



Suma

CO-OPERATIVE SINCE 1977

CATERING

SEPTEMBER - OCTOBER 2020

CATERING

A bit more about it..

This list is made up of the bulk quantities of fine foods used by restaurants, cafes, hotels and other caterers. It includes bulk coffee, cheese, oil, flour, herbs, spices and other cooking ingredients. This catering list covers all your dry store needs, chilled and frozen foods too. From ingredients to soft drinks, cleaning products to dairy-free milks, all clean label, with no undesirable additives.

Suma has a broad customer base. We supply delis, wholefood shops, restaurants, cafes, caterers, farm shops and many more, the diverse nature of who we supply means that we have a huge choice of wholesome, natural products for food lovers everywhere.

If you are not a caterer but just want to stock up on a larger size of your favourite Suma products, this is the list for you.



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	price	bfgov
ALCOHOLIC DRINKS				
HOLLOWS				
<i>From Fentimans</i>				
RT017	Superior Alcoholic Ginger Beer	8 x 500ml	16.75	SV
BAGS, BOXES AND BASKETS				
ECOLEAF BY SUMA				
<i>Refuse Sacks</i>				
NF483	Refuse Sacks-Recycled Plastic	1 x 200 bags	22.95	V
NF270	Refuse Sacks-Recycled Plastic	12 x 8 rolls	11.81	V
SUMA				
<i>Plastic Free Cellophane Bags</i>				
NF487	Cellophane Bags - Large	1 x 1000 bags	64.40	V
NF476	Cellophane Bags - Medium	1 x 1000 bags	45.95	V
NF484	Cellophane Bags - Small	1 x 1000 bags	34.68	V
NF477	Cellophane Bags - XLarge	1 x 1000 bags	94.78	V
NF482	Cellophane Bags - XSmall	1 x 1000 bags	30.10	V
SUMA PAPER BAGS				
<i>Counter Bags</i>				
NF489	Paper Flour Bags - Holds 1.5kg	1 x 250 bags	44.95	V
D2W				
NF406	100% Degradable Refuse Sacks	24 x 10 bags	22.20	V
NF407	Degradable Swing Bin Liners	50 x 15 bags	56.91	V
NF169	Pedal Bin Liners	50 x 30 bags	56.91	V
BAKING SUNDRIES				
SUMA				
LJ039	Baking Powder - Gluten Free	6 x 200g	9.87	GV
LJ040	Bicarbonate of Soda	6 x 200g	8.51	V
LJ019	Cornflour	6 x 500g	6.08	V
LJ223	Xanthan Gum	6 x 100g	17.16	V
BARKAT				
LJ002	Gluten Free Baking Powder	6 x 100g	6.66	GV
DOVES FARM				
LJ168	Baking Powder Bulk	3 x 1kg	11.31	GV
LJ166	Cornflour Bulk	3 x 1kg	12.34	GOV
LJ423	Quick Yeast	2 x 8 x 125g	14.17	GV
LJ165	Xanthan Gum	3 x 1kg	32.33	GV
ENGEVITA				
LJ143	Yeast Flakes	6 x 125g	13.46	GV
FERMIPAN				
LJ061	Dried Yeast	20 x 500g	69.05	V
GREEN & BLACKS				
<i>Cooks Chocolate</i>				
KB058	Dark Cooking Chocolate-Organic	15 x 150g	32.01	FOS
KB429	Milk Cooks Chocolate - organic	15 x 150g	32.01	OS
JUST WHOLEFOODS				
LJ162	Vegeteset - setting agent	10 x 25g	15.00	V
MONTEZUMA'S				
<i>Cooking Chocolate</i>				
KB413	Milk Chocolate Couverture	2kg	26.36	OS
ORGRAN				
LJ656	Egg Replacer	8 x 200g	17.55	GV
STEENBERGS				
LJ116	Almond Extract	6 x 100ml	28.55	V
LJ117	Orange Flower Water Organic	6 x 100ml	16.19	OV
LJ085	Rose Water Organic	6 x 100ml	16.19	OV
TAYLOR & COLLEDGE				
LJ115	Vanilla Bean Extract	6 x 100ml	41.50	FSOV
LJ113	Vanilla Bean Paste	12 x 65g	59.35	SOV

code	product	size	price	bfgosv
BEANS & PULSES - CANNED				
SUMA				
VF675	Aduki Beans - organic	12 x 400g	9.81	OV
VF550	Baked Beans - Organic	12 x 400g	10.71	OSV
VF750	Baked Beans - Organic	6 x 2.65K	22.50	OSV
VF707	Borlotti Beans	12 x 400g	6.75	V
VF119	Butter Beans	12 x 400g	6.75	V
VF645	Butter Beans - organic	12 x 400g	9.81	VO
VF709	Cannellini Beans	12 x 400g	6.75	V
VF395	Cannellini Beans - organic	12 x 400g	9.81	OV
VF117	Chickpeas	12 x 400g	6.75	V
VF642	Chickpeas - organic	12 x 400g	9.81	VO
VF785	Chickpeas - organic	6 x 2.6kg	19.25	OV
VF647	Green Lentils - organic	12 x 400g	9.81	VO
VF644	Haricot Beans - organic	12 x 400g	9.81	VO
VF649	Mixed Beans - organic	12 x 400g	9.81	VO
VF795	Mixed Beans - organic	6 x 2.6kg	19.25	OV
VF118	Red Kidney Beans	12 x 400g	6.75	V
VF643	Red Kidney Beans - organic	12 x 400g	9.81	VO
VF711	Six Bean Mix	12 x 400g	9.81	V
BIONA				
VF222	Baked Beans - Organic	6 x 400g	5.63	OVS
BIONOVA				
VF495	Baked Beans - organic	6 x 340g	6.96	OSV
WHOLE EARTH				
VF161	Baked Beans - organic	12 x 400g	10.71	GOV
BEANS & PULSES - DRIED				
SUMA BAGGED DOWN				
PU147	Black Turtle Beans	3kg	6.19	V
PU015	Blackeye Beans	3kg	8.79	V
PU030	Butter Beans	3kg	10.69	V
PU041	Cannellini Beans - Alubia	3kg	8.55	V
PU019	Chickpeas	10kg	16.25	V
PU143	Chickpeas	3kg	4.95	V
PU055	Kidney Beans - red	3kg	9.55	V
PU185	Lentils - brown	3kg	5.79	V
PU054	Lentils - Dark Speckled	3kg	5.95	V
PU186	Lentils - green	3kg	6.05	V
PU040	Lentils - red split	10kg	19.89	V
PU137	Lentils - red split	3kg	6.05	V
PU179	Moong Dahl	3kg	10.45	V
PU051	Mung Beans	3kg	8.55	V
SUMA BAGGED DOWN - ORGANIC				
PU212	Aduki Beans - Organic	3kg	9.65	VO
PU243	Butter Beans - organic	3kg	18.89	VO
PU117	Chickpeas - organic	1kg	2.95	VO
PU190	Chickpeas - organic	3kg	6.45	VO
PU162	Green Split Peas - organic	3kg	8.79	VO
PU191	Haricot Beans - organic	3kg	9.25	VO
PU003	Lentils - brown, organic	3kg	9.25	VO
PU171	Lentils - Dark Speckled, org	1kg	5.55	VO
PU172	Lentils - Dark Speckled, org	3kg	14.95	VO
PU118	Lentils - green, organic	1kg	3.55	VO
PU193	Lentils - green, organic	3kg	9.55	VO
PU127	Lentils - red split, organic	1kg	3.15	VO
PU194	Lentils - red split, organic	3kg	8.15	VO
PU120	Mung Beans - organic	1kg	3.99	VO

code	product	size	price	bfgosv
PU195	Mung Beans - organic	3kg	10.95	VO
PU192	Red Kidney Beans - organic	3kg	11.85	VO
PU197	Yellow Split Peas - organic	3kg	8.55	VO
SUMA COMMODITIES				
PU150	Black Turtle Beans	25kg	37.00	V
PU303	Blackeye Beans	25kg	55.00	V
PU114	Broth Mix	25kg	39.25	V
PU111	Butter Beans (Lima)	25kg	68.00	V
PU016	Cannellini Beans - Alubia	25kg	53.00	V
PU018	Chickpeas	25kg	28.00	V
PU028	Haricot Beans - pea	25kg	48.00	V
PU039	Kidney Beans - red	25kg	60.00	V
PU010	Lentils - brown	25kg	34.00	V
PU082	Lentils - Dark Speckled	25kg	35.00	V
PU022	Lentils - green	25kg	36.00	V
PU081	Lentils - red split	25kg	36.00	V
PU032	Marrowfat Peas	12.5kg	14.75	V
PU175	Moong Dahl	25kg	65.00	V
PU033	Mung Beans	25kg	53.00	V
PU035	Pinto Beans	25kg	42.00	V
PU025	Split Peas - green	25kg	32.00	V
PU047	Split Peas - yellow	25kg	24.00	V
SUMA COMMODITIES - ORGANIC				
PU200	Aduki Beans - Organic	25kg	60.00	VO
PU210	Butter Beans, Chinese - org	25kg	125.00	OV
PU220	Cannellini Beans - organic	25kg	78.00	OV
PU140	Chickpeas - organic	25kg	37.00	OV
PU083	Green Split Peas - organic	25kg	55.00	OV
PU052	Haricot Beans - organic	25kg	58.00	VO
PU001	Lentils - brown, organic	25kg	58.00	VO
PU084	Lentils - Dark Speckled, Org	25kg	90.00	VO
PU116	Lentils - green , organic	25kg	60.00	VO
PU126	Lentils - red split, organic	25kg	50.00	VO
PU062	Mung Beans - organic	25kg	70.00	VO
PU061	Pinto Beans - organic	25kg	55.00	OV
PU057	Soya Beans - organic	25kg	41.00	VO
PU059	Yellow Split Peas - organic	25kg	53.00	OV
BEERS				
SUMA				
RT215	Long Wall Mouse Blonde Beer	12 x 500ml	22.43	OV
BUDELS				
RT131	Budels Lager	24 x 330ml	32.05	OV
SAM SMITHS				
RT008	Organic Pale Ale	12 x 550ml	26.24	OV
RT120	Pure Brewed Organic Lager	12 x 550ml	26.24	OV
BISCUITS CRACKERS & CRISP BREAD				
DOVES FARM				
BT010	Digestives	12 x 200g	11.26	OSV
BT092	Organic Digestive Biscuits	12 x 400g	18.67	OS
ORGANICO				
<i>Rustic Breadsticks</i>				
BT065	Classic Grissini - og	8 x 120g	11.70	OV
BT061	Omega Grissini - og	8 x 120g	11.70	OV
BT068	Sesame Grissini - og	8 x 120g	12.90	OV
BT067	Spelt Grissini - og	8 x 120g	15.00	OV
TRAI DCRAFT				
BT236	Double Chocolate Chunk Cookies	16 x 45g	10.15	FS

code	product	size	price	bfgovs
BODY CARE				
ALTER/NATIVE BY SUMA				
<i>Accessories</i>				
DY484	5l pump - 30ml Dispenser	each	3.12	V
SUMA CONDITIONERS				
DY475	Rose & Geranium Conditioner	5l	13.65	V
SUMA SHAMPOO				
DY598	Grapefruit & Aloe Vera Shampoo	5l	13.65	V
DY608	Rose & Geranium Shampoo	5l	13.65	V
FAITH IN NATURE				
<i>Soap</i>				
DY050	Loose Soap - Aloe Vera	18 x 100g	19.84	V
DY154	Loose Soap - Hemp	18 x 100g	19.84	V
DY005	Loose Soap - Lavender	18 x 100g	19.84	V
DY006	Loose Soap - Orange	18 x 100g	19.84	V
DY008	Loose Soap - Rosemary	18 x 100g	19.84	V
DY239	Loose Soap - Tea Tree	18 x 100g	19.84	V
OLIVA				
DY561	Olive Oil Soap - Large Bar	6 x 600g	13.29	V
BREADS & BREAD MIXES				
AMAIZIN				
BT329	Organic Tortilla Wraps	16 x 240g	29.33	O
BIONA				
BT135	Pizza Base - 2 Per Retail Pack	10 x 300g	21.68	OV
BT422	Spelt Pizza Base - Organic	10 x 300g	29.93	OV
ISABEL'S NATURALLY FREE FROM				
BT203	Gluten & Wheat Free Pizza Mix	8 x 300g	20.00	G
BURGERS SAUSAGES & TVP MIXES				
SUMA BAGGED DOWN				
SY097	Burger Mix - Vegan	1kg	12.29	V
VF406	Burger Mix - Vegan	5kg	58.99	V
SY098	Sausage Mix - Vegan	1kg	10.75	V
VF407	Sausage Mix - Vegan	5kg	58.99	V
SY113	TVP Flavoured Coloured Mince	1kg	5.35	V
SUMA COMMODITIES				
VF404	Burger Mix - Vegan	25kg	242.80	V
VF405	Sausage Mix - Vegan	25kg	224.09	V
SY205	TVP Flavoured Coloured Mince	15kg	58.50	V
PROTOVEG				
VF839	Sausage Mix	10kg	54.06	V
BUTTER, CREAM & MILK (CHILLED)				
DELAMERE DAIRY				
<i>Butter</i>				
CV239	Goats Butter	10 x 250g	15.63	
<i>Minimum 5 days shelf-life</i>				
CV406	Fresh Goats Milk - semi skimmd	12 x 1l	18.51	
CV409	Fresh Goats Milk - whole	12 x 1l	18.51	
YEO VALLEY				
CV304	Slightly Salted Organic Butter	20 x 250g	41.42	O
CEREALS & MUESLIS				
SUMA BULK MUESLI				
MX184	Cranberry Crunch	3kg	9.97	
MX026	Crunchy Apricot Muesli	10kg	25.43	
MX025	Crunchy Apricot Muesli	25kg	58.52	
MX027	Crunchy Apricot Muesli	3kg	8.12	
MX017	Luxury Tropical Muesli	10kg	21.32	V
MX185	Luxury Tropical Muesli	3kg	6.92	V
MX041	Roast Hazelnut Muesli	10kg	22.86	V

code	product	size	price	bfgosv
MX042	Roast Hazelnut Muesli	3kg	7.37	V
MX033	Simply Muesli Base	10kg	12.96	V
MX032	Simply Muesli Base	20kg	22.00	V
MX034	Simply Muesli Base	3kg	4.29	V
MX043	Super Muesli	25kg	62.86	V
MX045	Super Muesli	3kg	8.42	V
SUMA BULK MUESLI - ORGANIC				
MX119	De Luxe Muesli - organic	10kg	29.72	OV
MX130	De Luxe Muesli - organic	3kg	9.22	OV
MX052	Muesli - organic	10kg	27.14	VO
MX160	Muesli - organic	25kg	63.57	VO
MX183	Muesli - organic	3kg	8.57	OV
MX107	Premium Muesli - organic	10kg	38.57	OV
MX167	Premium Muesli - organic	3kg	12.00	OV
MX036	Simply Muesli Base - Organic	10kg	18.60	VO
MX037	Simply Muesli base - Organic	20kg	34.29	VO
MX035	Simply Muesli Base - Organic	3kg	6.00	VO
CHEESE, DAIRY (CHILLED)				
LYE CROSS				
<i>Catering Sizes</i>				
CV028	Mature Cheddar	per kg	10.50	O
CV451	Mild Cheddar	per kg	9.50	O
CIDERS				
WESTONS				
RT006	Wyldwood Organic Cider	12 x 500ml	25.13	OV
COCOA				
SUMA BAGGED DOWN - ORGANIC				
LJ149	Cocoa Powder - Organic	3kg	25.35	FOV
SUMA COMMODITIES - ORGANIC				
LJ173	Cocoa Powder Fairtrade	25kg	170.00	FOV
CLIPPER				
TE196	Instant Hot Chocolate	4 x 1kg	30.50	FS
DIVINE				
TE687	Drinking Chocolate	6 x 400g	19.80	FVS
COFFEE				
SUMA				
<i>Bulk Packs</i>				
TE103	Colombia Cosurca Beans	1kg	15.25	FOV
TE656	Espresso Beans	1kg	14.80	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	16.00	FOV
TE109	Honduras Coffee Beans	1kg	12.97	FOV
TE106	Peru Cepicafe Beans	1kg	13.69	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	15.46	FOV
TE113	Swiss Water Decaff Beans	1kg	16.00	FOV
CAFEDIRECT				
<i>Instant Coffees</i>				
TE395	Smooth Roast	6 x 500g	101.61	FV
CLIPPER				
<i>FOOD SERVICE RANGE</i>				
TE724	Instant - Fairtrade & Organic	4 x 500g	64.00	FOV
TE526	Instant Organic Decaff	4 x 500g	75.00	FOV
CONVENIENCE FOODS				
FREE & EASY				
VF125	Bean Cassoulet - og	6 x 400g	10.53	OV
VF006	Chickpea / Vegetable Curry	6 x 400g	10.53	OV
VF116	Chickpea & Bean Tagine	6 x 400g	10.53	OV
VF014	Three Bean Chilli - og	6 x 400g	11.02	OV

code	product	size	price	bfgosv
GRANOVITA				
VF036	Nut Luncheon	12 x 420g	23.85	GV
SUNITA				
FG601	Polenta - organic	6 x 500g	8.95	OV
CRISPS & SNACKS				
SUMA BAGGED DOWN				
ZX332	Bombay Mix	1kg	3.49	V
ZX083	Fruit & Nut Mix	5kg	34.75	V
ZX477	Wasabi Peas - Spicy	1kg	8.05	V
SUMA COMMODITIES				
ZX033	Bhusu	5kg	12.90	V
ZX034	Bombay Mix	10kg	22.80	V
ZX288	Garlic Gathia	5kg	14.75	V
ZX037	Spiced Roast Chickpeas	2.5kg	6.49	V
ZX038	Spicy Noodles	5kg	14.75	V
ZX087	Trail Mix	10kg	69.95	SV
ZX468	Wasabi Peas - Spicy	10kg	61.55	V
AMAIZIN				
ZX589	Bio Corn Chips Nachos	10 x 150g	17.15	GOS
ZX543	Bio Corn Chips Natural	10 x 150g	13.25	OV
ZX429	Natural Corn Chips Value Bag	10 x 250g	17.95	OV
KETTLE CHIPS				
<i>Sharing Bags</i>				
ZX248	Lightly Salted	12 x 150g	20.80	V
PIPERS CRISPS				
<i>Sharing Bag</i>				
ZX291	Anglesey Sea Salt	15 x 150g	20.47	GV
ZX289	Lye Cross Cheddar & Onion	15 x 150g	20.47	GS
ZX283	Sea Salt & Somerset Cider V'gr	15 x 150g	20.47	GS
TRAFO				
<i>Snacks</i>				
BT075	Pretzel Sticks	12 x 100g	12.15	OV
<i>Tortilla Chips</i>				
ZX136	Tortilla Chips - Natural	14 x 200g	20.47	OV
TYRRELLS				
<i>Potato Chips - Furrows Sharing</i>				
ZX502	Sea Salt and Cider Vinegar	12 x 150g	18.35	SV
ZX496	Sea Salted	12 x 150g	18.35	SV
<i>Potato Chips - Sharing</i>				
ZX016	Cheddar Cheese & Chive	12 x 150g	18.23	
ZX018	Cider Vinegar & Sea Salt	12 x 150g	18.23	V
ZX022	Lightly Sea Salted	12 x 150g	18.23	V
ZX024	Sea Salt & Black Pepper	12 x 150g	18.23	V
ZX021	Sweet Chilli & Red Pepper	12 x 150g	18.23	V
DESSERTS				
SUMA PREPACKS				
VF075	Custard Powder	6 x 500g	13.46	V
JUST WHOLEFOODS				
VF067	Jelly, Lemon, Vegan	12 x 85g	12.00	SV
VF068	Jelly, Strawberry, Vegan	12 x 85g	12.00	SV
VF066	Jelly, Tropical, Vegan	12 x 85g	12.00	SV
SOJADE				
SY017	Cuisine- Organic Soya Cream	24 x 200ml	17.90	OSV
DESSERTS, NON-DAIRY (FROZEN)				
FOOD HEAVEN				
<i>Dairy-Free Desserts</i>				
XL400	Cool Vanilla Ice Cream	6 x 900ml	16.83	SV
XL398	Wild Blueberry Ice Cream	6 x 900ml	16.83	SV

code	product	size	price	bfgosv
DRINKS (CHILLED)				
ALPRO				
CV088	Organic Fresh Soya Drink	6 x 1l	8.67	OV
EQUINOX				
CV736	Kombucha Ginger	20 x 275ml	25.71	OSV
CV737	Kombucha Original	20 x 275ml	25.71	OSV
CV741	Kombucha Raspberry/Elderflower	20 x 275ml	25.71	OSV
CV742	Kombucha Wild Berry	20 x 275ml	25.71	OSV
FAR EASTERN FOOD				
BIONA				
VF775	Coconut Milk Organic	6 x 400ml	8.51	OV
VF772	Creamed Coconut Organic	12 x 200g	17.91	OV
BLUE DRAGON				
JP220	Tofu - Firm Silken	12 x 349g	19.00	V
CLEARSPRING				
<i>Soya Sauce</i>				
JP605	Shoyu	2.5l	18.52	OV
JP001	Tamari Soya Sauce	2.5l	33.74	GOV
MERIDIAN				
JP058	Tamari	5l	29.50	GV
MORI-NU				
JP205	Tofu - Firm Tofu	12 x 349g	16.30	V
FLAKES, BRANS & WHEATGERM				
SUMA BAGGED DOWN				
FX109	Oat Bran	5kg	8.29	V
FX104	Oats - porridge	10kg	14.25	V
FX063	Wheatgerm	5kg	13.50	V
SUMA BAGGED DOWN - ORGANIC				
FX085	Oats - porridge, organic	10kg	21.69	VO
SUMA COMMODITIES				
FX065	Oat Bran	25kg	28.35	V
FG032	Oatmeal - Coarse (Pinhead)	25kg	20.00	V
FX504	Oats - jumbo	25kg	24.30	V
FX010	Oats - Porridge Flakes	25kg	24.30	V
SUMA COMMODITIES - ORGANIC				
FX250	Bran Sticks - organic	15kg	38.46	VO
FX027	Buckwheat Flakes - Organic	15kg	54.30	OV
FX053	Millet Flakes - Organic	15kg	70.75	VO
QS002	Oat Groats - Organic	25kg	54.60	VO
FX503	Oats - jumbo, organic	25kg	39.30	VO
FX009	Oats - porridge	20kg	31.80	OV
FX014	Oats - porridge, organic	25kg	39.30	VO
FX654	Quinoa Flakes - organic	15kg	85.40	FOV
FX004	Rice Flakes, Brown - Organic	15kg	62.95	VO
FLOURS & BREAD MIXES				
SUMA BAGGED DOWN				
FG093	Polenta	5kg	6.65	V
SUMA BAGGED DOWN - ORGANIC				
FG043	Soya Flour - organic	1kg	4.19	OV
SUMA COMMODITIES				
FG046	Gram Flour	5kg	11.29	V
FG094	Polenta	25kg	21.60	V
FG048	Potato Starch	25kg	38.45	V
FG049	Semolina - fine	25kg	26.50	V
SUMA COMMODITIES - ORGANIC				
FG243	Soya Flour - organic	25kg	74.15	OV
SUMA PREPACKS				
FG002	Teff Flour - Brown	6 x 500g	16.43	V

code	product	size	price	bfgosv
DOVES FARM				
FG069	Fine Plain White Flour	5 x 1kg	5.24	OV
FG010	Fine Plain Wholemeal Flour	5 x 1kg	4.83	VO
FG522	Gluten Free Brown Bread Flour	5 x 1kg	8.94	GV
FG700	Gluten Free Plain White Flour	5 x 1kg	8.38	GV
FG520	Gluten Free White Bread Flour	5 x 1kg	8.38	GV
FG004	Malthouse Bread Flour	5 x 1kg	5.96	OV
FG117	Rice Flour	5 x 1kg	6.89	GV
FG115	Self Raising Wholemeal Flour	5 x 1kg	5.08	OV
FG997	Speciality Pasta Flour	5 x 1kg	6.17	OV
FG116	Stoneground Gram Flour	5 x 1kg	8.96	GV
FG072	Strong White Bread Flour	5 x 1.5kg	7.29	OV
FG008	Strong Wholemeal Bread Flour	5 x 1.5kg	7.29	OV
FG070	White Self Raising Flour	5 x 1kg	5.40	OV
FG701	White Self Raising Flour GF	5 x 1kg	8.38	GV
<i>Artisan Flour</i>				
FG082	Einkorn Flour	5 x 1kg	11.99	OV
FG011	Khorasan Flour Wholegrain	5 x 1kg	17.02	OV
FG016	Rye Flour Wholegrain Organic	5 x 1kg	6.26	OV
FG071	Spelt Flour White Organic	5 x 1kg	13.86	OV
FG102	Spelt Flour Wholegrain Organic	5 x 1kg	11.86	OV
<i>Bulk</i>				
FG499	Gluten Free Plain White	16kg	22.85	GV
FG052	Gluten Free Self Raising Flour	16kg	22.53	GV
FG005	Maize Flour - organic	25kg	31.74	OV
FG888	Malthouse Flour - organic	25kg	27.51	OV
FG067	Spelt Flour - organic	25kg	47.87	OV
FG020	Strong White Flour	25kg	22.64	VO
FG075	White flour - plain organic	25kg	22.85	VO
FG497	White flour - self raising org	25kg	23.49	OV
FG498	White flour - strong organic	16kg	15.66	OV
FG015	Wholemeal Rye Flour	25kg	16.93	V
FG995	Wholewheat Flour	25kg	20.10	OV
FG007	Wholewheat strong flour org	25kg	20.10	VO
GILCHESTERS ORGANICS				
FG019	100% Whole Spelt Flour	6 x 1.5kg	20.65	OV
FG014	Pizza & Ciabatta Wheat Flour	6 x 1.5kg	19.29	OV
FG018	Semolina Fine Wheat Flour	6 x 500g	8.57	OV
FG009	Strong 100% Whole Wheat Flour	6 x 1.5kg	12.47	OV
FG006	Strong White Wheat Flour	6 x 1.5kg	14.40	OV
<i>Bulk</i>				
FG110	Pizza & Ciabatta Flour	15kg	22.85	OV
FG109	Strong White Flour - S/ground	15kg	21.93	OV
FG108	Wholemeal Flour - Stoneground	15kg	20.77	OV
LITTLE SALKELD WATERMILL				
FG804	Barley Flour - organic	6 x 500g	10.98	OV
SHIPTON MILL				
FG876	White Strong Organic Flour	5 x 2.5kg	13.97	OV
FG079	Wholemeal Organic Flour	5 x 2.5kg	13.76	OV
SUPREME				
FG021	Gram Flour Bulk	20kg	32.00	V
FRUIT - CANNED & JARRED				
ESSENTIAL TRADING				
KJ262	Pineapple Chunks In Org Juice	6 x 400g	10.30	VO
KJ260	Tropical Fruits in Org Juice	6 x 400g	10.30	VO

code	product	size	price	bfgosv
FRUIT - DRIED				
SUMA BAGGED DOWN				
DR293	Apple - Rings SO2	1kg	8.45	V
DR004	Apple - Rings SO2	5kg	39.95	V
DR168	Apricots - select SO2	1kg	6.55	V
DR090	Apricots - select SO2	2.5kg	14.89	V
DR207	Apricots - unsulphured	1kg	6.79	V
DR122	Apricots - unsulphured	5kg	29.85	V
DR174	Banana - Whole Chips	1kg	4.75	SV
DR027	Blueberries	1kg	21.29	SV
DR225	Cherries Glace - Dark Red	1kg	6.65	VS
DR058	Cranberries	1kg	7.45	VS
DR092	Cranberries	2.5kg	17.25	VS
DR173	Currants - medium	1kg	5.85	V
DR126	Currants - medium	5kg	25.25	V
DR227	Dates - Chopped	1kg	3.85	V
DR183	Dates - loosepack	1kg	3.59	V
DR148	Dates - loosepack	5kg	13.35	V
DR208	Figs	1kg	7.65	V
DR178	Fruit Cake Mix	1kg	4.85	VS
DR344	Fruit Salad - SO2	1kg	7.25	V
DR068	Fruit Salad - SO2	5kg	32.75	V
DR169	Ginger	1kg	5.79	VS
DR153	Goji Berries	1kg	14.15	V
DR320	Mango Slices - SO2	1kg	19.25	V
DR228	Mixed Peel - Contains SO2	1kg	3.75	VS
DR209	Papaya	1kg	6.95	VS
DR210	Peaches - SO2	1kg	8.79	V
DR211	Pears - SO2	1kg	8.45	V
DR212	Pineapple - diced, SO2	1kg	6.85	VS
DR239	Prunes - pitted, Ashlock	1kg	4.89	V
DR103	Prunes - pitted, Ashlock	2.5kg	10.85	V
DR667	Raisins - Dark flame	1kg	5.15	V
DR171	Raisins - Thompson Seedless	1kg	4.65	V
DR109	Raisins - Thompson Seedless	2.5kg	10.25	V
DR078	Raisins - Thompson Seedless	5kg	19.25	V
DR128	Sultanas - 5 crown	5kg	25.45	V
DR216	Sultanas - No 9's	1kg	4.59	V
DR152	Sultanas - No 9's	5kg	18.75	V
DR691	Vine Fruit Mix	1kg	5.35	V
DR069	Vine Fruit Mix	5kg	22.85	V
SUMA BAGGED DOWN - ORGANIC				
DR050	Apricots - organic	1kg	9.55	OV
DR082	Apricots - organic	2.5kg	21.95	OV
DR219	Cranberries - organic	1kg	11.95	OSV
DR079	Currants - organic	2.5kg	19.35	OV
DR062	Dates - Medjool Organic	1kg	11.75	OV
DR236	Dates - organic	1kg	7.75	OV
DR080	Dates - organic	2.5kg	17.89	VO
DR072	Dates OG pitted fairly traded	1kg	8.49	FOV
DR048	Figs - Organic	1kg	9.15	OV
DR105	Figs - organic	2.5kg	21.35	OV
DR026	Ginger - crystallised organic	1kg	8.99	OSV
DR052	Prunes, pitted - organic	1kg	11.19	OV
DR081	Prunes, pitted - organic	2.5kg	26.55	OV
DR053	Raisins - organic	1kg	5.89	OV
DR145	Raisins - organic	2.5kg	13.35	OV

code	product	size	price	bfgosv
DR056	Sultanas - organic	1kg	5.59	OV
DR146	Sultanas - organic	2.5kg	12.59	OV
DR423	Vine Fruit Mix - organic	1kg	6.75	OV
DR391	Vine Fruit Mix - organic	5kg	30.05	OV
SUMA COMMODITIES				
DR003	Apple - Rings SO2	10kg	60.95	V
DR005	Apricots - Chopped SO2	12.5kg	32.25	V
DR008	Apricots - Select SO2	12.5kg	56.25	V
DR010	Apricots - Unsulphured	12.5kg	59.05	V
DR012	Banana - Whole Chips	15lb	23.25	SV
DR014	Cherries Glace - Bright Red	5kg	24.65	VS
DR013	Cherries Glace - Dark Red	5kg	24.65	VS
DR015	Currants	12.5kg	49.45	V
DR017	Dates - chopped	12.5kg	26.25	V
DR018	Dates - Whole Pitted GAQ Grade	10kg	19.75	V
DR022	Ginger - Crystallised	5kg	21.50	VS
DR300	Mango Slices - SO2	12.50kg	189.00	V
DR023	Mixed Peel - Contains SO2	10kg	21.50	VS
DR024	Papaya - Diced SO2	5kg	26.25	VS
DR025	Peaches - Halves SO2	12.5kg	79.85	V
DR163	Pears - Halves SO2	12.5kg	74.55	V
DR029	Pineapple - Diced SO2	5kg	25.85	VS
DR801	Prunes - Pitted Ashlock	10kg	31.45	V
DR143	Raisins - Dark Flame	10kg	33.35	V
DR039	Raisins - Thompson Seedless	12.5kg	36.95	V
DR041	Sultanas - Australian 5 Crown	14kg	55.85	V
DR042	Sultanas - Turkey	12.5kg	35.35	V
SUMA COMMODITIES - ORGANIC				
DR043	Apricots - Organic	12.5kg	90.75	VO
DR869	Banana Chips - Organic	6.8kg	32.25	OS
DR111	Currants - Organic	12.5kg	74.85	OV
DR986	Dates - Fairtrade Organic	5kg	31.65	FOV
DR112	Dates - Whole Pitted Organic	5kg	26.15	OV
DR007	Ginger - Organic	5kg	28.25	OSV
DR142	Prunes - Organic	12.5kg	104.95	OV
DR045	Raisins - Organic	12.5kg	49.75	OV
DR046	Sultanas - Organic	12.5kg	46.75	OV
FRUIT & VEGETABLE JUICES				
SUNITA				
JU997	Lemon Juice - E224	5l	14.41	V
JU672	Lemon Juice - organic	6 x 1l	32.43	OV
JU524	Lime juice	5l	12.16	V
GRAINS				
SUMA BAGGED DOWN				
QS026	Barley Grain - pearl	10kg	13.15	V
QS112	Bulgar wheat - coarse	3kg	5.65	V
QS018	Couscous	10kg	16.15	V
QS062	Couscous	3kg	4.95	V
QS032	Couscous - Pearl	3kg	8.69	V
QS078	Rice - arborio (risotto)	5kg	12.65	V
QS005	Rice - basmati, brown	10kg	29.59	V
QS064	Rice - basmati, brown	3kg	8.99	V
QS403	Rice - basmati, white	10kg	29.59	V
QS074	Rice - basmati, white	3kg	8.99	V
QS007	Rice - long grain brown	5kg	7.99	V
QS079	Rice - white pudding	5kg	11.05	V
QS033	Rice - wild	2.5kg	31.39	V
QS083	Tapioca	3kg	9.45	V

code	product	size	price	bfgosv
SUMA BAGGED DOWN - ORGANIC				
QS040	Buckwheat - unroasted, organic	5kg	13.95	VO
QS030	Bulgar wheat - organic	3kg	7.65	VO
QS049	Couscous - wholemeal, organic	3kg	8.59	VO
QS092	Millet - organic	3kg	8.79	OV
QS012	Oat Groats - Organic	5kg	14.59	VO
QS151	Popcorn - organic	1kg	3.25	VO
QS153	Popcorn - organic	3kg	7.85	VO
QS069	Quinoa, Red - Organic	1kg	6.15	OV
QS071	Quinoa, Red - Organic	3kg	17.45	OV
QS606	Quinoa, White - Organic	3kg	14.55	OV
QS566	Rice - arborio, organic	3kg	13.45	OV
QS668	Rice - basmati, brown organic	3kg	11.79	VO
QS664	Rice - basmati, white organic	3kg	11.79	VO
QS035	Rice- long grain brown organic	10kg	29.89	VO
QS036	Rice- long grain brown organic	3kg	9.09	VO
QS038	Rice-short grain brown organic	10kg	28.99	VO
QS039	Rice-short grain brown organic	3kg	8.79	VO
SUMA COMMODITIES				
QS117	Barley Grain - pearl	25kg	22.00	V
QS990	Bulgar wheat - coarse	25kg	33.75	V
QS017	Couscous	25kg	28.25	V
QS031	Couscous - Pearl	15kg	32.50	V
QS125	Rice - Arborio (risotto)	25kg	46.55	V
QS004	Rice - basmati, brown	20kg	45.00	V
QS402	Rice - basmati, white	20kg	45.00	V
QS006	Rice - long grain brown	25kg	27.20	V
QS501	Rice - white pudding	25kg	39.90	V
QS008	Sushi Rice	10kg	16.65	V
SUMA COMMODITIES - ORGANIC				
QS116	Buckwheat - unroasted, organic	25kg	52.00	OV
QS250	Bulgar wheat - organic	25kg	47.00	OV
QS115	Couscous - wholemeal, organic	25kg	53.50	OV
QS235	Millet - organic	25kg	55.00	OV
QS042	Popcorn - organic	25kg	48.50	OV
QS201	Quinoa - organic	25kg	95.00	OV
QS063	Red Quinoa - organic	25kg	115.00	OV
QS825	Rice - arborio organic	25kg	87.00	OV
QS666	Rice - basmati, white organic	25kg	75.80	OV
DOVES FARM				
QS047	Wheat grain - organic	25kg	20.10	VO
GRAVY, STOCK & BOUILLON				
MARIGOLD				
LJ046	Bouillon Powder	1kg	8.75	G
LJ238	Bouillon Powder - Organic	6 x 500g	32.18	GOV
LJ164	Bouillon Powder - Reduced Salt	1kg	8.75	GV
LJ321	Yeast Free Bouillon Stock Cube	12 x 84g	12.51	GOV
VECON				
LJ049	Vegetable Stock	1kg	10.50	V
HERB & FRUIT TEA INFUSIONS				
SUMA				
HE102	Chamomile	500g	12.10	V
CLIPPER				
<i>FOOD SERVICE RANGE</i>				
TE141	Chamomile - og	250 bags	14.70	FOV
TE148	Chamomile - og	6 x 25 bags	11.41	FOV
TE459	Lemon & Ginger - og	250 bags	20.87	OV

code	product	size	price	bfgosv
TE455	Lemon & Ginger - og	6 x 25 bags	13.31	OV
TE162	Peppermint - og	250 bags	14.70	FOV
TE166	Peppermint - og	6 x 25 bags	11.41	FOV
TE454	Wild berry - og	6 x 25 bags	13.31	OV
HERBS & SPICES - BULK				
BULK ORGANIC				
HE707	Cinnamon Ground - OG	500g	9.15	OV
HE118	Cumin Seeds - Organic	1kg	24.55	OV
HE735	Ginger Powder Organic	500g	9.05	OV
HE732	Turmeric - Organic	500g	6.39	OV
HE703	Whole Black Peppercorns - OG	500g	15.00	VO
BULK WHOLE SPICES				
HE016	Juniper Berries	1kg	12.75	V
ZX100	Liquorice Root	1kg	20.10	V
HE021	Peppercorns - black	1kg	8.50	V
HE022	Peppercorns - black	3kg	23.95	V
HE207	Tamarind	200g	2.25	V
HE027	Vanilla Pods	10 pack	30.75	V
HERBS & SPICES - PREPACKED				
SUMA				
<i>Whole Spices</i>				
HE001	Peppercorns - black	6 x 250g	13.46	V
HONEY				
SUMA				
HY082	Wildflower Pure Clear Honey	3kg	17.66	
HY083	Wildflower Pure Set Honey	3kg	17.66	
HOUSEHOLD CLEANING PRODUCTS				
ECOLEAF BY SUMA				
HJ105	Fabric Conditioner	6 x 1.5l	14.95	V
HJ055	Laundry Liquid	6 x 1.5l	23.87	V
HJ050	Multi Surface Cleaner	6 x 500ml	9.02	V
<i>20 Litres Bulk</i>				
HJ083	Fabric Conditioner Bulk	20l	20.99	V
HJ060	Laundry Liquid Bulk	20l	38.98	V
HJ077	Washing Up Liquid Bulk	20l	21.19	V
<i>5 Litres Bulk</i>				
HJ078	Fabric Conditioner	5l	6.24	V
HJ075	Laundry Liquid	5l	12.80	V
HJ072	Toilet Cleaner	5l	7.49	V
HJ067	Washing Up Liquid	5l	6.74	V
<i>Powders</i>				
HJ129	Washing Powder Concentrated	10kg	25.00	V
BIO D				
HJ004	Fabric Conditioner	12 x 1l	18.72	V
HJ003	Laundry Liquid	12 x 1l	40.45	V
HJ244	Toilet Cleaner - angled head	12 x 750ml	18.66	V
<i>5 Litres Bulk</i>				
HJ608	Fabric Conditioner	5l	6.21	V
HJ116	Handwash - Lime & Aloe Vera	5l	11.99	V
HJ107	Handwash - unfragranced	5l	10.10	V
HJ247	Home & Garden Sanitiser	5l	7.39	V
HJ800	Laundry Liquid	5l	15.35	V
HJ654	Multi Surface Cleaner	5l	8.97	V
HJ665	Toilet Cleaner	5l	7.58	V
HJ097	Washing Up Liquid	5l	6.88	V

code	product	size	price	bfgosv
<i>Handwash</i>				
HJ119	Handwash - Lime & Aloe Vera	6 x 500ml	14.95	V
HJ117	Handwash - unfragranced	6 x 500ml	14.06	V
<i>Powders</i>				
HJ103	Washing Powder Concentrated	12.5kg	31.43	V
HJ081	Washing Powder Concentrated	1kg	2.87	V
HJ082	Washing Powder Concentrated	2kg	5.55	V
CAMBRIDGE TRADITIONAL PRODUCTS				
HJ017	Pure Beeswax	16 x 1oz	21.97	
ECOVER				
HJ100	All Purpose Cleaner	12 x 1l	22.25	V
HJ065	Cream Cleaner	12 x 500ml	12.07	V
HJ024	Floor Cleaner	12 x 1l	28.11	V
HJ054	Liquid Hand Soap Refill	6 x 1l	41.44	V
HJ095	Multi Surface Spray	6 x 500ml	11.86	V
HJ185	Washing Powder - Non Bio	3 x 3kg	29.33	V
HJ091	Window & Glass Cleaner	6 x 500ml	11.04	V
<i>5 Litres Bulk</i>				
HJ070	Floor Cleaner	5l	10.79	V
HJ071	Laundry Liquid - Delicate	5l	13.45	V
HJ022	Laundry Liquid Non - Bio	5l	19.99	V
HJ527	Liquid Hand Soap	5l	18.26	V
<i>Bag in Box Range</i>				
HJ084	15L Refill Tap	each	3.10	V
HJ035	Laundry Liquid	15l	31.64	V
HJ034	Washing Up Liquid	15l	21.93	V
<i>Dishwasher Products</i>				
HJ086	Dishwasher Rinse Aid	12 x 500ml	33.50	V
HJ132	Dishwasher Tablets - Bulk	5 x 70 tablets	47.80	V
<i>Laundry Liquid</i>				
HJ549	Laundry Liquid - Non Bio	6 x 1.5l	26.62	V
<i>Zero</i>				
HJ203	Washing Powder Zero	7.5kg	22.86	V
HOUSEHOLD PRODUCTS				
ECOLEAF BY SUMA				
NF091	Ecoleaf 3 Ply Kitchen Towels	12 x 2 rolls	13.53	V
NF209	Ecoleaf Toilet Tissue	10 x 4 pack	14.08	V
NF214	Ecoleaf Toilet Tissue	5 x 9 rolls	15.81	V
NF210	Ecoleaf Toilet Tissue Bulkpack	5 x 12 pack	20.07	V
ECOFORCE				
NF003	Recycled Dish Brush	12 x 1	15.43	
NF094	Recycled Dish Brush Refill	6 x 2 pack	7.85	
HILL BRUSH COMPANY				
NF781	Vegetable Brush	each	4.40	V
NF782	Washing Up Brush + Four Heads	each	5.95	V
IF YOU CARE				
NF500	100% Recycled Aluminium Foil	12 x rolls	22.84	V
NF032	Heavy Duty Aluminium Foil	12 x 1 rolls	31.18	V
NF023	Large Baking Cups	24 x 1 x 60	23.58	V
NF021	Parchment Paper Rolls	12 x 1 rolls	31.18	V
NF018	Sponge Cloths	12 x 5 cloths	29.67	V
TRAIIDCRAFT				
NF181	Fair Trade Rubber Gloves	12 x 1 pairs	10.86	GFV
INDIAN FOOD				
PATAKS				
<i>Pappadums</i>				
VF293	Pappadums - Plain	12 x 100g	14.60	V

code	product	size	price	bfgov
JUICE CONCENTRATES & CORDIALS				
SUMA				
JU057	Apple - concentrate	5l	28.74	V
JU243	Apple Juice Concentrate - Org	5l	31.87	OV
MARGARINES & SPREADS (CHILLED)				
SUMA				
MA003	Olive Spread	8 x 500g	13.69	V
MA055	Soya Spread	8 x 500g	11.87	V
MA051	Sunflower Spread	6 x 2kg	33.99	V
MA053	Sunflower Spread	8 x 500g	11.87	V
BIONA				
MA030	Vegetable Margarine	16 x 500g	56.28	OV
MA061	Vegetable Margarine	8 x 250g	17.94	OV
MAYONNAISE & SALAD DRESSINGS				
SUMA				
KJ022	Organic Mayonnaise	1kg	7.25	O
KITE				
KJ230	Mayonnaise	2.5kg	13.00	O
MEATLESS SUBSTITUTES (CHILLED)				
VBITES				
<i>Catering Pack</i>				
CV055	Streaky Style Rashers	2 x 500g	13.77	VS
MIDDLE EASTERN & AFRICAN FOOD				
CARLEY'S				
KJ240	Preserved Lemon - Organic	6 x 700g	23.27	OV
MILK - NON DAIRY				
BONSOY				
SY072	Soya Milk	6 x 1l	16.85	V
DREAM				
JU540	Rice Dream - Calcium	12 x 1l	19.10	V
JU361	Rice Dream - Original	12 x 1l	19.10	VO
ECOMIL				
SY012	Almond Drink Powder	6 x 400g	67.28	GOV
SY030	Cuisine - Almond Cream	24 x 200ml	30.42	GOV
KOKO DAIRY FREE				
SY038	Coconut Milk Drink	12 x 1l	16.11	GV
SY046	Coconut Milk Drink	8 x 3x250ml	11.94	GV
SY051	Coconut Milk Drink - Chocolate	12 x 1l	18.81	GSV
OATLY				
SY019	Cream - Dairy Free	18 x 250ml	14.40	VO
PROVAMEL				
SY090	Almond Drink - Organic	12 x 1l	22.50	OV
SY094	Almond Drink - Unsweetened	12 x 1l	22.50	GOV
SY011	Coconut & Rice Drink	12 x 1l	22.50	GOV
SY007	Rice Drink - organic	12 x 1l	17.91	GVO
SY080	Soya Milk - sweetened	12 x 1l	18.00	GOV
SY025	Soya Milk - Unsweetened	12 x 1l	18.00	GOV
SOJADE				
SY400	Rice Drink - calcium enriched	6 x 1l	7.60	OV
SY018	Soya Milk - calcium & apple	6 x 1l	7.80	VO
SY016	Soya Milk - unsweetened	6 x 1l	6.70	OV
SY023	Soya Milk - Vanilla & Calcium	6 x 1l	8.78	OSV
THE BRIDGE				
SY002	Oat Drink	12 x 1l	15.75	OV
SY560	Oat Drink - Calcium Enriched	12 x 1l	17.91	OV
SY042	Rice Drink - Calcium Enriched	12 x 1l	15.75	GOV
SY452	Rice Drink + Almond	12 x 1l	18.81	GOV

code	product	size	price	bfgovs
MILK (LONGLIFE)				
MOO				
MJ011	Semi Skimmed Milk - Organic	12 x 1l	17.90	O
NUT & SEED BUTTERS				
SUNITA				
GH080	Tahini - light	3kg	21.40	V
GH149	Tahini - light, organic	3kg	26.70	VO
GH079	Tahini - Whole	3kg	21.35	V
GH996	Tahini, Whole, Organic	3kg	26.70	VO
NUTS & SEEDS				
SUMA BAGGED DOWN				
NU005	Almonds	1kg	9.45	V
NU004	Almonds	5kg	44.55	V
NU135	Almonds - blanched	1kg	10.75	V
NU008	Almonds - flaked	1kg	11.25	V
NU007	Almonds - Flaked	5kg	53.75	V
NU011	Almonds - ground	1kg	10.15	V
NU010	Almonds - ground	5kg	48.35	V
NU214	Bird Nuts	5kg	12.65	V
NU078	Brazil - broken	1kg	7.19	V
NU017	Brazil - broken	5kg	33.55	V
NU077	Brazil - whole, medium	1kg	10.65	V
NU015	Brazil - whole, medium	5kg	51.45	V
NU020	Cashew - large pieces	1kg	6.25	V
NU019	Cashew - large pieces	5kg	33.25	V
NU237	Cashew - roasted & salted	1kg	18.55	V
NU134	Cashew - whole	1kg	12.19	V
NU131	Cashew - whole	5kg	59.15	V
NU054	Chia Seeds	1kg	5.35	V
NU274	Coconut - chips	1kg	5.35	V
NU241	Coconut - desiccated , medium	1kg	3.99	V
NU240	Coconut - desiccated , medium	5kg	18.15	V
NU096	Hazelnuts	1kg	11.75	V
NU030	Hazelnuts	5kg	56.95	V
NU204	Linseed / Flax	1kg	2.55	V
NU206	Linseed / Flax	5kg	7.99	V
NU079	Macadamia Nuts - Style 2	1kg	34.25	V
NU239	Mixed nuts	1kg	9.55	V
NU035	Mixed nuts	5kg	43.45	V
NU107	Mixed nuts - chopped	1kg	7.35	V
NU046	Peanuts - redskin	5kg	18.65	V
NU055	Pecan nuts	1kg	17.45	V
NU027	Pecan nuts	2.5kg	42.89	V
NU057	Pine kernels	1kg	31.45	V
NU251	Pistachio - raw, shelled	1kg	28.25	V
NU060	Pistachio - roasted & salted	1kg	16.79	V
HE026	Poppy Seeds	1kg	5.65	V
NU063	Pumpkin seeds	1kg	5.49	V
NU062	Pumpkin seeds	5kg	25.45	V
NU227	Sesame seeds - natural	1kg	3.99	V
NU066	Sesame seeds - natural	5kg	18.15	V
NU231	Sunflower seeds	1kg	2.75	V
NU068	Sunflower seeds	5kg	9.49	V
SUMA BAGGED DOWN - ORGANIC				
NU201	Almonds - organic	1kg	17.25	VO
NU430	Almonds, ground - organic	1kg	19.15	OV
NU278	Brazils Whole - organic	1kg	11.45	OV

code	product	size	price	bfgosv
NU032	Brazils Whole - organic	2.5kg	29.85	OV
NU070	Cashews - whole, organic	1kg	16.25	OV
NU071	Coconut - desiccated, organic	1kg	5.15	VO
NU038	Coconut - desiccated, organic	2.5kg	12.15	VO
NU202	Hazelnuts - organic	1kg	14.85	OV
NU271	Hemp Seeds - organic	1kg	5.45	VO
NU244	Linseed, golden - organic	1kg	3.75	OV
NU039	Linseed, golden - organic	2.5kg	8.59	OV
NU001	Omega Seed Mix - organic	1kg	6.25	OV
NU287	Omega Seed Mix - organic	5kg	27.25	OV
NU072	Peanuts - organic	1kg	5.55	OV
NU543	Pine Kernels - organic	1kg	41.25	OV
NU209	Pumpkin seeds - organic	1kg	7.59	OV
NU210	Sesame seeds - organic	1kg	4.95	OV
NU203	Sunflower seeds - organic	1kg	3.65	OV
NU084	Sunflower seeds - organic	2.5kg	8.35	VO
NU200	Walnuts - organic	1kg	13.95	OV
SUMA COMMODITIES				
NU003	Almonds	50lb	160.35	V
NU006	Almonds - flaked	10kg	86.85	V
NU009	Almonds - ground	10kg	77.85	V
NU053	Bird Nuts	25kg	46.50	V
NU016	Brazil - broken	20kg	106.35	V
NU014	Brazil - whole, medium	20kg	165.95	V
NU018	Cashew - large pieces	50lb	119.85	V
NU021	Cashew - roasted & salted	3kg	44.75	V
NU125	Cashew - whole	50lb	217.95	V
NU050	Chia Seeds	25kg	77.95	V
NU888	Coconut - desiccated medium	25kg	69.55	V
NU028	Hazelnuts	25kg	240.65	V
NU205	Linseed / Flax	25kg	28.75	V
NU076	Macadamia Nuts	25lb	315.55	V
NU036	Mixed nuts - chopped	12.5kg	70.00	V
NU250	Peanuts - paleskin	25kg	50.95	V
NU044	Peanuts - redskin	25kg	70.85	V
NU051	Peanuts - roasted & salted	12.5kg	42.40	V
NU047	Peanuts - Roasted with Skins	12.5kg	41.50	V
NU312	Pecan Nuts	30lb	190.75	V
NU056	Pine kernels - China	12.5kg	320.00	V
NU058	Pistachio - roasted & salted	10kg	134.50	V
NU061	Pumpkin seeds	25kg	108.65	V
SUMA COMMODITIES - ORGANIC				
NU789	Alfalfa seeds - organic	25kg	257.65	OV
NU109	Almonds - organic	10kg	146.50	OV
NU800	Almonds, Ground - organic	10kg	167.50	OV
NU890	Brazils Whole - organic	20kg	178.35	OV
NU112	Cashews - whole organic	50lb	294.55	OV
NU117	Coconut - desiccated, organic	25kg	101.95	OV
NU301	Hazelnuts - organic	25kg	296.15	VO
NU791	Linseed, golden - organic	25kg	64.60	OV
NU885	Peanuts - organic	25kg	101.75	OV
NU542	Pine Kernels - organic	12.5kg	481.85	OV
NU207	Pumpkin seeds - organic	25kg	145.00	OV
NU208	Sesame seeds - organic	25kg	92.25	OV
NU083	Sunflower seeds - organic	25kg	67.75	OV
NU118	Walnuts Light Halves - organic	10kg	110.95	VO

code	product	size	price	bfgovs
OILS & FATS				
SUMA				
GT010	Extra Virgin Rapeseed Oil	5l	17.90	V
GT100	Grapeseed Oil	6 x 500ml	19.12	V
GT019	Italian Organic Olive Oil	4 x 3l	126.59	OV
GT018	Italian Organic Olive Oil	6 x 750ml	50.23	OV
GT086	Olive Oil - Extra Virgin	5l	34.12	V
GT087	Olive Oil-Extra Virgin,organic	5l	38.62	VO
GT090	Sunflower Oil - cold pressed	5l	14.81	V
GT091	Sunflower Oil - organic	5l	17.09	VO
SUMA PREPACKS				
GT028	Gluten Free Vegetarian Suet	6 x 250g	9.86	GV
BIONA				
VF774	Virgin Coconut Oil Organic	6 x 400g	35.96	OV
CLEARSPRING				
GT204	Italian Olive Oil Organic	6 x 1l	76.01	VO
GT009	Rapeseed Oil Organic	6 x 500ml	17.96	OV
GT206	Safflower Oil organic	6 x 500ml	30.11	VO
GT230	Sunflower Frying Oil organic	6 x 1l	33.71	VO
GT202	Sunflower Oil organic	6 x 1l	26.96	VO
EQUAL EXCHANGE				
<i>Palestinian Fairtrade Oils</i>				
GT555	Olive Oil	6 x 1l	96.00	FV
HELLENIC				
GT005	Olive Oil - Extra Virgin	4 x 3l	63.92	V
GT031	Olive Oil Extra Virgin	4 x 5l	103.50	V
KHYBER				
VF751	Ghee	1 x 2lb	2.74	V
KTC				
GT052	Sunflower Oil - refined	5l	6.50	V
LA BIO IDEA				
GT044	Italian Og Virgin Olive Oil	6 x 1l	62.32	OV
SUNITA				
GT099	Olive Oil-Extra Virgin Organic	5l	50.90	VO
WHARFE VALLEY FARMS				
GT015	Rapeseed Oil	5l	18.85	V
ZAYTOUN				
GT023	Olive Oil - Fairtrade	4 x 5l	345.00	FOV
OLIVES				
CYPRESSA				
KJ867	Cypressa Pitted Green Olives	2kg	9.49	V
KJ868	Pitted Black Olives	2kg	8.39	V
SUNITA				
VF384	Black Kalamon Olives	2kg	16.50	V
VF383	Green Olives	3kg	11.20	V
KJ556	Kalamon Olives - pitted OG	2kg	19.90	VO
PASTA				
IRIS				
WT086	Fusilli Organic Wholewheat	5kg	10.25	OV
WT082	Penne Organic Wholewheat	5kg	9.50	OV
WT079	Spaghetti Organic Wholewheat	5kg	10.25	OV
PASTA SAUCES & PESTOS				
SUMA				
<i>Organic Pasta Sauces</i>				
VF201	Organic Arrabbiata Sauce	12 x 350g	17.55	OV
VF191	Organic Bolognese Sauce	12 x 340g	17.55	OV
VF192	Organic Napoletana Sauce	12 x 350g	17.55	OV

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PATES, DIPS & TAPAS (CHILLED)				
SUMA				
CV401	Pate - Mushroom (bombe)	6 x 200g	12.50	V
PICKLES, CHUTNEYS & MUSTARDS				
BIONA				
LJ664	Harissa Relish - prepared	6 x 125g	13.46	OV
BIONOVA				
KJ346	Gherkins - Sour	6 x 670g	15.52	VOS
BYODO				
KJ351	Mustard - Dijon, organic	1kg	7.23	VO
KJ354	Mustard - wholegrain, organic	1kg	5.65	VO
SALADS & SPROUTS (CHILLED)				
SKY SPROUTS				
<i>Minimum 4 days shelf life</i>				
CV479	Alfalfa & Broccoli Sprouts	100g	1.33	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	1.33	OV
CV476	Alfalfa & Radish Sprouts	100g	1.33	OV
CV475	Alfalfa Sprouts	100g	1.29	OV
CV721	Broccoli Sprouts	100g	1.41	OV
CV504	Mixed Bean Sprouts	227g	1.41	OV
CV503	Mung Bean Sprouts	200g	1.33	OV
CV510	Organic Sprouts Multi Pack	160g	1.92	OV
CV509	Radish Sprout	100g	1.33	OV
SALT & SEASONINGS				
SUMA				
LJ031	Sea Salt - fine	10kg	5.90	V
SUMA COMMODITIES				
LJ030	Sea Salt - coarse	10kg	5.90	V
BIOFORCE				
LJ054	Herbamare	6 x 250g	17.76	V
GEO ORGANICS				
LJ005	Atlantic Fine Ground Sea Salt	6 x 500g	12.10	OV
MARIGOLD				
LJ444	Liquid Aminos	6 x 250ml	16.16	GV
PINK MOUNTAIN				
LJ174	Pink Himalayan Coarse Salt	6 x 1kg	29.70	OV
LJ172	Pink Himalayan Fine Salt	6 x 1kg	29.70	OV
TIDMANS				
LJ023	Tidmans Rock Salt	12 x 500g	14.00	V
SNACK BARS & FLAPJACKS				
EAT NATURAL				
KB464	Almond, Apricot & Yoghurt	12 x 50g	6.65	GS
SOFT DRINKS				
BIONA				
JU183	Coconut Water - og	12 x 330ml	13.42	OV
DAIONI				
JU080	Banana Flavour Milk - og	12 x 250ml	10.88	OS
JU081	Chocolate Flavour Milk - og	12 x 250ml	10.88	OS
JU082	Strawberry Flavour Milk - og	12 x 250ml	10.88	OS
FENTIMANS				
JU008	Cherry Cola	12 x 275ml	12.21	SV
JU625	Curiosity Cola	12 x 275ml	12.21	SV
JU908	Dandelion & Burdock	12 x 275ml	12.21	SV
JU346	Ginger Beer	12 x 275ml	12.21	SV
JU354	Mandarin Seville Orange Jigger	12 x 275ml	12.21	SV
JU618	Rose Lemonade	12 x 275ml	12.69	SV
JU435	Victorian Lemonade	12 x 275ml	12.21	VS

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	FEVERTREE			
JU387	Tonic Water	6 x 4x200ml	18.48	SV
	FIREFLY NATURAL DRINKS			
	<i>Fruit Juice & Botanic Extracts</i>			
JU299	Lemon, Lime & Ginger	12 x 330ml	13.43	V
JU296	Peach & Green Tea	12 x 330ml	13.43	V
JU180	Pomegranate & Elderflower	12 x 330ml	13.43	V
	GUSTO			
JU148	Lemon Energy	12 x 250ml	14.92	OV
JU147	Original Energy	12 x 250ml	14.92	OV
	ORGANICO			
JU367	Blueberry Sparkle	6 x 750ml	22.31	OV
JU369	Raspberry Fizz	6 x 750ml	23.31	OV
	WHOLE EARTH			
JU311	Apple Drink - og	24 x 330ml	19.35	OSV
JU946	Cola - organic	24 x 330ml	19.35	OSV
JU935	Lemonade - organic	24 x 330ml	19.35	OSV
JU947	Mountain Cranberry - Organic	24 x 330ml	19.35	OSV
JU310	Orange & Lemonade - og	24 x 330ml	19.35	OSV
JU189	Sparkling Elderflower - og	24 x 330ml	19.35	OV
JU186	Sparkling Ginger - og	24 x 330ml	19.35	OV
	SUGARS & SYRUPS			
	SUMA			
LJ150	Agave Syrup - organic	5l	50.00	OV
LJ121	Agave Syrup - organic	6 x 500ml	35.96	OV
HY019	Malt Extract	3.18kg	11.25	V
	SUMA BAGGED DOWN			
LJ095	Dark Muscovado Sugar	3kg	9.09	VS
LJ180	Demerara Sugar	10kg	26.25	VS
LJ053	Demerara Sugar	3kg	7.95	VS
LJ094	Light Muscovado Sugar	3kg	9.09	VS
LJ184	Soft Brown Sugar	10kg	29.55	VS
LJ097	Soft Brown Sugar	3kg	8.99	VS
	SUMA BAGGED DOWN - ORGANIC			
LJ679	Demerara Sugar - organic	3kg	14.15	OSV
LJ159	Icing Sugar - organic	3kg	12.95	VOS
LJ055	Raw Cane Sugar - organic	10kg	29.75	OSV
LJ096	Raw Cane Sugar - organic	3kg	9.05	OVS
	SUMA COMMODITIES			
LJ066	Dark Muscovado Sugar	25kg	60.05	VS
LJ052	Demerara Sugar	25kg	56.58	VS
LJ546	Fairtrade Golden Granulated	25kg	55.58	FVS
LJ065	Light Muscovado Sugar	25kg	60.51	VS
LJ069	Soft Brown Sugar	25kg	59.63	VS
	SUMA COMMODITIES - ORGANIC			
LJ876	Demerara Sugar, organic	25kg	91.80	OSV
LJ890	Icing Sugar - organic	25kg	87.57	OSV
LJ068	Raw Cane Sugar - organic	25kg	60.89	SOV
	BILLINGTONS			
LJ056	Sugar - Golden Granulated	10 x 1kg	25.78	VS
	CLEARSPRING			
HY210	Rice Malt Syrup - organic	6 x 330g	14.36	OV
	EQUAL EXCHANGE			
LJ527	Sugar Sticks	1000 x 1	17.73	FOVS
	RAYNERS			
LJ901	Black Treacle - organic	6 x 340g	11.66	OV
LJ704	Golden Syrup - Organic	5kg	26.99	FOV
LJ589	Malt Extract - Organic	5kg	19.87	OV

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SHADY MAPLE FARMS				
HY899	Maple Syrup - organic	1.89l	44.38	OV
SWEET FREEDOM				
LJ137	Natural Sweetness - Original	5l	32.36	V
LJ041	Natural Sweetness - Original	6 x 350g	15.21	V
TERRASANA				
HY754	Maple Syrup	1l	19.95	OV
TOTAL SWEET				
LJ125	Total Sweet	6 x 1kg	50.37	V
TRAIDCRAFT				
LJ515	Brown Sugar Sticks	500 x 3g	9.12	FVS
LJ514	White Sugar Sticks	500 x 3g	9.12	FVS
TRUVIA				
LJ086	Sweetener from the Stevia Leaf	6 x 270g	24.30	V
XYLITOL UK				
LJ047	Xylitol Sweetener	6 x 1kg	51.55	V
SWEET SNACKS				
SUMA BAGGED DOWN				
ZX503	Liquorice Juice Sticks	1kg	41.25	V
SUNITA				
ZX096	Grape Juice & Sultana Halva	2.5kg	27.05	V
ZX097	Honey & Pistachio Halva	2.5kg	31.18	
TABLE SAUCES				
BIONA				
KJ106	Classic Tomato Ketchup Squeezy	12 x 560g	26.91	GOSV
MERIDIAN				
<i>CHRISTMAS 2020</i>				
JS080	Redcurrant Jelly - organic	6 x 284g	13.45	OV
MR ORGANIC				
KJ050	Italian Organic Ketchup	6 x 480g	11.99	OSV
TEAS				
CAFEDIRECT				
<i>Everyday Teas</i>				
TE691	Everyday Tea	2 x 1100 bags	51.31	FV
CLIPPER				
<i>FOOD SERVICE RANGE</i>				
TE152	Earl Grey - og	250 bags	14.70	FOV
TE150	Earl Grey - og	6 x 25 bags	11.41	FOV
TE149	Fairtrade Everyday blend	250 bags	14.70	FV
TE448	Fairtrade Everyday One Cup Bag	1100 bags	19.09	FV
TE159	Green Tea - og	250 bags	14.70	FOV
TE161	Green Tea - og	6 x 25 bags	11.41	FOV
TE451	Speciality English Breakfast	250 bags	14.70	FOV
TOFU & TEMPEH (CHILLED)				
CLEAR SPOT				
CV209	Marinated Tofu	8 x 190g	14.57	OV
CV249	Smoked Tofu	8 x 225g	16.48	OV
NATUREMADE OASIS				
CV582	Marinated Tofu	5 x 200g	9.12	OV
TOMATOES & TOMATO PRODUCTS				
SUMA				
LJ660	Organic Basil Passata	12 x 690g	16.11	VO
LJ560	Organic Passata	12 x 690g	15.75	VO
LJ088	Tomato Puree - organic	12 x 200g	11.61	VO
<i>Canned</i>				
LJ075	Cherry Tomatoes - organic	12 x 400g	12.15	OV
LJ123	Tomatoes - chopped, organic	6 x 2.5kg	24.07	OV
LJ080	Tomatoes - chopped, organic	12 x 400g	8.91	OV

code	product	size	price	bfgov
LJ081	Tomatoes - peeled, whole OG SUMA BAGGED DOWN - ORGANIC <i>Dried</i>	12 x 400g	9.45	VO
LJ601	Sundried Tomatoes-organic SUMA COMMODITIES - ORGANIC <i>Dried</i>	1kg	12.25	OV
LJ600	Sundried Tomatoes - organic SUMA PREPACKS - ORGANIC <i>Dried</i>	10kg	95.25	OV
LJ602	Sundried Tomatoes - organic ZEST	6 x 125g	10.29	OV
LJ042	Sun-dried Tomato Paste VEGETABLES BIONOVA	6 x 170g	12.60	V
VF039	Garden Peas	6 x 350g	8.78	O
VF040	Sauerkraut	6 x 350g	12.10	VO
VF030	Sweetcorn - organic ORGANICO	6 x 340g	8.77	VO
VF088	French Chestnuts in box - og ST DALFOUR	12 x 200g	47.95	OV
VF112	Whole Chestnuts SUNITA	6 x 200g	13.00	GV
KJ084	Capers - Organic TROPICAL WHOLEFOODS	6 x 125g	23.69	OV
VF514	Shiitake Mushrooms VEGETABLES (FROZEN) NATURAL COOL	6 x 50g	14.85	V
XL156	Chips - Oven or Fry	6 x 1.25kg	23.15	OV
XL177	Leaf Spinach Portions	8 x 450g	12.40	OVb
XL181	Sweetcorn VINEGARS SUMA	8 x 450g	16.75	OVb
KJ290	Apple Cider Vinegar ASPALL	5l	10.72	OV
KJ382	Balsamic Vinegar - og	5l	36.00	OV
KJ180	Cyder Vinegar	25l	50.52	V
KJ067	Cyder Vinegar	5l	11.78	V
KJ252	Cyder Vinegar - og	25l	60.89	OV
KJ205	Cyder Vinegar - organic	5l	14.50	OV
KJ381	Malt Vinegar	5l	10.32	V
KJ353	Red Wine Vinegar	5l	11.78	V
KJ356	White Wine Vinegar	5l	11.78	V
	WATERS HARROGATE SPRING WATER <i>Glass Bottles</i>			
WA222	Spring Water - Sparkling	12 x 750ml	9.33	V
WA223	Spring Water - Still	12 x 750ml	9.33	V
	<i>PET Bottles</i>			
WA221	Spring Water - Sparkling	12 x 1.5l	6.23	V
WA012	Spring Water - sparkling	24 x 500ml	7.50	V
WA220	Spring Water - Still	12 x 1.5l	6.23	V
WA010	Spring Water - still	24 x 500ml	7.50	V

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