205	Apple Fruit Squeezer	105ml	1.19	OV

code	product	size	rrp	bfgosv
XL217	Berry Fruit Squeezer	105ml	1.19	OV
XL100	Fruity Mix Pack Lollies	6 x 40m	4.69	OV
XL002	Fruity Rainbow Ice Lollies	6 x 40m	4.69	OV
XL252	Tropical Fruit Squeezer	105ml	1.19	OV
<b>DRINKS (CHILLED)</b>				
<b>ALPRO</b>				
CV088	Organic Fresh Soya Drink	1l	1.95	OV
<b>BIO-TIFUL DAIRY</b>				
CV361	Org Kefir Milk Drink	250ml	1.75	O
CV342	Org Kefir Milk Drink	500ml	2.90	O
CV359	Org Riazhenka Milk Drink	500ml	2.90	O
<b>BIONA</b>				
CV369	Organic Kefir	250g	2.09	O
<b>COYO</b>				
CV005	Natural Coconut Kefir Drink	200ml	2.45	OV
CV004	Natural Coconut Kefir Drink	500ml	3.95	OV
CV002	Strawberry Coconut Kefir Drink	200ml	2.95	OV
<b>CPRESS</b>				
CV473	Black Lemonade	250ml	2.99	OV
CV474	Recover-Me Lemonade	250ml	2.99	OV
CV469	Smart Lemonade	250ml	2.99	OV
<i>Boosters</i>				
CV450	Apple Ginger Booster	110ml	2.99	OV
CV468	G Force Oregano Booster	110ml	2.99	OV
CV465	Green Grenade Booster	110ml	2.99	OV
CV456	Hot Citrus Booster	110ml	2.99	OV
CV467	Turmeric + Booster	110ml	2.99	OV
CV466	Turmeric Gold Booster	110ml	2.99	OV
<b>EQUINOX</b>				
CV736	Kombucha Ginger	275ml	2.15	OSV
CV830	Kombucha Grapefruit & Guava	275ml	2.15	OSV
CV737	Kombucha Original	275ml	2.15	OSV
CV741	Kombucha Raspberry/Elderflower	275ml	2.15	OSV
CV742	Kombucha Wild Berry	275ml	2.15	OSV
<b>KARMA KOMBUCHA</b>				
CV256	Ginger	1l	5.89	FOV
CV425	Ginger	500ml	3.19	OV
CV434	Lemon	500ml	3.19	OV
CV245	Mango	500ml	3.65	FOV
CV258	Pomegranate	1l	5.89	FOV
CV426	Pomegranate	500ml	3.19	OV
CV435	Raspberry	500ml	3.19	OV
<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>EGGS</b>				
<b>THE ORGANIC EGG COMPANY</b>				
<i>Minimum 5 days shelf-life</i>				
CV794	Organic Free Range Eggs	per Doz	3.89	O
<b>ESSENTIAL OILS</b>				
<b>AQUA OLEUM</b>				
AR006	Eucalyptus	10ml	4.79	OV

code	product	size	rrp	bfgosv
AR021	Frankincense Organic	10ml	16.93	OV
AR010	Geranium Organic	10ml	12.15	VO
AR241	Lavender Organic	10ml	6.89	VO
AR012	Patchouli Organic	10ml	8.79	VO
AR025	Peppermint Organic	10ml	6.59	OV
AR016	Tea Tree Organic	10ml	5.85	VO
<b>FAR EASTERN FOOD</b>				
<b>SUMA</b>				
LJ350	Coconut Milk Organic	400ml	1.95	OV
LJ400	Creamed Coconut Organic	200g	2.15	OV
<b>AMAIZIN</b>				
LJ025	Coconut Whipping Cream	400g	3.09	OV
LJ131	Rich Coconut Milk OG	200ml	1.45	OV
LJ136	Rich Coconut Milk OG	400ml	2.09	OV
<b>BIONA</b>				
WT071	Asia Noodles Organic	250g	2.59	OV
KJ094	Coconut Aminos Original	205ml	3.99	OSV
KJ087	Coconut Aminos Sweet Chilli	250ml	3.99	OSV
VF167	Coconut Cream	400ml	2.19	OV
VF187	Coconut Milk Light Organic	400ml	1.79	OV
VF775	Coconut Milk Organic	400ml	1.89	OV
VF772	Creamed Coconut Organic	200g	1.99	OV
VF058	Golden Coconut Milk	400ml	1.99	OV
VF077	Organic Coconut Milk	200ml	1.29	OV
VF323	Organic Tempeh	400g	3.49	OV
JP042	Seitan Pieces	350g	4.19	OV
WT101	Spelt Noodles Organic	250g	2.99	OV
JP041	Tofu	500g	4.19	OV
JP014	Wasabi Style Horseradish Paste	50g	3.49	OV
<b>BONSAN</b>				
JP017	Olive Ghee	200g	7.79	OV
JP028	Sunflower Ghee	200g	4.99	OV
<b>CLEARSPRING</b>				
JP060	Brown Rice Vinegar - Organic	150ml	2.49	OV
JP096	Japanese Rice Vinegar	250ml	3.29	OV
JP134	Mikawa Mirin	150ml	4.49	OV
JP100	Rice Mirin	250ml	4.99	OV
JP066	Shiitake Mushrooms - Organic	40g	6.99	OV
JP059	Shoyu Ramen Noodles/Soy Soup	210g	4.49	OV
JP016	Sushi Ginger Pickle Organic	50g	3.69	OV
JP314	Sushi Rice - Organic	500g	2.39	OV
JP680	Teriyaki Sauce	150ml	3.29	OV
JP103	Teriyaki Sauce - Organic & GF	150ml	3.99	GOSV
JP026	Tofu	300g	1.99	GOV
JP032	Umami Paste with Ginger - Org	150g	4.49	OSV
JP052	Ume Plum Seasoning Organic	150ml	2.49	OV
JP027	Umeboshi Paste - Organic	150g	6.49	OV
JP095	Umeboshi Plum Seasoning	500ml	6.49	GOV
JP079	Umeboshi Plums Organic	200g	9.99	OV
JP081	Wasabi Powder in Tin - Organic	25g	3.79	OV
JP031	Yuzu Ponzu Seasoning	150ml	4.79	O
<i>Miso Products</i>				
JP211	Barley Miso Jar	300g	5.89	VO
JP212	Brown Rice Miso Jar	300g	4.59	VO
JP020	Brown Rice Miso Jar (Mini)	150g	2.99	OV
JP030	Brown Rice Miso Pouch	300g	5.59	OV
JP048	Creamy Sesame Miso Soup	4 x 15g	2.89	GOV

code	product	size	rrp	bfgosv
JP049	Ginger & Turmeric Miso Soup	4 x 15g	2.89	GOV
JP047	Hot & Spicy Miso Soup Paste	4 x 15g	2.89	GOV
JP321	Instant Miso Soup and Sea Veg	4 x 10g	3.99	VO
JP018	Instant Miso Soup Paste	4 x 15g	2.49	OV
JP011	Instant White Miso Paste OG	60g	2.49	OV
JP046	Japanese Reduced Salt Miso	270g	4.99	OV
JP022	Japanese White Miso	270g	3.99	OV
JP213	Miso - Hatcho	300g	5.59	VO
JP057	Miso Ramen Noodles/Miso Soup	170g	4.49	OV
JP086	Sweet White Miso - Organic	250g	4.49	OV
	<i>Noodles</i>			
JP056	All Buckwheat Soba Noodles	200g	3.99	OV
JP053	Brown Rice Noodles - GF	200g	2.89	OV
JP037	Brown Rice Udon Noodles	200g	3.49	OV
JP054	Brown Rice Wide Noodles - GF	200g	3.15	GOV
JP036	Skinny Soba Somen Noodles	200g	2.99	OV
JP038	Soba Noodles	200g	2.99	OV
JP039	Udon Noodles	200g	2.89	OV
JP040	Wide Udon Noodles	200g	2.89	OV
	<i>Sea Veg</i>			
JP008	Atlantic Sea Salad. Organic	25g	3.99	OV
JP015	Atlantic Sea Spaghetti Organic	25g	3.99	OV
JP003	Dulse - Atlantic Coast Organic	25g	3.99	OV
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
JP092	Wakame Organic	25g	3.99	OV
	<i>Soya Sauce</i>			
JP605	Shoyu	2.5l	24.69	OV
JP129	Shoyu Soya Sauce	150ml	2.39	VO
JP500	Shoyu Soya Sauce	500ml	5.49	VO
JP679	Soya Sauce	150ml	2.29	OV
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>COCOFINA</b>			
KJ319	Coconut Amino Sauce	250ml	5.99	OV
	<b>GEO ORGANICS</b>			
VF228	Indonesian Rendang Curry Paste	180g	2.90	OV
VF229	Indonesian Satay Curry Paste	180g	2.89	OV
VF738	Thai Green Curry Paste OG	180g	2.70	OV
VF739	Thai Red Curry Paste OG	180g	2.70	OV
VF247	Thai Yellow Curry Paste	180g	2.70	OV
	<b>KIKKOMAN</b>			
JP051	Organic Soy Sauce	250ml	3.99	OV
	<b>KING SOBA</b>			
WT210	100% Buckwheat Noodles	250g	2.45	OV
WT954	Black Rice Noodles	250g	2.45	OV
WT037	Brown Rice Noodles	250g	2.35	OV
WT952	Brown Rice Wakame Noodles	250g	2.45	OV
WT953	Buckwheat & Sweet Potato	250g	2.45	OV
WT212	Millet & Brown Rice Noodles	250g	2.35	OV
WT057	Miso Soup Edamame Soya Bean	60g	2.89	OV

code	product	size	rrp	bfgosv
WT123	Og Basmati White Rice Noodles	250g	2.39	OFV
WT061	Og Coconut Tahini Ramen Noodle	105g	2.29	GOV
WT064	Og Laksa Red Curry Ramn Noodle	105g	2.29	GOV
WT058	Og Miso Soup Pumpkin & Veg	60g	2.89	OV
WT059	Og Miso Soup Tofu & Ginger	60g	2.89	OV
WT063	Og Red Thai Curry Ramen Noodle	105g	2.29	GOV
WT062	Og Tamari Miso Ramen Noodles	105g	2.29	GOV
WT099	Organic Brown Rice Ramen	280g	2.99	OV
WT097	Organic Buckwheat Ramen	280g	2.99	OV
WT054	Organic Chilli Miso Ramen Cup	85g	2.09	OV
WT055	Organic Classic Miso Ramen	85g	2.09	OV
WT060	Organic Classic Ramen Cup	85g	2.09	OV
WT069	Organic Edame Miso Ramen	80g	2.15	OV
WT087	Pad Thai Noodles Fairtrade	250g	2.45	OV
WT951	Pumpkin Ginger & Rice Noodles	250g	2.45	OV
WT217	Thai Rice Noodles	250g	2.35	OV
WT088	Vermicelli Noodles	250g	2.45	OV
<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>SANCHI</b>				
JP668	Mugi Miso - organic	200g	3.90	O
JP670	Tamari - organic	150ml	3.95	OV
<b>SEEDS OF CHANGE</b>				
VF063	Sweet & Sour Cooking Sauce	350g	2.99	OSV
<b>YAKSO</b>				
JP012	Coconut Aminos	250ml	7.25	GOV
WT164	Egg Noodles - organic	250g	1.95	O
JP088	Ghee	300g	10.75	O
JP024	Rice Paper	150g	2.89	OV
VF010	Seitan in Tamari	330g	3.59	OV
JP002	Tamari - organic	125ml	2.25	GOV
JP113	Tamari - organic	250ml	3.95	GVO
VF005	Tempeh	175g	3.39	OV
VF130	Tofu - Organic	500g	4.65	OV
<b>YUTAKA</b>				
JP005	Miso Paste - Organic	300g	5.15	OV
<b>FLAKES, BRANS &amp; WHEATGERM</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
FX092	Barley Flakes - pearl OG	500g	1.65	OV
FX067	Bran Sticks - organic	250g	1.65	OV
FX024	Buckwheat Flakes - organic	500g	3.45	OV
FX031	Millet Flakes - organic	500g	4.25	OV
FX042	Oats - Jumbo & Gluten Free	750g	4.35	GOV
FX047	Oats - jumbo, organic	750g	2.89	VO
FX044	Oats - Porridge & Gluten Free	750g	4.35	GOV
FX048	Oats - porridge organic	750g	2.89	OV
FX656	Quinoa Flakes - organic	500g	4.75	OV
FX032	Rice Flakes Brown - organic	500g	3.85	OV
FX093	Rye Flakes - organic	500g	1.65	OV
FX213	Toasted Malted Wheat Flakes OG	400g	1.99	OV
<b>ALARA</b>				
FX026	Gluten Free Scottish Porridge	500g	3.99	GOV
<b>HODMEDOD'S</b>				
FX030	Organic Naked Barley Flakes	500g	1.89	OV
<b>PIMHILL</b>				
FX006	Oats - jumbo, organic	850g	2.39	OV
FX005	Oats - porridge, organic	850g	2.39	OV

code	product	size	rrp	bfgosv
<b>FLOURS &amp; BREAD MIXES</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
FG149	Brown Rice Flour - organic	500g	1.89	OV
LJ105	Coconut Flour, Organic	500g	2.85	OV
FG128	Maize Flour - organic	500g	1.59	OV
FG205	Soya Flour - organic	250g	1.85	OV
<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>BACHELDRE</b>				
FG165	Stoneground Malted Blend Flour	1.5kg	2.59	OV
FG187	Stoneground Plain White Flour	1.5kg	2.45	OV
FG175	Stoneground Rye Flour	1.5kg	2.59	OV
FG179	Stoneground Spelt Flour	1.5kg	3.69	OV
FG160	Stoneground Strong White Flour	1.5kg	2.45	OV
FG162	Strong 100% Wholemeal Flour	1.5kg	2.45	OV
<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>COCONUT MERCHANT</b>				
FG073	Organic Coconut Flour	500g	3.99	OV
<b>DOVES FARM</b>				
FG069	Fine Plain White Flour	1kg	1.39	OV
FG010	Fine Plain Wholemeal Flour	1kg	1.29	VO
FG004	Malthouse Bread Flour	1kg	1.59	OV
FG047	Organic Coconut Flour	500g	3.95	GOV
FG115	Self Raising Wholemeal Flour	1kg	1.35	OV
FG997	Speciality Pasta Flour	1kg	1.65	OV
FG072	Strong White Bread Flour	1.5kg	1.95	OV
FG008	Strong Wholemeal Bread Flour	1.5kg	1.95	OV
FG070	White Self Raising Flour	1kg	1.45	OV
<i>Artisan Flour</i>				
FG028	Buckwheat Wholegrain Flour	1kg	3.39	OV
FG082	Einkorn Flour	1kg	3.19	OV
FG011	Khorasan Flour Wholegrain	1kg	4.55	OV
FG152	Rye Flour White Organic	1kg	1.99	OV
FG016	Rye Flour Wholegrain Organic	1kg	1.69	OV
FG071	Spelt Flour White Organic	1kg	3.35	OV
FG102	Spelt Flour Wholegrain Organic	1kg	2.85	OV
<b>GILCHESTERS ORGANICS</b>				
FG019	100% Whole Spelt Flour	1.5kg	4.59	OV
FG014	Pizza & Ciabatta Wheat Flour	1.5kg	4.29	OV
FG018	Semolina Fine Wheat Flour	500g	1.89	OV
FG009	Strong 100% Whole Wheat Flour	1.5kg	2.79	OV
FG006	Strong White Wheat Flour	1.5kg	3.19	OV
FG025	White Flour Strong Unbleached	3kg	5.99	OV
FG036	Whole Wheat Strong Flour	3kg	5.25	OV
<b>LITTLE SALKELD WATERMILL</b>				
FG804	Barley Flour - organic	500g	2.44	OVB
<b>RUDE HEALTH FOODS</b>				
FG168	Whole Buckwheat Flour Sprouted	500g	6.49	GOV
<b>SHIPTON MILL</b>				
FG899	3 Malts/Sunflower Brown Flour	1kg	1.79	OV
FG133	Light Rye 997 Flour Organic	1kg	1.89	OV
FG136	Soft Cake & Pastry White Flour	1kg	1.55	OV
FG190	Spelt Flour - White, Organic	1kg	2.89	OV

code	product	size	rrp	bfgosv
FG189	Spelt Flour - Wholemeal, Org	1kg	2.59	OV
FG898	White Flour - Organic	1kg	1.55	OV
FG876	White Strong Organic Flour	2.5kg	3.69	OV
FG077	Wholemeal Flour - Organic	1kg	1.55	OV
FG079	Wholemeal Organic Flour	2.5kg	3.69	OV
	<i>Specialist Flour</i>			
FG080	Chestnut Flour	500g	6.49	GOV
<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 - CANNED &amp; JARRED</b>				
<b>SUMA</b>				
KJ700	Organic Young Jackfruit Chunks	400g	2.79	OV
<b>BIONA</b>				
VF134	Apple Puree Organic	700g	2.79	OS
KJ184	Banana Blossom in Salted Water	400g	2.29	OV
KJ166	Jackfruit In Salted Water	2.8kg	14.99	OV
KJ506	Organic Jackfruit in Water	400g	2.99	OV
KJ288	Tropical Fruit Cocktail	400g	2.99	OV
<b>CLEARSPRING</b>				
VF190	Apple & Apricot Puree - Org	2 x 100g	1.59	OV
VF188	Apple & Blueberry Puree - Org	2 x 100g	1.59	OV
VF170	Apple & Mango Puree - Org	2 x 100g	1.59	OV
VF189	Apple & Plum Puree - Organic	2 x 100g	1.59	OV
VF335	Apple & Strawberry Puree - og	2 x 100g	1.59	OV
VF152	Jackfruit Chunks	500g	2.99	OV
VF155	Pear Puree - organic	2 x 100g	1.59	OV
<b>ESSENTIAL TRADING</b>				
KJ263	Mango Chunks in Org Juice	400g	2.29	VO
KJ125	Organic Jackfruit in Water	400g	2.99	OV
KJ262	Pineapple Chunks In Org Juice	400g	2.29	VO
KJ260	Tropical Fruits in Org Juice	400g	2.29	VO
<b>YAKSO</b>				
KJ081	Jackfruit - Organic	500g	5.29	OV
<b>FRUIT - DRIED</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
DR063	Apricots - organic	250g	2.95	OV
DR250	Apricots - organic	500g	5.39	OV
DR655	Banana Chips - Organic	250g	2.15	OS
DR132	Cherries sour - Organic	125g	2.85	OV
DR325	Cranberries - organic	125g	2.19	OSV
DR057	Cranberries - organic	250g	3.85	OSV
DR073	Currants - organic	250g	2.85	OV
DR251	Currants - organic	500g	4.99	OV
DR159	Dates - organic Medjool	250g	3.95	OV
DR074	Dates - pitted organic	250g	2.65	OV
DR252	Dates - pitted organic	500g	4.55	OV
DR720	Dates -og pitted fairly traded	250g	2.89	FOV
DR064	Figs - organic	250g	3.05	OV
DR254	Figs - organic	500g	5.65	OV
DR011	Ginger - crystallised organic	125g	1.99	OSV
DR020	Ginger - crystallised organic	250g	3.59	OSV
DR049	Mulberries White - Organic	125g	1.75	OV



code	product	size	rrp	bfgosv
DR077	Pitted Prunes - organic	250g	3.75	OV
DR253	Pitted Prunes - organic	500g	6.95	OV
DR065	Raisins - organic	250g	1.95	OV
DR255	Raisins - organic	500g	3.45	OV
DR066	Sultanas - organic	250g	1.85	OV
DR256	Sultanas - organic	500g	3.15	OV
DR365	Vine Fruit Mix - organic	500g	4.09	OV
<b>CRAZY JACK</b>				
DR354	Organic Ready to Eat Apricots	250g	4.99	OV
DR191	Organic Ready to Eat Dates	250g	2.65	OV
DR355	Organic Ready To Eat Figs	250g	2.85	OV
DR356	Organic Ready to Eat Prunes	250g	5.30	OV
<b>PEARLS OF SAMARKAND</b>				
DR217	Sour Cherries	100g	3.35	OV
DR232	Sweet Cherries	100g	3.29	OV
<b>THE RAW CHOCOLATE CO</b>				
DR188	Goji Berries	150g	6.49	OV
<b>TROPICAL WHOLEFOODS</b>				
DR200	Fairtrade Organic Mango	100g	2.75	FOV
DR234	Sun Dried Pineapple	100g	2.45	OV
<b>FRUIT (FROZEN)</b>				
<b>NATURAL COOL</b>				
XL142	Organic Berry Mix	300g	3.49	OVB
XL145	Organic Blueberries	300g	3.49	OVB
XL179	Organic Raspberries	300g	3.85	OV
XL182	Organic Sour Cherries	300g	3.49	OV
XL180	Organic Strawberries	300g	3.49	OV
XL148	Organic Tropical Mix	300g	3.65	OVB
<b>WINDMILL HILL</b>				
XL282	British Organic Blackcurrants	400g	2.89	OV
<b>FRUIT &amp; VEGETABLE JUICES</b>				
<b>BEET IT</b>				
<i>From James White</i>				
JU454	Beetroot Juice - og	250ml	1.59	OV
JU453	Beetroot Juice - og	750ml	3.09	OV
JU719	Beetroot Juice with Apple - og	1l	3.79	OV
JU204	Beetroot Juice with Ginger	750ml	3.09	OV
<b>BIONA</b>				
JU703	Ginger Juice - Organic	200ml	3.89	OV
JU702	Lemon Juice - Organic	200ml	1.99	OV
JU802	Lime Juice - Organic	200ml	2.39	OV
<i>Glass Bottles</i>				
JU297	Acerola Cherry Juice - og	330ml	5.99	OV
JU543	Apple Juice - organic	1l	3.99	OV
JU288	Carrot Juice, pure pressed og	1l	3.89	OV
JU521	Cranberry Fruit Drink Organic	750ml	5.29	OV
JU508	Cranberry Juice 100% Pure	330ml	5.69	OV
JU127	Cranberry Juice 100% Pure	750ml	9.29	OV
JU132	Elderberry Pure Superjuice	330ml	3.69	OV
JU541	Orange Juice - og	1l	5.69	OV
JU028	Organic Blueberry Juice	330ml	6.49	OV
JU448	Peach, Apricot & Apple Juice	1l	3.89	OV
JU181	Pomegranate Pure Juice - og	1l	4.99	OV
JU182	Pomegranate Pure Juice - og	200ml	1.89	OV
JU349	Purple Carrot Juice, Pressed	1l	4.49	OV
JU269	Red Grape Juice Organic	1l	4.89	OV
JU130	Tart Cherry Pure Superjuice	1l	4.99	OV
JU131	Tart Cherry Pure Superjuice	200ml	2.29	OV

code	product	size	rrp	bfgosv
JU289	Tomato Juice, pure pressed og	1l	3.69	OV
	<i>Tetrapacks</i>			
JU286	Apple & Blueberry Juice - og	1l	4.99	OV
JU295	Apple & Cranberry Juice - og	1l	4.99	OV
JU252	Apple Juice - og	1l	3.49	OV
JU184	Beetroot Juice, pressed - og	500ml	2.19	OV
JU151	Carrot Juice - og	500ml	1.99	OV
JU185	Vegetable Juice, pressed - og	500ml	1.99	OV
	<b>JAMES WHITE</b>			
JU621	Apple & Crushed Ginger - og	250ml	1.39	OV
JU864	Apple & Ginger - og	750ml	3.09	OV
JU064	Apple Juice - og	250ml	1.39	OV
JU095	Apple Juice - og	750ml	3.09	OV
JU325	Carrot - og	750ml	3.09	OV
JU608	Carrot & Apple Juice - og	250ml	1.39	OV
JU862	Carrot & Apple Juice - og	750ml	3.09	OV
JU605	Pear & Raspberry Juice - og	250ml	1.39	OV
JU863	Pear & Raspberry Juice - og	750ml	3.25	OV
JU599	Pear Juice - og	250ml	1.39	OV
JU860	Pear Juice - og	750ml	3.09	OV
JU431	Tomato - og	750ml	3.09	OV
JU324	Vegetable Juice - og	750ml	3.09	OV
	<b>LUSCOMBE DRINKS</b>			
JU105	English Apple Juice	240ml	1.55	OV
JU445	Orange Juice	270ml	1.69	OV
	<b>PIP ORGANIC</b>			
JU670	Org Cloudy Apple Fruit Juice	4 x 180ml	4.89	OV
JU697	Pineapple & Mango Smoothie	4 x 180ml	4.89	OV
JU065	Strawberry & Banana Smoothie	4 x 180ml	4.89	OV
JU696	Strawberry & Blackcurrant	4 x 180ml	4.89	OV
	<i>Fruity Waters</i>			
JU698	Blackcurrant,Raspberry,Apple	4 x 200ml	4.89	OV
JU699	Mango,Orange & Apple	4 x 200ml	4.89	OV
	<b>RABENHORST</b>			
JU679	Beetroot Juice	750ml	3.19	OV
JU227	Cherry Nectar	750ml	4.39	OV
	<b>SUNITA</b>			
JU672	Lemon Juice - organic	1l	7.25	OV
JU671	Lemon Juice - organic	250ml	2.65	OV
JU129	Orange Juice - organic	1l	5.55	OV
	<b>GRAINS</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
QS068	Buckwheat - unroasted organic	500g	2.05	OV
QS300	Bulgar wheat - organic	500g	1.95	OV
QS150	Corn Couscous - Organic	500g	3.79	OV
QS301	Couscous - wholemeal, organic	500g	2.15	OV
QS322	Millet - organic	500g	1.99	VO
QS124	Oat Groats - Organic	500g	2.15	VO
QS165	Pearl barley, organic	500g	1.35	OV
QS070	Popcorn - organic	500g	1.99	OV
QS065	Quinoa, Red - Organic	500g	3.99	OV
QS075	Quinoa, Tricolour - Organic	500g	4.35	OV
QS086	Quinoa, White - Organic	500g	3.39	OV
QS677	Rice - arborio, organic	500g	3.15	OV
QS302	Rice - basmati, brown organic	500g	2.79	OV
QS252	Rice - basmati, brown organic	750g	3.99	OV
QS303	Rice - white basmati organic	500g	2.79	OV
QS213	Rice - white basmati, organic	750g	3.99	OV

code	product	size	rrp	bfgosv
QS100	Rice -long grain brown organic	750g	3.15	VO
QS066	Rice-long grain brown organic	500g	2.19	OV
QS067	Rice-short grain brown organic	500g	2.15	OV
QS101	Rice-short grain brown organic	750g	3.05	VO
QS072	Wheat grain - organic	500g	1.09	OV
<b>BIOFAIR</b>				
QS015	Organic Fairtrade Quinoa Red	500g	5.39	FOV
QS024	Organic Fairtrade Quinoa Tri	500g	4.99	FOV
QS081	Organic FT Black Quinoa Grain	400g	4.69	OV
<b>BIONA</b>				
QS096	Jasmine Brown Rice Organic	500g	2.69	OV
QS105	Pudding Rice Organic	500g	2.69	OV
QS099	Red Camargue Rice Organic	500g	3.49	OV
QS098	Risotto Brown Rice Organic	500g	2.89	OV
QS097	Wild Rice Mix Organic	500g	3.59	OV
<b>SHARPHAM PARK</b>				
QS058	Pearled Spelt Organic	500g	3.20	OV
QS148	Spelt Grain Organic	500g	2.50	OV
<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>KALLO</b>				
LJ102	French Onion Stock Cubes	66g	1.59	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.59	GOVS
LJ034	Low Salt Org Gravy Granules	160g	2.99	OSV
LJ171	Low Salt Vegetable Stock Cubes	60g	1.59	GOVS
LJ122	Mushroom Stock Cubes	66g	1.59	GOVS
LJ101	Tomato & Herb Stock Cubes	66g	1.59	GOVS
LJ120	Vegetable Stock Cubes	66g	1.59	GOV
<b>MARIGOLD</b>				
LJ211	Bouillon Cubes	8	1.29	GOV
LJ073	Bouillon Powder - Organic	150g	2.35	GOV
LJ238	Bouillon Powder - Organic	500g	7.15	GOV
LJ177	Bouillon Powder - Organic	900g	12.85	OV
LJ326	Gravy Powder - Organic	110g	2.39	OVS
LJ212	Low Salt Bouillon Cubes	8	1.49	GOV
LJ074	Organic Bouillon Reduced Salt	140g	2.49	GOV
LJ193	Organic Bouillon Reduced Salt	500g	7.15	OV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.39	GOV
<b>NINE MEALS FROM ANARCHY</b>				
LJ210	Real Veg Stock - Garden Herb	105g	3.49	OV
LJ033	Real Veg Stock - Original	105g	3.49	OV
LJ213	Real Veg Stock - Umami	105g	3.49	OV
<b>HERB &amp; FRUIT TEA INFUSIONS</b>				
<b>CELESTIAL SEASONINGS</b>				
TE987	Cinnamon & Cardamom Herb Tea	20 bags	2.95	OV
TE986	Ginger & Turmeric Herb Tea	20 bags	2.95	OV
<b>CLIPPER</b>				
TE404	Caddy - English Breakfast	1	9.99	FOV
TE344	Caddy - Green Tea	1	9.99	FOV
<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

code	product	size	rrp	bfgosv
	<i>FOOD SERVICE RANGE</i>			
TE148	Chamomile - og	25 bags	2.53	FOV
TE455	Lemon & Ginger - og	25 bags	2.96	OV
TE166	Peppermint - og	25 bags	2.53	FOV
TE797	Redbush - og	25 bags	2.53	OV
TE454	Wild berry - og	25 bags	2.96	OV
	<i>Functionals</i>			
TE629	Organic Detox	20 bags	1.45	OV
TE631	Organic Sleep Easy	20 bags	1.45	OV
	<i>Organic Infusions</i>			
TE118	After Dinner Mints	20 bags	2.19	OV
TE537	Blackcurrant & Acai - og	20 bags	2.00	OV
TE009	Calmer Chameleon	20 bags	2.39	OV
TE788	Chamomile - og	20 bags	1.45	OV
TE963	Dandelion - og	20 bags	1.45	OV
TE694	Fennel - og	20 bags	1.45	OV
TE197	Flower Power	20 bags	2.39	OV
TE200	Happy Mondays	20 bags	2.39	OV
TE960	Lemon & Ginger - og	20 bags	1.79	OV
TE942	Liquorice - og	20 bags	1.79	OV
TE120	Love Me Truly	20 bags	2.19	OV
TE959	Nettle - og	20 bags	1.45	OV
TE663	Nettle & Peppermint - og	20 bags	1.45	OV
TE958	Orange & Coconut - og	20 bags	1.79	OV
TE789	Peppermint - og	20 bags	1.45	OV
TE307	Raspberry Leaf - og	20 bags	1.79	OV
TE536	Red Fruits & Aronia Berry - og	20 bags	2.00	OV
TE125	Rise & Shine	20 bags	2.19	OV
TE525	Skinni Vanilli	20 bags	2.39	OV
TE127	Snore & Peace	20 bags	2.19	OV
	<i>Redbush</i>			
TE011	Redbush - og	80 bags	3.70	OV
TE147	Rooibos	40 bags	3.49	OV
	<b>DRAGONFLY TEA</b>			
TE440	Cape Malay Rooibos Chai	20 bags	2.59	OV
TE588	Cape Rooibos & Honeybush	20 bags	2.59	OV
TE569	Golden Balance Detox	20 bags	2.69	OV
TE139	Happy Times	20 bags	2.69	OV
TE581	Herb Garden Digestif	20 bags	2.69	OV
TE142	Inner Aloe Harmony	20 bags	2.69	OV
TE338	Moonlight Jasmine	20 bags	2.59	OV
TE339	Moroccan Mint	20 bags	2.59	OV
TE046	Mountain Honeybush	20 bags	2.59	OV
TE546	Night Sky Calm	20 bags	2.69	OV
TE813	Skinny Dragon Pu'er Tea	20 bags	2.59	OV
TE234	Swirling Mist White Tea	20 bags	2.69	OV
TE145	True Clarity Turmeric	20 bags	2.69	OV
	<b>ELEVEN O'CLOCK</b>			
TE381	Rooibos	40 bags	2.59	VO
TE382	Rooibos	80 bags	5.09	VO
	<b>ESSENTIAL TRADING</b>			
TE271	Camomile Tea	20 bags	1.65	FOV
TE279	Peppermint Tea	20 bags	1.65	FOVB
	<b>FLORADIX</b>			
TE126	Hawthorn	15 bags	2.19	OV
TE457	Sage	15 bags	2.19	VO
	<b>HAMBLEDEN TEAS</b>			
TE598	Chamomile - og	20 bags	2.49	OV

code	product	size	rrp	bfgosv
TE604	Lemon Verbena - og	20 bags	2.49	OV
TE605	Lime Flower - organic	20 bags	3.49	OV
TE433	Nettle - og	20 bags	2.49	OV
TE606	Peppermint - og	20 bags	2.49	OV
TE607	Rosehip - og	20 bags	3.49	OV
<b>HAMPSTEAD TEA</b>				
TE550	Camomile	20 bags	2.49	OVB
TE600	Fennel Liquorice	20 bags	2.49	OVB
TE555	Lavender Valerian	20 bags	2.49	OVB
TE572	Lemon Ginger	20 bags	2.49	OVB
TE556	Peppermint Spearmint	20 bags	2.49	OVB
TE557	Rosehip Hibiscus	20 bags	2.49	OVB
<i>Home Compostable</i>				
TE089	Camomile and Marigold	15 bags	4.49	OV
TE099	Earl Grey	15 bags	4.49	OV
TE063	English Breakfast	15 bags	4.49	OV
TE056	Green Matcha	15 bags	4.49	OV
TE064	Turmeric	15 bags	4.49	OV
<b>HEATH AND HEATHER</b>				
<i>Organics</i>				
TE096	Apple & Cinnamon	20 bags	2.49	OV
TE299	Blackcurrant	20 bags	2.49	OV
TE665	Camomile	20 bags	2.49	OV
TE122	Camomile & Spearmint	20 bags	2.49	OV
TE160	Dandelion, Burdock & Hawthorn	20 bags	2.49	OV
TE688	Echinacea	20 bags	2.49	OV
TE681	Fennel	20 bags	2.49	OV
TE621	Green Tea - organic	50 bags	3.19	OV
TE295	Morning Time	20 bags	2.99	OV
TE685	Nettle	20 bags	2.49	OV
TE296	Night Time Tea	20 bags	2.99	OV
TE662	Peppermint	20 bags	2.49	OV
TE682	Raspberry Leaf	20 bags	2.49	OV
TE297	Slim Tea	20 bags	2.99	OV
TE594	Turmeric Root Brew	20 bags	2.99	GOV
TE274	Wild Rosehip	20 bags	2.49	OV
<b>HIGHER LIVING</b>				
TE825	Chamomile & Vanilla - organic	15 bags	2.42	OV
TE771	Cinnamon - organic	15 bags	2.42	OV
TE757	Ginger Kick - organic	15 bags	2.42	OV
TE856	Golden Turmeric	15 bags	2.42	OV
TE826	Green Tea - organic	20 bags	2.42	OV
TE827	Green Tea Chai - organic	20 bags	2.42	OV
<b>PUKKA</b>				
TE438	After Dinner Tea	20 bags	2.99	OV
TE927	Blackcurrant Beauty	20 bags	2.99	OV
TE719	Chamomile Vanilla Manuka Hon	20 bags	2.99	OV
TE421	Clean Matcha Green	20 bags	2.99	FOV
TE568	Cleanse	20 bags	2.99	OV
TE509	Day To Night Collection	20 bags	3.29	OV
TE331	Elderberry & Echinacea	20 bags	2.99	OV
TE731	Feel New	20 bags	2.99	OV
TE609	Ginseng Matcha Green	20 bags	2.99	FOV
TE678	Green Collection	20 bags	3.29	OV
TE721	Herbal Collection	20 bags	3.29	OV
TE055	Lean Matcha Green	20 bags	2.99	GOV
TE334	Lemon Ginger & Manuka Honey	20 bags	2.99	OV
TE481	Lemongrass and Ginger	20 bags	2.99	OV

code	product	size	rrp	bfgosv
TE478	Licorice and Cinnamon Tea	20 bags	2.99	OV
TE393	Love	20 bags	2.99	OV
TE490	Mint Matcha Green	20 bags	2.99	FOV
TE165	Mint Refresh	20 bags	2.99	OV
TE640	Motherkind Baby	20 bags	2.99	OV
TE651	Motherkind Pregnancy	20 bags	2.99	OV
TE246	Night Time	20 bags	2.99	OV
TE095	Original (Black Spice) Chai	20 bags	2.99	FOV
TE102	Peace	20 bags	2.99	OV
TE043	Peppermint and Licorice	20 bags	2.99	OV
TE170	Relax	20 bags	2.99	OV
TE171	Revitalising	20 bags	2.99	OV
TE542	Supreme Green Matcha	20 bags	2.99	FOV
TE811	Three Chamomile	20 bags	2.99	OV
TE328	Three Cinnamon	20 bags	2.99	OV
TE602	Three Fennel	20 bags	2.99	OV
TE245	Three Ginger	20 bags	2.99	OV
TE814	Three Licorice	20 bags	2.99	OV
TE238	Triple Mint	20 bags	2.99	OV
TE592	Tulsi Clarity	20 bags	2.99	OV
TE058	Turmeric Active	20 bags	2.99	GOV
TE623	Turmeric Gold	20 bags	2.99	FOV
TE094	Vanilla Chai	20 bags	2.99	FOV
TE725	Wild Apple Cinnamon & Ginger	20 bags	2.99	OV
TE727	Womankind	20 bags	2.99	OV
TE692	Wonder Berry Green Tea	20 bags	2.99	OV
	<i>Gift Range</i>			
TE462	Christmas Calendar	1	9.99	OV
	<i>Lattes</i>			
TE530	Cacao Maca Magic Latte	90g	4.99	OV
TE534	Ginger Joy Latte	90g	4.99	OV
TE531	Majestic Matcha Chai Latte	90g	7.99	OV
TE084	Night Time Herbal Latte	75g	4.99	OV
TE532	Turmeric Gold latte	90g	4.99	OV
	<b>TICK TOCK</b>			
TE431	Green Rooibos - organic	40 bags	2.79	OV
TE044	Green Rooibos Loose Leaf	100g	2.59	OV
TE430	Rooibos - organic	40 bags	2.59	OV
TE434	Rooibos - organic	80 bags	5.09	OV
TE436	Rooibos Loose Leaf - organic	100g	2.35	OV
	<b>YOGI TEA</b>			
TE593	Alkaline Herbs	17 bags	2.49	GOV
TE553	Bed Time - og	17 bags	2.49	OV
TE250	Bedtime Rooibos Vanilla - og	17 bags	2.49	OV
TE204	Black Chai - og	17 bags	2.49	OV
TE346	Breathe Deep - Organic	17 bags	2.49	OV
TE348	Calming/Relax - og	17 bags	2.49	OV
TE863	Choc Mint - og	17 bags	2.49	OV
TE597	Choco - og	17 bags	2.49	OV
TE135	Choco Chilli Organic Tea	17 bags	2.49	OV
TE192	Classic Original	17 bags	2.49	OV
TE551	Detox - Organic	17 bags	2.49	OV
TE630	Detox Dandelion with Lemon	17 bags	2.49	GOV
TE208	Echinacea - Organic	17 bags	2.49	OV
TE591	Finest Selection	18 bags	2.79	GOV
TE835	Ginger - og	17 bags	2.49	OV
TE293	Ginger Lemon - og	17 bags	2.49	OV

code	product	size	rrp	bfgosv
TE836	Ginger Orange & Vanilla	17 bags	2.49	OV
TE275	Ginseng - og	17 bags	2.49	OV
TE195	Green Balance - og	17 bags	2.49	OV
TE209	Green Chai - og	17 bags	2.49	OV
TE194	Green Energy - og	17 bags	2.49	OV
TE787	Green Tea Matcha Lemon	17 bags	2.49	OV
TE645	Heartwarming - og	17 bags	2.49	OV
TE187	Himalaya - og	17 bags	2.49	OV
TE785	Immune Support	17 bags	2.49	OV
TE998	Inner Harmony	17 bags	2.49	OV
TE193	Licorice - og	17 bags	2.49	OV
TE837	Licorice Mint - og	17 bags	2.49	OV
TE638	Lime Mint - og	17 bags	2.49	OV
TE552	Men's - og	17 bags	2.49	OV
TE029	Metal Gift Caddy & 30 Tea Bags	1	9.99	OV
TE252	Positive Energy Cranberry Hib	17 bags	2.49	OV
TE001	Rooibos - og	17 bags	2.49	OV
TE283	Rose - og	17 bags	2.49	OV
TE350	Stomach Ease - og	17 bags	2.49	OV
TE104	Sun Salutation	17 bags	2.49	OV
TE211	Sweet Chai - og	17 bags	2.49	OV
TE428	Sweet Chilli	17 bags	2.49	OV
TE554	Throat Comfort - Organic	17 bags	2.49	OV
TE018	Turmeric Chai - og	17 bags	2.49	OV
TE088	Turmeric Orange	17 bags	2.49	OV
TE733	Wellbeing	17 bags	2.49	OV
TE012	White Tea with Aloe Vera	17 bags	2.49	OV
TE017	women's Balance Tea	17 bags	2.49	OV
TE355	Women's Energy	17 bags	2.49	OV
TE351	Women's tea-og	17 bags	2.49	OV
TE027	Yogi Gift Pack with Cup	1	11.99	OV
<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>Gift Range</i>				
TE038	Bee Hotel Gift Set with 2 Teas	gIFT set	18.49	OV
<i>Loose Tea</i>				
TE616	Choco Chai	90g	2.95	OV
TE620	Classic Chai	90g	2.95	OV
TE626	Ginger Lemon Chai	90g	2.95	OV
TE612	Himalaya Chai	90g	2.95	OV
<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

## HERBS & SPICES - PREPACKED

### SUMA ORGANIC

#### *Herbs - organic*

HE365	Basil - organic	20g	1.49	OV
HE366	Bay Leaves - organic	10g	1.49	OV
HE377	Dill Herb - organic	15g	1.35	OV
HE378	Garlic Granules - organic	20g	1.49	OV

code	product	size	rrp	bfgosv
HE380	Mixed Herbs - organic	20g	1.49	OV
HE385	Oregano - organic	20g	1.49	OV
HE387	Parsley - organic	15g	1.49	OV
HE390	Rosemary - organic	20g	1.49	OV
HE391	Sage - organic	25g	1.49	OV
HE393	Thyme - Organic	25g	1.49	OV
	<i>Milled Spices - organic</i>			
HE371	Chilli powder - organic	25g	1.49	OV
HE370	Cinnamon - organic	30g	1.49	OV
HE374	Coriander - organic	40g	1.49	OV
HE376	Cumin Ground - organic	25g	1.49	OV
HE379	Ginger - organic	30g	1.49	OV
HE381	Mixed Spice - organic	25g	1.49	OV
HE384	Nutmeg, organic	20g	1.49	OV
HE386	Paprika - organic	25g	1.49	OV
HE394	Turmeric - organic	30g	1.49	OV
	<i>Milled Spices - Organic, F/T</i>			
HE166	Cinnamon - Fairtrade, organic	25g	1.55	FOV
HE169	Ginger - organic, Fairtrade	25g	1.55	FOV
HE162	Pepper - Black, F/T, organic	25g	1.55	FOV
HE170	Turmeric - organic, Fairtrade	25g	1.55	FOV
	<i>Whole Spices - organic</i>			
HE367	Caraway Seeds - organic	30g	1.49	OV
HE369	Cinnamon Bark - organic	15g	1.49	OV
HE372	Cloves - organic	20g	1.49	OV
HE373	Coriander Seed - organic	40g	1.49	OV
HE375	Cumin Seed - organic	25g	1.49	OV
HE368	Green Cardamom Pods - organic	10g	1.49	OV
HE382	Mustard Seed - black, organic	50g	1.35	OV
HE388	Peppercorns - black, organic	25g	1.49	OV
HE389	Poppy Seed Blue - organic	40g	1.49	OV
	<i>Whole Spices - Organic, F/T</i>			
HE163	Whole Black Peppercorns OG, FT	25g	1.55	FOV
HE167	Whole Cloves - organic & FT	25g	1.55	FOV
	<b>STEENBERGS</b>			
HE114	Mulled Wine Sachets-Fairtrade	20g	2.15	FOV
	<b>HONEY</b>			
	<b>COCONUT MERCHANT</b>			
HY094	Organic Coconut Nectar	300g	4.99	OV
	<b>EQUAL EXCHANGE</b>			
HY005	Organic clear	500g	5.90	FO
HY004	Organic set	500g	5.90	FO
	<b>HILLTOP HONEY</b>			
HY075	Organic Acacia Honey	370g	4.25	O
HY036	Organic Brazilian Mountain	340g	4.99	O
HY068	Organic Fairtrade Honey	227g	4.39	FO
HY078	Organic Honeydew Honey	370g	5.79	O
HY076	Organic Multi Flower Honey	370g	3.85	OG
	<b>LITTLEOVER APIARIES</b>			
HY037	Organic Acacia Honey	340g	5.69	O
HY040	Organic Clear Wildflower Honey	340g	3.99	O
HY052	Organic Forest Honey	340g	8.29	O
HY041	Organic Wildflower Set Honey	340g	3.99	O
	<b>RAW HEALTH</b>			
HY013	Acacia Honey	350g	5.29	O
HY016	Tropical Honey	350g	6.29	O
	<b>ROWSE</b>			
HY263	Organic Honey - Clear	340g	4.15	O



code	product	size	rrp	bfgosv
HY264	Organic Honey - Set	340g	4.15	O
HY267	Squeezable Organic Honey	340g	4.15	O
<b>WAINWRIGHT'S</b>				
HY033	Organic Ethiopian Honey	380g	4.99	FO
HY100	Organic Forest Honey - Clear	380g	4.79	FO
HY099	Organic Forest Honey - Set	380g	4.79	FO
<b>HOUSEHOLD CLEANING PRODUCTS</b>				
<b>GREEN FROG BOTANIC</b>				
HJ190	Laundry Soap Nuts - 1kg	1kg	13.49	OV
HJ189	Laundry Soap Nuts - 250g Bag	250g	4.49	OV
HJ183	Laundry Soap Nuts - 500g Bag	500g	7.49	OV
<b>HOUSEHOLD PRODUCTS</b>				
<b>COTTON SOFT</b>				
NF468	Facial Tissue	1	2.75	OV
<b>WAFI ROOM FRAGRANCE</b>				
NF527	Lavender Air Freshener	100ml	5.99	OV
NF528	Lemongrass Room Fragrance	100ml	5.99	OV
NF120	Orange Air Freshener	100ml	5.99	OV
NF115	Rose Air Freshener	100ml	5.99	OV
<b>INDIAN FOOD</b>				
<b>GEO ORGANICS</b>				
VF740	Balti Paste OG	180g	2.75	OV
VF249	Bhuna Curry Paste	180g	2.69	OV
VF743	Korma Paste OG	180g	2.49	OV
VF742	Madrass Curry Paste OG	180g	2.75	OV
KJ573	Mango Chutney OG Fairtrade	300g	3.05	FOSV
VF744	Tikka Masala Paste OG	180g	2.55	OV
<b>SEEDS OF CHANGE</b>				
VF069	Korma Sauce - og	350g	2.99	OS
VF064	Tikka Masala Sauce - OG	350g	2.99	OS
<b>JAMS &amp; FRUIT SPREADS</b>				
<b>BIONA</b>				
JS039	Organic Strawberry Spread	250g	2.89	OV
JS001	Pear & Apple Spread - organic	450g	4.89	OV
<b>BIONOVA</b>				
JS137	Bilberry Jam - organic	340g	2.65	OSV
JS141	Raspberry Jam - organic	340g	2.65	VOS
JS140	Strawberry Jam - organic	340g	2.85	OSV
JS133	Tangy Marmalade - organic	350g	2.85	OSV
<b>FRUIT TREE</b>				
KJ197	Apricot Fruit Spread Organic	250g	3.59	OV
KJ201	Blueberry Fruit Spread Organic	250g	3.99	OV
KJ204	Mango Fruit Spread Organic	250g	3.59	OV
KJ198	Peach Fruit Spread Organic	250g	3.59	OV
KJ199	Raspberry Fruit Spread-Organic	250g	3.99	OV
KJ196	Strawberry Fruit Spread Org	250g	3.59	OV
KJ200	Summer Berries Fruit Spread	250g	3.99	OV
<b>MERIDIAN</b>				
JS018	Apricot Spread - organic	284g	2.99	VO
JS019	Blackcurrant Spread - organic	284g	2.99	VO
JS304	Cherries & Berries Spread - og	284g	2.99	OV
JS020	Morello Cherry Spread -organic	284g	2.99	VO
JS245	Raspberry Spread - organic	284g	2.99	OV
JS017	Seville Orange Spread -organic	284g	2.99	VO
JS021	Strawberry Spread - organic	284g	2.99	VO
JS100	Wild Blueberry Spread - og	284g	2.99	OV

code	product	size	rrp	bfgosv
<b>TRAIDCRAFT</b>				
GH165	Organic Orange Marmalade	340g	2.59	FOVS
GH166	Organic Strawberry Jam	340g	3.09	FOVS
<b>JUICE CONCENTRATES &amp; CORDIALS</b>				
<b>SUMA</b>				
JU241	Apple & Blackcurrant - Org	400ml	6.29	OV
JU240	Apple Juice - Org	400ml	5.69	OV
JU243	Apple Juice Concentrate - Org	5l	50.99	OV
<b>BELVOIR</b>				
JU275	Organic Elderflower Cordial	500ml	5.49	OSV
JU359	Organic Elderflower Rose Cord	500ml	5.49	OSV
JU276	Organic Ginger Cordial	500ml	5.49	OSV
JU355	Organic Lemon & Mint Cordial	500ml	5.49	OSV
<b>ROCKS</b>				
JU426	Blackcurrant Squash - organic	740ml	3.49	OSV
JU427	Lemon Squash - organic	740ml	3.49	OSV
JU428	Orange Squash - organic	740ml	3.49	OSV
<b>MARGARINES &amp; SPREADS (CHILLED)</b>				
<b>SUMA</b>				
MA060	Soya Spread Organic	500g	3.09	VOS
MA065	Sunflower Spread Organic	500g	3.09	VO
<b>BIONA</b>				
CV038	Cocomega Spread	250g	3.59	OV
MA468	Extra Olive Spread	250g	3.59	OV
MA061	Vegetable Margarine	250g	2.99	OV
MA030	Vegetable Margarine	500g	4.69	OV
<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>SUMA</b>				
KJ022	Organic Mayonnaise	1kg	9.75	O
KJ080	Organic Mayonnaise	300g	2.95	O
<b>BIONA</b>				
KJ401	Mayo - Egg & Soya Free	230g	2.59	OV
<b>BONSAN</b>				
KJ176	Caesar Dressing	310ml	3.19	OSV
KJ178	Cocomayo	235ml	2.69	OSV
KJ167	Sweet Mustard Dressing	310ml	3.19	OSV
KJ181	Vegan Aioli	235ml	2.69	OSV
<b>GEO ORGANICS</b>				
KJ333	Organic Mayo, Vegan	232g	2.39	OV
<b>KITE</b>				
KJ536	Mayonnaise organic	150g	1.99	O
<b>MR ORGANIC</b>				
KJ498	Egg Free Garlic Mayo	180g	2.79	GOSV
<b>PLAMIL</b>				
<i>Catering</i>				
LJ360	Egg Free Mayonnaise - Organic	3kg	26.41	GOSV
<i>Organic</i>				
LJ259	Egg Free Mayonnaise - organic	315g	3.19	GOSV
<b>SIMPLY DELICIOUS</b>				
KJ366	Garlic Mayonnaise	300ml	3.29	OS
KJ368	Plain Mayonnaise	300ml	3.29	O
<b>MEAT FREE ALTERNATIVES(FROZEN)</b>				
<b>IMPULSE FOODS</b>				
XL109	Organic Garlic & Herb Tempeh	227g	2.89	OV
XL107	Organic Tempeh	227g	2.85	OV

code	product	size	rrp	bfgosv
<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
CV586	Kofu Sausages	170g	4.19	OV
CV641	Kofu Steak	120g	2.99	OSV
CV573	Vegan Breakfast Scramble	200g	3.99	OSV
<b>CLEAR SPOT</b>				
CV017	Cumberland Sausages	250g	3.49	OV
CV015	Lincolnshire Sausages	250g	3.49	OV
CV525	Smoked Sausages	250g	3.49	OV
CV528	Spicy Tomato Sausages	250g	3.49	OV
CV358	Tofu and Bean Burger	250g	2.55	OV
CV213	Tofu Sesame Burgers	190g	2.09	OV
<b>DRAGONFLY</b>				
<i>Burgers</i>				
CV704	Country Vegetable Burger	200g	2.39	OV
CV705	Mexican Spice Burger	200g	2.39	OV
CV162	Mixed Burgers	200g	2.39	OV
CV702	Mushroom and Garlic Burger	200g	2.39	OV
<i>Sausages</i>				
CV046	Original Soysage	200g	2.35	OV
<b>FLORENTIN</b>				
CV930	Falafel	240g	3.79	OV
CV944	Tamruc Falafel	240g	3.85	OV
<b>SOJADE</b>				
CV874	Soya & Tofu Nuggets	160g	3.25	OV
CV873	Soya Fingers	150g	2.89	OV
<b>TAIFUN</b>				
CV011	Grill Sausages	250g	4.59	OV
CV010	Weiner/Frankfurters	300g	5.29	OV
<b>VIANA</b>				
CV404	Bonanza Veggie Steaks	210g	3.59	OSV
CV392	Organic Doner Kebab	200g	3.59	OV
CV414	Real Jumbo Frankfurters	275g	3.95	SOV
CV402	Robinson Burger	200g	3.09	OV
<b>WHEATY</b>				
CV683	Gran Chorizo	200g	5.59	OV
CV241	Merguez Vegan Sausage	200g	4.39	OV
CV689	Salami Slices	100g	2.35	OV
CV505	Seitan Medallions	175g	3.59	OV
CV690	Smoked Slices	100g	2.35	OV
CV851	Vegan Bacon	60g	1.79	OV
CV267	Vegan Chorizo Slices	80g	2.75	OV
CV261	Vegan Doner Kebab	200g	4.79	OV
CV250	Vegan Hot Dogs	200g	4.39	OV
CV852	Vegan Sucuk Sausages	200g	4.89	OV
CV850	Vegan Superhero Burger	200g	3.09	OV
CV023	Virginia Steak	175g	3.59	OV
<i>Spacebars</i>				
CV691	Chorizo	40g	1.19	OV
CV692	Hemp	40g	1.16	OV
CV303	Red Hot Chilli Peppers	40g	1.39	OV
<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>				
<b>AMISA</b>				
KJ105	Falafel Mix	160g	1.89	GOV

code	product	size	rrp	bfgosv
	<b>CARLEY'S</b>			
KJ240	Preserved Lemon - Organic	700g	5.19	OV
	<b>JUST WHOLEFOODS</b>			
VF183	Falafel Mix - organic	120g	1.65	OV
	<b>MILK - NON DAIRY</b>			
	<b>BIONA</b>			
VF103	Coconut Milk Powder	150g	3.99	OV
VF324	Condensed Coconut Milk	210ml	2.39	OSV
	<b>COCONUT MERCHANT</b>			
VF082	Coconut Milk Powder	250g	5.99	OV
	<b>DREAM</b>			
JU361	Rice Dream - Original	1l	2.15	VO
	<b>ECOMIL</b>			
SY139	Almond Barista Drink	1l	2.79	OSV
SY275	Almond Drink	1l	3.49	OV
SY012	Almond Drink Powder	400g	14.95	GOV
SY030	Cuisine - Almond Cream	200ml	1.69	GOV
SY137	Cuisine - Cashew Cream	200ml	1.69	GOV
SY059	Cuisine - Coconut Milk	200ml	1.69	GOV
SY053	No Sugar Almond + Calcium	1l	3.49	OV
SY021	No Sugar Almond Drink	1l	3.49	OV
SY058	No Sugar Coconut Milk	1l	3.49	OV
SY155	No Sugar Hemp Drink	1l	3.49	OV
SY138	Oat Barista Drink	1l	2.49	OSV
SY279	Soya Drink Powder (sweetened)	400g	12.95	OV
	<b>MINOR FIGURES</b>			
SY196	Organic Barista Oat Milk	1l	2.09	OV
SY172	Organic Masala Chai	1l	5.69	OSV
	<b>OATLY</b>			
SY019	Cream - Dairy Free	250ml	1.09	VO
JU377	Oatly Oat Drink Organic	1l	1.75	OV
	<b>PLAMIL</b>			
SY009	Soya Milk, unsweetened - og	1l	2.25	GOV
	<b>PLENISH</b>			
SY119	Almond M*lk	1l	3.15	OV
SY120	Cashew M*lk	1l	3.15	OV
SY118	Coconut M*lk	1l	3.15	OV
SY121	Hazelnut M*lk	1l	3.15	OV
SY170	Oat M*lk - Gluten Free	1l	2.69	GOV
SY191	Soya M*lk	1l	2.69	OV
	<i>M*lk Shakes</i>			
SY162	Chocolate M*lkshake	250ml	1.89	OV
SY161	Iced Latte M*lkshake	250ml	1.89	FOV
SY163	Salted Caramel M*lkshake	250ml	1.89	OV
	<b>PROVAMEL</b>			
SY090	Almond Drink - Organic	1l	2.50	OV
SY094	Almond Drink - Unsweetened	1l	2.50	GOV
SY011	Coconut & Rice Drink	1l	2.50	GOV
SY203	Oat Barista	1l	2.29	OSV
SY088	Oat Drink - Organic	1l	1.99	OV
SY185	Oat Drink - Unsweetened	1l	1.99	OV
SY064	Rice & Almond Drink	1l	2.50	GOSV
SY007	Rice Drink - organic	1l	1.99	CVO
SY143	Soya Drink - Chocolate	1l	2.05	OV
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>REBEL KITCHEN</b>			
SY181	Dairy Free Semi Skimmed Mylk	1l	2.49	GOV

code	product	size	rrp	bfgosv
SY182	Dairy Free Skimmed Mylk	1l	2.49	GOV
SY214	Dairy Free Whole Mylk	1l	2.49	GOV
<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
SY189	Organic Almond Barista Drink	1l	2.99	OV
SY190	Organic Oat Barista Drink	1l	2.49	OV
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>				
SY145	Almond Drink Organic	1l	2.75	OV
SY211	Barista Soya Drink	1l	1.85	GOV
SY010	Hemp Drink - unsweetened	1l	2.79	OV
SY141	Oat Drink Organic	1l	1.99	GOV
SY400	Rice Drink - calcium enriched	1l	1.69	OV
SY018	Soya Milk - calcium & apple	1l	1.75	VO
SY016	Soya Milk - unsweetened	1l	1.49	OV
SY023	Soya Milk - Vanilla & Calcium	1l	1.95	OSV
<b>THE BRIDGE</b>				
SY160	Coconut Drink	1l	2.25	GOV
SY002	Oat Drink	1l	1.75	OV
SY112	Oat Drink - Barista	1l	1.99	OV
SY560	Oat Drink - Calcium Enriched	1l	1.99	OV
SY068	Rice Drink - Cacao	250ml	0.99	OV
SY042	Rice Drink - Calcium Enriched	1l	1.75	GOV
SY487	Rice Drink - Original	1l	1.75	GOV
SY452	Rice Drink + Almond	1l	2.09	GOV
SY008	Rice Drink + Coconut	1l	2.09	GOV
<i>Cooking Cream</i>				
SY188	Coconut Cream - Organic	200ml	1.53	OV
SY187	Oat Cream - Organic	200ml	1.28	OV
SY150	Rice Cream - Organic	200ml	1.09	OV
SY186	Soya Cream - Organic	200ml	1.15	OV
<b>THE COCONUT COMPANY</b>				
SY116	Coconut Milk Powder - Organic	250g	5.49	GOV
SY024	Organic Coconut Milk Powder	1kg	20.99	OV
<b>MILK (LONGLIFE)</b>				
<b>MOO</b>				
MJ011	Semi Skimmed Milk - Organic	1l	1.99	O
<b>NUT &amp; SEED BUTTERS</b>				
<b>SUMA</b>				
GH047	Peanut Butter Crunchy + Salt	700g	6.35	VO
GH135	Peanut Butter, Crunchy + Salt	340g	3.59	FVO
GH022	Peanut Butter, Crunchy + Salt	340g	3.49	VO
GH256	Peanut Butter, Crunchy No Salt	340g	3.49	VO
GH248	Peanut Butter, Crunchy No Salt	700g	6.35	VO
GH023	Peanut Butter, Smooth + Salt	340g	3.49	VO
GH051	Peanut Butter, Smooth + Salt	700g	6.35	VO

code	product	size	rrp	bfgosv
GH257	Peanut Butter, Smooth No Salt	340g	3.49	VO
GH096	Peanut Butter, Smooth No Salt	700g	6.35	VO
GH950	Tahini - dark, organic	280g	4.05	OV
GH675	Tahini - light, organic	280g	4.05	OV
<b>BIONA</b>				
GH210	Almond Butter Smooth Organic	170g	5.99	OV
GH102	Almond Butter Smooth Organic	350g	11.69	OV
GH211	Cashew Nut Butter - og	170g	5.29	OV
GH103	Organic Peanut Butter Crunchy	1kg	8.69	OV
GH104	Organic Peanut Butter Smooth	1kg	8.69	OV
<b>CARLEY'S</b>				
GH024	Almond Butter- Organic	170g	4.25	OV
GH025	Cashew Butter- Organic	170g	4.45	OV
GH034	Pumpkinseed Butter - og	250g	3.55	OV
GH215	Raw Almond Butter	250g	6.35	OV
GH216	Raw Almond Butter	425g	10.35	OV
GH209	Raw Brazilnut Butter	170g	5.45	OV
GH709	Raw Hemp & Linseed Butter	170g	3.65	OV
GH014	Raw Pecan Butter	170g	6.25	OV
GH041	Raw Rainforest Nut Butter	170g	5.57	OV
GH213	Raw Walnut Butter	170g	3.75	OV
GH712	Raw White Almond Butter	170g	4.65	OV
GH042	Sunflower Butter- Organic	250g	2.55	OV
<b>COCONUT MERCHANT</b>				
GH076	Coconut Butter	300g	5.99	GOV
<b>EQUAL EXCHANGE</b>				
GH704	Peanut Butter -Crunchy no salt	280g	2.99	FOV
<b>MERIDIAN</b>				
GH072	Almond Butter Smooth + salt	170g	4.49	OV
GH057	Cashew Butter Smooth Organic	170g	3.99	OV
GH028	Peanut Butter Crunchy + Salt	280g	2.69	OV
GH109	Peanut Butter Smooth-org +salt	280g	2.69	OV
GH064	Tahini - dark, organic	270g	2.99	OV
GH020	Tahini - light, organic	270g	1.89	OV
GH205	Tahini - light, organic	454g	4.49	OV
<i>100% Nuts</i>				
GH169	Almond Butter Smooth Organic	454g	10.99	OV
GH094	Almond Butter Smooth Organic	170g	4.49	OV
GH063	Peanut Butter Crunchy	280g	2.69	OV
GH128	Peanut Butter Crunchy Organic	454g	3.99	OV
GH097	Peanut Butter Crunchy-Organic	1kg	7.99	OV
GH110	Peanut Butter Smooth	280g	2.69	OV
GH200	Peanut Butter Smooth Organic	454g	3.99	OV
GH069	Peanut Butter Smooth-Organic	1kg	7.99	OV
<i>100% Seeds</i>				
GH046	Pumpkin Seed Butter - og	170g	2.99	OV
GH070	Sunflower Seed Butter Smooth	170g	2.99	OV
<b>RAW HEALTH</b>				
GH036	Raw Superseed Spread	170g	3.19	OV
GH011	Whole Raw Almond Butter - og	170g	6.39	OV
GH086	Whole Raw Hazelnut Butter	170g	5.99	OV
GH017	Whole Raw Tahini	170g	3.09	OV
<b>SUNITA</b>				
GH149	Tahini - light, organic	3kg	35.50	VO
GH996	Tahini, Whole, Organic	3kg	35.50	VO
<b>WHOLE EARTH</b>				
GH091	Peanut Butter - smooth organic	227g	3.09	GOV
GH090	Peanut Butter -crunchy organic	227g	2.99	GOV

code	product	size	rrp	bfgosv
GH151	Peanut Butter-100% Nuts,Crunch	227g	2.89	GOV
	<b>NUTS &amp; SEEDS</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
NU217	Almonds - organic	125g	3.05	OV
NU102	Almonds - organic	250g	5.75	OV
NU159	Almonds - organic	500g	10.99	OV
NU097	Almonds, Flaked - Organic	125g	3.25	OV
NU387	Almonds, ground - organic	125g	3.35	OV
NU043	Almonds, ground - organic	250g	6.35	OV
NU344	Brazils - organic	125g	2.25	OV
NU219	Brazils - organic	250g	4.19	OV
NU033	Cashews whole - organic	125g	2.95	OV
NU255	Cashews whole - organic	250g	5.45	OV
NU120	Chia Seeds, Black - organic	250g	1.95	VO
NU041	Coconut - desiccated, organic	125g	1.19	OV
NU103	Hazelnuts - organic	125g	2.55	OV
NU258	Hazelnuts - organic	250g	4.75	OV
NU273	Hemp Seeds - organic	125g	1.25	VO
NU272	Hemp Seeds - organic	250g	1.95	VO
NU322	Linseed, golden - organic	250g	1.39	OV
NU288	Omega Seed Mix - organic	125g	1.29	OV
NU293	Omega Seed Mix - organic	250g	1.99	OV
NU069	Peanuts - organic	125g	1.09	OV
NU218	Peanuts - organic	500g	3.25	OV
NU545	Pine Kernels - organic	125g	6.85	OV
NU212	Pumpkin seeds - organic	125g	1.35	OV
NU323	Pumpkin seeds - organic	250g	2.35	OV
NU261	Pumpkin seeds - organic	500g	4.19	OV
NU213	Sesame seeds - organic	125g	1.09	OV
NU356	Sesame seeds - organic	250g	1.85	OV
NU048	Sesame Seeds Black - organic	125g	1.49	OV
NU105	Sunflower seeds - organic	125g	0.99	OV
NU254	Sunflower Seeds - organic	250g	1.45	OV
NU457	Sunflower seeds - organic	500g	2.35	OV
NU104	Walnuts - organic	125g	2.55	OV
NU012	Walnuts - organic	250g	4.75	OV
NU289	Walnuts - organic	375g	6.85	OV
	<b>ALARA</b>			
NU106	Milled Linseeds & Mulberries	500g	4.95	OV
NU111	Milled Linseeds Mixed Seeds	500g	4.45	OV
NU113	Milled Linseeds Superfoods Mix	500g	5.95	OV
NU098	Raw Milled Linseeds	500g	3.95	OV
	<b>BIONA</b>			
NU304	Amaranth Seeds	500g	2.49	OV
NU303	Hemp Seeds	250g	2.29	OV
	<b>PEARLS OF SAMARKAND</b>			
NU141	Og Black Sesame Seeds	330g	3.29	OV
	<b>PROFUSION</b>			
NU167	Hulled Hemp Seeds	150g	4.69	OV
	<b>RAW HEALTH</b>			
NU187	Organic Black Chia Seeds	450g	8.99	OV
NU140	Organic White Chia Seeds	450g	9.89	OV
	<b>THE RAW CHOCOLATE CO</b>			
NU139	Chia Seeds	230g	3.80	OV
	<b>OILS &amp; FATS</b>			
	<b>SUMA</b>			
GT350	Coconut Oil - Culinary	320g	3.45	OV
GT750	Coconut Oil - Culinary	650g	5.95	OV

code	product	size	rrp	bfgosv
GT075	Coconut Oil - Culinary	900g	8.29	OV
GT320	Coconut Oil - Extra Virgin	320g	7.20	OV
GT650	Coconut Oil - Extra Virgin	650g	12.50	OV
GT019	Italian Organic Olive Oil	3l	42.40	OV
GT017	Italian Organic Olive Oil	500ml	8.36	OV
GT018	Italian Organic Olive Oil	750ml	11.22	OV
GT085	Olive Oil-Extra Virgin,organic	500ml	6.50	VO
GT087	Olive Oil-Extra Virgin,organic	5l	51.50	VO
GT080	Sunflower Oil - organic	500ml	3.45	VO
GT091	Sunflower Oil - organic	5l	22.80	VO
<b>BIONA</b>				
GT067	Coconut Bliss	250g	4.95	OV
GT066	Coconut Bliss	400g	7.49	OV
GT096	Coconut Bliss - Salted Caramel	250g	4.95	OV
GT025	Coconut Oil Cuisine Organic	875ml	8.65	OV
VM271	Flax Seed Oil (was Linseed)	250ml	6.49	OVB
GT061	Mild / Odourless Coconut Oil	470ml	4.79	OV
GT060	Mild / Odourless Coconut Oil	610ml	5.89	OV
VF773	Virgin Coconut Oil Organic	200g	4.39	OV
VF774	Virgin Coconut Oil Organic	400g	7.99	OV
GT069	Virgin Coconut Oil Organic	800g	14.89	OV
GT071	Virgin Coconut Oil Raw	1.2kg	19.89	OV
<b>CLEARSPRING</b>				
GT070	Avocado Oil - Organic	250ml	7.69	OV
GT035	Flax Oil Organic	250ml	4.15	OV
GT001	Hemp Oil Organic	250ml	5.99	OV
GT204	Italian Olive Oil Organic	1l	16.89	VO
GT049	Italian Olive Oil Organic	250ml	5.19	OV
GT203	Italian Olive Oil Organic	500ml	8.89	VO
GT009	Rapeseed Oil Organic	500ml	3.99	OV
GT206	Safflower Oil organic	500ml	6.69	VO
GT207	Sesame Oil organic	500ml	6.29	VO
GT208	Sesame Oil Toasted organic	250ml	4.49	VO
GT230	Sunflower Frying Oil organic	1l	7.49	VO
GT063	Sunflower Frying Oil Organic	2l	13.69	OV
GT231	Sunflower Frying Oil organic	500ml	4.49	VO
GT202	Sunflower Oil organic	1l	5.99	VO
GT201	Sunflower Oil Organic	500ml	3.49	VO
GT209	Toasted Pumpkin Seed Oil Org	250ml	11.99	VO
GT211	Walnut Oil Toasted, Organic	250ml	11.49	VO
<b>COCOFINA</b>				
GT011	Organic Coconut Oil	350ml	5.99	OV
GT003	Organic Coconut Oil	975ml	14.99	OV
<b>COCONUT MERCHANT</b>				
GT048	Coconut Oil with Turmeric	500ml	8.99	OV
GT013	Premium Coconut Oil	1l	16.99	OV
GT047	Raw Extra Virgin Coconut Oil	1l	14.99	OV
GT042	Raw Extra Virgin Coconut Oil	500ml	8.99	OV
GT027	Raw Extra Virgin Coconut Oil	35ml	1.99	OV
<b>LA BIO IDEA</b>				
GT044	Italian Og Virgin Olive Oil	1l	13.89	OV
<b>MANI</b>				
GT002	Og Extra Virgin Olive Oil	1l	13.99	OV
GT007	Og Extra Virgin Olive Oil	500ml	7.99	OV
<b>MERIDIAN</b>				
GT012	Olive Oil-Extra Virgin,organic	500ml	6.99	VO
GT034	Sesame Oil - og	500ml	6.99	OV
GT016	Sunflower Oil - organic	500ml	4.49	VO



code	product	size	rrp	bfgosv
GT033	Toasted Sesame Oil - og	500ml	6.99	OV
	<b>NATURES AID</b>			
GT077	Avocado Oil Organic	250ml	8.95	OV
GT076	Pumpkin Seed Oil Organic	250ml	8.95	OV
	<b>SUNITA</b>			
GT099	Olive Oil-Extra Virgin Organic	5l	67.00	VO
	<b>ZAYTOUN</b>			
GT056	Olive Oil - Fair Trade	500ml	14.69	FOV
GT023	Olive Oil - Fairtrade	5l	115.00	FOV
GT020	Olive Oil - Organic Fairtrade	250ml	9.01	FOV
GT022	Olive Oil - Organic Fairtrade	750ml	20.95	FOV
	<b>OLIVES</b>			
	<b>GAEA</b>			
VF121	Kalamata Olives - organic	300g	2.95	OV
VF070	Mixed Marinated Olives-organic	300g	2.59	OV
	<b>MANI</b>			
KJ051	Green & Kalamata Olives	185g	3.79	OV
KJ038	Green Olives & Fennel Seeds	185g	3.79	OV
KJ056	Kalamata Olives with Balsamic	185g	3.79	OV
KJ432	Og Green & Kalamata Olives	175g	3.69	OV
KJ424	Og Green Olives al Naturel	205g	3.69	OV
KJ430	Og Kalamata Olives al Naturale	205g	3.69	OV
KJ425	Og Kalamata Olives in OliveOil	280g	4.69	GOV
	<b>ORGANICO</b>			
KJ415	Garlic Stuffed Olives	190g	3.65	OV
KJ079	OG Black Olives	280g	3.65	OV
KJ410	Pitted Green Olives	280g	2.95	OV
	<b>SUNITA</b>			
KJ494	Green Olives Organic	360g	2.99	OV
KJ555	Kalamon Olives - organic	360g	3.90	VO
	<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>SUMA / IRIS</b>			
WT018	Organic Tricolore Spirals	500g	1.75	OV
WT075	Organic White Fusilli	500g	1.39	OV
WT016	Organic White Macaroni	500g	1.39	OV
WT085	Organic White Penne	500g	1.39	OV
WT090	Organic White Spaghetti	500g	1.39	OV
WT125	Organic Wholewheat Fusilli	500g	1.39	OV
WT095	Organic Wholewheat Penne	500g	1.39	OV
WT120	Organic Wholewheat Spaghetti	500g	1.39	OV
	<b>BIONA</b>			
WT333	Spelt Lasagne Sheets - Organic	250g	2.89	OV
WT021	Spelt Spaghetti White Organic	500g	2.89	OV
WT025	White Spelt Fusilli	500g	2.89	OV
WT024	White Spelt Penne	500g	2.89	OV
WT334	Whole Spelt Spaghetti -Organic	500g	2.49	OV
WT331	Wholemeal Organic Spelt Penne	500g	2.49	OV
WT332	Wholewheat Spelt Fusilli Org	500g	2.49	OV
	<b>CIEMME</b>			
WT136	OG Gluten Free Gnocchi Plain	400g	3.69	GOV
WT138	Og Gluten Free Gnocchi/ Quinoa	400g	3.69	GOV

code	product	size	rrp	bfgosv
<b>CLEARSPRING</b>				
WT148	Brown Rice Penne - Gluten Free	250g	2.99	OSV
WT052	Gluten Free Buckwheat Pasta	250g	2.79	GOV
WT149	Green Pea & Quinoa Fusilli	250g	2.99	OSV
WT150	Red Lentil & Brown Rice Pasta	250g	2.99	OSV
<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
WT145	Chickpea Fusilli	250g	2.85	OV
WT093	Edamame & Mung Bean Fettuccine	200g	2.85	GOV
WT114	Edamame Bean Spaghetti	200g	2.85	GOV
WT144	Green Lentil Lasagne	250g	2.85	OV
WT143	Green Lentil Penne	250g	2.85	OV
WT012	Mung Bean Rotini	250g	2.85	GOV
<b>LA BIO IDEA</b>				
WT140	Red lentil Fusilli	250g	3.65	OV
WT103	Tagliatelle Egg Pasta	250g	2.39	O
	<i>Speciality</i>			
WT232	Lasagne green	250g	1.99	OV
	<i>White</i>			
WT974	Lasagne White - og no pre cook	250g	1.99	OV
WT048	Macaroni Elbows	500g	1.45	VO
WT050	Penne (Tubes) - White	500g	1.45	VO
WT049	Spaghetti - White	500g	1.45	VO
	<i>Wholewheat</i>			
WT023	Lasagne	250g	1.99	OV
WT237	Linguine	500g	1.45	OV
WT040	Macaroni Elbows - wholewheat	500g	1.45	VO
WT074	Penne (Tubes) - Wholewheat	500g	1.45	VO
WT041	Spaghetti - Wholewheat	500g	1.45	VO
WT046	Tagliatelle - organic	500g	1.45	VO
<b>LA TERRA E IL CIELO</b>				
WT874	Spelt Fusilli	500g	3.45	OV
WT032	Spelt Strozzapreti	500g	3.25	OV
WT899	White Pappardelle Nest	500g	3.05	OV
	<i>White</i>			
WT990	Cavatappi - spirals	500g	2.59	OV
WT982	Fusilli with Spinach - organic	500g	2.69	OV
	<i>Wholewheat</i>			
WT978	Spelt Spaghetti - organic	500g	3.45	OV
<b>MR ORGANIC</b>				
WT029	Tortellini / Porcini Mushrooms	250g	3.95	OV
WT031	Tortellini with Vegetables	250g	3.95	OV
<b>PERFECT PASTA</b>				
WT006	Gluten Free Gnocchetti	250g	2.99	GOV

code	product	size	rrp	bfgosv
<b>PROFUSION</b>				
WT130	Chickpea Fusilli - GF	300g	3.69	GOV
WT129	Red Lentil Fusilli GF	300g	3.69	GOV
WT124	Sprouted Spelt Tagliatelle	250g	3.29	OV
<b>SEEDS OF CHANGE</b>				
WT003	Spinach Trotolles	500g	2.59	OV
WT001	Tortiglione - og	500g	2.59	OV
<b>PASTA (CHILLED)</b>				
<b>AMISA</b>				
CV345	Gluten Free Gnocchi	350g	4.19	GOV
<b>BIONA</b>				
CV440	Fresh Gnocchetti with Pumpkin	400g	4.69	OV
CV181	Fresh Gnocchi	400g	4.19	OV
CV059	Fresh Green Tortellini	250g	3.39	O
CV182	Ravioli Pizzaoila	250g	3.59	O
CV136	Sweet Potato Gnocchi	400g	4.39	OV
CV649	Tortelloni with Ricotta	250g	3.49	O
<b>PASTA SAUCES &amp; PESTOS</b>				
<b>SUMA</b>				
<i>Organic Pasta Sauces</i>				
VF201	Organic Arrabbiata Sauce	350g	1.95	OV
VF191	Organic Bolognese Sauce	340g	1.95	OV
VF192	Organic Napoletana Sauce	350g	1.95	OV
<i>Organic Pestos</i>				
KJ162	Organic Pesto Alla Genovese	190g	3.49	O
KJ161	Organic Pesto Rosso - Vegan	190g	3.45	OV
KJ160	Organic Pesto Siciliano -Vegan	190g	3.45	OV
KJ192	Pesto - Green, vegan	160g	2.99	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>				
KJ328	Chilli & Garlic Pesto	130g	2.99	OV
KJ163	Coconut & Turmeric Salsa	200g	2.35	GOV
VF105	Dairy Free Og Lasagne Sauce	350ml	2.95	OV
KJ331	Grilled Aubergine Add-in	190g	2.69	OV
VF106	Parmagiana Sauce	350ml	2.95	OV
KJ158	Red Chilli & Ginger Hot Salsa	200g	2.35	GOV
KJ327	Red Pepper Pesto (vegan)	130g	2.99	OV
KJ215	Seitan Pasta Sauce	350g	2.69	OV
KJ216	Soya Pasta Sauce	350g	2.69	OVS
KJ214	Tofu Pasta Sauce	350g	2.69	OVS
VF102	Tomato & Olive Bruschetta	200g	2.29	OVS
VF089	Tomato & Onion Bruschetta	200g	2.29	OVS
<b>ORGANICO</b>				
VF043	Olive, Chilli & Garlic - og	360g	3.45	OSV
VF055	Red Wine and Porcini	360g	3.35	OSV
KJ416	Vegan Pesto	120g	4.25	OV
VF032	Vegetable Bolognese - og	360g	3.35	OSV
<b>SEEDS OF CHANGE</b>				
VF072	Bolognese Sauce OG	500g	2.99	OSV
VF038	Sundried Tom & Basil Stir in	195g	3.49	OSV
VF194	Tomato & Basil Pasta Sauce	350g	2.89	OV
VF076	Tomato and Basil - og	500g	3.10	OSV

code	product	size	rrp	bfgosv
	<b>SUNITA</b>			
KJ790	Organic Pesto Genovese	130g	4.19	OV
	<b>PASTRY (FROZEN)</b>			
	<b>DORSET PASTRY</b>			
	<i>Pure Butter Handmade Pastry</i>			
XL124	Puff Pastry	325g	4.85	O
	<b>PATE</b>			
	<b>BONSAN</b>			
GH095	Beetroot & Horseradish Pate	130g	2.69	OV
GH100	Cashew & Bell Pepper Pate	130g	2.69	OV
GH105	Lentil & Turmeric Pate	140g	2.69	OSV
GH085	Tomato & Lupin Pate	140g	2.89	OV
GH099	White Bean & Mustard Pate	140g	2.89	OSV
	<b>GRANOVITA</b>			
GH651	Ready Spreadable Pate - Mushroom	200g	3.30	GVO
GH168	Spicy Mexican Pate - organic	200g	3.30	OV
	<b>SUNITA</b>			
KJ791	Kalamon Olive Pate	135g	3.99	OV
	<b>TARTEX</b>			
GH001	Classic Pate - og	200g	2.79	GOV
GH012	Herb & Garlic Pate - og	200g	2.79	OV
GH006	Herb Pate - og	200g	2.79	OV
GH007	Mushroom pate - og	200g	2.79	OV
GH008	Olive Pate - og	200g	2.79	OV
	<b>PET FOODS &amp; PET CARE</b>			
	<b>BENEVO</b>			
PF015	Complete Vegan Adult Dog Food	2kg	13.99	OV
	<b>K9 ORGANICS</b>			
PF001	Country Rose Dog Shampoo	250ml	9.89	OV
PF004	G & T Dog Shampoo	250ml	9.79	OV
PF005	Lavender Dog Shampoo	250ml	9.79	OV
PF003	Orange Blossom Dog Shampoo	250ml	9.89	OV
PF014	Sensitive Dog Shampoo	250ml	9.89	OV
	<b>YARRAH</b>			
PF023	Dog Biscuits - Vegan Org	500g	5.65	OV
PF502	Dogfood Vegetarian Organic	10kg	66.99	OV
PF501	Dogfood Vegetarian Organic	2kg	13.99	OV
PF503	Multi Dog Biscuits	250g	3.49	OV
PF040	Organic Clay Cat Litter	7kg	11.99	OV
	<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>			
	<b>BIONA</b>			
LJ664	Harissa Relish - prepared	125g	2.99	OV
KJ076	Mustard Medium Hot	320ml	2.49	OV
KJ377	Org Cornichons (Mini Gherkins)	330g	3.49	OSV
KJ036	Sauerkraut - Organic	360g	1.89	OV
	<b>BIONOVA</b>			
KJ119	Classic Mustard - Organic	180g	2.15	OV
KJ121	Coarse French Mustard	180g	2.09	OV
KJ346	Gherkins - Sour	670g	3.45	VOS
KJ025	Gherkins - Sweet & Sour	330g	2.95	OV
	<b>BYODO</b>			
KJ351	Mustard - Dijon, organic	1kg	9.65	VO
KJ354	Mustard - wholegrain, organic	1kg	7.55	VO
	<b>CULTURED FOOD COMPANY</b>			
KJ510	Raw Carrot & Fennel Sauerkraut	400g	5.35	OV
KJ512	Raw Juniper Berry Sauerkraut	400g	5.35	OV
KJ513	Raw Ruby Red Sauerkraut	400g	5.35	OV
KJ514	Raw Sauerkraut	400g	5.35	OV

code	product	size	rrp	bfgosv
<b>DELOUIS</b>				
KJ001	Organic Dijon Mustard	200g	2.09	OV
KJ007	Organic Wholegrain Mustard	200g	2.09	OV
<b>GEO ORGANICS</b>				
KJ332	Apple, Apricot, Ginger Chutney	300g	2.99	OSV
<b>READY MEALS (FROZEN)</b>				
<b>CLIVE'S</b>				
XL338	Organic Nut Roast	280g	5.45	GOSV
<i>Pies &amp; Pastries</i>				
XL019	Arabian Chickpea Pie	250g	2.99	OSV
XL021	Chestnut & Bean Cassoulet Pie	250g	2.99	OV
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
XL022	Hungarian Goulash Pie	250g	2.99	OSV
XL024	Mexican Chilli Pie	250g	2.99	OSV
XL025	Mushroom Pie	250g	2.99	OSV
XL114	Org G/F Mushroom & Leek Pie	235g	3.15	GOV
XL020	Saag Aloo Curry Pie	250g	2.99	OSV
<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>READY TO EAT FOODS (CHILLED)</b>				
<b>BIONA</b>				
CV577	Ballini Mediterranean Style	250g	4.19	O
CV680	Ballini Provencale	250g	4.19	OV
CV184	Beetroot Burger	150g	4.19	OV
CV377	Black Bean & Cashew Nut Burger	160g	4.19	OV
CV548	Chickpea Falafel Burger	220g	4.39	OV
CV545	Curly Kale & Hemp Burger	160g	4.19	OV
CV563	Falafel Balls	220g	4.19	OV
CV327	Falafel Balls - Spinach	220g	4.39	OV
CV328	Falafel Balls Mint and Sesame	220g	4.29	OV
CV678	Horseradish Sauce	125g	2.99	OBV
CV063	Lucky Stars	250g	4.19	OV
CV441	Mini Energy Burgers	250g	4.19	OV
CV321	Mini Quinoa Burgers	195g	4.19	OV
CV180	Mini Vegan Spring Rolls	200g	4.39	OSV
CV188	Mushroom Burger	150g	4.19	OV
CV372	Red Lentil Sun Seed Burger	160g	4.19	OV
CV567	Spinach and Feta Cheese Wrap	150g	3.29	O
CV613	Spring Rolls	220g	4.79	OV
CV745	Sweet Potato Buckwheat Burger	160g	4.19	OV
CV422	Thai Spring Rolls	225g	4.79	OV
<b>FOLLOW YOUR HEART</b>				
<i>Dressings</i>				
CV672	Caesar Salad Dressing	355ml	4.15	OV
CV133	Coleslaw Dressing	355ml	4.15	OV
CV671	Miso Ginger Salad Dressing	355ml	4.15	OV
<i>Veganaise</i>				
CV137	Organic Garlic Veganaise	340g	3.29	OV
CV127	Organic Veganaise	340g	3.29	OSV
<b>Laurie's Tummy Loving Foods</b>				
CV208	Beet Kraut	410g	5.99	OV

code	product	size	rrp	bfgosv
CV320	Golden Kraut	410g	6.99	OV
CV203	Kimchi Kraut	410g	6.99	OV
CV207	Original Sauerkraut	410g	4.99	GOV
<b>LOVING FOODS</b>				
<i>Raw, Organic, Vegan &amp; UK made</i>				
CV316	Hot 'N' Smoky Kimchi	500g	6.89	OV
CV802	Kimchi	500g	6.85	OV
CV801	Sauerkraut	500g	6.35	OV
CV314	Spicy Cortido Kraut	500g	6.89	OV
CV803	Turmeric & Black Pepper Kimchi	500g	6.85	OV
<b>PROFUSION</b>				
CV006	Fresh Organic Sauerkraut	520g	2.69	OV
CV718	Raw Fresh Organic Kimchi	250g	3.69	OV
<b>RAW HEALTH</b>				
<i>Fresh Sauerkraut</i>				
CV813	Feel The Heat	410g	4.39	OV
CV814	Golden Glow	410g	4.39	OV
CV815	In the Pink	410g	4.39	OV
CV747	Organic Fresh Sauerkraut	410g	4.39	OV
<b>TIDEFORD ORGANIC VEGAN FOODS</b>				
CV711	Basil Pesto	150g	3.05	GOV
<b>SALADS &amp; SPROUTS (CHILLED)</b>				
<b>SKY SPROUTS</b>				
<i>Minimum 4 days shelf life</i>				
CV479	Alfalfa & Broccoli Sprouts	100g	1.79	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	1.79	OV
CV476	Alfalfa & Radish Sprouts	100g	1.79	OV
CV475	Alfalfa Sprouts	100g	1.75	OV
CV721	Broccoli Sprouts	100g	1.89	OV
CV504	Mixed Bean Sprouts	227g	1.89	OV
CV503	Mung Bean Sprouts	200g	1.79	OV
CV510	Organic Sprouts Multi Pack	160g	2.55	OV
CV121	Organic Sprouts Protein Pack	175g	2.55	OV
CV131	Organic Sprouts Superfood Pack	110g	2.55	OV
CV509	Radish Sprout	100g	1.79	OV
<b>SALT &amp; SEASONINGS</b>				
<b>GEO ORGANICS</b>				
LJ005	Atlantic Fine Ground Sea Salt	500g	2.69	OV
LJ555	Atlantic Sea Salt Crystals	250g	1.35	OV
<b>PINK MOUNTAIN</b>				
LJ174	Pink Himalayan Coarse Salt	1kg	6.69	OV
LJ170	Pink Himalayan Coarse Salt	300g	2.79	OV
LJ172	Pink Himalayan Fine Salt	1kg	6.69	OV
LJ169	Pink Himalayan Fine Salt	300g	2.79	OV
<b>SEA VEGETABLES</b>				
<b>ATLANTIC KITCHEN</b>				
LJ106	Dulse Organic Seaweed	40g	6.99	OV
<b>CORNISH SEAWEED COMPANY</b>				
HE072	Dulse Shaker	20g	3.79	OV
HE086	Mixed Flakes	40g	3.99	OV
HE040	Organic Cornish Seaweed Salt	70g	2.95	OV
HE006	Organic Dulse	20g	4.39	OV
HE014	Organic Mixed Seaweed Flakes	60g	5.29	OV
HE048	Organic sea Salad	30g	5.29	OV
HE043	Organic Sea Spaghetti	40g	4.39	OV
HE061	Pasta & Vegetable Seasoning	33g	3.85	OV
HE085	Sea Salad Shaker	12g	3.79	OV

code	product	size	rrp	bfgosv
HE087	Seaweed Pepper Grinder	60g	3.59	OV
HE088	Seaweed salt grinder	100g	3.29	OV
<b>I SEA BACON</b>				
LJ176	Seaweed Bacon	30g	5.79	OV
<b>I SEA PASTA</b>				
LJ198	Seaweed Tagliatelle	100g	5.79	OV
<b>MARIVITA</b>				
HE012	Dried & Ground Seaweed Organic	100g	4.79	OV
<b>SNACK BARS &amp; FLAPJACKS</b>				
<b>CLIF BAR</b>				
KB328	Chocolate Hazelnut Butter	50g	1.99	OS
KB365	Chocolate Peanut Butter	50g	1.99	OS
KB393	Peanut Butter	50g	1.99	OS
<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>ORGANICA</b>				
KB525	Creamy Marzipan Dream Bar	40g	0.99	OSV
KB703	Golden Coconut Delight	40g	0.99	OSV
KB702	Hazelnut Nougat Delight	40g	0.99	OSV
<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>RHYTHM 108</b>				
WS083	Choco Walnut Brownie	40g	1.39	VGSO
WS084	Coconut Macaroon	40g	1.39	OSCV
WS085	Hazelnut Cookie DOugh	40g	1.39	SGVO
<b>SUNITA</b>				
KB998	Sesame & Honey Bar - organic	30g	0.89	O
<b>TROPICAL WHOLEFOODS</b>				
KB710	Organic Mango & Brazil	40g	0.79	FOV
<b>SOFT DRINKS</b>				
<b>BELVOIR</b>				
JU810	Elderflower Presse	250ml	1.69	OSV
JU792	Elderflower Presse	750ml	3.49	OSV
JU814	Ginger Beer	250ml	1.69	OSV
JU813	Ginger Beer	750ml	3.49	OSV
JU811	Handmade Lemonade	250ml	1.69	OSV
<b>BIONA</b>				
JU183	Coconut Water - og	330ml	1.79	OV
JU556	Kombucha Ginger Lime	330ml	2.99	OSV
JU523	Kombucha Original	330ml	2.99	OSV
JU551	Kombucha Sour Cherry Mint	330ml	2.99	OSV
<b>CHARITEA</b>				
JU598	CharITea Black	330ml	1.35	FOSV
JU597	CharITea Green	330ml	1.35	FOS
JU596	CharITea Mate	330ml	1.35	FOS
JU595	CharITea Red	330ml	1.35	FOSV

code	product	size	rrp	bfgosv
<b>COCOFINA</b>				
JU368	Cocofina Natural Coconut Water	1l	3.99	OV
JU777	Organic Coconut Water Turmeric	200ml	2.99	GOV
<b>DAIONI</b>				
JU080	Banana Flavour Milk - og	250ml	1.20	OS
JU081	Chocolate Flavour Milk - og	250ml	1.20	OS
JU082	Strawberry Flavour Milk - og	250ml	1.20	OS
<b>GUSTO</b>				
JU222	Cherry Cola	275ml	1.99	OV
JU223	Fiery Ginger With Chipotle	275ml	1.99	FOV
JU148	Lemon Energy	250ml	1.99	OV
JU353	Organic Real Cola	275ml	1.99	FGOV
JU147	Original Energy	250ml	1.99	OV
JU224	Sicilian Blood Orange	275ml	1.99	FOV
JU159	Sicilian Lemon with Fresh Yuzu	275ml	2.05	FOV
<b>HAMPSTEAD TEA</b>				
<i>Iced Tea</i>				
JU169	Elegant Elderflower	1l	2.99	FOSV
JU172	Perfect Peach	1l	2.99	FOSV
JU174	Royal Raspberry	1l	2.99	FSOV
<b>ICE CUBE TEA</b>				
JU037	Sicilian Lemon Iced Black Tea	275ml	2.20	OV
<b>KARMA DRINKS</b>				
<i>Cans</i>				
JU617	Gingerella Ginger Ale	250ml	1.29	FOSV
JU616	Karma Cola	250ml	1.29	FOSV
JU800	Karma Orangeade	250ml	1.29	FOSV
JU615	Lemony Lemon	250ml	1.29	FSOV
<i>Glass Bottles</i>				
JU073	Gingerella Ginger Ale	300ml	1.85	FOVS
JU075	Karma Cola	300ml	1.85	FOSV
JU750	Karma Cola - Sugar Free	300ml	1.85	FOV
JU078	Lemony Lemon	300ml	1.85	FOSV
JU302	Summer Orangeade	300ml	1.85	FOSV
<b>KOMBUCHA KAT</b>				
JU072	Blueberry	250ml	1.69	OSV
JU036	Energy	250ml	1.69	OSV
JU056	Ginger	250ml	1.69	OSV
JU083	Original	250ml	1.69	OSV
<b>LEMONAID BEVERAGES</b>				
JU592	Lemonaid Blood Orange	330ml	1.75	FOSV
JU068	Lemonaid Ginger	330ml	1.75	FOSV
JU587	Lemonaid Lime	330ml	1.75	FOSV
JU589	Lemonaid Passion Fruit	330ml	1.75	FOSV
<b>LUSCOMBE DRINKS</b>				
JU584	Cool Ginger Beer	270ml	1.75	OV
JU438	Cranberry Crush	270ml	1.85	OV
JU482	Damascene Rose Bubbly	270ml	1.85	OV
JU586	Hot Ginger Beer	270ml	1.75	OV
JU483	Madagascar Vanilla Soda	270ml	1.85	OV
JU480	Passionate Ginger Beer	270ml	1.85	OV
JU145	Raspberry Crush	270ml	1.85	OV
JU108	Rhubarb Crush	270ml	1.85	OSV
JU583	Sicilian Lemonade	270ml	1.75	OV
JU439	St Clements	270ml	1.75	OV
JU442	Strawberry Crush	270ml	1.85	OV
JU585	Wild Elderflower Bubbly	270ml	1.85	OV



code	product	size	rrp	bfgosv
	<i>Mixer Range</i>			
JU034	Cucumber Tonic	200ml	0.99	OSV
JU035	Light Devon Tonic	200ml	0.95	OSV
	<b>OH MY GUTNESS</b>			
JU089	Real Cola	330ml	1.99	GOV
	<b>ORGANICO</b>			
JU367	Blueberry Sparkle	750ml	5.95	OV
JU473	Bubbly Blackcurrant Juice	750ml	5.95	OV
JU194	Lemon & Apple Refresher	750ml	5.95	OV
JU369	Raspberry Fizz	750ml	5.95	OV
	<b>PIP ORGANIC</b>			
JU399	Sparkling Apple	250ml	2.19	OV
JU405	Sparkling Lemon	250ml	2.19	OV
	<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>ROCKS</b>			
JU503	Blackcurrant & Elderflower	250ml	1.39	OSV
JU229	Elderflower	250ml	1.39	OSV
JU500	Ginger & Wasabi	250ml	1.39	OSV
JU502	Mango & Orange	250ml	1.39	OSV
JU499	Raspberry & Lime	250ml	1.39	OSV
JU501	Strawberry & Blackcurrant	250ml	1.39	OSV
	<b>RUNA</b>			
JU146	Blood Orange Energy Drink	330ml	1.49	OV
JU135	Pineapple Energy Drink	330ml	1.49	SOV
JU134	Wild Berry Energy Drink	330ml	1.49	SOV
	<b>SCHECKTERS</b>			
JU669	Organic Energy	250ml	1.73	OV
JU154	Scheckters Organic Energy Lite	250ml	1.73	OSV
	<b>THE GUTSY CAPTAIN COMPANY</b>			
	<i>Kombucha</i>			
JU410	Ginger and Lemon	250ml	2.09	OSV
JU411	Original	250ml	2.09	OSV
JU412	Raspberry	250ml	2.09	OSV
	<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>WHOLE EARTH</b>			
JU311	Apple Drink - og	330ml	1.29	OSV
JU946	Cola - organic	330ml	1.29	OSV
JU935	Lemonade - organic	330ml	1.29	OSV
JU947	Mountain Cranberry - Organic	330ml	1.29	OSV
JU310	Orange & Lemonade - og	330ml	1.29	OSV
JU189	Sparkling Elderflower - og	330ml	1.29	OV
JU186	Sparkling Ginger - og	330ml	1.29	OV
	<b>WONDER DRINK</b>			
JU062	Original Kombucha	250ml	2.29	OSV
	<b>SOUPS</b>			
	<b>SUMA</b>			
VF345	Italian Tomato & Basil Soup	400g	1.75	OSV
VF390	Minestrone Soup	400g	1.75	OV
VF655	Organic Mushroom Soup	400g	2.09	OV
VF595	Organic Pea Soup	400g	2.09	OV

code	product	size	rrp	bfgosv
VF600	Organic Tomato Soup	400g	1.75	OV
VF500	Red Pepper & Tomato Soup	400g	1.55	OV
VF525	Rustic Vegetable Soup	400g	1.75	OV
VF365	Spicy Lentil Soup	400g	1.75	OV
VF685	Tuscan Bean Soup	400g	1.75	OV
<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
VF245	Vegetable Barley Soup	400g	2.25	OV
	<i>Hearty Soup</i>			
VF267	Quinoa Kale & Red Lentil Soup	408g	2.79	GOV
<b>ESSENTIAL TRADING</b>				
VF085	Lentil & Pumpkin Soup	680g	2.95	OV
VF375	Pea Soup	680g	2.95	OV
<b>FREE &amp; EASY</b>				
VF302	Broccoli & Kale	400g	1.75	GOV
VF096	Butternut Squash & Ginger - Og	400g	1.75	OV
VF297	Butternut, Sweet Potato, Turmeric	400g	1.75	GOV
VF124	Carrot & Coconut Soup	400g	1.75	OV
VF720	Lentil & Red Pepper Soup - Org	400g	1.75	OV
VF086	Pea & Mint Soup - Org	400g	1.75	OV
VF097	Sweet Potato & Chia Soup - Org	400g	1.75	GOV
VF301	Sweet Potato & Quinoa	400g	1.75	GOV
VF083	Tomato Soup - Org	400g	1.75	OV
<b>YAKSO</b>				
VF115	Dahl - Indian Lentil Soup	500ml	3.89	OV
VF126	Harira - North African Soup	500ml	3.89	OV
VF122	Laksa - Malaysian Curry Soup	500ml	3.89	OV
VF113	Soto Katjang Soup	500ml	3.89	OV
<b>SOUPS (CHILLED)</b>				
<b>TIDEFORD ORGANIC VEGAN FOODS</b>				
CV524	Carrot, Cumin & Beetroot Soup	600g	3.05	OV
CV619	Country Veg, Rosemary & Thyme	600g	3.05	OV
CV356	Italian Tomato Soup	600g	3.05	OV
CV782	Lentil and Spinach Dahl	600g	3.05	GOV
CV357	Minestrone Soup	600g	3.05	OV
CV644	Pea Soup	600g	3.05	OV
CV383	Red Lentil Soup	600g	3.05	OV
CV699	Spiced Sweet Potato Soup	600g	3.05	OV
CV364	Spinach & Split Pea Soup	600g	3.05	OV
CV734	Tomato and Basil	600g	3.05	GOV
CV819	Winter Greens Soup	600g	3.05	OV
CV783	Winter Spiced Parsnip Soup	600g	3.05	GOV
<b>SPIRITS &amp; LIQUEURS</b>				
WN086	Highland Harvest Blended Malt	70cl	39.35	OV
WN048	Juniper Green Fairwild Gin	70cl	29.95	OV
WN005	Papagayo Golden Rum	70cl	32.25	OV
WN088	Papagayo White Rum	70cl	29.89	OV
WN049	Utkins Single Estate Vodka	70cl	28.85	OV
<b>SUGARS &amp; SYRUPS</b>				
<b>SUMA</b>				
LJ099	Agave Syrup - organic	240ml	3.99	OV
LJ121	Agave Syrup - organic	500ml	7.99	OV
LJ300	Coconut Blossom Syrup Organic	350g	5.69	OV

code	product	size	rrp	bfgosv
<b>SUMA PREPACKS - ORGANIC</b>				
LJ100	Coconut Palm Sugar, Organic	500g	4.49	OSV
LJ261	Demerara Sugar - organic	500g	3.15	OSV
LJ255	Icing Sugar - organic	500g	3.75	VOS
LJ251	Raw Cane Sugar - organic	500g	2.75	OSV
<b>BILLINGTONS</b>				
LJ999	Granulated Sugar - organic	500g	2.35	VO
LJ190	Organic Natural Caster	500g	2.69	OVS
<b>BIONA</b>				
HY008	Caramel Agave Syrup	350g	4.59	OSV
LJ083	Coconut Blossom Nectar	350g	6.39	OV
LJ011	Coconut Palm Sugar - Organic	250g	2.99	OSV
LJ014	Coconut Palm Sugar - Organic	500g	5.49	OSV
LJ182	Dark Agave Syrup	250ml	3.99	OV
HY026	Organic Brown Rice Syrup	350g	3.39	OV
HY020	Organic Date Syrup	350g	3.59	OV
HY022	Organic Maple Agave Syrup	350g	5.39	OV
LJ181	Rapadura / Sucanat Sugar	500g	3.79	OSV
<b>CHANTICO</b>				
LJ226	Raw Agave Syrup	333g	3.49	GOV
LJ227	Wild Agave Syrup	333g	3.49	GOV
<b>CLEARSPRING</b>				
HY210	Rice Malt Syrup - organic	330g	3.19	OV
<b>COCOFINA</b>				
HY057	Coconut Flower Nectar - og	250ml	5.49	OV
<b>COCONUT MERCHANT</b>				
LJ235	Organic Coconut Sugar	1kg	11.99	OV
<b>EQUAL EXCHANGE</b>				
LJ500	Raw Cane Sugar - organic	500g	2.39	FOSV
<b>MERIDIAN</b>				
HY006	Barley Malt Extract - og	370g	2.99	OV
HY300	Blackstrap Molasses - Organic	350g	1.99	FOV
HY012	Blackstrap Molasses - Organic	600g	2.49	FOV
HY250	Maple Syrup - organic	330g	6.99	OV
LJ298	Maple Syrup Organic - Squeezy	250g	6.99	OV
<b>RAYNERS</b>				
LJ901	Black Treacle - organic	340g	2.59	OV
LJ587	Fairtrade Organic Golden Syrup	340g	3.75	FVO
LJ704	Golden Syrup - Organic	5kg	35.99	FOV
LJ900	Malt Extract - Organic	340g	3.29	OV
LJ589	Malt Extract - Organic	5kg	26.49	OV
<b>SHADY MAPLE FARMS</b>				
HY899	Maple Syrup - organic	1.89l	55.49	OV
HY025	Maple Syrup - organic	250ml	7.99	OV
HY014	Maple Syrup - organic (Pouch)	125ml	4.35	OV
<b>ST LAWRENCE GOLD</b>				
HY056	Og Maple Syrup Grade a Amber	1l	24.29	OV
HY053	Og Maple Syrup Grade A Amber	250ml	6.79	OV
HY035	Og Maple Syrup Grade A Amber	500ml	12.69	OV
HY042	Og Maple Syrup Grade A Dark	250ml	6.79	OV
HY001	Pure Organic Maple Butter	150g	6.99	OV
HY002	Pure Organic Maple Sugar	125g	6.39	OV
<b>TERRASANA</b>				
HY754	Maple Syrup	1l	26.55	OV
<b>SUPERFOODS &amp; SPORTS NUTRITION</b>				
<b>BEET IT</b>				
<i>From James White</i>				
JU201	Beet It Stamina Shot	70ml	1.45	OV

code	product	size	rrp	bfgosv
	<b>BIONA</b>			
MD736	Cracked Linseed Gold Organic	500g	4.99	OV
	<b>CLEARSPRING</b>			
MD069	Flaxseed Protein Powder	350g	5.89	GOV
	<b>CREATIVE NATURE</b>			
MD142	Shelled Hemp Seeds	300g	8.99	OV
	<b>GRANOVITA</b>			
GT300	Flax Oil - Organic	260ml	11.75	GOV
GT302	Hemp Oil - Organic	260ml	7.89	GOV
	<b>GREEN ORIGINS</b>			
MD085	Cacao Butter Organic	90g	2.95	OV
MD084	Cacao Powder Organic	90g	2.05	OV
MD026	Maca Powder	90g	3.59	OV
MD078	Organic Bee Pollen	75g	4.95	O
MD093	Spirulina Powder Organic	90g	2.89	OV
MD024	Turmeric Powder	100g	2.99	OV
	<i>Capsules &amp; Tablets</i>			
MD071	Immunity Support Capsules	60	15.26	OV
	<i>Freeze Dried</i>			
MD080	Acai Berry Powder Organic	50g	5.75	OV
	<i>PROTEIN SHAKES</i>			
MD012	Cacao & Maca	250g	14.69	OV
MD019	Strawberry & Acerola	250g	14.69	OV
MD022	Vanilla & Baobab	250g	14.69	OV
	<b>JAMES WHITE</b>			
JU647	Extra Ginger Zinger Shot	70ml	1.65	OV
JU571	Ginger Zinger Shot	70ml	1.49	OV
JU649	Lime & Chilli Ginger Shot	70ml	1.49	OV
	<b>LINWOODS</b>			
MD101	Flax,Sunflower & Pumpkin Seeds	425g	6.05	OV
MD114	Flaxseed	200g	3.35	GOV
MD102	Flaxseed	425g	5.29	GOV
	<i>Organic Sprouted Range</i>			
VM263	Sprouted Flaxseed	360g	6.99	GOV
	<b>NATURYA</b>			
MD040	Greens Blend Organic	250g	11.25	FGOV
MD032	Mushroom Superblend	100g	15.99	OVG
MD158	Organic Acai Powder	125g	19.99	OV
MD157	Organic Barleygrass Powder	200g	7.99	OV
MD216	Organic Cacao Powder F/trade	250g	6.99	FVO
MD111	Organic Chia Seeds	300g	5.99	OV
MD156	Organic Chlorella Powder	200g	12.49	OV
MD153	Organic Cocoa Nibs	300g	7.99	OV
MD152	Organic Hemp Protein Powder	300g	9.99	OV
MD150	Organic Maca Powder	300g	6.99	OV
MD155	Organic Spirulina Powder	200g	8.99	GOV
MD067	Organic Turmeric Superblend	250g	7.99	GOV
MD154	Organic Wheatgrass Powder	200g	7.99	OV
	<b>PREWETT'S</b>			
VM020	Organic Ground Flaxseed	175g	2.45	OV
	<b>PULSIN'</b>			
VM163	Organic Whey Protein Powder	1kg	53.45	GO
VM175	Organic Whey Protein Powder	250g	16.99	GO
	<b>RAINFORREST FOODS</b>			
	<i>Capsules &amp; Tablets</i>			
MD246	Spirulina Tablets 500mg	300 tablets	15.99	OV
	<i>Pouches</i>			
MD261	4 Root Maca Powder	300g	10.99	OV

code	product	size	rrp	bfgosv
MD264	Cacao Powder	250g	9.99	OV
MD259	NZ Wheatgrass Powder	200g	15.99	OV
MD258	Spirulina Powder	200g	9.99	OV
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>FLORADIX</b>				
MD023	Detox Bio Herbal Formula	250ml	17.89	OV
<b>HEALTHPOL</b>				
DY720	Delacet - Head Lice Solution	100ml	14.15	OV
<b>NATURES AID</b>				
VM293	Bilberry Capsules	60 capsules	16.55	GOV
VM185	Evening Primrose Oil Organic	90 capsules	14.95	OV
VM030	Mushroom Complex Organic	60 capsules	18.95	OV
<b>NATURES OWN</b>				
<i>Organic Range</i>				
VM122	Organic Curcumin Complex	60 capsules	9.30	OV
VM126	Organic Kelp	60 capsules	11.20	OV
<b>PUKKA</b>				
MD159	Ashwaganda - Wholistic	30 capsules	16.97	OV
MD202	Castor Oil	250ml	9.95	OV
MD131	Clean Greens Powder	112g	27.95	OV
MD143	Natural Vitamin C	60 capsules	14.95	OV
MD164	Night Time	30 capsules	7.45	OV
MD056	Organic Aloe Vera Juice	1l	17.32	OV
MD117	Organic Aloe Vera Juice	500ml	10.35	OV
MD160	Organic Elderberry Syrup	100ml	10.99	OS
MD182	Turmeric Active	30 capsules	15.95	OV
MD066	Turmeric Active	60 capsules	28.95	OV
MD178	Wholistic Turmeric	30 capsules	15.99	OV
MD064	Womankind Menopause	30 capsules	16.95	OV
MD184	Womankind Premenstrual	30 capsules	16.95	OV
MD036	Women Wholistic Shatavari	30 capsules	16.95	GOV
<b>SIMPLEE ALOE</b>				
MD025	Aloe Juice Health Supplement	1l	15.99	GOV
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV
<b>SWEET SNACKS</b>				
<b>BIONA</b>				
ZX002	Berry Burst Sweets - Organic	75g	1.89	GOSV
ZX662	Cola Bottle Sweets - Organic	75g	1.89	OSV
ZX441	Jelly Dino Sweets - Organic	75g	1.89	GOSV
ZX911	Mini Fruit Bears	75g	2.09	GOSV
ZX443	Pomegranate Heart Sweets - Org	75g	1.89	GOSV
ZX576	Sour Snake Sweets - Organic	75g	2.09	GOSV
<b>BONSAN</b>				
KB418	Fruity Stars	50g	1.79	OSV
<b>JOM</b>				
<i>70g Bags</i>				
ZX203	Fizzy Caramel	70g	2.29	SOV
ZX633	Juicy Peach	70g	2.29	OSV
ZX652	Sour Blueberry	70g	2.29	SOV
ZX298	Wild Raspberry	70g	2.29	OVS
<b>JUST WHOLEFOODS</b>				
ZX573	Froty Fruits, Organic, Vegan	100g	1.95	OSV
ZX209	Vegebears, Organic, Vegan	100g	1.89	OSV
ZX571	Vegebears, Organic, Vegan	100g	1.95	SOV
<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

code	product	size	rrp	bfgosv
KB093	Mi Colazon	100g	1.99	GOSV
	<b>SUNITA</b>			
ZX587	Grape Juice & Sultana Halva OG	75g	1.60	OV
ZX850	Honey Halva - organic	75g	2.00	O
ZX588	Honey Halva with Almonds OG	75g	2.15	O
ZX099	Og Halva with Coconut	75g	1.79	O
ZX524	Organic Honey Halva with Cocoa	75g	1.99	O
	<b>TABLE SAUCES</b>			
	<b>BIONA</b>			
KJ228	Balsamic Glaze Organic	150ml	3.69	OV
KJ225	BBQ Sauce Organic	250ml	2.79	OSV
KJ082	Brown Sauce Organic	270g	3.59	OV
KJ106	Classic Tomato Ketchup Squeezy	560g	2.99	GOSV
KJ226	Sweet Chilli Sauce Organic	250ml	2.79	OSV
KJ232	Tomato Ketchup, Organic	340g	2.49	OV
KJ463	Worcester Sauce	140ml	3.69	GOSV
	<b>BONSAN</b>			
KJ085	Hot & Fiery Chilli Sauce	140ml	3.49	OSV
KJ086	Worcester Sauce	140ml	3.79	OSV
	<b>GEO ORGANICS</b>			
KJ212	Worcestershire Sauce - organic	150ml	3.15	OSV
	<b>MERIDIAN</b>			
JS080	Redcurrant Jelly - organic	284g	2.99	OV
KJ621	Tomato Ketchup - organic	285g	2.49	GOSV
	<b>MR ORGANIC</b>			
KJ050	Italian Organic Ketchup	480g	2.65	OSV
KJ496	Naturally sweetened Ketchup	480g	3.59	GOV
	<b>TEAS</b>			
	<b>CLEARSPRING</b>			
JP210	Genmaicha Green Tea Tea Bags	20 bags	3.29	OV
JP097	Hojicha Roasted Green Tea	20 bags	3.29	OV
JP009	Kukicha loose tea - organic	125g	4.69	OV
JP063	Kukicha,Roasted Twig Teabags	20 bags	3.29	OV
JP010	Matcha Sencha Green Tea (bags)	20 bags	3.69	OV
TE237	Matcha Tea Ceremonial Tin	30g	16.99	OV
TE504	Matcha Tea Premium (bulk)	1kg	193.00	OV
TE243	Matcha Tea Premium (Pouch)	40g	10.99	OV
JP302	Sencha Green Tea	20 bags	3.29	OV
JP019	Sencha loose tea - organic	125g	8.39	VO
	<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>			
TE982	Assam - organic	125g	2.53	FOV
TE983	Assam - organic	50 bags	2.53	FOV
TE500	Earl Grey - organic	50 bags	2.99	FOV
TE053	Earl Grey - organic	80 bags	3.99	FOV
TE507	English Breakfast Organic	80 bags	3.99	FGOV
TE897	English Breakfast Organic	125g	2.53	FOV
TE300	English Breakfast Organic	40 bags	2.53	FOV
TE967	Indian Chai organic	20 bags	1.90	FOV

code	product	size	rrp	bfgosv
	<i>Decaffeinated Range</i>			
TE154	Decaffeinated Green	40 bags	3.49	FOV
TE151	Decaffeinated Tea	40 bags	3.49	FOV
TE164	Decaffeinated Tea	80 bags	5.99	FOV
TE158	Earl Grey Decaff	40 bags	3.49	FOV
	<i>FOOD SERVICE RANGE</i>			
TE150	Earl Grey - og	25 bags	2.53	FOV
TE796	English Breakfast - og	25 bags	2.53	FOV
TE635	Everyday Decaffeinated - og	25 bags	2.53	FOV
TE161	Green Tea - og	25 bags	2.53	FOV
	<i>GREEN TEA FAIRTRADE</i>			
TE486	Citrus Green Tea + Echinacea	20 bags	1.89	OFV
TE968	Green Chai - og	20 bags	2.29	FOV
TE877	Green Tea - og	100g	2.69	FOV
TE571	Green Tea with Aloe Vera - og	20 bags	2.38	FOV
TE996	Organic Green & Lemon 80 Bags	80 bags	3.99	OVF
TE993	Organic Green Decaf Tea	20 bags	2.19	OVF
TE991	Organic Green Tea & peppermint	20 bags	1.99	OFV
TE990	Organic Green Tea with Lemon	20 bags	1.99	OFV
TE997	Organic Pure Green 80 Bags	80 bags	3.99	OFV
TE989	Organic Pure Green Tea	20 bags	1.99	OFV
TE484	Pure Green Tea - organic	50 bags	2.69	FOV
	<i>Organic White Tea</i>			
TE683	White Tea - og	26 bags	1.90	VO
TE628	White Tea with Peppermint	26 bags	1.90	OV
TE423	White Tea with Raspberry	26 bags	1.90	OV
TE006	White Tea with Vanilla	26 bags	1.90	OV
	<i>Originals</i>			
TE522	Organic Blend	40 bags	1.99	OV
TE953	Organic Blend	80 bags	3.49	OV
TE776	Organic Decaff Everyday Tea	40 bags	3.49	OV
	<b>GREEN ORIGINS</b>			
TE762	Ceremonial Matcha Powder	30g	8.25	OV
	<b>HAMPSTEAD TEA</b>			
TE939	Clean Green	20 bags	2.49	FOV
TE249	Darjeeling Tea - og	100g	5.99	BOV
TE936	Divine Earl Grey	20 bags	2.49	FOV
TE251	Earl Grey Tea - og	100g	5.99	OVB
TE677	English Breakfast Tea - og	100g	5.99	GOVB
TE392	First Flush Darjeeling - og	100g	9.96	OVB
TE255	Green Tea - og	100g	5.99	BOV
TE935	Pure Darjeeling	20 bags	2.49	FOV
TE932	Strong English Breakfast	20 bags	2.49	FOV
	<b>PUKKA</b>			
TE213	Elegant English Breakfast	20 bags	2.99	FOV
TE214	Gorgeous Earl Grey	20 bags	2.99	FOV
	<b>QI</b>			
TE308	Decaffeinated Green Tea	20 bags	2.39	FOV
TE819	Fairtrade Chun Mee Tea	100g	2.39	FOV
TE583	Fairtrade Detox Tea	25 bags	2.09	FOV
TE582	Fairtrade Ginger Green Tea	25 bags	2.09	FOV
TE585	Fairtrade Ginkgo Green Tea	25 bags	2.09	FOV
TE485	Fairtrade Green Tea	25 bags	1.69	FOV
TE817	Fairtrade Gunpowder Tea	100g	2.39	FOV
TE114	Fairtrade White Tea	25 bags	1.89	FOV
TE257	Green Tea and Matcha	20 bags	2.09	FOV
TE260	Green Tea, Turmeric & Matcha	20 bags	2.09	FOV

code	product	size	rrp	bfgosv
TE112	Jasmine Green Tea	25 bags	1.69	FOV
TE310	Matcha Green Tea Powder	40g	11.95	FOV
<b>RIDGWAYS</b>				
TE619	Tea - Organic	80 bags	2.79	OV
<b>RUDE HEALTH FOODS</b>				
<i>Hot Drinks</i>				
TE100	Hot Chocolate - Organic	1l	2.99	OV
TE157	Turmeric Latte - Organic	1l	2.99	OV
<b>SWEET REVOLUTION</b>				
TE782	Instant Matcha Latte	200g	7.99	OV
TE781	Instant Turmeric Latte	200g	7.99	OV
<i>Barista Blend</i>				
TE838	Beetroot Latte with Ginger	500g	18.00	OV
TE915	Chicory Latte with Lion's Mane	250g	18.00	OV
TE851	Chocolate Latte with Raw Cacao	1kg	7.99	OV
<b>TOFU &amp; TEMPEH (CHILLED)</b>				
<b>CAULDRON</b>				
CV562	Organic Marinated Tofu Pieces	160g	2.86	SOV
CV561	Organic Tofu	396g	2.60	OV
<b>CLEAR SPOT</b>				
CV614	Indian Tofu	225g	2.89	OV
CV209	Marinated Tofu	190g	2.45	OV
CV610	Mexican Tofu	225g	2.89	OV
CV612	Oriental Tofu	225g	2.89	OV
CV206	Plain Tofu	280g	1.99	OV
CV272	Plain Tofu	450g	3.15	OV
CV249	Smoked Tofu	225g	2.75	OV
CV074	Tempeh	200g	3.69	OV
CV214	Tofu Sea Cakes	190g	2.15	OV
<b>DRAGONFLY</b>				
CV394	Org Natural Tofu	300g	2.25	OV
CV393	Org Premium Marinated Tofu	200g	2.79	OV
CV395	Org Smoked Tofu	300g	2.85	OV
<b>IMPULSE FOODS</b>				
CV537	Classic Original Tempeh	200g	2.85	OV
CV543	Tempeh with Hemp Seeds	200g	3.09	OV
CV544	Tempeh with Sea Vegetables	200g	2.99	OV
<b>NATUREMADE OASIS</b>				
CV582	Marinated Tofu	200g	2.09	OV
<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>TAIFUN</b>				
CV007	Almond/Ses Tofu Slice	200g	3.99	OV
CV835	Basil Tofu with Fresh Herbs	200g	3.99	OVB
CV716	Curcuma Turmeric Tofu	200g	3.99	OV
CV635	Feto Natural Tofu	200g	3.79	OV
CV684	Firm Tofu - Natural	200g	2.29	OV
CV682	Firm Tofu - Natural	400g	3.29	OV
CV035	Natural Silken Tofu	400g	3.79	OVB
CV833	Smoked Tofu- Eat hot or cold.	200g	3.39	OV
CV841	Tofu Fillet - Japanese Style	160g	3.29	OVB
CV840	Tofu Fillet - Mild Wild Garlic	160g	3.59	OVB
CV839	Tofu Fillet - Pizza Style	160g	3.59	OVB
CV832	Tofu Rosso - Taste of the Med	200g	3.99	OVB



code	product	size	rrp	bfgosv
	<b>TIBA TEMPEH</b>			
CV653	BBQ Burger	200g	3.50	OV
CV659	Curry Spiced Tempeh Pieces	200g	3.50	OV
CV669	Soy Marinated Pieces	200g	3.50	OV
CV663	Sweet Chilli Tempeh Pieces	200g	3.50	OV
CV655	Traditional Tempeh Block	200g	3.25	OV
	<b>VIANA</b>			
	<i>Demeter Organic Standard</i>			
CV410	Hazelnut Tofu	250g	2.55	OV
CV408	Real Smoked Firm Tofu	250g	2.89	OV
	<b>TOMATOES &amp; TOMATO PRODUCTS</b>			
	<b>SUMA</b>			
LJ660	Organic Basil Passata	690g	1.79	VO
LJ560	Organic Passata	690g	1.75	VO
LJ088	Tomato Puree - organic	200g	1.29	VO
LJ236	Tomatoes - crushed, organic	2.5K	4.99	OV
	<i>Canned</i>			
LJ075	Cherry Tomatoes - organic	400g	1.35	OV
LJ750	Chopped Tomatoes with Basil	400g	0.99	VO
LJ080	Tomatoes - chopped, organic	400g	0.99	OV
LJ123	Tomatoes - chopped, organic	2.5kg	5.35	OV
LJ081	Tomatoes - peeled, whole OG	400g	1.05	VO
	<b>SUMA PREPACKS - ORGANIC</b>			
	<i>Dried</i>			
LJ602	Sundried Tomatoes - organic	125g	1.99	OV
	<b>MR ORGANIC</b>			
KJ071	Italian Tomato Puree	200g	1.75	OV
	<b>ORGANICO</b>			
KJ010	Sundried Tomatoes - og	190g	4.85	OV
	<b>TOOTH CARE</b>			
	<b>BEN &amp; ANNA</b>			
DY300	Mouthwash - Sensitive	500ml	10.95	OV
DY302	Toothpaste - Charcoal	100ml	8.95	OV
DY293	Toothpaste - Sensitive	100ml	8.95	OV
DY291	Toothpaste - Whitening	100ml	8.95	OV
DY296	Toothpowder - Charcoal	15g	8.95	OV
DY299	Toothpowder - Cinnamon	45g	10.95	OV
	<b>GREEN PEOPLE</b>			
DY256	Childrens Mandarin	50ml	4.49	VO
DY980	Childrens Mandarin/Fluoride	50ml	4.75	GOV
DY014	Childrens Spearmint&AloeVera	50ml	4.49	VO
	<b>LAVERA</b>			
DY591	Complete Care Toothpaste	75ml	4.95	OV
	<b>THE NATURAL FAMILY CO</b>			
	<i>Toothpaste</i>			
DY498	Original Toothpaste	100g	4.87	GOV
DY494	Whitening Toothpaste	100g	4.87	GOV
	<b>VEGETABLES</b>			
	<b>SUMA</b>			
	<i>Canned from Fresh</i>			
VF111	Fresh Peas - Organic	340g	1.39	OV
LJ800	Supersweet Sweetcorn - Organic	340g	1.39	OV
LJ550	Sweetcorn - Organic	340g	1.39	OV
	<b>AMAIZIN</b>			
KJ117	Jalapeno Peppers	150g	2.39	GOV
	<b>BIONA</b>			
LJ243	Capers In Olive Oil	120g	4.39	OV

code	product	size	rrp	bfgosv
	<b>BIONOVA</b>			
VF039	Garden Peas	350g	1.95	O
VF040	Sauerkraut	350g	2.69	VO
VF030	Sweetcorn - organic	340g	1.95	VO
	<b>CLEARSPRING</b>			
	<i>Bio Kitchen</i>			
VF344	Cherkins Sweet & Sour	350g	3.29	OVB
VF341	Red Cabbage	355g	1.29	OSV
VF339	Sauerkraut	360g	1.49	OV
	<b>MANI</b>			
KJ440	Og Capers in Olive Oil	180g	3.79	OV
KJ434	Og Kalamata Olive Paste	180g	3.69	OV
KJ437	Og Sun Dried Tomato Paste	180g	3.69	OV
	<b>ORGANICO</b>			
KJ016	Artichoke Hearts - og	190g	4.85	OV
KJ428	Capers	100g	1.95	OV
KJ429	Capers	250g	3.15	OV
VF088	French Chestnuts in box - og	200g	4.95	OV
	<b>TERRASANA</b>			
LJ084	Instant Mashed Potato	100g	2.19	VO
	<b>VEGETABLES (FROZEN)</b>			
	<b>BIO INSIDE</b>			
XL155	Organic Garden peas	300g	1.45	OVB
XL153	Organic Sweetcorn	300g	1.89	OVB
	<b>NATURAL COOL</b>			
	<i>Vegetables</i>			
XL183	Broccoli	300g	2.19	OVB
XL156	Chips - Oven or Fry	1.25kg	5.15	OV
XL221	Chips - Oven or Fry	600g	2.59	OVB
XL176	Cut Green Beans	450g	2.05	OV
XL177	Leaf Spinach Portions	450g	2.05	OVB
XL178	Peas	450g	2.65	OV
XL098	Potato Wedges	450g	2.59	OVB
XL181	Sweetcorn	450g	2.79	OVB
XL134	Vegetable Mix	450g	2.35	OVB
	<b>VINEGARS</b>			
	<b>SUMA</b>			
KJ304	Apple Cider Vinegar	500ml	2.59	OV
KJ290	Apple Cider Vinegar	5l	14.29	OV
KJ335	Apple Cider Vinegar	750ml	3.10	OV
KJ153	Og Balsamic 5 Litre	5l	37.09	OV
KJ151	OG Balsamic Vinegar - oak aged	250ml	3.89	OV
	<b>ASPALL</b>			
KJ382	Balsamic Vinegar - og	5l	48.24	OV
KJ478	Balsamic Vinegar - organic	350ml	3.75	OV
KJ481	Cyder Vinegar - organic	350ml	1.89	VO
KJ069	Cyder Vinegar - organic	500ml	2.39	VO
KJ205	Cyder Vinegar - organic	5l	19.45	OV
KJ395	Raw Unfiltered Cyder Vinegar	500ml	2.85	OV
KJ321	Raw Unfiltered Cyder Vinegar	5l	20.80	OV
KJ475	Red Wine Vinegar - organic	350ml	1.89	OV
KJ474	White Wine Vinegar - organic	350ml	1.89	OV
KJ210	White Wine Vinegar - organic	5l	21.52	OV
	<b>BIONA</b>			
KJ130	Cider Vinegar with 'Mother'	500ml	2.69	OV
KJ131	Cider Vinegar with 'Mother'	5l	14.95	OV
KJ311	Cider Vinegar with 'Mother'	75cl	3.29	OV

code	product	size	rrp	bfgosv
	<b>BRAGG</b>			
KJ325	Apple Cider Vinegar w/Mother	473ml	5.49	OV
KJ324	Apple Cider Vinegar w/Mother	946ml	9.49	OV
	<b>HIGHER NATURE OMEGA EXCELLENCE</b>			
VM062	Organic Apple Cider Vinegar	350ml	7.50	OV
	<b>MR ORGANIC</b>			
KJ492	Organic Apple Cider Vinegar	500ml	3.35	GOV
	<b>RAW HEALTH</b>			
KJ489	Apple Cider Vinegar	1 l	4.29	OV
KJ490	Apple Cider Vinegar With Honey	500ml	4.19	O
KJ129	Raw Organic Cider vinegar	500ml	2.99	OV
	<b>RAYNERS</b>			
KJ500	Apple Cider Vinegar	500ml	2.79	OV
KJ505	Coconut Aminos	250ml	5.49	OV
KJ502	White Wine Vinegar With Mother	500ml	2.49	OV
	<b>WINES</b>			
	<b>RED WINE</b>			
	<i>Argentina</i>			
WN134	Grande Reserve Malbec	75cl	25.39	OV
WN119	Made in Mendoza Malbec	75cl	11.29	FOV
	<i>France</i>			
WN006	Merlot - La Marouette	75cl	11.89	OV
	<i>Italy</i>			
WN063	Era Nero d'Avola	75cl	12.09	OV
WN058	Nero d'Avola	75cl	9.95	O
WN140	Nero d'Avola - Fedele	75cl	11.09	OV
WN094	Vino Rosso - Fedele	75cl	10.25	OV
	<i>South Africa</i>			
WN114	Cab Sauvignon - Running Duck	75cl	10.59	FOV
WN137	Dig This! Shiraz Merlot	75cl	10.25	FOV
WN197	Merlot - Running Duck	75cl	10.59	FOV
WN138	Merlot - Stellar	75cl	10.29	FOV
WN196	Pinotage - Running Duck	75cl	10.59	FOV
WN116	Shiraz - Running Duck	75cl	8.69	FOV
	<i>Spain</i>			
WN232	Camino Tinto Tempranillo	75cl	9.09	OV
WN207	Cuesta Colora Tempranillo	75cl	12.25	OV
WN103	Rioja Garnacha Crianza	75cl	15.65	OV
	<b>ROSE WINE</b>			
	<i>France</i>			
WN229	Grenache Rose - La Marouette	75cl	11.75	OV
	<i>Italy</i>			
WN139	Vino Rose - Fedele	75cl	11.09	OV
	<i>South Africa</i>			
WN118	Shiraz Rose - Running Duck	75cl	10.35	FOV
	<b>SPARKLING WINE</b>			
	<i>Italy</i>			
WN133	Prosecco - Proverbio	75cl	16.65	OV
WN009	Prosecco Col di Manza Perlage	75cl	20.99	OV
WN015	Prosecco Spumante Era	75cl	15.19	OV
	<b>WHITE WINE</b>			
	<i>France</i>			
WN226	Sauvignon - La Marouette	75cl	12.40	OV
	<i>Italy</i>			
WN095	Bianco - Fedele	75cl	10.15	OV
WN141	Catarratto Pinot Grigio Fedele	75cl	11.09	OV
WN029	Gavi Spinola cas. Tassarolo	75cl	17.75	OV

code	product	size	rrp	bfgosv
WN057	Pinot Grigio <i>South Africa</i>	75cl	9.95	OV
WN071	Chenin Blanc - River's End	75cl	12.69	FOV
WN008	Chenin Blanc - Running Duck	75cl	10.35	FOV
WN115	Chenin Sauv Blanc - R/Duck	75cl	10.39	FOV
WN136	Dig This! Chenin Sauv Blanc	75cl	10.25	FOV
WN019	Sauvignon Blanc - Stellar	75cl	10.29	FOV

## YOGHURT, DAIRY (CHILLED)

### BERGERIE

CV581	Goat Milk Yoghurt Natural Org	125g	0.75	O
CV084	Natural Goat Milk Yoghurt	400g	2.99	O
CV585	Sheep Milk Yoghurt Greek Style	250g	1.61	O
CV621	Sheep's Milk Yoghurt Natural	125g	0.79	O
CV625	Sheep's Milk Yoghurt Natural	400g	2.95	O

### WOODLANDS DAIRY

CV171	Natural Sheeps Yoghurt	140g	1.39	O
CV420	Natural Sheeps Yoghurt	450g	3.59	O

### YEO VALLEY

#### *Kefir Yoghurt*

CV863	Mango & Passionfruit	350g	1.45	GOS
CV864	Natural	350g	1.45	GOS
CV862	Strawberry	350g	1.45	GOS

#### *Minimum 4 days shelf life*

CV366	Apricot & Peach Yoghurt	450g	1.75	OS
CV709	Blueberry Yoghurt	450g	1.75	O
CV746	Fat Free Natural Yoghurt	500g	1.75	OS
CV403	Greek Style Natural	450g	1.99	O
CV604	Lemon Curd Yoghurt	450g	1.75	OS
CV360	Natural Yoghurt	500g	1.75	O
CV365	Raspberry Yoghurt	450g	1.75	OS
CV363	Strawberry Yoghurt	450g	1.75	OS

#### *Multipack Range*

CV603	Fruity Favourites	4 x 120g	2.05	OS
-------	-------------------	----------	------	----

## YOGHURT, NON-DAIRY (CHILLED)

### COYO

CV343	Morello Cherry Coconut Yoghurt	125g	1.99	OSV
CV132	Natural Coconut Milk Yoghurt	125g	1.99	OV
CV135	Natural Coconut Milk Yoghurt	250g	3.49	OV
CV351	Natural Coconut Milk Yoghurt	400g	4.99	OV
CV139	Raw Chocolate Coconut Yoghurt	125g	1.99	OV
CV580	Salted Caramel Coconut Yoghurt	125g	1.99	SOV
CV058	Strawberry Coconut Yoghurt	125g	1.99	OV
CV310	Vanilla Coconut Yoghurt	125g	1.99	OV
CV513	Vanilla Coconut Yoghurt	400g	4.99	OV

### NUSH

#### *Cashew Milk Dairy-Free Yoghurt*

CV386	Cashew Yoghurt Natural	120g	1.65	OV
CV514	Strawberry Yoghurt	120g	1.65	OV

### PROVAMEL

#### *Soya-Based Yoghurts*

CV069	Organic Natural Yofu	500g	2.35	OV
CV318	Organic Vanilla Yofu	500g	2.35	GOSV

### SOJADE

CV485	Apricot Soya Yoghurt	400g	2.05	OSV
CV269	Banana & Passion Soya Yoghurt	400g	2.75	OV
CV289	Blueberry Cherry Soya Yoghurt	400g	2.75	GOV
CV486	Blueberry Soya Yoghurt	400g	2.05	OVS

code	product	size	rrp	bfgosv
CV876	Greek Style Yoghurt	400g	2.05	GOV
CV724	Lemon Soya Yoghurt	400g	2.05	OSVB
CV483	Natural Soya Yoghurt	400g	1.35	OV
CV494	Organic Mango & Peach Soya Yog	400g	2.05	SOV
CV266	Sojade Natural soya dessert	250g	0.95	OV
CV723	Vanilla Soya Yoghurt	400g	2.05	OSVB

# 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)