

# Suma

CO-OPERATIVE SINCE 1977

**VEGAN**

MAY - JUNE 2021

# VEGAN

## A bit more about it..

People choose to be vegan for health, environmental, and/or ethical reasons. Some vegans feel that consuming eggs and dairy products promotes the meat industry. Some people avoid these items because of the conditions associated with their production.

Many vegans choose this lifestyle to promote a more humane and caring world. They know they are not perfect, but believe they have a responsibility to try to do their best, while not being judgmental of others.

Whatever your reason for choosing vegan, we have everything that you could wish for, this list includes cheese, milk and meat alternatives, vegan chocolate and much more.



### Key BFGSOV

B - Biodynamic // F - Fairtrade // 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>BELLE &amp; CO</b>				
RT022	Alcohol Free Sparkling Brut	750ml	5.15	V
RT020	Alcohol Free Sparkling Rose	750ml	5.15	V
<b>ALCOHOLIC DRINKS</b>				
<b>DALSTON'S</b>				
RT030	Grapefruit Hard Seltzer	330ml	2.65	V
RT018	Rhubarb Hard Seltzer	330ml	2.65	V
<b>HOLLOWS</b>				
RT017	From Fentimans Superior Alcoholic Ginger Beer	500ml	3.45	GVS
<b>BABY &amp; CHILD FOOD</b>				
<b>ANNABEL KARMEL</b>				
BB092	Baby Pasta Shapes	250g	1.89	OV
<b>BEAR</b>				
ZX515	Paws- Apple & Blackcurrant	20g	0.59	GV
ZX523	Paws- Raspberry & Blueberry	20g	0.59	GV
ZX520	Paws- Strawberry & Apple	20g	0.59	GV
	Paws in multipacks			
ZX189	Paws- Raspberry & Blueberry	5 x 20g	2.69	GV
ZX245	Paws- Strawberry & Apple	5 x 20g	2.69	GV
<b>ELLA'S KITCHEN</b>				
	Dairy Free			
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
	Smoothie Fruits			
BB238	The Green One - Multi Pack	5 x 90g	5.25	OV
BB048	The Green One - smoothie fruit	90g	1.09	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
	Snacks			
BB263	Nibbly Fingers - Strawb/Apple Stage 1	5 x 25g	3.35	OV
BB196	Apple & Pear Baby Rice	120g	1.39	OV
BB001	Apples & Bananas	120g	1.39	OV
BB198	Banana & Apricot Baby Rice	120g	1.39	OV
BB021	Banana & Blueberry Baby Rice	120g	1.39	OV
BB003	Broccoli, Pear & Peas	120g	1.39	OV
BB049	Butternut Squash, Carrot	120g	1.39	OV
BB006	Carrot, Apple & Parsnip	120g	1.39	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
BB095	Peaches & Bananas	120g	1.39	OV
BB063	Spinach, Apples & Swede	120g	1.39	OV
BB078	Strawberries & Apples	120g	1.39	OV
BB126	Sweet Potato,Broccoli,Carrot	120g	1.39	OV
<b>HOLLE</b>				
	Cereals			
BB269	3-Grain Porridge	250g	3.79	OV
BB272	Millet Porridge	250g	3.79	OV
BB273	Rolled Oats Porridge	250g	3.45	OV
<b>LITTLE INCA</b>				

code	product	size	rrp	bfgosv
BB110	Happy Orange	100g	1.39	GOV
BB113	Joyful Green	100g	1.39	GOV
BB111	Yummy Purple	100g	1.39	GOV
<b>LITTLE PASTA ORGANICS</b>				
BB017	Asparagus,Pea & Broad Bean Pasta	130g	2.99	GOV
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	GOV
BB051	Teddy Bear Pasta	250g	1.95	VO
BB174	Travel Pasta Shapes - Tricolor Pasta Sauce	250g	1.95	OV
BB298	Pumpkin & Carrot Pasta Sauce	130g	2.05	GOV
BB257	Spinach & Broccoli Sauce	130g	2.05	GOV
<b>ORGANIX</b>				
Cereals - Stage 2				
BB052	Banana & Plum Porridge	200g	2.95	OV
BB053	Multigrain Porridge	200g	2.95	OV
Cereals - Stage 3				
BB057	Banana,Peach & Apple Muesli	200g	3.50	OV
BB060	Raspberry & Banana Muesli	200g	3.50	OV
Finger Foods - from 7 months				
BB713	Apple Rice Cakes	50g	1.69	OV
BB153	Banana Rice Cakes	50g	1.69	OV
BB156	Banana Ring Biscuits	54g	2.15	OV
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	Strawberry Ring Biscuits	54g	2.15	OV
Goodies Biscuits				
BB711	Alphabet Biscuits	5 x 25g	2.89	OV
BB022	Animal Biscuits	100g	1.95	OV
BB247	Gingerbread Men	135g	2.89	OV
Goodies Fruit Snacks				
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
Goodies Savouries				
BB549	Carrot Stix	15g	0.49	OV
Goodies Snack Bars				
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
<b>BABY CARE</b>				
<b>BEAMING BABY</b>				
Nappies				
NF636	Bio Degradable - Maxi Plus	34	15.49	V
NF635	Bio Degradable Nappies - Maxi	34	13.89	V
NF637	Bio Degradable Nappy - Junior	31	14.99	V
NF634	Bio Degradable Nappy - Midi	40	13.92	V
NF633	Bio-Degradable Nappies - Mini	20	6.39	V
Nappy Sacks				
NF259	Nappy Sacks - Fragrance Free Wipes	60	3.15	V
NF688	Organic Baby Wipes Sensitive	72	4.69	OV
NF103	Organic Baby Wipes Unscented	72	4.69	OV
<b>BIO D</b>				
NF666	Nappy Fresh	500g	2.89	V
<b>EARTH FRIENDLY BABY</b>				
DY545	Chamomile Shampoo & Wash OG	250ml	4.09	OV

code	product	size	rrp	bfgosv
DY535	Eco Baby Wipes	pack	3.09	V
DY524	Organic Lavender Bubble Bath	300ml	5.39	OV
DY558	Organic Lavender Shampoo &	250ml	4.09	OV
<b>JACK N' JILL</b>				
DY297	Toothpaste - Blueberry	50g	4.99	V
DY321	Toothpaste - Strawberry	50g	4.99	V
	Biodegradable Toothbrush			
DY335	Toothbrush - Bunny	1	3.49	V
	Childrens Hand Sanitiser			
DY419	Hand Sanitiser Dino	2 x 29ml	4.99	V
DY422	Hand Sanitiser Monkey	2 x 29ml	4.99	V
DY423	Hand Sanitiser Unicorn	2 x 29ml	4.99	V
<b>NATRACARE</b>				
NF099	Organic Cotton Baby Wipes	50	4.05	OV
<b>WELEDA</b>				
DY536	Calendula Shampoo & Body Wash	200ml	8.25	V
<b>BAGS, BOXES AND BASKETS</b>				
<b>SUMA BRANDED BAGS</b>				
	Suma Branded Bags			
NF551	Canvas Every Day Shopping Bag	bag	3.49	V
NF549	Handy size Jute Shopping Bag	bag	3.49	V
NF554	Lg- organic cotton produce bag	bag	3.49	OV
NF100	Lg-Woven PP Insulated Cool Bag	bag	3.99	V
NF553	Med-organic cotton produce bag	bag	2.99	OV
NF550	Recycled Plastic Shopping Bag	bag	2.99	V
<b>BAGS2KEEP</b>				
NF340	Black String Cotton Bag	bag	3.99	V
NF346	Blue Cotton String Bag	bag	3.99	V
NF341	Green Cotton String Bag	bag	3.99	V
NF342	Red Cotton String Bag	bag	3.99	V
NF339	White Cotton String Bag	bag	3.99	V
<b>D2W</b>				
NF406	100% Degradable Refuse Sacks	10 bags	1.59	V
NF076	Degradable Large Freezer Bags	100 bag	1.65	V
NF074	Degradable Medium Freezer Bags	200 bag	1.65	V
NF407	Degradable Swing Bin Liners	15 bags	1.99	V
NF050	Drawtape Refuse Sack Roll	10 bags	1.85	V
NF102	Drawtape Swing Bin Liner	15 roll	1.95	V
NF179	Multi Purpose Degradable Bags	10 x 50	2.25	V
NF169	Pedal Bin Liners	30 bags	1.99	V
NF494	Pedal Bin Liners - Drawtape	30 bags	1.95	V
NF495	Refuse Sacks Value Pack	20 bags	2.19	V
NF358	Wheelie Bin Liners	rolls	2.15	V
<b>ECOLEAF BY SUMA</b>				
	Refuse Sacks			
NF270	Refuse Sacks-Recycled Plastic	8 rolls	1.65	V
<b>SIESTA CRAFTS</b>				
NF467	Recycled Saree Bag - Folding	each	4.50	FV
<b>WASTE NOT</b>				
NF689	Compostable Caddy Liner 10l	20	4.25	V
<b>BAKING SUNDRIES</b>				
<b>SUMA</b>				
LJ039	Baking Powder - Gluten Free	200g	2.19	GV
LJ040	Bicarbonate of Soda	200g	1.89	V
LJ019	Cornflour	500g	1.35	V
LJ223	Xanthan Gum	100g	4.55	V
<b>BARKAT</b>				
LJ002	Gluten Free Baking Powder	100g	1.55	GV
<b>BREAD MATTERS</b>				
LJ218	Original Sourdough Starter	10g	4.99	OV
<b>CERTO</b>				

code	product	size	rrp	bfgosv
LJ216	Apple Pectin	250ml	3.05	V
	<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
	<b>D &amp; D CHOCOLATES</b>			
ZX374	Dairy Free Chocolate Chips	160g	3.85	SV
	<b>DIVINE</b>			
KB528	Dark Chocolate Baking Bar	150g	3.45	SVF
	<b>DOVES FARM</b>			
LJ206	Baking Powder	130g	1.49	GV
LJ202	Bicarbonate of Soda	200g	1.39	GV
LJ228	Choc Chip Cookie Mix	350g	3.25	GSV
LJ203	Cornflour Organic	110g	1.79	GOV
LJ175	Gluten Free Batter Mix	1kg	3.09	GV
LJ423	Quick Yeast	8 x 125g	1.19	GV
LJ191	Vitamin C	120g	5.19	GV
	<b>ENGEVITA</b>			
LJ144	Organic Yeast Flakes	125g	5.99	GOV
LJ148	Super Yeast Flakes Vit D & B12	100g	4.09	GV
LJ143	Yeast Flakes	125g	3.35	GV
LJ024	Yeast Flakes - Iron & Vit D	125g	3.99	GV
LJ020	Yeast Flakes with Vitamin B12	125g	3.75	GV
	<b>FERMIPAN</b>			
LJ061	Dried Yeast	500g	4.59	V
	<b>FOLLOW YOUR HEART</b>			
LJ015	Vegan Egg	114g	7.85	V
	<b>FREE &amp; EASY</b>			
LJ009	Cheese Flavour Sauce Mix	130g	2.06	GSV
LJ016	Egg Replacer	135g	2.35	GV
	<b>JUST WHOLEFOODS</b>			
LJ162	Vegezet - setting agent	25g	1.99	V
	<b>MONTEZUMA'S</b>			
	Cooking Chocolate			
KB052	Dark Couverture	3kg	52.49	GOSV
	<b>NIELSEN MASSEY</b>			
LJ242	Madagascan Vanilla Extract	1l	135.00	GV
LJ252	Pure Almond Extract	60ml	4.35	V
LJ250	Pure Vanilla Extract	60ml	9.65	SV
LJ204	Vanilla Bean Paste	60ml	12.75	SV
LJ244	Vanilla Extract	60ml	10.85	GV
	<b>OGGS</b>			
LJ082	Aquafaba Egg Alternative	200ml	2.59	V
	<b>ORGRAN</b>			
LJ656	Egg Replacer	200g	2.95	GV
LJ077	Vegan Easy Egg	250g	4.25	GSV
	<b>PLAMIL</b>			
	Drops in 1kg bags			
KB651	Baking Chocolate	1kg	11.99	GSV
KB652	Organic Baking Chocolate	1kg	13.59	GOSV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
	<b>STEENBERGS</b>			
LJ116	Almond Extract	100ml	6.69	V
LJ117	Orange Flower Water Organic	100ml	3.79	OV
LJ085	Rose Water Organic	100ml	3.79	OV
	<b>TAYLOR &amp; COLLEDGE</b>			
LJ115	Vanilla Bean Extract	100ml	9.25	FOV
LJ113	Vanilla Bean Paste	65g	6.65	SOV
LJ036	Vanilla Pods	4g	9.95	OV
	<b>THE RAW CHOCOLATE CO</b>			
	Chocolate Making Ingredients			
KB050	Cacao Butter	240g	6.70	GOV

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KB051	Raw Cocoa Powder	180g	4.20	GOV
	<b>VEGO</b>			
KB072	Hazelnut Chocolate Melts	180g	4.95	OFVS
	<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
VF625	Black Beans - organic	400g	1.09	OV
VF900	Black Beans - Organic	2.6kg	4.29	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
VF707	Borlotti Beans	400g	0.75	V
VF630	Borlotti Beans - organic	400g	1.09	OV
VF119	Butter Beans	400g	0.75	V
VF645	Butter Beans - organic	400g	1.09	VO
VF709	Cannellini Beans	400g	0.75	V
VF395	Cannellini Beans - organic	400g	1.09	OV
VF117	Chickpeas	400g	0.75	V
VF642	Chickpeas - organic	400g	1.09	VO
VF785	Chickpeas - organic	2.6kg	4.29	OV
VF647	Green Lentils - organic	400g	1.09	VO
VF644	Haricot Beans - organic	400g	1.09	VO
VF649	Mixed Beans - organic	400g	1.09	VO
VF795	Mixed Beans - organic	2.6kg	4.29	OV
VF118	Red Kidney Beans	400g	0.75	V
VF643	Red Kidney Beans - organic	400g	1.09	VO
VF711	Six Bean Mix	400g	1.09	V
	Canned From Fresh			
VF123	Fresh Borlotti Beans - Organic	400g	1.39	OV
VF169	Fresh Cannellini - Organic	400g	1.39	OV
VF560	Fresh Chickpeas - Organic	400g	1.39	OV
	<b>BIONA</b>			
VF222	Baked Beans - Organic	400g	1.29	OVS
LJ167	Brown Lentil Curry	400g	1.49	OV
VF042	Chilli Beans - Organic	395g	1.49	OSV
VF227	Chilli Black Beans - Organic	400g	1.39	OV
VF306	Edamame Beans	200g	1.79	OV
	<b>BIONOVA</b>			
VF495	Baked Beans - organic	340g	1.55	OSV
	<b>GEO</b>			
VF133	Edamame Beans in Water	400g	2.05	V
	<b>GEO ORGANICS</b>			
VF094	Black Beluga Lentils Organic	400g	1.89	OV
	<b>HODMEDOD'S</b>			
VF129	Organic Vaal Dhal - British	400g	1.89	OSV
VF098	Organic Whole Fava Beans	400g	1.29	OV
	<b>MR ORGANIC</b>			
VF215	BBQ Baked Beans	400g	1.29	OV
VF216	Chilli Mixed Beans	400g	1.49	OV
	<b>TRIPLE LION</b>			
VF021	Chickpeas - Catering Size	2.50kg	3.75	V
	<b>WHOLE EARTH</b>			
VF161	Baked Beans - organic	400g	1.19	GOV
	<b>BEANS &amp; PULSES - DRIED</b>			
	<b>SUMA PREPACKS</b>			
PU013	Beluga Lentils	500g	2.05	V
PU144	Black Turtle Beans	500g	1.65	V

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PU017	Blackeye Beans	500g	2.15	V
PU078	Broth Mix	500g	1.55	V
PU066	Butter Beans	500g	2.49	V
PU067	Chickpeas	500g	1.39	V
PU065	Lentils - brown	500g	1.55	V
PU133	Lentils - Dark Speckled	500g	1.59	V
PU069	Lentils - green	500g	1.55	V
PU076	Lentils - red split	500g	1.65	V
PU072	Marrowfat Peas	500g	1.45	V
PU177	Moong Dahl	500g	2.55	V
PU070	Split Peas - green	500g	1.49	V
PU080	Split Peas - yellow	500g	1.29	V
<b>SUMA PREPACKS - ORGANIC</b>				
PU202	Aduki Beans - Organic	500g	3.35	VO
PU222	Bean Mix - organic	500g	2.99	OV
PU034	Black Turtle Beans	500g	2.19	OV
PU004	Broth Mix - Organic	500g	2.09	OV
PU345	Butter Beans - organic	500g	3.65	VO
PU225	Cannellini Beans - organic	500g	3.05	OV
PU369	Chickpeas - organic	500g	1.75	VO
PU182	Green Split Peas - organic	500g	2.25	OV
PU145	Haricot Beans - organic	500g	2.99	OV
PU135	Lentils - Brown, organic	500g	2.35	VO
PU167	Lentils - Dark Speckled, org	500g	2.99	OV
PU129	Lentils - Green, organic	500g	2.39	VO
PU294	Lentils - Red split organic	750g	2.99	OV
PU267	Lentils - Red split, organic	500g	2.15	VO
PU151	Mung Beans - organic	500g	3.05	VO
PU136	Pinto Beans - organic	500g	2.75	OV
PU156	Red Kidney Beans - organic	500g	3.05	OV
PU146	Soya Beans - organic	500g	1.95	OV
PU166	Yellow Split Peas - organic	500g	2.19	OV
<b>HODMEDOD'S</b>				
PU029	Fava Beans Organic - whole	500g	1.99	OV
PU007	Olive Green Lentils	500g	2.99	V
<b>BEERS</b>				
<b>SUMA</b>				
RT215	Long Wall Mouse Blonde Beer	500ml	2.99	OV
<b>BUDELS</b>				
RT131	Budels Lager	330ml	2.21	OV
<b>HOP &amp; HEMP BREW CO</b>				
Low Alcohol with CBD				
RT065	Easy Times IPA	330ml	2.85	V
RT064	Lowdown Lager	330ml	2.85	V
<b>SAM SMITHS</b>				
RT009	Chocolate Stout	550ml	3.79	OV
RT008	Organic Pale Ale	550ml	3.59	OV
RT120	Pure Brewed Organic Lager	550ml	3.59	OV
<b>SMALL BEER</b>				
RT039	Dark Lager 1% ABV	350ml	2.99	V
RT033	Lager 2.1% ABV	350ml	2.99	V
RT037	Session Pale 2.5% ABV	350ml	2.99	V
RT038	Steam 2.7% ABV	350ml	2.99	V
<b>ST PETER'S</b>				
Alcohol Free Beers				
RT025	St Peter's Without - Gold	500ml	2.15	V
RT026	St Peter's Without - Organic	500ml	2.19	OV
RT021	St Peter's Without Original	500ml	2.15	V
<b>STROUD BREWERY</b>				
RT063	Alederflower	330ml	2.89	OV
RT058	Big Cat	500ml	3.65	OV



code	product	size	rrp	bfgosv
RT055	Budding	500ml	3.69	OV
RT060	IPA	330ml	3.35	OV
RT059	Premium Organic	500ml	3.90	OV
RT056	Tom Long	500ml	3.39	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>				
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	3.25	OSV
BT291	Crispbread - Veggie Garden GF	100g	1.69	GOV
BT211	Melba Toasts - Spelt, Organic	200g	3.25	OV
BT159	Protein Lentil Crispbread	100g	1.99	GOV
<b>ANGELIC GLUTEN FREE</b>				
BT179	Double Chocolate Cookies	125g	2.59	GSV
<b>BIONA</b>				
BT166	Hazelnut Syrup Waffles	175g	2.69	OSV
BT123	Maple Syrup Waffles	175g	2.49	OV
BT343	Rye Knaecke Original Crispbread	200g	1.29	OV
BT342	Rye Knaecke Sesame Crispbread	200g	1.39	OV
<b>BONSAN</b>				
BT193	Coconut Dream Cookie Melt	25g	1.19	GSV
BT192	Hazelnut Brownie Cookie Melt	25g	1.19	GSV
BT182	Peanut Butter Cookie Melt	25g	1.19	GSV
<b>CLEARSPRING</b>				
BT229	Brown Rice Cakes	120g	1.39	GOV
BT261	Brown Rice Cakes	120g	1.39	GOV
BT277	Brown Rice Cakes	120g	1.49	GOV
BT276	Brown Rice Cakes	120g	1.49	GOV
BT270	Brown Rice Cakes	120g	1.49	GOV
BT129	Brown Rice Crackers-Blk Sesame	40g	2.19	GOV
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	GOV
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	GOSV
BT202	Fruity Oat Digestives	200g	1.55	OSV
BT269	Lemon Zest Cookies - GF	150g	1.59	GOSV
BT092	Organic Digestive Biscuits	400g	2.09	OSV
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
<b>EASY BEAN</b>				
BT304	Fava Bean & Poppy Seed	160g	2.95	GV

code	product	size	rrp	bfgosv
BT305	Greenpea & Chia Seed	160g	2.95	GV
BT303	Red Lentil & Poppy Seed Bean & Seed Cracker	160g	2.95	GV
BT285	Yellow Pea & Sunflower Seed Bean & Seed Crackers	160g	2.95	GV
BT279	Turmeric & Nigella Seed	160g	2.95	GV
<b>FINN CRISPBREADS</b>				
BT243	Hi Fibre	200g	1.59	V
BT025	Multigrain	175g	1.59	V
BT003	Original Rye	200g	1.59	V
BT002	Original Rye	250g	1.59	V
<b>HONEYROSE</b>				
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
<b>KALLO</b>				
BT045	Ancient Grain Corn Cakes	150g	1.99	GOV
BT152	Blueberry/Van Rice/Corn Cakes	131g	2.29	GSV
BT184	Corn Cakes OG Lentil Cakes	130g	1.79	GOV
BT578	Protein Lentil Cake Rice Cakes	100g	1.99	GV
BT034	Original Organic Wholegrain	130g	1.69	GVO
BT378	Sea Salt & Balsamic Rice Cakes	127g	1.79	V
BT036	Thick Slice Sesame Rice Cake	130g	1.48	GOV
BT240	Thin Slice No Salt - organic Veggie Cakes	130g	1.59	GVO
BT146	Beetroot Veggie Cakes	122g	2.99	SV
BT153	Spinach & Pesto Veggie Cakes	122g	2.99	SV
<b>KOOKIE CAT</b>				
BT565	Cacao Nib & Walnut Cookie	50g	1.49	GOV
BT567	Chia & Lemon Cookie	50g	1.49	GOV
BT566	Hemp & Cacao Cookie	50g	1.49	GOV
BT563	Pineapple & Orange Cookie	50g	1.49	GOV
BT105	Protein Dark Chocolate	50g	1.49	GOSV
BT131	Salted Caramel Almond	50g	1.49	GOSV
BT564	Vanilla & Choc Chip Cookie	50g	1.49	GOV
BT132	Wild Berries & White Chocolate	50g	1.49	GOSV
<b>LAZY DAY</b>				
BT320	Belgian Dark Chocolate Tiffin	150g	2.89	SV
BT188	Chocolate Chip Oaties	150g	2.45	GSV
BT214	Dark Belgian Chocolate Gingers	125g	3.25	GV
BT197	Free From Shortbread	150g	2.75	GV
BT140	Ginger Tiffin	150g	2.89	GVS
BT199	Golden Syrup Oaties	150g	2.45	GSV
BT316	Millionaires Shortbread	150g	2.89	GSV
BT180	Stem Ginger Oaties	150g	2.45	GSV
BT538	Tiffin Gift Selection Box	360g	5.99	GSV
<b>LE PAIN DES FLEURS</b>				
BT094	Buckwheat Crispbread	150g	3.29	GOV
BT189	Buckwheat Crispbread no Salt	150g	3.29	GOV
BT095	Chestnut Crispbread	150g	3.99	GOV
BT093	Quinoa Crispbread	150g	3.99	GOV
<b>LOTTIE SHAW'S</b>				
ZX693	Vegan Gingerbread Man	50g	1.29	SV
<b>METCALFE'S</b>				
BT222	Rice Cakes - Dark Chocolate	34g	0.99	GVS
<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	OSV

code	product	size	rrp	bfgosv
BT350	Flatbread Classic	150g	2.69	OV
BT345	Flatbread with Rosemary	150g	2.69	OV
ZX222	Multigrain Biscuits	250g	2.19	OSV
ZX219	Orange Biscuits/Cocoa Beans	250g	2.79	OSV
<b>MRS CRIMBLES</b>				
BT245	Chocolate Macaroons	195g	1.99	GSV
<b>NAIRN'S</b>				
BT363	Ancient Grain Oatcakes	200g	1.79	V
BT419	Coconut and Chia Oat Biscuit	200g	1.79	SV
BT090	Oatcakes - Fine	218g	1.25	V
BT046	Oatcakes - Fruit & Seed	225g	1.79	SV
BT273	Oatcakes - Organic	250g	1.59	OV
BT174	Oatcakes - Peri Peri	200g	1.79	V
BT275	Oatcakes - Traditional Rough	291g	1.35	V
BT301	Oatcakes -Cracked Black Pepper	200g	1.59	V
BT386	Oatcakes -Organic Super Seeded	200g	1.79	OV
BT133	Oaties GF Gluten Free	160g	1.49	GSV
BT200	GF Apple&Cinnamon Chunky Bisc	160g	2.35	GSV
BT108	GF Biscuit Breaks Oat & Fruit	160g	2.35	GSV
BT109	GF Biscuit Breaks Oat & Syrup	160g	2.35	GSV
BT267	GF Biscuit Breaks Stem Ginger	160g	2.35	GSV
BT571	GF Blueb&Rasp Chunky Buscuits	160g	2.35	GSV
BT549	GF Super Seeded Oatcake	180g	2.25	GV
BT420	Gluten Free Oatcakes Wheat Free Biscuits	213g	2.25	GV
BT414	Mixed Berry	200g	1.79	SV
BT415	Stem Ginger	200g	1.79	SV
<b>ORGANICO</b>				
	Rustic Breadsticks			
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>ORGRAN</b>				
BT138	Beetroot Crackers	100g	2.85	GV
BT134	Beetroot Turmeric Crackers	100g	2.85	GV
<b>ORIGIN EARTH</b>				
BT390	Gluten Free Crackers	150g	2.99	GV
BT389	Gluten Free Crackers Fennel	150g	2.99	GV
BT387	Gluten Free Crackers Sesame	150g	2.99	GV
<b>PETER'S YARD</b>				
BT171	Sourdough F'Bread Smoke Chilli	115g	2.39	V
BT170	Sourdough Flatbreads Sea Salt	115g	2.39	V
BT173	Sourdough Flatbreads Seeded	135g	2.39	V
<b>PREWETT'S</b>				
BT280	Jammy Wheels	160g	2.19	GSV
<b>REAL FOODS</b>				
BT381	Corn Thins - Original	150g	1.95	V
BT377	Corn Thins - Sesame	150g	1.95	OV
<b>RHYTHM 108</b>				
	Ooh-la-la Tea Biscuits			
BT333	Almond Biscotti	135g	3.09	GOV
BT334	Coconut Cookie	135g	3.09	GOV
BT335	Double Choco Hazelnut Biscuits	135g	3.09	OVG
BT344	Lemon Ginger Chia Biscuits Soft Filled Cookies	135g	3.09	GOSV
BT216	Chocolate Hazelnut Ganache	50g	1.75	OVS
BT115	Double Chocolate Peanut	50g	1.75	OVS
<b>RUDE HEALTH FOODS</b>				
BT244	Black Rice & Turmeric Crackers	100g	2.99	GOV

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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
BT266	Ginger & Turmeric Oaty	200g	2.49	SV
BT395	Multigrain Thins	160g	2.75	GOV
<b>TRAIDCRAFT</b>				
BT547	Double Chocolate Chunk Cookies	180g	2.25	FSV
<b>VEGAN BAKERY</b>				
BT063	Choco Cookies	200g	2.25	SV
BT064	Coconut Clouds	200g	2.25	SV
BT069	Cookie N' Cream	200g	2.25	GSV
<b>BODY CARE</b>				
<b>SUMA CONDITIONERS</b>				
DY475	Rose & Geranium Conditioner	5l	20.75	V
<b>ALOE PURA</b>				
DY040	Aloe Vera Gel	200g	6.99	V
DY196	Aloe Vera Gel + Tea Tree	200ml	6.99	V
DY199	Aloe Vera Gel + Vitamin A C E	200ml	6.99	V
DY602	Body Wash	200ml	6.99	V
DY603	Face Mask	150ml	5.49	V
DY600	Face Wash	150ml	5.49	V
	Suncare			
DY303	Aloe Vera After Sun Lotion	200ml	8.49	V
DY211	Aloe Vera Sun Lotion SPF 50	200ml	19.99	V
<b>ALTER/NATIVE BY SUMA</b>				
	Accessories			
DY484	5l pump - 30ml Dispenser	each	4.99	V
DY110	Organic Cotton Soap Bag	bag	1.95	OV
DY449	Travel soap tin	tin	2.95	V
DY609	Travel Soap Tin - Double Size	each	7.49	V
DY607	Travel Soap Tin - Single Size	each	3.99	V
	Haircare - Conditioner 400ml			
DY031	Conditioner - Clear & Simple	400ml	5.19	V
DY041	Conditioner - Coconut & Argan	400ml	5.19	V
DY034	Conditioner - Coffee & C'wood	400ml	5.19	V
DY039	Conditioner - Lav & Geranium	400ml	5.19	V
DY037	Conditioner - Patchouli	400ml	5.19	V
DY043	Conditioner - Pink Grapefruit	400ml	5.19	V
DY042	Conditioner - Rose & Geranium	400ml	5.19	V
DY036	Conditioner - Tea Tree & Aloe	400ml	5.19	V
	Haircare - Conditioner 5l			
DY045	Conditioner - Clear & Simple	5l	39.99	V
DY053	Conditioner - Coconut & Argan	5l	39.99	V
DY046	Conditioner - Coffee & C'wood	5l	39.99	V
DY052	Conditioner - Lav & Geranium	5l	39.99	V
DY049	Conditioner - Patchouli	5l	39.99	V
DY057	Conditioner - Pink Grapefruit	5l	39.99	V
DY055	Conditioner - Rose & Geranium	5l	39.99	V
DY047	Conditioner - Tea Tree & Aloe	5l	39.99	V
	Haircare - Shampoo 400ml			
DY001	Shampoo - Clear & Simple	400ml	5.19	V
DY017	Shampoo - Coconut & Argan Oil	400ml	5.19	V
DY002	Shampoo - Coffee & Cedarwood	400ml	5.19	V
DY016	Shampoo - Lavender & Geranium	400ml	5.19	V
DY009	Shampoo - Patchouli	400ml	5.19	V
DY021	Shampoo - Pink Grapefruit	400ml	5.19	V
DY019	Shampoo - Rose & Geranium	400ml	5.19	V
DY003	Shampoo - Tea Tree & Aloe	400ml	5.19	V
	Haircare - Shampoo 5l			

code	product	size	rrp	bfgosv
DY022	Shampoo - Clear & Simple	5l	39.99	V
DY028	Shampoo - Coconut & Argan Oil	5l	39.99	V
DY023	Shampoo - Coffee & Cedarwood	5l	39.99	V
DY027	Shampoo - Lavender & Geranium	5l	39.99	V
DY026	Shampoo - Patchouli	5l	39.99	V
DY030	Shampoo - Pink Grapefruit	5l	39.99	V
DY029	Shampoo - Rose & Geranium	5l	39.99	V
DY025	Shampoo - Tea Tree & Aloe	5l	39.99	V
	Hair-Conditioner Bars/Boxed			
DY999	Hair Conditioner Bar - Coconut	90g	5.45	V
DY995	Hair Conditioner Bar - Rose	90g	5.45	V
DY994	Hair Conditioner Bar -Lavender	90g	5.45	V
DY993	Hair Conditioner Bar -P'chouli	90g	5.45	V
	Hair-Shampoo Bars/Boxed/Glyc			
DY997	Shampoo Bar-Glycerine-Coconut	90g	3.55	V
DY996	Shampoo Bar-Glycerine-P'chouli	90g	3.55	V
	Hair-Shampoo Bars/Boxed/PF			
DY992	Shampoo Bar - Rose & Geranium	95g	2.95	V
DY991	Shampoo Bar-Lavender&Geranium	95g	2.95	V
	Skincare - Body Wash 400ml			
DY061	Body Wash - Clear & Simple	400ml	5.19	V
DY070	Body Wash - Coconut & Argan	400ml	5.19	V
DY063	Body Wash - Coffee & C'wood	400ml	5.19	V
DY069	Body Wash - Lav & Geranium	400ml	5.19	V
DY068	Body Wash - Patchouli	400ml	5.19	V
DY074	Body Wash - Pink Grapefruit	400ml	5.19	V
DY073	Body Wash - Rose & Geranium	400ml	5.19	V
DY066	Body Wash - Tea Tree & Aloe	400ml	5.19	V
	Skincare - Body Wash 5l			
DY078	Body Wash - Clear & Simple	5l	39.99	V
DY087	Body Wash - Coconut & Argan	5l	39.99	V
DY079	Body Wash - Coffee & C'wood	5l	39.99	V
DY085	Body Wash - Lav & Geranium	5l	39.99	V
DY082	Body Wash - Patchouli	5l	39.99	V
DY089	Body Wash - Pink Grapefruit	5l	39.99	V
DY088	Body Wash - Rose & Geranium	5l	39.99	V
DY081	Body Wash - Tea Tree & Aloe	5l	39.99	V
	Skincare - Hand Wash 300ml			
DY108	Hand Wash - Coconut & Argan	300ml	4.30	V
DY102	Hand Wash - Lav & Geranium	300ml	4.30	V
DY101	Hand Wash - Patchouli	300ml	4.30	V
DY120	Hand Wash - Pink Grapefruit	300ml	4.30	V
DY112	Hand Wash - Rose & Geranium	300ml	4.30	V
DY096	Hand Wash - Tea Tree & Aloe	300ml	4.30	V
	Skincare - Hand Wash 5l			
DY125	Hand Wash - Coconut & Argan	5l	39.99	V
DY124	Hand Wash - Lav & Geranium	5l	39.99	V
DY122	Hand Wash - Patchouli	5l	39.99	V
DY130	Hand Wash - Pink Grapefruit	5l	39.99	V
DY129	Hand Wash - Rose & Geranium	5l	39.99	V
DY121	Hand Wash - Tea Tree & Aloe	5l	39.99	V
	Soap-Gift Sets			
DY316	Soap Gift Set - Botanical	set	11.00	V
DY317	Soap Gift Set - Floral	set	13.50	V
	Soap-Glycerine/Loose			
DY540	Glycerine Soap - G'fruit&Aloe	90g	1.69	V
DY555	Glycerine Soap - Hemp & Vit E	90g	1.69	V
DY532	Glycerine Soap - Rose&Geranium	90g	1.69	V
DY013	Glycerine Soap - White Lav	90g	1.69	V
	Soap-Glycerine/Loose/Palm Free			

code	product	size	rrp	bfgosv
DY965	Glycerine Soap - Coconut	90g	2.55	V
DY960	Glycerine Soap - Coffee & Cedar	90g	2.55	V
DY959	Glycerine Soap - Jasmine Musk	90g	2.55	V
DY964	Glycerine Soap - Lav & Geranium	90g	2.55	V
DY962	Glycerine Soap - Patchouli	90g	2.55	V
DY971	Glycerine Soap - Pink G'fruit	90g	2.55	V
DY967	Glycerine Soap - Rose & Geranium	90g	2.55	V
DY961	Glycerine Soap - Tea Tree & Aloe Soap-Handmade/Boxed/Palm Free	90g	2.55	V
DY433	Boxed Soap Aloe Vera	95g	2.29	V
DY497	Boxed Soap Bergamot & Green Tea	95g	2.29	V
DY452	Boxed Soap Cinnamon & Orange	95g	2.29	V
DY476	Boxed Soap Coconut Milk & Ylang	95g	2.29	V
DY448	Boxed Soap G'fruit & Mandarin	95g	2.29	V
DY438	Boxed Soap Lavender & Lime	95g	2.29	V
DY440	Boxed Soap L'grass & Chamomile	95g	2.29	V
DY560	Boxed Soap Patchouli & Hemp	95g	2.29	V
DY446	Boxed Soap P'mint & Pine Oil	95g	2.29	V
DY502	Boxed Soap Rose & Geranium	95g	2.29	V
DY445	Boxed Soap Rosemary & Lavender	95g	2.29	V
DY444	Boxed Soap Tea Tree & E'lyptus Soap-Skincare/Boxed/Palm Free	95g	2.29	V
DY998	Skincare-Ayurvedic Soap Bar	95g	2.95	V
DY990	Skincare-Detox Bar-Charcoal	95g	2.95	V
DY988	Skincare-Facial Bar-Cocoa	95g	2.95	V
DY989	Skincare-Shaving Bar Cedarwood	95g	2.95	V
<b>BEN &amp; ANNA</b>				
	Sensitive Deodorant			
DY462	Deodorant - Highland Breeze	60g	10.95	OV
DY458	Deodorant - Japanese Blossom	60g	10.95	OV
DY463	Deodorant - Lemon & Lime Shampoo Tablets	60g	10.95	OV
DY330	Shampoo Tablets - Tonic Shower Gel	120g	11.95	OV
DY543	Shower Gel Tablets - Velvet	120g	11.95	OV
DY432	Shower Gel Tablets - Aqua Stick Deodorant in Paper Tube	120g	11.95	V
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>BLOOM &amp; NORA</b>				
	Bloom Reusable Sanitary Pads			
NF044	Bloomers Reusable Maxi pad x3	packs	33.75	V
NF309	Bloomers Reusable Midi pad x10	1	6.29	V
NF305	Bloomers Reusable Mini pad x10	1	5.25	V
NF316	Mini Pack - 3 Pads & Day Bag	packs	24.25	V
NF311	Nora Reusable Midi pad x3	packs	27.59	V
NF307	Reusable Trial Pk Mixed Pad x4	packs	35.79	V
NF352	Trial Pack- 4 Mixed Size Pads Nora Reusable Sanitary Pads	packs	35.99	V
NF308	Nora Reusable Midi pad x10	1	6.29	V
NF319	Reusable Trial Pk Mixed Pad x4	packs	28.29	V
<b>CM LA VIE</b>				
DY289	Coconut Beauty Oil	300ml	9.99	OV
<b>DR BRONNER'S</b>				
DY160	Almond Castile Liquid Soap	237ml	8.49	FOV
DY191	Almond Castile liquid Soap	473ml	12.75	FOV

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DY208	Almond Castile Liquid Soap	946ml	20.99	FOV
DY198	Baby Castile Liquid Soap	473ml	12.75	FOV
DY209	Baby Castile Liquid Soap	946ml	20.99	FOV
DY182	Citrus Orange Liquid Soap	237ml	8.49	FOV
DY201	Citrus Orange Liquid Soap	473ml	12.75	FOV
DY338	Lavender Castile Liquid Soap	3.8l	67.49	FGOVB
DY183	Lavender Castile Liquid Soap	237ml	8.49	FOV
DY205	Lavender Castile Liquid Soap	473ml	12.75	FOV
DY213	Lavender Castile Liquid Soap	946ml	20.99	FOV
DY350	Liquid Soap Peppermint	3.8l	67.49	FGOVB
DY207	Peppermint Castile Liquid Soap	473ml	12.75	FOV
DY214	Peppermint Castile Liquid Soap	946ml	20.99	FOV
DY443	Pump Soap - Lavender	355ml	11.25	FOV
DY349	Pure Castile Liquid Soap-Baby Bar Soap	3.8l	67.49	FGOVB
DY117	Almond Pure Castile Bar Soap	140g	5.49	FOV
DY118	Baby Castile Bar Soap	140g	5.49	FOV
DY119	Citrus Orange Bar Soap	140g	5.49	FOV
DY123	Lavender Castile Bar Soap	140g	5.49	FOV
DY138	Peppermint Castile Bar Soap	140g	5.49	FOV
	Hand Sanitiser			
DY455	Hand Sanitiser - Lavender	60ml	5.19	FOV
DY479	Hand Sanitiser - Peppermint	60ml	5.19	FOV
	<b>EARTH CONSCIOUS</b>			
	Deodorant Balm in a Tin			
DY148	Natural Deodorant - Lavender	60g	6.99	V
DY157	Natural Deodorant - Peppermint	60g	6.99	V
	Stick Deodorant in Paper Tube			
DY136	Natural Deodorant - Grapefruit	60g	6.99	V
DY137	Natural Deodorant - Jasmine	60g	6.99	V
DY144	Natural Deodorant - Lavender	60g	6.99	V
DY141	Natural Deodorant - Lemon	60g	6.99	V
DY145	Natural Deodorant - Peppermint	60g	6.99	V
DY143	Natural Deodorant - Pure	60g	6.99	V
	<b>EMMA'S SOAP</b>			
NF052	Bamboo Body Brush	220g	15.45	V
NF043	Bamboo Nail/Massage Brush	65g	8.25	V
NF038	Bamboo Soap Dish	90g	7.50	V
	Plastic free shower puff			
NF193	Ramie Wash Cloth	1	5.15	V
	<b>FAIR SQUARED</b>			
	Natural Latex. Carbon Neutral			
DY943	Original Condoms	10	9.95	FV
	Packaging-Bioplastic/Cardboard			
DY936	100% Rubber Period Cup - Large	each	16.99	FV
DY926	100% Rubber Period Cup - Med	each	16.99	FV
	<b>FAITH IN NATURE</b>			
	5 Litres Bulk - Body Wash			
DY877	Body Wash - Aloe Vera	5l	40.00	V
DY883	Body Wash - Coconut	5l	40.00	V
DY430	Body Wash - Dragon Fruit	5l	40.00	V
DY427	Body Wash - Fragrance Free	5l	40.00	V
DY267	Body Wash - Tea Tree	5l	40.00	V
DY459	Body Wash - Wild Rose	5l	40.00	V
DY266	Body Wash-Grapefruit & Orange	5l	40.00	V
DY870	Body Wash-Lavender & Geranium	5l	40.00	V
	5 Litres Bulk - Conditioner			
DY874	Conditioner - Aloe Vera	5l	50.00	V
DY879	Conditioner - Coconut	5l	50.00	V
DY288	Conditioner - Tea Tree	5l	50.00	V
DY442	Conditioner - Wild Rose	5l	50.00	V

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DY437	Conditioner-Grapefruit &Orange	5l	50.00	V
DY867	Conditioner-Lavender&Geranium 5 Litres Bulk - Hand Wash	5l	50.00	V
DY473	Hand Wash - Wild Rose	5l	50.00	V
DY268	Hand Wash-Aloe Vera & Tea Tree	5l	50.00	V
DY270	Hand Wash-Lavender & Geranium 5 Litres Bulk - Shampoo	5l	50.00	V
DY871	Shampoo - Aloe Vera	5l	50.00	V
DY881	Shampoo - Coconut	5l	50.00	V
DY436	Shampoo - Grapefruit & Orange	5l	50.00	V
DY188	Shampoo - Jojoba	5l	50.00	V
DY868	Shampoo - Lavender & Geranium	5l	50.00	V
DY135	Shampoo - Seaweed & Citrus	5l	50.00	V
DY280	Shampoo - Tea Tree	5l	50.00	V
DY441	Shampoo - Wild Rose	5l	50.00	V
	Accessories			
HJ023	Pump for 5ltr Bulk Containers Body Wash	each	5.75	V
DY104	Body Wash - Aloe Vera	400ml	5.79	V
DY351	Body Wash - Avocado	400ml	5.79	GV
DY880	Body Wash - Coconut	400ml	5.79	V
DY981	Body Wash - Dragon Fruit	400ml	5.79	V
DY044	Body Wash - Fragrance Free	400ml	5.79	V
DY501	Body Wash - Grapefruit &Orange	400ml	5.79	V
DY285	Body Wash - Hemp & Meadowfoam	400ml	5.79	V
DY244	Body Wash - Jojoba	400ml	5.79	V
DY848	Body Wash - Seaweed	400ml	5.79	V
DY628	Body Wash - Shea & Argan	400ml	5.79	V
DY107	Body Wash - Tea Tree	400ml	5.79	V
DY132	Body Wash - Wild Rose	400ml	5.79	V
DY105	Body Wash-Lavender & Geranium Conditioner	400ml	5.79	V
DY128	Conditioner - Wild Rose	400ml	5.79	V
DY221	Conditioner - Aloe Vera	400ml	5.79	V
DY329	Conditioner - Avocado	400ml	5.79	V
DY354	Conditioner - Blueberry	400ml	5.79	GV
DY830	Conditioner - Coconut	400ml	5.79	V
DY919	Conditioner - Dragon Fruit	400ml	5.79	V
DY033	Conditioner - Fragrance Free	400ml	5.79	V
DY410	Conditioner - Hemp &Meadowfoam	400ml	5.79	V
DY223	Conditioner - Jojoba	400ml	5.79	V
DY846	Conditioner - Rosemary	400ml	5.79	V
DY845	Conditioner - Seaweed & Citrus	400ml	5.79	V
DY626	Conditioner - Shea & Argan	400ml	5.79	V
DY222	Conditioner - Tea Tree	400ml	5.79	V
DY508	Conditioner-Grapefruit &Orange	400ml	5.79	V
DY890	Conditioner-Lavender&Geranium Hair Masks	400ml	5.79	V
DY541	Coconut & Shea Butter	300ml	6.99	V
DY548	Dragon Fruit	300ml	6.99	V
DY551	Shea & Argan	300ml	6.99	V
DY261	Wild Rose & Chamomile Hand & Body Lotion	300ml	6.99	V
DY613	Coconut	400ml	5.79	V
DY614	Coconut	5l	49.99	V
DY616	Grapefruit & Orange	400ml	5.79	V
DY620	Grapefruit & Orange	5l	49.99	V
DY611	Lavender & Geranium	400g	5.79	V
DY612	Lavender & Geranium Hand Wash	5l	49.99	V



code	product	size	rrp	bfgosv
DY894	Hand Wash - Coconut	400ml	4.39	V
DY958	Hand Wash - Dragon Fruit	400ml	4.39	V
DY301	Hand Wash - Seaweed & Citrus	400ml	4.39	V
DY245	Hand Wash-Aloe Vera & Tea Tree	400ml	4.39	V
DY505	Hand Wash-Grapefruit & Orange	400ml	4.39	V
DY312	Hand Wash-Lavender & Geranium	400ml	4.39	V
DY553	Wild Rose Hand Wash	400ml	4.39	V
	Men's Range			
DY054	Body Wash - Blue Cedar	400ml	5.79	V
DY048	Shampoo - Blue Cedar	400ml	5.79	V
DY056	Wrapped Soap - Blue Cedar	100g	2.29	V
	Shampoo			
DY844	Shampoo - Aloe Vera	400ml	5.79	V
DY328	Shampoo - Avocado	400ml	5.79	V
DY353	Shampoo - Blueberry	400ml	5.79	GV
DY875	Shampoo - Coconut	400ml	5.79	V
DY920	Shampoo - Dragon Fruit	400ml	5.79	V
DY032	Shampoo - Fragrance Free	400ml	5.79	V
DY512	Shampoo - Grapefruit & Orange	400ml	5.79	V
DY420	Shampoo - Hemp & Meadowfoam	400ml	5.79	V
DY839	Shampoo - Jojoba	400ml	5.79	V
DY503	Shampoo - Lavender & Geranium	400ml	5.79	V
DY843	Shampoo - Rosemary	400ml	5.79	V
DY842	Shampoo - Seaweed & Citrus	400ml	5.79	V
DY625	Shampoo - Shea & Argan	400ml	5.79	V
DY509	Shampoo - Tea Tree	400ml	5.79	V
DY922	Shampoo - Turmeric & Lemon	400ml	5.79	V
DY127	Shampoo - Wild Rose	400ml	5.79	V
	Shampoo Bars			
DY477	Coconut & Shea Butter	85g	5.79	V
DY478	Dragon Fruit	85g	5.79	V
DY480	Lavender	85g	5.79	V
	Soap			
DY050	Loose Soap - Aloe Vera	100g	1.89	V
DY918	Loose Soap - Coconut	100g	1.89	V
DY637	Loose Soap - Fragrance Free	100g	1.89	V
DY640	Loose Soap - Grapefruit	100g	1.89	V
DY154	Loose Soap - Hemp	100g	1.89	V
DY005	Loose Soap - Lavender	100g	1.89	V
DY006	Loose Soap - Orange	100g	1.89	V
DY008	Loose Soap - Rosemary	100g	1.89	V
DY239	Loose Soap - Tea Tree	100g	1.89	V
DY051	Wrapped Soap - Aloe Vera	100g	2.29	V
DY909	Wrapped Soap - Coconut	100g	2.29	V
DY461	Wrapped Soap - Lavender	100g	2.29	V
DY460	Wrapped Soap - Tea Tree	100g	2.29	V
DY579	Wrapped Soap - Wild Rose	100g	2.29	V
	<b>FRIENDLY SOAP</b>			
DY106	Natural Travel Soap	95g	2.75	V
	Cleansing Bars			
DY163	Cleansing Bar - Cocoa Butter	95g	2.75	V
DY165	Cleansing Bar - Shea Butter	95g	2.75	V
	Conditioner Bars			
DY421	Conditioner Bar-Lav & Geranium	95g	4.95	V
DY424	Conditioner Bar-Lav & Tea Tree	95g	4.95	V
	Gift Sets			
DY357	Facial Selection - 4 flavours	480g	10.99	V
DY360	Hair Selection-Shampoo&Cond'er	480g	14.95	V
DY355	Soap Selection - 4 flavours	480g	9.49	V
DY359	Travel Selection - 4 Flavours	480g	10.49	V

code	product	size	rrp	bfgosv
	Shampoo Bars			
DY510	Shampoo Bar - Fragrance Free	95g	2.75	V
DY507	Shampoo Bar Peppermint Eucalypt	95g	2.75	V
DY095	Shampoo Bar-Lavender &Geranium	95g	2.75	V
DY103	Shampoo Bar-Lavender &Tea Tree	95g	2.75	V
	Shaving Range			
DY093	Natural Shaving Soap	95g	2.75	V
DY514	Shaving Bar - Fragrance Free	95g	2.75	V
	<b>GREEN PEOPLE</b>			
	Hair & Body Care			
DY495	Aloe & Prebiotics Deodorant	75ml	10.55	OV
DY487	Daily Aloe Conditioner	200ml	12.45	OV
DY219	Intensive Repair Conditioner	200ml	15.79	V
DY218	Intensive Repair Shampoo	200ml	15.79	VO
	Organic Skincare			
DY072	Day Solution SPF15	50ml	18.00	OV
	<b>GREEN PEOPLE COMPANY</b>			
	Gift Sets			
DY378	Forest & Fruit Gift Set	sets	22.95	OV
DY379	Leaf & Stem Gift Set	sets	22.95	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	V
DY346	Facial Scrub - Rose Geranium	80g	9.59	OV
DY582	Facial Scrub Orange&Grapefruit	80g	9.59	VO
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
	Apply Dry			
DY472	Deodorant Powder -Lemon, Mint In a glass jar	100g	8.99	V
DY515	Deodorant Powder- Rose & Lemon	100g	8.99	V
	Just Add Water			
DY453	Shampoo Powder	100g	6.75	OV
	<b>HUMBLE</b>			
NF537	Bamboo Cotton Swab Blue	100	1.99	V
NF536	Bamboo Cotton Swabs - White	100	1.99	V
	<b>LAVERA</b>			
DY116	Moisturiser - Sensitive Basis	150ml	8.95	OV
DY202	Deodorant- Roll On	50ml	7.95	OV
DY589	Hand Cream	75ml	4.95	OV
DY581	Moisturising Face Cream	50ml	11.95	OV
	<b>LOOFCO</b>			
DY092	Bath-Time Loofah	1	3.09	V
DY091	Body Loofah	1	2.85	V
	<b>MOONCUP</b>			
DY606	Mooncup Size 'A'	each	19.99	V
DY680	Mooncup Size 'B'	each	19.99	V
	<b>NATRACARE</b>			
	Pads			
NF059	Dry & Light Incontinence Pads	20	3.99	V
NF889	Maxi Pads - Night Time	10	2.69	V
NF298	Maxi Pads - Regular	14	2.09	V
NF299	Maxi Pads - Super	12	2.29	V
NF096	Mini Panty Liner	30	1.69	V
NF152	New Mother Maternity Pads	10	2.45	V
NF104	Org Cotton Wrapped Panty Liner	18	1.69	V

code	product	size	rrp	bfgosv
NF048	Organic Cotton Panty Liners	22	2.09	OV
NF121	Panty Liner Curved	30	1.69	V
NF304	Ultra Extra Pad Normal - Wings	12	2.19	V
NF300	Ultra Extra Pads Long - Wings	8	2.19	V
NF313	Ultra Extra Super Pads Winged	10	2.19	V
NF755	Ultra Pad - Long with Wings	10	2.45	V
NF862	Ultra Pads Super Plus	12	2.29	V
NF827	Ultra Regular Pad with Wings	14	2.39	V
NF442	Ultra Super Pads with Wings Tampons	12	2.39	V
NF826	Applicator Tampon - Super	16	2.89	OV
NF823	Applicator Tampons - Regular	16	2.85	OV
NF085	Tampons Regular - Organic	20	2.65	VO
NF030	Tampons Regular - Organic	10	1.69	OV
NF086	Tampons Super - Organic	20	2.69	OV
NF087	Tampons Super Plus - OG Tissues	20	2.79	VO
NF251	Safe to Flush Moist Tissues Wipes	30	1.99	V
NF204	Organic Cotton Intimate Wipes	12	2.19	OV
<b>NATURE'S GREATEST SECRET</b>				
DY397	Foaming Soap Hand Sanitiser	60ml	8.95	V
DY401	Hand Repair Treatment	50ml	10.95	V
<b>OLIVA</b>				
DY290	Olive Oil Soap	6 x 125g	1.89	V
DY561	Olive Oil Soap - Large Bar	600g	3.89	V
<b>ORGANYC</b>				
NF135	Applicator Tampons - Super	14	3.59	OV
NF227	Pads - Heavy Flow	10	3.99	OV
NF199	Pads - Moderate Flow	10	3.79	OV
NF147	Tampons - Regular	16	2.99	OV
NF139	Tampons - Super	16	2.99	OV
<b>PATCH</b>				
Biodegradable Bamboo Plasters				
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>PITROK</b>				
DY175	Deodorant Spray - Fragranced	100ml	4.99	V
DY250	Push Up Crystal Deodorant	100g	6.99	V
DY220	Roll On Crystal Deodorant	50ml	4.99	V
DY139	Spray Deodorant	100ml	4.99	V
<b>RIO ROSA MOSQUETA</b>				
DY653	Anti-ageing day & night cream	50ml	15.99	V
DY659	Pure Chilean Rosehip Oil	20ml	11.99	V
DY660	Pure Chilean Rosehip Oil	50ml	22.99	V
<b>SIMPLY GENTLE</b>				
DY097	Cotton Buds - organic	200	2.25	VO
<b>THE PRINTED PEANUT</b>				
Boxed Soaps				
DY987	3 in 1 Travel Soap	95g	6.00	V
DY488	Aloe Vera Soap Bar	95g	6.00	V
DY983	Black Soap Bar for Tired Skin	95g	6.00	V
DY489	Cocoa Butter Soap Bar	95g	6.00	V
DY984	Gardeners Soap with Poppy Seed	95g	6.00	V
DY491	Lavender Soap Bar	95g	6.00	V
DY986	Solid Shampoo Bar	95g	6.00	V
DY493	Tea Tree Shampoo Bar	95g	6.00	V
<b>TINTS OF NATURE</b>				
DY388	Hand Sanitising Gel	100ml	5.99	V

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DY366	Hand Sanitising Spray	75ml	7.50	V
DY377	Hand Sanitising Spray	150ml	8.99	V
<b>URTEKRAM</b>				
DY725	Lime Crystal Roll On Deodorant Nordic Berries	50ml	4.89	OV
DY599	Body Lotion	245ml	6.99	OV
DY282	Conditioner	180ml	4.89	OV
DY248	Shampoo	250ml	5.65	OV
DY274	Shower Gel Rose	500ml	8.10	OV
DY903	Rose Conditioner	180ml	4.75	OV
DY060	Rose Crystal Deodorant	50ml	4.89	OV
DY904	Rose Shampoo	250ml	5.49	OV
DY396	Rose Shower Gel	500ml	7.85	OV
<b>WELEDA</b>				
	Bath & Shower			
DY387	Sea Buckthorn Creamy Body Wash	200ml	8.25	V
DY431	Wild Rose Creamy Body Wash Body Care	200ml	8.25	V
DY636	Arnica Massage Oil Deodorant	100ml	17.75	V
DY152	Spray Deodorant - Citrus	100ml	10.50	V
DY151	Spray Deodorant - Sage	100ml	10.50	V
DY305	Wild Rose Spray Deodorant Facial Care	100ml	14.75	V
DY927	Pomegranate Firming Day Cream Skin Food	30ml	30.50	V
DY134	Skin Food Body Butter	150ml	19.75	FVB
DY133	Skin Food Light	75ml	13.50	FVB
<b>YARE VALLEY</b>				
DY234	Balm Stick - Vanilla & Lemon	4g	2.49	V
DY585	Lip Balm - Elderflower & Clem	15g	3.45	V
DY236	Lip Balm Tin - Vanilla & Lemon	15g	3.39	V
<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	OV
<b>AMISA</b>				
BT125	Olive Ciabatta	180g	3.25	GOV
BT247	Rustic Style Seeded Baguette	160g	3.25	GOV
<b>BIONA</b>				
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	2.25	OV
BT210	Rye Bread - Sunflower Seed	500g	2.09	OV
BT439	Rye Bread - Vitality	500g	2.19	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

code	product	size	rrp	bfgosv
BT886	Sprouted Wheat Carrot & Raisin	400g	2.29	OV
	<b>FLORENTIN</b>			
BT552	Pitta Bread - spelt	260g	2.20	OV
BT360	Pitta Bread - white	260g	1.85	OV
BT376	Pitta Bread - wholemeal	280g	1.85	OV
	<b>FREE &amp; EASY</b>			
FG059	Afternoon Tea Scone Mix	350g	3.49	GSV
FG056	Middle Eastern Flatbread Mix	250g	2.99	GV
FG057	Yorkshire Pudding Mix	155g	2.49	GV
	<b>GO VEGAN</b>			
BT172	Vegan Wheat Croissants - Cocoa	5 45g	5.49	OSV
	<b>ISABEL'S NATURALLY FREE FROM</b>			
FG186	Baked Donut Mix Gluten Free	100g	3.15	GV
BT201	Dough Ball Mix	125g	2.95	GV
	<b>PASTICCERIA VENEZIA</b>			
BT213	Vegan Mini Panetonne	80g	1.49	SV
	<b>SCHNITZER GLUTEN FREE</b>			
BT467	Baguette Classic	360g	3.69	GOV
BT466	Baguette Grainy Linseed/Sesame	320g	3.69	GOV
BT225	Baguette onion & chive	320g	4.45	GOSV
BT220	Black Forest Teff Loaf	500g	4.59	GOV
BT470	Ciabatta Olive Bread GF	360g	4.45	GOV
BT462	Focaccia Rolls	220g	3.09	GOV
BT469	Granello-Brown with Sunflowers	500g	3.79	GOV
BT516	Pizza Base	100g	1.49	GOSV
BT517	Quinoa Bread with Chia	500g	4.59	GOV
BT471	Rustico GF Bread with Amaranth	500g	4.45	GOV
	<b>BURGERS SAUSAGES &amp; TVP MIXES</b>			
	<b>SUMA PREPACKS</b>			
VF160	Burger Mix - Vegetarian	350g	5.85	V
VF154	Nut Roast Mix - Gluten Free	340g	3.49	GSV
VF153	Nut Roast Mix - Savoury/Vegan	370g	3.15	VS
VF162	Sausage Mix - Vegan	350g	5.15	V
SY109	TVP Flavoured Coloured Mince	250g	2.25	V
	<b>ARTISAN NATURES KITCHEN</b>			
VF205	Moroccan Spiced GF Burger Mix	200g	2.89	GSV
VF206	Sweet Chilli GF Burger Mix	200g	2.89	GSV
	<b>CLEARSPRING</b>			
SY074	Organic Soya Chunks	200g	2.99	GOV
SY071	Organic Soya Mince	300g	3.49	GOV
	<b>FREE &amp; EASY</b>			
VF101	Falafel Mix	195g	2.79	GV
	<b>GRANOSE</b>			
VF099	Chargrilled Style Burger Mix	120g	1.85	V
VF087	Lincolnshire Sausage Mix	150g	1.85	V
	<b>JUST WHOLEFOODS</b>			
VF706	Vegetarian Banger Mix -organic	125g	1.99	OV
VF705	Vegetarian Burger Mix	125g	1.99	OV
	<b>CAKES</b>			
	<b>EVERFRESH NATURAL FOODS</b>			
BT246	Sprouted Banana & Walnut Cake	300g	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	400g	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>FREE &amp; EASY</b>			
FG031	Breakfast Pancake	230g	2.99	GSV
FG060	Chocolate Treat Cookie Mix	350g	3.75	GSV

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BT072	Gluten & Dairy Free Chocolate Brownie Mix	350g	3.99	GSV
BT299	Coffee Cake Mix	350g	3.99	GSV
<b>JUST WHOLEFOODS</b>				
FG087	Brownie Mix	318g	3.99	OSV
FG088	Pancake Mix	185g	2.99	OSV
<b>PROFUSION</b>				
FG064	Protein Pancake Mix	300g	3.15	GOV
<b>SPECIALITE LOCALE</b>				
	Loaf Cakes			
BT396	Dutch Apple Loaf Cake	1loaf	3.19	SV
BT384	Stem Ginger Loaf Cake	1loaf	3.19	SV
<b>CANDLES, INCENSE &amp; HOLDERS</b>				
<b>GREATER GOODS</b>				
	Mother's Vegan Incense			
NF444	Cinnamon & Spice	12 sticks	2.00	FV
NF440	Frankincense	12 sticks	2.00	FV
NF448	Jasmine	12 sticks	2.00	FV
NF446	Lotus	12 sticks	2.00	FV
NF449	Musk	12 sticks	2.00	FV
NF445	Opium	12 sticks	2.00	FV
NF447	Orange Blossom	12 sticks	2.00	FV
NF441	Patchouli	12 sticks	2.00	FV
NF443	Vanilla	12 sticks	2.00	FV
<b>MANCHESTER CANDLE CO</b>				
NF250	Tealights	10	1.29	V
<b>MOORLANDS CANDLES LIMITED</b>				
	Paraffin Wax - Colour Dips			
NF130	Multicolour Standard Striped	1 pairs	2.45	V
NF077	Rainbow Selection Standard	1 pairs	2.59	V
<b>SIESTA CRAFTS</b>				
NF579	Mango Wood Elephant Ashcatcher	each	1.59	FV
NF285	Satya Sai Nag Champa Incense	15g	0.99	FV
NF577	Satya Sai Patchouli Incense	15g	0.99	FV
NF576	Satya Sai Sandalwood Incense	15g	0.99	FV
NF578	Satya Sai White Sage Incense	15g	0.99	FV
<b>CEREALS &amp; MUESLIS</b>				
<b>ALARA</b>				
MX082	Bircher Apple and Cinnamon	650g	3.29	OV
MX123	Classic Apple Bircher	450g	3.49	OV
MX084	Crispy Fruit Muesli	550g	3.29	OV
MX099	Everyday Muesli	550g	2.99	OV
MX085	Fruits and Seeds Muesli	650g	3.29	OV
MX049	Muesli Super Foods	500g	3.99	OV
MX047	Muesli Super Fruits	500g	3.99	OV
MX048	Muesli Super Seeds	500g	3.99	OV
MX083	Original Muesli	650g	3.29	OV
	Everyday Range			
MX023	Gluten Free Muesli - organic	250g	3.29	GOV
MX031	Rich Muesli - organic	500g	2.99	OV
	Into The Garden			
MX236	Active Muesli	250g	3.99	GOV
<b>AMISA</b>				
FX016	Organic Porridge Oats	325g	2.75	GOV
MX029	Spelt Puffs - Organic	200g	2.45	OV
<b>BEAR</b>				
MX202	Alphabites Cereal - Cocoa	350g	2.79	V
MX203	Alphabites Cereal - Multigrain	350g	2.79	V
<b>BIO &amp; ME</b>				
	Granola			
MX071	Super Seedy & Nutty Granola	360g	4.39	V

code	product	size	rrp	bfgosv
	Muesli			
MX075	Fruit & Nut Muesli	450g	4.55	V
	Porridge			
MX072	Apple & Cinnamon Porridge	450g	4.35	V
	<b>DOVES FARM</b>			
MX019	Cereal Flakes	375g	3.65	GOSV
MX988	Chocolate Stars	300g	2.85	GOV
MX632	Corn Flakes	325g	2.85	GOV
MX171	Fibre Flakes	375g	3.45	GOSV
MX086	Fruit & Fibre Flakes	375g	4.69	GOV
MX002	Porridge Oats	430g	3.49	GOV
MX087	Supergrain Hoops	300g	3.55	GOV
	<b>FULLGREEN</b>			
	Best Morning Ever			
MX059	Apple & Cinnamon Breakfast	165g	3.25	GV
MX056	Cocoa & Banana Breakfast	165g	3.25	GV
	<b>GLEBE FARM</b>			
MX106	Porridge Oats GF	450g	2.79	GOV
FX037	Porridge Oats GF	450g	2.65	GV
	<b>KALLO</b>			
MX124	Puffed Rice Cereal - Natural	225g	2.99	GOV
	<b>LIZI'S</b>			
MX061	Belgian Choc	400g	3.95	SV
MX181	Gluten Free Granola	400g	5.05	GV
MX014	Low Sugar Maple & Pecan	500g	4.05	SV
MX207	Low Sugar Nut & Seeds	500g	4.05	SV
MX178	Mango & Macadamia	400g	3.95	SV
MX011	Organic Granola	400g	4.35	OSV
MX125	Original	500g	3.75	SV
MX177	Pistachio & Passionfruit	400g	3.95	SV
MX016	Super Muesli Boost	400g	3.95	V
MX010	Super Muesli Cleanse	400g	3.95	V
MX021	Super Muesli Focus	400g	3.95	V
MX018	Super Muesli Glow	400g	3.95	V
MX064	Treacle & Pecan	400g	3.95	SV
	<b>NAIRN'S</b>			
MX152	Gluten Free Porridge Oats	450g	2.69	GV
MX154	Muesli - Gluten Free	450g	3.15	GSV
	Oats Your Way			
MX092	Porridge - Apple & Cinnamon	375g	3.09	GV
MX094	Porridge - Blueberry	375g	3.09	GV
	<b>NATURES PATH ORGANIC</b>			
MX602	Gorilla Munch	300g	3.95	GOVS
MX885	Mesa Sunrise	355g	4.29	GOSV
MX884	Millet Rice	375g	3.69	OV
	Envirokidz			
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>POST</b>			
MX121	Grapenuts	580g	4.59	V
	<b>PRIMROSE'S KITCHEN</b>			
MX126	Banana & Turmeric Granola	300g	4.49	GOV
MX109	Beetroot & Ginger Muesli	300g	4.49	GOV
MX104	Carrot, Apple & Cinnamon Muesli	300g	4.49	GOV
MX245	Orange & Cashew Granola	300g	4.49	GOV
MX012	Pear & Apricot Bircher	300g	4.49	GOV
	<b>RUDE HEALTH FOODS</b>			
	Children's			
MX044	Bircher Muesli	350g	3.49	V

code	product	size	rrp	bfgosv
	Flakes			
MX127	Spelt Flakes	300g	3.25	V
	Granola			
MX067	Crunchy Almond Granola	400g	3.99	OSV
MX068	Crunchy Raisin Granola	400g	3.99	V
MX069	Low Sugar Granola	400g	3.99	V
	Muesli			
MX143	Bircher Muesli - Soft & Fruity	400g	3.79	V
MX065	Coconut Muesli	400g	3.49	GV
MX062	Crispy Almond Muesli	400g	3.49	V
MX066	Low Sugar Muesli	366g	3.49	OV
MX060	Ultimate Muesli	400g	4.99	OV
	Porridge			
MX055	5 Grain 5 Seed Porridge	400g	2.99	V
MX054	Fruity Date Porridge	400g	2.99	V
MX208	Gluten Free Sprouted Porridge	400g	4.99	GOV
	Puffs			
MX120	Puffed Brown Rice	225g	2.39	GV
MX118	Puffed Oats	175g	2.25	V
	<b>SHARPHAM PARK</b>			
MX051	Spelt Bran Flakes	375g	3.59	SV
	<b>WHOLE EARTH</b>			
MX172	Classic Cornflakes - organic	375g	2.49	GOSV
MX174	Maple Frosted Flakes - og	375g	3.29	GOSV
	<b>CHEESE, NON DAIRY (CHILLED)</b>			
	<b>APPLEWOOD</b>			
CV615	Smoked Cheese Block	200g	2.65	GSV
CV618	Smoked Cheese Slices	200g	2.85	GV
	<b>BONSAN</b>			
CV490	Almond Spread - Plain	125g	3.05	OV
CV492	Almond Spread - Toms & Pepper	125g	3.05	OV
CV527	Almond Spread - Wild Garlic	125g	3.05	OV
	<b>BUTE ISLAND FOODS</b>			
CV141	Blue Style Wedge	200g	2.45	GV
CV597	Cheddar w' Caramelised Onion	200g	2.45	GV
CV820	Garlic & Chive	200g	2.45	GV
CV016	Greek Style	200g	2.19	GV
CV751	Grilling Block	200g	2.45	V
CV191	Mature Cheddar Style	200g	2.95	GV
CV187	Mild Cheddar Style	200g	2.19	GV
CV755	Red Leicester Style	200g	2.19	GV
CV294	Smoked Cheddar	200g	2.45	GV
CV288	Strong Cheddar Wedge	200g	2.39	GV
CV596	Wensleydale Style	200g	2.45	GV
	Creamy Sheese			
CV302	Creamy Cheddar Spread	255g	2.39	GSV
CV307	Creamy Chive Spread	255g	2.39	GSV
CV308	Creamy Garlic and Herb Spread	255g	2.39	GSV
CV284	Creamy Onion & Black Pepper	255g	2.39	GSV
CV315	Creamy Original Spread	255g	2.39	GSV
CV024	Creamy Sweet Chilli Spread	255g	2.39	GV
	Grated Sheese			
CV165	Grated Mature Cheddar Style	200g	2.95	GV
CV186	Grated Mild Cheddar Style	200g	2.95	GV
CV183	Grated Mozzarella Style	200g	2.95	GV
	Sliced Sheese			
CV749	Cheddar Jalapeno Slices	180g	2.55	V
CV540	Mature Cheddar Style Slices	200g	2.45	GV
CV541	Mild Cheddar Style Slices	200g	2.45	GV
CV542	Mozzarella Style Slices	200g	2.45	GV



code	product	size	rrp	bfgosv
CV748	Red Leicester Style Slices	180g	2.45	V
	<b>FOLLOW YOUR HEART</b>			
CV130	Parmesan - Grated	142g	4.65	V
CV134	Parmesan - Shredded	113g	4.65	V
CV158	Vegan Gourmet Mozzarella	227g	4.65	V
CV159	Vegan Gourmet Pizzeria Blend	227g	4.65	V
CV157	Vegan Gourmet Shreds - Cheddar Slices	227g	4.65	V
CV122	Medium Cheddar	200g	3.39	V
CV675	Pepper Jack	200g	3.39	V
CV674	Smoked Gouda	200g	3.39	V
	<b>KOKO DAIRY FREE</b>			
CV688	Cheddar Cheese Alternative	200g	2.49	GV
CV715	Soft Cheese Alternative	150g	1.99	GV
	<b>MEXICANA</b>			
CV535	Spicy Mexican Cheddar Style	200g	2.65	GV
	<b>MOUSE'S FAVORITE</b>			
CV080	Aged Dulce	135g	8.60	OV
CV086	Apricot	135g	7.99	V
CV079	Camembert Blue Style	135g	8.99	OV
CV077	Camembert Style	135g	8.60	OV
	<b>MOZZARISELLA</b>			
CV858	Classic Vegan Cheese	200g	4.65	OV
	<b>NO WHEY!</b>			
CV685	Creamy Garlic & Herb Cheese	150g	2.99	V
CV676	Creamy Original Cheese	150g	2.99	V
	<b>NUSH</b>			
CV738	Almond & Chive Ch*ese Spread	150g	2.99	V
CV750	Natural Almond Ch*ese Spread	150g	2.99	V
	<b>OATLY</b>			
CV714	Creamy Oat Spread Garlic	150g	2.15	V
CV700	Creamy Oat Spread Plain	150g	2.15	V
CV710	Creamy Oat Spread Tomato Basil	150g	2.15	V
	<b>TYNE CHEASE</b>			
CV072	Applewood Cheese	160g	8.95	V
CV073	Ethiopian Spice Cheese	160g	7.95	V
CV099	Original Cheese	160g	7.95	V
CV104	Smoked Cheese	160g	7.95	V
CV107	Truffle Cheese	160g	8.95	V
	<b>VBITES</b>			
CV640	Blue Style Cheezly	190g	2.19	SV
CV599	Cheezly Cheddar Style - No Soy	190g	2.19	SV
CV647	Mozzarella Style Block	190g	2.19	SV
CV227	Red Cheddar Style Cheezly	190g	2.19	V
CV228	White Cheddar Style Cheezly	190g	2.19	V
	<b>VIOLIFE</b>			
CV449	Cheese Block Cheddar	400g	4.85	V
CV448	Cheese Block Mozzarella	400g	4.85	V
CV446	Cheese Block Original	400g	4.85	V
CV444	Cheese Block Smoked	400g	4.85	V
CV230	Epic Mature Cheddar	200g	3.15	V
CV453	Violife for Pizza	400g	4.75	V
	Cream Cheese			
CV225	Creamy Cheddar	150g	2.50	V
CV529	Creamy Original	200g	2.39	V
CV226	Creamy with Garlic and Herb	150g	2.50	V
	Grated			
CV433	Grated Epic Mature	150g	2.19	V
CV871	Grated Original	200g	2.49	V
	Slices			
CV407	Cheddar Flavour Slices	200g	3.15	V

code	product	size	rrp	bfgosv
CV779	Mature Cheddar Flavour Slices	200g	3.15	V
CV439	Mozzarella Cheese Slices	200g	3.15	V
CV416	Original Flavour Cheese Slices	200g	3.15	V
CV442	Smoked Cheese Slices	200g	3.15	V
	Specialities			
CV701	Blue Cheese	150g	2.45	V
CV781	Greek Style Cheese	200g	2.89	V
CV706	Mediterranean Grill Cheese	200g	2.69	V
CV546	Prosociano Cheese	150g	3.99	V
	<b>CHOCOLATE</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
KB137	Cacao Nibs - Organic	100g	1.99	OV
	<b>ANANDA FOODS</b>			
	AVERAGE 6-8 WEEKS SHELF LIFE			
KB330	Gluten Free Round UP	75g	3.05	GVS
KB329	Gourmet Round Up	75g	3.05	SV
KB564	Pancake Round Up - Blueberry	75g	3.00	SV
	<b>BOOJA-BOOJA</b>			
ZX869	Almond Salted Caramel	92g	5.21	GOSV
ZX871	Around Midnight Espresso	92g	5.21	GOSV
ZX872	Fine De Champagne	92g	5.21	GOSV
ZX874	Hazelnut Crunch	92g	5.21	GOVS
	Artist's Collection Gift Boxes			
KB927	Fine De Champagne Truffles	185g	20.99	GFOSV
KB929	Hazelnut Truffles	185g	20.99	GFOSV
	Four Corners			
KB296	Almond Salted Caramel Truffles	104g	7.35	GOV
KB550	Hazelnut Truffles	104g	7.35	GOSV
KB655	The Gourmet Selection	230g	17.79	GOSV
	Gift Boxes			
KB815	Award-winning Selection	184g	10.49	GOSV
KB656	Champagne Truffles	138g	9.95	GOSV
	Gift Range			
KB623	Hazelnut Truffles	138g	13.55	GOSV
KB624	Truffle Selection 1	138g	13.55	GOSV
KB873	Truffle Selection 2	138g	13.55	GOSV
	Two Packs			
KB507	Almond Salted Caramel Truffles	23g	1.34	GOSV
KB513	Hazelnut Crunch Truffles	23g	1.34	GOSV
	<b>CHOCOLATE AND LOVE</b>			
WS079	Mint 67% Chocolate	80g	3.29	FOSV
WS081	Orange 65% Chocolate	80g	3.29	FOSV
WS077	Panama 80% Chocolate Bar	80g	3.35	FOSV
WS078	Pomegranate 70% Chocolate	80g	3.35	FOSV
	<b>COCOA LIBRE</b>			
KB538	Mini Slab Gift Set	120g	6.09	GSV
	<b>CONSCIOUS CHOCOLATE</b>			
ZX483	Chia & Coconut Raw Bar	60g	2.79	GOSV
ZX485	Citrus Zest Raw Bar	60g	2.79	GOSV
ZX487	Dark Side 75% Raw Bar	60g	2.79	GOSV
ZX488	Dark Side 85% Raw Bar	60g	2.79	GOSV
ZX491	Four Nuts Raw Bar	60g	2.79	GOSV
ZX492	Goji & Coconut Raw Bar	60g	2.79	GOSV
ZX493	Love Potion No 9 Raw Bar	60g	2.79	GOSV
ZX497	Orange & Tangerine Raw Bar	60g	2.79	GOSV
ZX501	Peppermint Raw Bar	60g	2.79	GOSV
ZX366	Pure Dark 100% Cacao Bar	60g	2.79	GOV
ZX505	Sour Cherry Raw Bar	60g	2.79	GOSV
	Chocolate Coated Snacks			
ZX339	Chocolate Coated Brazils	50g	2.49	GOSV

code	product	size	rrp	bfgosv
ZX340	Chocolate Orange Coated Figs	50g	2.49	GOSV
ZX364	Salted Chocolate Coated Dates	50g	2.49	GOSV
	<b>CREATIVE NATURE</b>			
KB120	Gnawbles - Choc Hazelnut	30g	1.79	GSV
KB122	Gnawbles - Mylk Chocolate	30g	1.79	GSV
KB117	Gnawbles - Orange & Cocoa	30g	1.79	GSV
KB123	Gnawbles - Salted Caramel Share Bags	30g	1.79	GSV
KB101	Gnawbles - Choc Hazelnut	75g	2.79	GSV
KB078	Gnawbles - Creamy Mylk	75g	2.79	SCV
KB077	Gnawbles - Salted Caramel	75g	2.79	GSV
	<b>DIVINE</b>			
	35g Bars			
ZX286	70% Dark Chocolate	35g	1.09	FSV
	90g Bars			
ZX498	70% Dark Chocolate	90g	2.59	FSV
ZX365	70% Dark Smooth Hazelnut	90g	2.59	SVF
ZX469	85% Dark Chocolate	90g	2.59	FSV
ZX471	Dark Choc with Ginger & Orange	90g	2.59	FSV
KB798	Dark Choc with Lemon & Juniper	90g	2.59	VSF
KB534	Dark Choc with Raspberries	90g	2.59	FSV
ZX001	Dark Chocolate with Mint	90g	2.59	FSV
	<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>ENJOY!</b>			
	Chocolate Buttons			
KB402	Dark 70% Chocolate Buttons	96g	4.99	OSGV
KB392	Mint Filled Buttons	96g	4.99	OSGV
KB401	Orange Caramel Filled Buttons	96g	4.99	OSGV
KB391	Salted Caramel Filled Buttons Filled Bars	96g	4.99	SGOV
KB593	Mint Caramel Filled Bar	70g	2.99	GOSV
KB603	Orange Caramel Filled Bar	70g	2.99	GOSV
KB389	Salted Caramel Filled Bar	70g	2.99	OSGV
KB388	Vanilla Caramel Filled Bar Gift Box	70g	2.99	VSGO
KB423	Assorted Caramel Selection Box	72g	5.15	SGOV
KB404	Salted Caramel Selection Box	72g	5.15	SGOV
	<b>EQUAL EXCHANGE</b>			
KB698	65% Organic Dark Orange	100g	2.79	FOSV
KB654	71% Organic Very Dark	100g	2.79	FOSV
KB640	Lemon, Ginger & Pepper	100g	2.79	OSV
	<b>GO MAX GO</b>			
	Vegan Alt to Popular Classics			
KB776	Buccaneer Candy Bar	57g	2.90	SV
KB787	Cleo Peanut Butter Cups	43g	2.90	SV
KB808	Jokerz Candy Bar	60g	2.90	SV
KB810	Mahalo Candy Bar	57g	2.90	SV
KB814	Twilight Candy Bar	60g	2.90	SV
	<b>GREEN &amp; BLACKS</b>			
	90g Bars			
KB034	85% Dark Chocolate	90g	2.65	FOSV
ZX251	Maya Gold Dark Chocolate Velvet Edition	90g	2.65	FSOV
KB546	70% Dark Chocolate	90g	2.29	VS
	<b>H!P - HAPPINESS IN PLANTS</b>			
	70g Bars			
KB618	Cookies & Cream	70g	2.95	SV
KB607	Original - Creamy & Smooth	70g	2.95	GSV

code	product	size	rrp	bfgosv
KB606	Salted Caramel	70g	2.95	GSV
KB621	Salty Pretzels	70g	2.95	SV
<b>HADLEIGH MAID</b>				
WS037	Dark Choc Berry Burst Bar Slab	100g	2.99	SV
KB033	Dark Choc Coffee Nut Crunch	100g	2.99	VS
	Maltybites			
KB455	Malty bites	120g	2.99	VS
KB523	Malty bites 50g Bag	50g	1.49	SV
KB689	Maltybites Crunchy Orange	120g	2.99	SV
KB670	Maltybites Crunchy Peppermint	120g	2.99	SV
	Truffles			
WS075	Chocolate Almond Truffles	108g	3.99	SV
	Vegan Range			
KB456	Chunky Almond Truffle Bar	70g	2.49	SV
KB022	Whirlpool Collection Gift Box	324g	11.99	SV
	Walnut Whirls			
ZX785	Dark Choc Cappuccino Truffle	90g	2.99	SV
ZX786	Dark Chocolate Mint Truffle	90g	2.99	VS
ZX076	Dark Chocolate Orange Truffle	100g	2.99	SV
ZX763	Dark Chocolate Truffle	90g	2.99	VS
ZX746	Dark Chocolate Vanilla Truffle	90g	2.99	VS
<b>JENNY WREN</b>				
	Fabulous Fondants- Vegan			
ZX250	English Peppermint Fab Fondant	45g	1.35	GSV
ZX255	Jungle Orange Fabulous Fondant	45g	1.35	GSV
ZX257	Peach Paradise Fab Fondant	45g	1.35	GSV
ZX258	Tropical Coconut Fab Fondant	45g	1.35	GSV
ZX259	Vanilla Custard Fab Fondant	45g	1.35	GSV
<b>LOVERAW</b>				
	Chocolate Butter Cups			
KB170	Cashew Cookie Dough Butter Cup	34g	2.09	V
KB737	Choc Brownie Peanut Butter Cup	34g	2.09	SV
KB511	Hazelnut Butter Cups	34g	2.09	V
KB410	Peanut Butter Cups	34g	2.09	V
KB417	Salted Caramel Butter Cups	34g	2.09	V
	Vegan Milk Chocolate Bar			
KB926	Milk Chocolate	30g	1.55	V
KB912	Peanut Butter Milk	30g	1.55	V
KB920	Salted Caramel Milk	30g	1.55	V
	Wafer Bar			
KB451	Cre&m Filled Choc Wafer Bar	43g	1.75	VS
KB899	Cre&m Filled S/Caramel Wafer	43g	1.75	SV
KB878	Cre&m Filled White Choc Wafer	43g	1.75	SV
<b>MIIRO</b>				
KB748	Crispy Coated Choc Shells	35g	1.69	GSV
<b>MONTEZUMA'S</b>				
	Absolute Black Range			
ZX783	Absolute Black 100% Cocoa Bar	90g	2.49	V
ZX946	Absolute Black- Almonds C/Nibs	90g	2.49	V
ZX770	Absolute Black with Mint	90g	2.49	GV
ZX945	Absolute Black-Orange & C/Nib	90g	2.49	V
	Flavoured Bars			
KB221	Black Forest Gateau Bar	90g	2.49	VS
KB143	Dark Chocolate Cheeky	90g	2.49	VS
KB752	Dark Chocolate Sea Dog	90g	2.49	V
KB754	Dark Chocolate Spice It Up	90g	2.49	SV
KB750	Lordy Lord Dark Chocolate	90g	2.49	SV
	Giant Buttons			
ZX775	Absolute Black Giant Buttons	180g	3.99	GV
KB005	Dark Chocolate Giant Buttons	180g	3.99	OVS
	Like No Udder			

code	product	size	rrp	bfgosv
KB530	Milk Alternative Bar	90g	2.79	GOVS
KB601	Milk Choc/Orange Alternative Like No Udder Mini Bars	90g	2.79	OSVG
ZX743	Milk Chocolate Alternative Mini Bars	25g	1.09	GOSV
ZX683	Absolute Black 100% Cocoa Bar	25g	1.09	GV
KB416	FitzRoy Dark Mini Bar	25g	1.09	OSV
KB829	Royal Mint Dark 74% Organic Bars	25g	1.09	GOSV
KB194	Chilli Bonkers	90g	2.49	OSV
KB196	FitzRoy Very Dark Chocolate	90g	2.49	OSV
KB254	Happy Hippy	90g	2.49	OSV
ZX779	Royal Mint Organic Dark W'Mint	90g	2.49	GOSV
<b>MONTY BOJANGLES</b>				
KB448	Cocoa Nib Nights Vegan Truffle	180g	6.45	SV
<b>MOO FREE</b>				
	Buttons			
KB348	Buttons - Original	25g	0.75	GSV
KB349	Buttons - White	25g	0.75	GSV
	Everyday Bars			
KB352	Fruit & Nut Bars	80g	1.79	GSV
KB353	Orange Crunch Bars	80g	1.79	GSV
KB354	Original Bars	80g	1.79	GSV
	Gifting Range			
KB400	Hazelnut Truffles	108g	4.99	GSV
KB788	White Choc & Rasp Truffles	108g	4.99	VSG
	Grab & Go Bars			
KB355	Fruit & Nut Bars	35g	0.79	GSV
KB359	Orange Crunch Bars	35g	0.79	GSV
KB361	Original Bars	35g	0.79	GSV
	Mini Moos			
KB324	Bunnycomb Bars	20g	0.60	GSV
KB326	Caramel Bars	20g	0.60	GSV
KB327	Mint Bars	20g	0.60	GSV
KB332	Orange Bars	20g	0.60	GSV
KB337	Original Bars	20g	0.60	GSV
KB343	Strawberry Bars	20g	0.60	GSV
KB345	White Chocolate Bars Premium Bar	20g	0.60	GSV
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
WS015	Sour Cherry	80g	2.19	OVSG
<b>MUMMY MEAGZ</b>				
ZX858	CHUCKIE EGG Vegan Rocky Road Bars	38g	1.49	SV
ZX704	Original Rocky Road Bar	55g	1.79	SVG
WS053	Sea Salt & Honeycomb Rocky Road	55g	1.79	GVS
<b>OMBAR RAW CHOCOLATE</b>				
ZX419	100% Raw Chocolate	35g	2.05	OVS
ZX659	90% Raw Chocolate	35g	2.05	OV
KB759	Blueberry & Acai Chocolate	35g	2.05	OV
KB761	Coco Dark Chocolate	35g	2.05	OV
KB406	Coco Mylk Raw Chocolate	35g	2.05	OV
ZX657	Coconut & Vanilla Centre	35g	2.05	OV
KB763	Dark 72% Raw Chocolate	35g	2.05	OV
ZX397	Hazelnut Centre	35g	2.05	FGOSV
ZX421	Pistachio & Coconut Centre	35g	2.05	OVS
ZX663	Raspberry & Coconut Centre	35g	2.05	OV
KB764	Strawberry Mylk Raw Chocolate 70g Bars	35g	2.05	OV

code	product	size	rrp	bfgosv
ZX952	Coco Almonds Raw Chocolate	70g	3.39	GOV
ZX953	Coco Mylk	70g	3.39	GOV
ZX639	Coconut & Vanilla Centre	70g	3.39	GOSV
ZX403	Hazelnut Centre	70g	3.39	FGOSV
ZX641	Pistachio Centre	70g	3.39	GOSV
ZX644	Raspberry & Coconut	70g	3.39	GOSV
ZX951	Raw Cacao 72%	70g	3.39	GOV
ZX975	Salt and Nibs Buttons	70g	3.39	VOG
KB492	Coco Mylk Chocolate Buttons	25g	1.55	OVS
ZX661	Dark 72% Chocolate Buttons	25g	1.55	OV
<b>ORGANIC SEED &amp; BEAN COMPANY</b>				
Large Bars				
KB155	58% Dark Choc & Hazelnuts	85g	2.99	FOSV
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 Mini Bars	85g	2.99	FOSV
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
<b>ORGANICA</b>				
KB277	Vegan Diets White Chocolate	100g	2.89	FOVS
<b>PRODIGY</b>				
KB265	Dark Choc & Sea Salt Bar Cahoots	35g	1.75	SV
KB369	Chunky Hazelnut CAHOOTS	45g	1.75	VS
KB817	Peanut & Caramel Chunky	45g	1.75	SV
KB845	Chunky Chocolate	35g	1.75	SV
KB857	Chunky Orange & Baobab	35g	1.75	SV
<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 Chocolate Bars	33g	1.55	GOSV
KB368	Swiss Chocolate Tablet	100g	4.25	SVO
KB509	Swiss Chocolate Tablet	100g	4.25	OSV
KB125	Swiss Chocolate Tablet Multi-Packs	100g	4.25	OSV
KB515	Hazelnut Praline Chocolate Bar	3 x 33g	4.55	GOSV
KB522	Sweet N Salty Almond Choc Bar	3 x 33g	4.55	GOSV
<b>SIESTA CAROB</b>				
KB714	Carob Bar Luxury - Mixed	50g	1.25	GV
KB711	Carob Bar Luxury - Natural	50g	1.25	GV
<b>SO FREE</b>				
Bags - Plastic Free				
ZX792	Salted Caramel Cocoa Bites	108g	2.89	GSV
ZX795	Smooth Orange Cocoa Bites	108g	2.89	GSV
ZX799	Strawberry White Cocoa Bites	108g	2.89	GSV
ZX800	White Cocoa Bites	180g	2.89	GSV
Glass Jars - Plastic Free				
ZX757	Dark Cocoa Bites	85g	2.49	GV
ZX765	Smooth Cocoa Bites	85g	2.49	GSV
ZX767	White Cocoa Bites	85g	2.49	GSV

code	product	size	rrp	bfgosv
	No Added Sugar Large Bars			
ZX915	No Added Sugar 72% Dark Choc	80g	2.75	GV
ZX917	No Added Sugar Hemp D/Choc	70g	2.75	GV
ZX919	No Added Sugar Mint Dark Choc	80g	2.75	GV
WS073	No Added Sugar Smooth Bar	80g	2.49	V
	Organic Large Bars			
ZX921	Extra Dark 87% Chocolate	80g	2.75	OSVG
ZX920	F/trade Milk Choc Alternative	80g	2.75	OGVS
ZX926	White Chocolate	70g	2.75	GSOV
	<b>THE RAW CHOCOLATE CO</b>			
KB307	Cacao Nibs	150g	4.20	GOV
	Raw Chocolate Bars			
ZX510	Mint	38g	1.99	GOSV
ZX692	Pitch Dark	38g	1.99	GOSV
ZX690	Salted Vanoffee Hazelnut	38g	1.99	GOSV
ZX517	Silky Coconut	38g	1.99	GOSV
ZX689	Vanoffee	38g	1.99	GOSV
	Raw Chocolate Coated Snacks			
KB924	Chocolate Cherries	40g	0.99	GOSV
KB054	Chocolate Covered Mulberries	125g	4.99	GOSV
KB053	Goji Berries	125g	4.99	GOSV
KB360	Goji Berries - Snack Pack	28g	1.49	GOSV
KB362	Mulberries - Snack Pack	28g	1.49	GOSV
KB056	Raisins	125g	4.99	GOSV
KB855	Raisins - Snack Pack	28g	1.49	GOSV
ZX884	Raw Chocolate Covered Almonds	25g	1.49	GOSV
ZX182	Raw Chocolate Covered Almonds	110g	4.99	GOSV
ZX885	Raw Chocolate Covered Ginger	28g	1.49	GOSV
ZX181	Raw Chocolate Covered Ginger	125g	4.99	GOSV
KB903	Vanoffe Covered Mulberries	125g	4.99	GOSV
KB915	Vanoffee Cashews	40g	1.99	GOSV
	<b>TONY'S CHOCOLONELY</b>			
	Small Bars			
ZX101	Dark Chocolate 51% Almond	47g	1.49	FSV
	<b>VEGAN STORE</b>			
KB586	Golden Crunch Bag	150g	3.19	SV
KB805	Golden Crunch Bar	49g	2.25	SV
KB037	Milk Golden Crunch Bar	49g	2.65	SV
	<b>VEGO</b>			
KB821	Mini Whole Hazel Chocolate Bar	65g	2.25	FGOSV
WS003	Vego Dark Nuts & Berries	85g	2.85	FOVS
WS059	Vego White - Almond Bliss	50g	2.25	FOVS
KB943	Vegolino Pralines	180g	5.95	FOSV
KB489	Whole Hazelnut Chocolate Bar	150g	3.99	FGOSV
	<b>VIVANI ORGANIC CHOCOLATE</b>			
KB485	71% Dark Chocolate	100g	2.39	OSV
KB693	Dark Choc & Nougat	100g	2.75	OSV
KB849	Dark Choc & Whole Hazelnuts	100g	2.75	OSV
KB484	Dark Chocolate & Orange	100g	2.39	OSV
	Premium Large Bars			
KB919	62% Dark Caramel Chocolate	80g	2.99	OSV
KB632	85% Dark Chocolate	100g	2.99	OSV
KB407	92% Dark Choc Panama Estate	80g	2.99	OSV
KB901	Dark 75% Chocolate	80g	2.99	OSV
KB909	Dark 75% Mallorca Flor de Sal	80g	2.99	OSV
KB048	Dark Choc & Cranberry	100g	2.99	OSV
KB036	Dark Ginger Turmeric Chocolate	80g	2.99	OSV
KB042	Superior Dark 100% Cocoa	80g	2.99	OV
KB035	Superior Dark 89% Chocolate	80g	2.99	OSV
	Snack Size			
KB420	Almond Orange Rice Chocolate	35g	1.19	OSV

code	product	size	rrp	bfgosv
KB430	Black Cherry	35g	1.19	OSV
KB049	Crunchy Coconut Chocolate Bars	35g	1.19	OSV
KB475	Dark Nougat Croccante	35g	1.19	OSV
KB476	White Nougat Crisp	35g	1.19	OSV
	Vivani iChoc			
KB897	Almond & Orange	80g	2.39	OSV
KB882	Choco Cookie	80g	2.39	OSV
KB922	Classic 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
<b>CHOCOLATE &amp; SWEET SPREADS</b>				
<b>BIONA</b>				
GH043	Carbio - Carob Spread	350g	4.89	OSV
GH112	CocoBella Spread Organic	250g	5.19	OSV
GH840	Dark Chocolate Spread - org	350g	3.59	OSV
<b>BONSAI</b>				
GH129	Mylk Hazelnut Cocoa Spread	350g	4.65	OV
GH123	Plain Choco Spread	350g	3.65	OSV
<b>COCOFINA</b>				
GH136	Hazelnut Chocolate Spread -Org	200g	4.99	GOSV
<b>COCONUT MERCHANT</b>				
GH071	Organic Coconut Jam	330g	5.99	OV
<b>ESSENTIAL TRADING</b>				
GH092	Dark Chocolate Spread	400g	3.55	OSV
<b>FABALOUS</b>				
GH107	Hazelnut & Cocoa Chickpea Sprd	200g	4.69	OSV
GH116	Hazelnut & Cocoa Chickpea Sprd	200g	4.89	OSV
GH111	Hazelnut & Cocoa Chickpea Sprd	200g	5.59	OSV
<b>RAW HEALTH</b>				
GH033	Raw Cacao Brazilnut Bliss	170g	5.79	OV
<b>SO FREE</b>				
GH223	Milk Choc Spread (Dairy Free)	275g	3.15	OSGV
GH225	Rich Dark Chocolate Spread	275g	3.15	OVGS
<b>SWEET FREEDOM</b>				
GH206	Choc Pot Chocolate Spread	250g	4.09	V
<b>VEGO</b>				
GH075	Hazelnut Chocolate Spread	200g	3.55	SVO
<b>CHOCOLATES (CHILLED)</b>				
<b>BOOJA-BOOJA</b>				
	Chilled Chocolate			
CV194	Almond Caramel Truffles	69g	3.99	GOSV
CV179	Dark Ecuadorian Truffles	69g	5.29	GOSV
CV196	Hazelnut Crunch Truffles	69g	3.99	GOSV
CV189	Honeycomb Caramel Truffle	69g	3.99	GSOV
CV190	Raspberry Truffles	69g	5.29	GOSV
CV192	Toffee Strudel Truffle	69g	3.99	GSOV
	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
CV202	Truffle Selection No.3	138g	8.89	GOSV
	Two Packs			
CV212	Almond Salted Caramel Truffles	2 pack	1.36	GOV
CV219	Hazelnut Crunch Truffles	2 pack	1.35	GOV
<b>CIDERS</b>				
<b>ASPALL</b>				
RT023	Aspall Organic Suffolk Cyder	500ml	3.49	OSV
<b>DUNKERTONS</b>				
RT054	Organic Craft Cider	500ml	3.49	GOSV



code	product	size	rrp	bfgosv
RT053	Premium Reserve Organic Cider	500ml	3.49	GOSV
	<b>WESTONS</b>			
RT006	Wylldwood Organic Cider	500ml	3.35	OV
	<b>CLOTHING</b>			
	<b>BAMBOO CLOTHING</b>			
NF345	Black Socks - size 8-11	1	3.99	V
NF343	Black Socks - sizes 4-7	1	3.99	V
NF344	Mixed Size Black Socks Narrow Stripes	1	3.99	V
NF151	Mixed Narrow Stripe Socks 8-11	1	3.99	V
NF315	Mixed Narrow Stripe Socks: 4-7	1	3.99	V
	<b>SIESTA CRAFTS</b>			
NF083	Indian Acrylic Scarf	each	14.99	FV
NF088	Recycled Sari Gift Wrap/Scarf	each	3.99	FV
NF333	Sari Eye Mask	each	3.59	FV
	<b>COCOA</b>			
	<b>SUMA PREPACKS</b>			
LJ189	Cocoa Powder - Organic	250g	3.25	FOV
	<b>CLIPPER</b>			
TE205	Drinking Chocolate Fairtrade	250g	3.35	FSV
	<b>DIVINE</b>			
TE687	Drinking Chocolate	400g	4.39	FVS
	<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
	<b>HASSLACHER'S</b>			
TE078	Bar of Drinking Chocolate	250g	5.59	FV
TE069	Hot Chocolate Tubes	200g	5.59	V
	<b>MONTEZUMA'S</b>			
KB190	Dark Drinking Chocolate	300g	5.75	FOSV
	<b>SWEET FREEDOM</b>			
TE233	Choc Shot Liquid Hot Chocolate	320g	3.99	V
TE082	Choc Shot Mint	320g	3.99	V
	<b>SWEET REVOLUTION</b>			
TE783	Instant Hot Chocolate	200g	7.99	V
	<b>COFFEE</b>			
	<b>SUMA</b>			
	Bulk Packs			
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	18.59	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
	Roast and Ground Coffees			
TE014	Bolivia Femenino Ground Coffee	227g	4.75	FOV
TE372	Colombia Ground Coffee	227g	4.75	FOV
TE400	Decaffeinated Ground Coffee	227g	5.35	FOV
TE650	Espresso Ground Coffee	227g	4.99	FOV
TE374	Ethiopia Yirgacheffe Ground	227g	5.15	FOV
TE384	Honduras Ground Coffee	227g	4.35	FOV
TE643	Medium Roast Ground Coffee	227g	4.10	FOV
TE397	Peru Ground Coffee	227g	4.59	FOV
TE641	Suma Dark Roast	227g	4.10	FOV
TE399	Sumatra Ground Coffee	227g	4.75	FOV
	Roast Whole Bean Coffees			
TE373	Colombia Coffee Beans	227g	4.75	FOV

code	product	size	rrp	bfgosv
TE655	Espresso Coffee Beans	227g	4.99	FOV
TE375	Ethiopia Yirgacheffe Beans	227g	5.15	FOV
TE401	Peru Coffee Beans	227g	4.59	FOV
<b>CAFEDIRECT</b>				
Instant Coffees				
TE949	Decaffeinated Organic	100g	5.55	FOV
TE513	Machu Picchu	100g	5.10	FV
TE792	Smooth Organic	100g	5.55	FOV
TE329	Smooth Roast	100g	4.60	FV
TE203	Smooth Roast	200g	7.80	FV
TE395	Smooth Roast	500g	22.60	FV
Roast & Ground Coffees				
TE493	Decaffeinated Machu Picchu	227g	4.75	FV
TE666	Intense Roast	227g	4.35	FV
TE951	Kilimanjaro Tanzania	227g	4.50	FV
TE156	Lively Roast	227g	4.35	FV
TE952	Machu Picchu Organic Ground	227g	4.50	FOV
TE226	Mayan Gold	227g	4.50	FV
TE176	Smooth Roast	227g	4.35	FV
Roast Wholebean Coffees				
TE901	Machu Picchu Organic	227g	4.50	FOV
TE229	Machu Picchu Organic	750g	13.65	FOV
<b>CAFEDIRECT (LONDON FIELDS)</b>				
Roast & Ground Coffees				
TE198	D.R. Congo	200g	5.50	FOV
TE202	Honduras	200g	5.50	FOV
TE207	Peru	200g	4.99	FOV
TE216	Roaster's Choice	200g	5.50	FOV
Roast Wholebean Coffees				
TE186	D.R. Congo	200g	5.50	FOV
TE201	Honduras	200g	5.50	FOV
TE206	Peru	200g	4.99	FOV
TE212	Roaster's Choice	200g	5.50	FOV
<b>CLIPPER</b>				
FOOD SERVICE RANGE				
TE724	Instant - Fairtrade & Organic	500g	22.89	FOV
TE526	Instant Organic Decaff	500g	25.95	FOV
Instant Coffees				
TE879	Fairtrade Org Decaf Instant	100g	5.85	FOV
TE739	Fairtrade Organic Instant	100g	5.29	FOV
TE422	Fairtrade Organic Instant	100g	5.29	FOV
TE076	Fairtrade Organic Instant	100g	5.29	FOV
Roast and Ground Coffees				
TE845	Decaffeinated Ground Coffee	227g	4.75	FOV
TE849	Italian Style Ground Coffee	227g	4.25	FOV
TE705	Papua New Guinea Ground Coffee	227g	4.25	FOV
<b>EQUAL EXCHANGE</b>				
Roast & Ground Coffees				
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
TE876	Grown By Women - Ground Coffee	227g	4.89	FOV
TE812	Guatemalan Ground Coffee	227g	4.89	FOV
TE866	Italian Blend Ground Coffee	227g	4.89	FOV
Roast Wholebean Coffees				
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

code	product	size	rrp	bfgosv
TE896	Espresso - og	1kg	18.95	FOV
TE409	Grown By Women - Coffee Beans	227g	4.89	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
TE105	Women Grow This - Coffee Beans	1kg	18.95	FOV
<b>GRUMPY MULE</b>				
	Roast & Ground Coffees			
TE853	Brasil Daterra Sunrise	227g	4.65	V
TE286	Colombia Cafe Equidad	227g	4.65	FOV
TE136	Cool Ground	227g	4.69	FOV
TE289	Decaffeinated	227g	5.25	FOV
TE988	El Salvador Las Mercedes	227g	4.65	V
TE839	Guatemala Pocola	227g	5.25	FV
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
	Roast Wholebean Coffees			
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>				
	Instant Coffees			
TE054	Americano	100g	4.79	V
TE005	Colombian Fairtrade	100g	4.79	FV
TE679	Colombian Fairtrade Decaff	100g	4.79	FV
TE570	Espresso Noir	100g	4.25	V
	Roast & Ground Coffees			
TE717	Bold Peruvian Fairtrade Ground	200g	4.75	FOV
TE636	Delicious Decaff Fairtrade Org	200g	4.75	FOV
TE633	Intense Espresso Fairtrade Org	200g	4.75	FOV
TE632	RichAmericano Fairtrade Org	200g	4.75	FOV
TE634	Smooth Colombian Fairtrade Org	200g	4.75	FOV
<b>COFFEE SUBSTITUTES</b>				
<b>BARLEYCUP</b>				
TE366	Barleycup Granules	200g	5.74	V
TE240	Instant Cereal Drink	200g	4.94	V
TE698	Instant Cereal Drink Organic	100g	3.95	OV
TE480	Organic Chicory Cup	100g	4.07	OV
<b>BIOFORCE</b>				
TE368	Bambu	100g	5.29	V
<b>PREWETT'S</b>				
TE728	Chicory Cocoa Drink	125g	3.69	GV
TE589	Chicory Drink - Organic	100g	3.45	GOV
<b>WHOLE EARTH</b>				
TE389	Nocaf - organic	100g	3.19	VO
TE215	Wake Cup	125g	4.05	V
<b>CONVENIENCE FOODS</b>				
<b>SUMA</b>				
VF850	Baked Beans & Vegan Burgers	400g	2.19	V
VF450	Baked Beans & Vegan Sausage	400g	2.19	VS
VF770	Cheesy Pasta Pot	400g	2.59	V
VF172	Ravioli with Vegetable Sauce	400g	2.85	OSV
VF210	Spicy Chorizo Style Stew	400g	2.09	V
VF650	Vegan Meatball Chilli	400g	2.39	V
VF875	Vegan Meatballs Bolognese	400g	2.39	SV
VF209	Vegetable Stew & Dumplings	400g	2.09	V
<b>ARTISAN GRAINS</b>				

code	product	size	rrp	bfgosv
VF080	Falafel - Beetroot & Chilli	150g	1.89	GV
VF071	Falafel - Pumpkin & Quinoa	150g	1.89	GV
VF037	Falafel - Super Greens	150g	1.89	GV
VF213	Nut Roast - Cashew & Cranberry	200g	2.99	VG
VF104	Nut Roast - Country Veg/Cashew	200g	2.99	V
VF110	Nut Roast - Sundried Tomato	200g	2.99	V
	<b>BONSAN</b>			
VF333	Plain Shredded Jackfruit	200g	3.05	OV
	<b>FREE &amp; EASY</b>			
VF125	Bean Cassoulet - og	400g	2.49	GOV
VF116	Chickpea & Bean Tagine	400g	2.49	GOV
VF006	Chickpea / Vegetable Curry	400g	2.49	GOV
VF132	Middle Eastern Casserole	400g	2.49	GOV
VF141	Sweet Pot/Kale/Coconut Curry	400g	2.49	GOV
VF014	Three Bean Chilli - og	400g	2.49	GOV
VF127	Vegetable Balti - og	400g	2.49	GOV
VF128	Vegetable Hotpot - og	400g	2.49	GOV
	<b>FULLGREEN</b>			
	Riced Ideas			
VF193	Buffalo Ranch	200g	3.25	GV
VF182	Portobello Mushroom	200g	3.25	GV
VF186	Sun Dried Tomato	200g	3.25	GV
	<b>GEO</b>			
VF041	Cheesy Macaroni Pasta	400g	2.39	V
VF050	Chilli Chorizo Macaroni	400g	2.39	SV
VF052	Mediterranean Macaroni	400g	2.39	SV
	<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	2.49	OSV
VF090	Organic Vegetable Hotpot	400g	2.15	OSV
	Dahl			
VF148	Coconut & Kale	400g	2.19	OV
VF079	Organic Chickpea & Lentil Dahl	400g	1.99	OV
VF149	Tadka Dahl	400g	1.99	OV
	<b>GRANOVITA</b>			
VF211	Mock Duck	285g	2.85	SV
VF036	Nut Luncheon	400g	2.85	GV
	<b>LOMA LINDA</b>			
VF035	Tuno - In Spring Water	142g	1.79	GV
VF026	Tuno - Thai Sweet Chilli	142g	1.79	GSV
VF022	Tuno Mayo	142g	1.80	GSV
	Ready Meals			
VF027	Spicy Pad Thai	284g	3.99	GSV
VF028	Thai Green Curry	284g	3.99	GSV
VF016	Tikka Masala	284g	3.99	GSV
	<b>MARIGOLD</b>			
SY157	Mo-Du Braised Seitan Slices	225g	2.35	SV
SY154	Tempeh - Cans	280g	3.09	GV
SY156	Tunah - Cans	170g	3.09	SV
	<b>MIRACLE NOODLE</b>			
	Ready To Eat Meals			
VF142	Green Curry	280g	2.99	GSV
VF156	Japanese Curry	280g	2.99	GSV
VF144	Pad Thai	280g	2.99	GSV
VF165	Pho	215g	2.99	SV
VF158	Spaghetti Bolognese	280g	2.99	GSV
VF163	Spaghetti Marinara	280g	2.99	GV
VF147	Thai Tom Yum Noodle Soup	280g	2.99	GSV
	<b>NATURE'S CHARM</b>			
VF321	Banana Blossom In Brine 510g	510g	2.25	V

code	product	size	rrp	bfgosv
VF207	Vegan Calamari	425g	5.49	V
	<b>SUNITA</b>			
FG601	Polenta - organic	500g	2.15	OV
	<b>WE CAN VEGAN</b>			
VF137	Vegan Bolognese	400g	2.99	SV
VF136	Vegan Carbonara	400g	2.99	V
VF223	Vegan Korma Curry	400g	2.99	V
VF231	Vegan Madras Curry	400g	2.99	V
VF139	Vegan Mexican Chilli	400g	2.99	SV
VF219	Vegan Szechuan Curry	400g	2.99	V
VF140	Vegan Thai Green Curry	400g	2.99	SV
VF138	Vegan Thai Red Curry	400g	2.99	SV
VF221	Vegan Tikka Curry	400g	2.99	V
	<b>ZANAE</b>			
VF044	Butter Bean Salad	280g	1.99	SV
VF527	Okra in Sauce	280g	2.49	SV
VF017	Stuffed Vine Leaves	280g	2.29	V
	<b>CRISPS &amp; SNACKS</b>			
	<b>SUMA PREPACKS</b>			
ZX195	Bombay Mix	125g	1.09	V
ZX196	Bombay Mix	250g	1.39	V
ZX695	Bombay Mix w/ Coriander & Lime	125g	1.09	V
ZX696	Bombay Mix w/ Coriander & Lime	250g	1.55	V
ZX084	Fruit & Nut Mix	125g	1.85	V
ZX205	Oriental Rice Crackers	125g	1.55	V
ZX202	Sesame Sticks	125g	1.09	V
ZX294	Spiced Roast Chickpeas	125g	1.09	V
ZX204	Spicy Noodles	125g	1.09	V
ZX316	Super Seed And Berry Mix	125g	2.15	V
ZX088	Trail Mix	125g	1.45	SV
ZX476	Wasabi Peas - Spicy	75g	1.15	V
	<b>AMAIZIN</b>			
ZX544	Bio Corn Chips Chilli	75g	1.30	OV
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	OV
WS070	Taco Sauce Hot - Organic	220g	2.39	OV
WS069	Taco Sauce Mild - Organic	220g	2.39	OV
	<b>APE SNACKS</b>			
ZX504	Coconut Bites Chocolate	26g	1.69	GVS
ZX596	Coconut Puffs - Cheese Flavour	24g	0.89	V
ZX438	Coconut Puffs Thai Chilli	25g	0.89	V
ZX855	Crunchy Coconut Bites Natural	30g	1.79	V
	<b>BIONA</b>			
ZX424	Potato Chips - Lightly Salted	100g	2.13	OV
	<b>BROWN BAG CRISPS</b>			
	Impulse			
ZX266	Lightly Salted	40g	0.75	GV
ZX268	Oak Smoked Chilli	40g	0.75	GSV
ZX206	Rosemary & Sea Salt	40g	0.75	GSV
	Sharing			
ZX270	Lightly Salted	150g	1.95	GV
ZX108	Rosemary & Sea Salt	150g	1.95	GSV
	Vegetable Crisps			
ZX833	Vegetable Chips - Hand Cooked	40g	1.09	GV
ZX843	Vegetable Chips - Hand Cooked	120g	2.49	GV
	<b>CHEEKY P'S</b>			
ZX846	Kickin' Curry Chickpeas	40g	0.99	SV

code	product	size	rrp	bfgosv
ZX844	Lip Smackin' Cheese Chickpeas	40g	0.99	SV
ZX241	Punchin' Chilli Chickpeas	40g	0.99	SV
ZX845	Smokin' Barbeque Chickpeas	40g	0.99	SV
	<b>CLEARSPRING</b>			
ZX226	Tamari Roast Sicilian Almonds	30g	1.69	GOV
ZX129	Tamari Roasted Cashew Nuts	30g	1.69	GOV
	<b>CORNITOS</b>			
ZX781	Nacho Crisps - Barbeque	70g	1.00	GSV
ZX780	Nacho Crisps - Lime and Mint	70g	1.00	GSV
ZX777	Nacho Crisps - Peri Peri	70g	1.00	GSV
	Assorted Flavours			
ZX774	Nacho Chips - Mixed Case	70g	1.00	GSV
	<b>CYPRESSA</b>			
ZX810	Roasted and Salted Broad Beans	150g	1.40	V
	<b>EAT REAL</b>			
	Hummus Chips - Impulse			
ZX242	Hummus Chilli Cheez Chips	45g	0.79	GSV
ZX198	Hummus Sour Cream Chips	45g	0.79	GSV
ZX162	Humus Chilli & Lemon Chips	45g	0.79	GV
ZX163	Humus Creamy Dill Chips	45g	0.79	GSV
ZX161	Humus Sea Salted Chips	45g	0.79	GV
ZX160	Humus Tomato & Basil Chips	45g	0.79	GSV
	Hummus Chips - Sharing			
ZX237	Hummus Chilli Cheez	135g	1.79	GSV
ZX326	Hummus Sour Cream Chips	135g	1.79	GSV
ZX125	Humus Chilli Lemon Chips	135g	1.79	GV
ZX127	Humus Creamy Dill Chips	135g	1.79	GSV
ZX124	Humus Sea Salt Chips	135g	1.79	GV
ZX121	Humus Tomato & Basil Chips	135g	1.79	GSV
	Kale - Sharing			
ZX057	Veggie & Kale Straws	113g	1.89	GSV
	Lentil Chips - Impulse			
ZX169	Lentil Chilli & Lemon Chips	40g	0.79	GV
ZX740	Lentil Chips Mango & Mint	40g	0.79	GSV
ZX170	Lentil Creamy Dill Chips	40g	0.79	GSV
ZX165	Lentil Sea Salted Chips	40g	0.79	GV
ZX168	Lentil Tomato & Basil Chips	40g	0.79	GSV
	Lentil Chips - Sharing			
ZX135	Lentil Chips Chilli Lemon	113g	1.79	GV
ZX883	Lentil Chips Creamy Dill	113g	1.79	GSV
ZX737	Lentil Chips Mango & Mint	113g	1.79	GSV
ZX128	Lentil Chips Sea Salt	113g	1.79	GV
ZX130	Lentil Chips Tomato Basil 113g Multi Pack	113g	1.79	GSV
ZX027	Hummus, Lentil, Quinoa Multi Organic - Sharing	116g	2.39	GVS
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
	Potato Straws			
ZX109	Potato Cheez Straws	45g	0.69	GSV
ZX190	Potato Cheez Straws	113g	1.89	GSV
	Quinoa Chips - Impulse			
ZX041	Quinoa Chilli & Lime Chips	30g	0.79	GSV
ZX007	Quinoa Cream & Chive Chips	30g	0.79	GSV
ZX263	Quinoa Paprika Chips	30g	0.79	GSV
ZX046	Quinoa Tomato & Garlic Chips	30g	0.79	GSV
	Quinoa Chips - Sharing			
ZX311	Quinoa Chips Chilli Lime	80g	1.79	GSV
ZX315	Quinoa Chips Cream & Chives	80g	1.79	GSV
ZX314	Quinoa Chips Tomato & Garlic	80g	1.79	GSV

code	product	size	rrp	bfgosv
ZX264	Quinoa Paprika Chips	80g	1.79	GSV
	Quinoa Puffs - Sharing			
ZX880	Quinoa Kale Puffs Jalapeno	113g	1.99	GSV
ZX881	Quinoa Kale Puffs with Cheese	113g	1.99	GSV
ZX878	Quinoa Puffs Cheddar Cheese	113g	1.99	GSV
ZX879	Quinoa Puffs Cheese Jalapeno	113g	1.99	GSV
	<b>EMILY CRISPS</b>			
ZX186	Garden Greens Veg Crisps	23g	1.15	GV
ZX183	Rainbow Roots	30g	1.15	GV
ZX197	Veg Thins - Chipotle BBQ	80g	1.89	GV
ZX194	Veg Thins - Sea Salt	80g	1.89	GV
ZX174	Vegetable Sticks - Thai Chilli	35g	1.05	GV
	<b>GARCIA</b>			
	Crackers			
ZX760	Crackers - Kale	180g	5.09	GV
ZX761	Crackers - Sweet Potato	180g	5.09	GV
ZX859	Lentil & Turmeric Crackers	180g	5.09	GSV
	Sharing Bag			
ZX461	Blue Corn Tortilla Chips - Org	150g	2.79	OVG
ZX200	Veggie Mix Tortilla	150g	2.79	GV
	<b>HIPPEAS</b>			
ZX538	Salt & Vinegar Vibes Puffs	22g	1.09	GOSV
ZX179	Take It Cheesy Puffs	22g	1.09	GOSV
	Large Bags			
ZX188	Cheesy Puffs	78g	2.35	GV
ZX171	In Herbs We Trust Puffs	78g	2.35	GV
ZX600	Salt & Vinegar Puffs	78g	2.35	GV
ZX166	Sweet & Smokin' Puffs	78g	2.29	GOVS
ZX070	Sweet Chilli Puffs	78g	2.35	GV
	<b>HODMEDOD'S</b>			
ZX549	Roast Fava Bean Salt & Vinegar	300g	2.99	SV
ZX562	Roasted Fava Beans Sea Salted	300g	2.99	V
ZX568	Roasted Peas Lightly Salted	300g	2.99	V
	<b>KETTLE CHIPS</b>			
	Impulse Bag			
ZX914	Lightly Salted	40g	0.89	GV
	Sharing Bags			
ZX248	Lightly Salted	150g	2.79	GV
ZX427	Sheese & Red Onion - Vegan	135g	2.79	GV
	<b>LOVE CORN</b>			
ZX847	Crunchy Corn - BBQ	45g	1.19	GV
ZX849	Crunchy Corn - BBQ	115g	2.29	GV
ZX956	Crunchy Corn - Cheese & Onion	45g	1.19	GV
ZX957	Crunchy Corn - Cheese & Onion	115g	2.29	GV
ZX848	Crunchy Corn - Salt & Vinegar	45g	1.19	GV
ZX852	Crunchy Corn - Salt & Vinegar	115g	2.29	GV
	<b>NAIRN'S</b>			
ZX080	Popped Oat Chips BBQ	20g	0.69	GV
ZX106	Popped Oat Chips Salt & Vinegar	20g	0.69	GV
	Sharing Bags			
ZX865	Salt & Vinegar Pop Oats	80g	1.79	GV
	<b>PIPERS CRISPS</b>			
	Impulse Bag			
ZX292	Anglesey Sea Salt	40g	0.85	GV
ZX293	Arreton Tomato Potato Crisps	40g	0.85	GSV
ZX295	Karnataka Bl Pepp & Sea Salt	40g	0.85	GSV
ZX434	Wild Thyme & Rosemary	40g	0.85	GSV
	Sharing Bag			
ZX291	Anglesey Sea Salt	150g	2.19	GV
ZX436	Wild Thyme & Rosemary	150g	2.19	GSV
	<b>POPOCHIPS</b>			

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	Sharing Bags			
ZX305	Popchips Sea Salt	85g	3.25	GV
	<b>PRIMAL VEGAN JERKY</b>			
ZX585	Seitan - Teriyaki Jerky	28g	1.75	V
ZX581	Seitan - Thai Peanut Jerky	28g	1.75	V
ZX580	Shiitake Mushroom Jerky	28g	1.75	V
ZX586	Soy - Hickory Smoked Jerky	28g	1.75	V
ZX584	Soy - Texas BBQ Jerky	28g	1.75	V
	<b>PROPERCHIPS</b>			
ZX725	Barbecue	20g	0.69	GSV
ZX484	Salt & Vinegar	20g	0.69	GSV
ZX726	Sea Salt	20g	0.69	GSV
ZX728	Sour Cream & Chive	20g	0.69	GSV
ZX727	Sweet Sriracha Chilli	20g	0.69	GSV
	Sharing Bag			
ZX426	Barbecue Chips	85g	1.99	GSV
ZX467	Salt & Vinegar Chips	85g	1.99	GSV
ZX430	Sea Salt Chips	85g	1.99	GSV
ZX474	Sriracha Chilli Chips	85g	1.99	GSV
	<b>PROPERCORN</b>			
	Sharing Bag			
ZX861	Popcorn - Lightly Sea Salted	70g	1.75	GV
ZX862	Popcorn - Salted Caramel	90g	1.75	GSV
ZX863	Popcorn - Sweet	90g	1.75	GSV
ZX860	Popcorn - Sweet & Salty	90g	1.75	GSV
	<b>PURELY PLANTAIN</b>			
ZX961	Plantain Chips - Nice & Spicy	75g	1.99	GV
ZX959	Plantain Chips - Sea Salt	75g	1.99	GV
ZX960	Plantain Chips - Wild Garlic	75g	1.99	GV
	<b>QWRKEE</b>			
ZX578	Sriracha Hot Chilli Jerky	70g	2.99	GSV
ZX551	Sweet & Spicy BBQ Jerky	70g	2.99	GSV
	<b>TEN ACRE CRISPS</b>			
ZX556	Cheese & Onion Crisps	40g	0.85	GV
ZX559	Hickory BBQ Crisps	40g	0.85	GV
ZX554	Ready Salted Crisps	40g	0.85	GV
ZX557	Salt & Vinegar Crisps	40g	0.85	GV
ZX566	Sweet Chilli Crisps	40g	0.85	GV
	<b>THE CURATORS</b>			
ZX532	Almonds - Salt & Pepper	35g	1.49	GSV
ZX486	Almonds - Smoky BBQ	35g	1.49	GSV
ZX579	Peanuts - Cocoa Caramel	35g	1.49	GSV
	<b>TRAFO</b>			
ZX359	Chickpea Flips	75g	2.39	GOV
ZX299	Lentil Flips	75g	2.39	GOV
ZX343	Pea Flips	75g	2.39	GOV
	Handcooked Baked Crisps			
ZX473	Rosemary & Himalaya Salt	40g	0.99	OV
	Hummus Chips			
ZX932	Hummus Chips - Paprika	75g	1.95	OV
	Light Baked Crisps			
ZX759	Coconut Oil Baked Crisps	40g	1.25	OV
ZX625	Coconut Oil Baked Crisps	100g	2.65	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
	Potato Crisps Fried			
ZX053	Paprika Crisps - organic	40g	0.99	OV
ZX055	Salted Crisps - organic	40g	0.99	OV
	Snacks			



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ZX401	Corn Peanuts	75g	1.55	OV
BT075	Pretzel Sticks	100g	1.35	OV
	Tortilla Chips			
VF218	Tortilla Chips - Chilli	75g	1.09	VO
VF226	Tortilla Chips - Natural	75g	1.09	VO
ZX136	Tortilla Chips - Natural	200g	1.95	OV
	Tortilla Chips - Stoneground			
VF048	Tortilla Chips - Natural	100g	1.85	OV
VF056	Tortilla Chips - Paprika	100g	1.85	OV
<b>TYRRELLS</b>				
	Potato Chips - Furrows Sharing			
ZX496	Sea Salted	150g	2.49	V
	Potato Chips - Impulse			
ZX908	Lightly Sea Salted	40g	0.95	V
ZX918	Sweet Chilli and Red Pepper	40g	0.95	SV
	Potato Chips - Sharing			
ZX978	Black Truffle & Sea Salt	150g	2.45	GSV
ZX024	Sea Salt & Black Pepper	150g	2.45	V
	Vegetable Chips			
ZX658	Mixed Roots	40g	1.55	GV
ZX388	Mixed Roots	125g	3.49	GV
<b>DESSERTS</b>				
<b>BIONA</b>				
SY192	Coconut Whipping Cream	400ml	2.89	OV
<b>JUST WHOLEFOODS</b>				
VF065	Custard Powder	100g	1.49	V
VF067	Jelly, Lemon, Vegan	85g	1.49	SV
VF176	Jelly, Raspberry, Vegan	85g	1.49	SV
VF068	Jelly, Strawberry, Vegan	85g	1.49	SV
VF066	Jelly, Tropical, Vegan	85g	1.49	SV
<b>NATURE'S CHARM</b>				
SY079	Coconut Caramel Sauce	200g	2.99	GSV
SY132	Coconut Whipping Cream	400g	3.65	SV
SY131	Salted Caramel Sauce	200g	2.99	SV
<b>PROVAMEL</b>				
SY040	Soya alternative to Cream	250ml	1.25	GOV
SY780	Soya Dessert - Chocolate	4 x 125g	2.15	GOSV
SY195	Soya Dessert - Vanilla	4 x 125g	2.15	GOSV
<b>SOJADE</b>				
SY099	Chocolate Soya Dessert	530g	1.55	GOSV
SY017	Cuisine- Organic Soya Cream	200ml	0.99	OV
SY076	Organic Hemp Cream	200ml	1.39	OV
SY107	Vanilla Soya Dessert	530ml	1.55	GOSV
<b>DESSERTS &amp; PUDDINGS (CHILLED)</b>				
<b>NUSH</b>				
CV729	Almond Milk Choc Orange Pots	2 x 75g	3.25	GV
<b>OATLY</b>				
CV827	Creamy Oat	250ml	1.09	V
CV828	Oat Fraiche	200ml	1.85	V
CV829	Vanilla Custard	250ml	1.45	V
CV698	Whippable Creamy Oat	250ml	1.40	V
<b>THE COCONUT COLLABORATIVE</b>				
CV743	Chocolate Praline Pots	2 x 100g	2.99	SV
CV472	Dark Chocolate Pudding	2 x 90g	3.55	SV
CV507	Little Choc Pots	4 x 45g	2.99	GSV
CV744	Peanut Butter Chocolate Pots	4 x 45g	3.15	SV
CV511	Salted Caramel Pots	4 x 45g	2.99	GSV
CV694	Vanilla Custard	400g	2.99	SV
CV464	Vanilla Rice Pudding	2 x 125g	2.99	GSV

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<b>DESSERTS, NON-DAIRY (FROZEN)</b>				
<b>BOOJA-BOOJA</b>				
	Alternative to Dairy Ice Cream			
XL258	Caramel Pecan Praline Ice Crea	110ml	2.05	OV
XL263	Caramel Pecan Praline Ice Crm	500ml	5.69	OSV
XL259	Choc Salted Caramel Ice Cream	500ml	5.69	OV
XL048	Choc Salted Caramel Ice Cream	110ml	2.05	OV
XL255	Hazel Choc & Truffle Ice Cream	500ml	5.69	OV
XL332	Hazel Choc & Truffle Ice Cream	110ml	2.05	OV
XL102	Honeycomb Caramel Ice Cream	500ml	5.69	OV
XL033	Hunky Punky Chocolate	500ml	5.69	OV
XL031	Hunky Punky Chocolate	110ml	2.05	OV
XL038	Keep Smiling Vanilla M'Gorilla	500ml	5.69	OV
XL410	Keep Smiling Vanilla M'Gorilla	110ml	2.05	OV
XL104	Mint Chocolate Ice Cream	500ml	5.69	OV
XL257	Raspberry Ripple Ice Cream	500ml	5.69	OV
XL256	Raspberry Ripple Ice Cream	110ml	2.05	OV
<b>FOOD HEAVEN</b>				
	Dairy-Free Desserts			
XL401	Chocolate Ice Cream	900ml	4.50	GSV
XL400	Cool Vanilla Ice Cream	900ml	4.50	GSV
XL015	Strawberry Ripple Ice Cream	900ml	4.50	GSV
<b>MIIRO</b>				
XL268	Vanilla Peanut Butter Lollies	70ml	2.49	SV
<b>NATURLI'</b>				
XL137	Blackcurrant Ice Cream	500ml	4.59	SV
XL146	Cookie Dough Ice Cream	500ml	4.59	SV
XL143	Dark & Creamy Ice Cream	500ml	4.59	SV
XL144	Fudge Brownie Ice Cream	500ml	4.59	SV
XL034	Hazelnut Ice Cream	500ml	4.59	SV
XL046	Liquorice Sweet Bite Ice Cream	500ml	4.59	SV
XL037	Raspberry Ice Cream	500ml	4.59	SV
XL027	Salted Caramel Ice Cream	500ml	4.59	SV
XL044	Strawberry Swirl Ice Cream	500ml	4.59	GSV
	Cones			
XL147	Brownie Buzz Ice Cream Cones	4 x 130m	4.90	GSV
XL149	Dark and Creamy Ice Cones	4 x 130m	4.90	GSV
XL150	Salted Caramel Ice Cream Cones	4 x 130m	4.90	GSV
<b>NORTHERN BLOC</b>				
	Indulgent Vegan Ice Cream			
XL367	Chocolate & Orange Blossom	100ml	1.55	SV
XL118	Chocolate & Orange Blossom	500ml	5.49	SV
XL128	Chocolate Mint Biscuit	500ml	5.49	SV
XL232	Peanut & Chocolate	500ml	5.49	SV
XL368	Peanut Chip	100ml	1.55	SV
XL068	Pear & Ginger	100ml	1.55	SV
XL132	Salted Caramel & Almond Swirl	500ml	5.49	SV
XL160	Strawberry & Yuzu	500ml	5.49	SV
<b>SWEDISH GLACE</b>				
XL017	Juicy Raspberry	750ml	3.95	SV
XL018	Rich Chocolate	750ml	3.95	SV
XL016	Smooth Vanilla Ice Cream	750ml	3.95	VS
<b>DRINKS (CHILLED)</b>				
<b>ALPRO</b>				
CV687	Fresh Almond Milk	1l	1.85	V
CV242	Oat Unsweetened Fresh	1l	1.85	V
CV087	Soya Fresh - Natural	1l	1.45	V
<b>BIOMEL</b>				
	Vegan Probiotics			
CV857	Dark Chocolate Probiotic Drink	510ml	3.35	V

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CV855	Natural Probiotic Drink	510ml	3.35	V
CV856	Pure Vanilla Probiotic Drink	510ml	3.35	SV
<b>CALIFIA FARMS</b>				
CV824	Chocolate Coconut Almond Milk	750ml	2.50	GSV
CV822	Cocoa Noir Cold Brew Coffee	310ml	1.99	GSV
CV826	Cold Brew Mocha	750ml	0.89	GSV
CV823	Unsweetened Almond Milk	750ml	2.50	GSV
CV821	XX Espresso Cold Brew Coffee	310ml	1.99	GSV
<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>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>JARR KOMBUCHA</b>				
CV053	Ginger Kombucha	240ml	2.25	GOV
CV062	Original Kombucha	240ml	2.25	GOV
CV064	Passion Fruit Kombucha	240ml	2.25	GOV
CV070	Raspberry Kombucha	240ml	2.25	GOV
<b>KARMA</b>				
Kefir				
CV753	Kefruit Elderflower & Hibisc.	500ml	3.40	FOV
CV752	Kefruit Fig and Lemon	500ml	3.40	FOV
CV756	Kefruit Ginger	500ml	3.40	FOV
Kombucha				
CV256	Ginger	1l	6.25	FOV
CV425	Ginger	500ml	3.65	OV
CV434	Lemon	500ml	3.65	OV
CV762	Mango	1l	6.45	FOV
CV245	Mango	500ml	3.85	FOV
CV258	Pomegranate	1l	6.25	FOV
CV426	Pomegranate	500ml	3.65	OV
CV435	Raspberry	500ml	3.85	OV
<b>KOKO DAIRY FREE</b>				
CV021	Koko Dairy Free Original	1l	1.79	GSV
<b>LA BREWERY</b>				
CV138	Ginger Kombucha	300ml	2.99	GV
CV164	Lemongrass Kombucha	300ml	2.99	GV
CV155	Strawberry & Pepper Kombucha	300ml	2.99	GV
<b>MOCKINGBIRD</b>				
CV658	Raw Boost	250ml	2.50	V
CV661	Raw Defence Juice	250ml	2.50	V
CV662	Raw Green Juice	250ml	2.50	V
<b>MOJU</b>				
Cold Pressed Booster Shots				
CV370	Ginger	60ml	2.05	V
CV391	Turmeric	60ml	2.05	V
CV708	Vitamin C	60ml	2.05	V
CV008	Vitamin D	60ml	2.05	V
<b>OATLY</b>				
CV489	Fresh Oat Drink - Semi	1l	1.99	V
CV488	Fresh Oat Drink - Skinny	1l	1.99	V
CV491	Fresh Oat Drink - Whole	1l	1.99	V
<b>SOJADE</b>				
CV264	Blueberry & Cherry Soya Kefir	250ml	1.79	GOV
CV268	Natural Organic Soya Kefir	250ml	1.75	GOV

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<b>ESSENTIAL OILS</b>				
<b>AQUA OLEUM</b>				
AR027	Carrier Oil - Jojoba	100ml	13.99	V
AR029	Carrier Oil - Sweet Almond	100ml	3.99	V
AR005	Clary Sage	10ml	7.99	V
AR006	Eucalyptus	10ml	4.79	OV
AR008	Eucalyptus	10ml	3.99	V
AR150	Frankincense	10ml	14.15	V
AR021	Frankincense Organic	10ml	16.93	OV
AR011	Geranium	10ml	8.19	V
AR010	Geranium Organic	10ml	12.15	VO
AR151	Jasmine - 5% dilution	10ml	9.65	V
AR014	Lavender	10ml	5.75	V
DY447	Lavender	100ml	43.15	V
AR143	Lavender Oil Merchandiser	10ml	6.69	V
AR241	Lavender Organic	10ml	6.89	VO
AR015	Lemon	10ml	4.25	V
AR012	Patchouli Organic	10ml	8.79	VO
AR022	Peppermint	10ml	4.69	V
AR025	Peppermint Organic	10ml	6.59	OV
AR023	Rose Maroc - 5% dilution	10ml	6.95	V
AR030	Rose Water	100ml	8.99	V
AR024	Rosemary	10ml	5.15	V
AR056	Sandalwood - 5% dilution	10ml	7.29	V
AR026	Tea Tree	10ml	4.49	V
DY450	Tea Tree	100ml	33.55	V
AR016	Tea Tree Organic	10ml	5.85	VO
<b>FAR EASTERN FOOD</b>				
<b>SUMA</b>				
LJ350	Coconut Milk Organic	400ml	1.99	OV
LJ400	Creamed Coconut Organic	200g	2.15	OV
<b>AMAIZIN</b>				
LJ025	Coconut Whipping Cream	400g	3.09	OV
LJ136	Rich Coconut Milk OG	400ml	2.09	OV
LJ131	Rich Coconut Milk OG	200ml	1.45	OV
<b>BIONA</b>				
WT071	Asia Noodles Organic	250g	2.59	OV
KJ094	Coconut Aminos Original	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>BLUE DRAGON</b>				
LJ495	Coconut Cream UHT	250ml	1.95	V
LJ130	Coconut Milk	400ml	2.10	V
LJ652	Coconut Milk Mini Cans	165ml	0.89	V
VF820	Springroll Wrappers	134g	1.29	V
JP093	Sushi Nori	11g	1.59	V
JP220	Tofu - Firm Silken	349g	2.09	V
WT100	Wholewheat Noodles	300g	1.85	V
<b>BONSAN</b>				
JP028	Sunflower Ghee	200g	5.05	OV
<b>CLEARSPRING</b>				

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JP060	Brown Rice Vinegar - Organic	150ml	2.49	OV
JP111	Instant Noodle Broth	245ml	4.99	OV
JP096	Japanese Rice Vinegar	250ml	3.29	OV
JP134	Mikawa Mirin	150ml	4.49	OV
JP135	Mirin	150ml	3.29	V
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	GOV
JP026	Tofu	300g	1.99	GOV
JP112	Umami Instant Stock Paste	112g	3.15	OV
JP032	Umami Paste with Ginger - Org	150g	4.49	OV
JP101	Ume Shiso Seasoning	150ml	1.99	V
JP027	Umeboshi Paste - Organic	150g	6.49	OV
JP079	Umeboshi Plums Organic	200g	9.99	OV
JP021	Wasabi Powder	25g	3.89	V
JP031	Yuzu Ponzu Seasoning	150ml	4.79	OV
	Miso Products			
JP211	Barley Miso Jar	300g	5.89	OV
JP212	Brown Rice Miso Jar	300g	4.59	OV
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
JP049	Ginger & Turmeric Miso Soup	4 x 15g	2.89	GOV
JP114	Hearty Red Miso Soup + Sea Veg	4 x 10g	3.59	V
JP047	Hot & Spicy Miso Soup Paste	4 x 15g	2.89	GOV
JP321	Instant Miso Soup and Sea Veg	4 x 10g	3.99	OV
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
JP148	Mellow White Miso Soup + Tofu	4 x 10g	3.59	V
JP213	Miso - Hatcho	300g	5.59	OV
JP057	Miso Ramen Noodles/Miso Soup	210g	4.49	OV
JP086	Sweet White Miso - Organic	250g	4.49	OV
	Noodles			
JP056	All Buckwheat Soba Noodles	200g	3.99	GOV
JP053	Brown Rice Noodles - GF	200g	2.89	GOV
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
	Sea Veg			
JP003	Dulse - Atlantic Coast Organic	25g	3.99	OV
JP069	Green Nori Sprinkle	20g	1.99	V
JP070	Hijiki (Wild)	30g	7.99	V
JP090	Japanese Arame	30g	4.69	V
JP091	Japanese Hokkaido Kombu	40g	5.49	V
JP007	Japanese Sea Vegetable Salad	25g	4.69	V
JP071	Nori	25g	3.69	V
JP082	Seaveg Crispies - Original	4g	0.99	GOV
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	GOV
JP085	Seaveg Crispies Multipk-Chilli	3 x 4g	2.59	GOV

code	product	size	rrp	bfgosv
JP072	Sushi Nori - toasted	17g	3.29	V
JP092	Wakame Organic Soya Sauce	25g	3.99	OV
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
JP099	Tamari Soya Sauce	250ml	3.69	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	GOV
JP501	Tamari Soya Sauce Soya Sauces	500ml	9.79	GOV
JP110	Tamari Soya Sauce	1l	17.99	GOV
<b>COCOFINA</b>				
KJ319	Coconut Amino Sauce	250ml	5.99	OV
<b>COCONUT MERCHANT</b>				
VF081	Coconut Savoury Sauce	150ml	3.99	GOV
<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>				
JP065	Less Salt Soy Sauce	150ml	2.69	V
JP051	Organic Soy Sauce	250ml	3.99	OV
JP062	Soy Sauce	150ml	2.69	V
JP067	Tamari Gluten Free Soy Sauce	150ml	2.69	GV
<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
WT123	Og Basmati White Rice Noodles	250g	2.39	OFV
WT058	Og Miso Soup Pumpkin & Veg	60g	2.89	OV
WT059	Og Miso Soup Tofu & Ginger	60g	2.89	OV
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
WT087	Pad Thai Noodles Fairtrade	250g	2.45	FOV
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>				
WT034	Buckwheat Ramen Noodle Kit	190g	3.49	GOV
<b>KTC</b>				
MA066	Creamed Coconut	200g	1.29	V
<b>MERIDIAN</b>				
JP308	Shoyu	500ml	3.99	V
JP309	Tamari	150ml	2.99	GV
JP310	Tamari	500ml	5.99	GV
JP058	Tamari	5l	39.33	GV
<b>MORI-NU</b>				
JP075	Tofu - Extra Firm	349g	2.29	V
JP205	Tofu - Firm Tofu	349g	1.85	V
<b>SANCHI</b>				

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JP105	Miso - Genmai (Brown Rice)	345g	3.79	V
JP055	Miso Soup	6 x 8g	3.55	V
JP670	Tamari - organic	150ml	3.95	OV
JP119	Tamari Soy Sauce	300ml	4.09	V
<b>SEEDS OF CHANGE</b>				
VF063	Sweet & Sour Cooking Sauce	350g	2.99	OSV
<b>THAI TASTE</b>				
VF174	Galangal	114g	1.65	GV
VF319	Green Curry Paste	114g	1.89	GV
VF171	Red Curry Paste	114g	1.89	GV
VF258	Sriracha Chilli Sauce	450ml	2.25	GSV
VF199	Tamarind Paste	130g	1.69	GSV
VF159	Vegan 'Fish' Sauce	180ml	1.99	GSV
<b>YAKSO</b>				
JP012	Coconut Aminos	250ml	7.25	GOV
JP024	Rice Paper	150g	3.15	OV
VF010	Seitan in Tamari	330ml	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>				
JP068	Korean Kimchi	215g	3.56	V
JP005	Miso Paste - Organic	300g	5.15	OV
JP013	Panko Bread Crumbs	180g	1.89	V
JP043	Rice Vinegar	150ml	2.20	V
JP108	Soba Noodles	250g	1.29	V
JP050	Sushi Rice	500g	1.99	V
JP074	Tempura Batter Mix	150g	1.89	V
JP107	Udon Noodles	250g	1.29	V
JP109	Wasabi Paste	43g	1.75	V
<b>FLAKES, BRANS &amp; WHEATGERM</b>				
<b>SUMA PREPACKS</b>				
FX049	Oats - Jumbo	750g	2.25	V
FX046	Oats - Jumbo & Gluten Free	750g	3.59	GV
FX051	Oats - porridge	750g	2.25	V
FX045	Oats - Porridge & Gluten Free	750g	3.59	GV
FX035	Wheatgerm	500g	2.29	V
<b>SUMA PREPACKS - ORGANIC</b>				
FX092	Barley Flakes - pearl OG	500g	1.69	OV
FX067	Bran Sticks - organic	250g	1.75	OV
FX024	Buckwheat Flakes - organic	500g	3.75	OV
FX031	Millet Flakes - organic	500g	3.75	OV
FX042	Oats - Jumbo Gluten Free	750g	4.35	GOV
FX047	Oats - jumbo, organic	750g	2.95	VO
FX048	Oats - Porridge - Organic	750g	2.95	OV
FX044	Oats - Porridge & Gluten Free	750g	4.35	GOV
FX656	Quinoa Flakes - organic	500g	4.99	OV
FX032	Rice Flakes Brown - organic	500g	3.95	OV
FX093	Rye Flakes - organic	500g	1.69	OV
FX213	Toasted Malted Wheat Flakes OG	400g	2.25	OV
<b>ALARA</b>				
FX026	Gluten Free Scottish Porridge	500g	3.99	GOV
<b>HODMEDOD'S</b>				
FX030	Organic Naked Barley Flakes	500g	2.69	OV
<b>MORNFLAKE</b>				
FG037	Fine Oatmeal	750g	2.09	V
FG035	Medium Oatmeal	750g	2.09	V
FX008	Oat Bran	800g	2.99	V
<b>PIMHILL</b>				
FX006	Oats - jumbo, organic	850g	2.55	OV

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FX005	Oats - porridge, organic	850g	2.55	OV
	<b>RUDE HEALTH FOODS</b>			
FX011	Smoothie Oats	250g	2.49	V
	<b>FLOURS &amp; BREAD MIXES</b>			
	<b>SUMA PREPACKS</b>			
FG078	Gram Flour	500g	2.10	V
FG092	Polenta	500g	1.45	V
FG041	Potato Starch	500g	1.95	V
FG038	Semolina Flour - Fine	500g	1.59	V
FG001	Tapioca Starch (flour)	500g	1.79	V
FG002	Teff Flour - Brown	500g	3.65	V
LJ092	Vital Wheat Gluten	500g	2.99	V
	<b>SUMA PREPACKS - ORGANIC</b>			
FG149	Brown Rice Flour - organic	500g	1.99	OV
LJ105	Coconut Flour, Organic	500g	2.99	OV
FG128	Maize Flour - organic	500g	1.75	OV
FG205	Soya Flour - organic	250g	1.95	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>BACHELDRE WATERMILL</b>			
FG104	Strong Rustic Bread Flour	1kg	2.39	V
	<b>BIONA</b>			
FG163	Coconut Flour - Organic	500g	2.99	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
FG039	GF Buckwheat Flour	1kg	3.45	GV
FG522	Gluten Free Brown Bread Flour	1kg	2.39	GV
FG700	Gluten Free Plain White Flour	1kg	2.25	GV
FG520	Gluten Free White Bread Flour	1kg	2.25	GV
FG004	Malthouse Bread Flour	1kg	1.59	OV
FG047	Organic Coconut Flour	500g	3.95	GOV
FG117	Rice Flour	1kg	1.85	GV
FG115	Self Raising Wholemeal Flour	1kg	1.35	OV
FG997	Speciality Pasta Flour	1kg	1.65	OV
FG116	Stoneground Gram Flour	1kg	2.39	GV
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
FG701	White Self Raising Flour GF	1kg	2.25	GV
	Artisan Flour			
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	3.69	OV



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FG102	Spelt Flour Whole Meal Organic	1kg	3.15	OV
	<b>FERRERO</b>			
QS003	Polenta	500g	1.79	V
	<b>GILCHESTERS ORGANICS</b>			
FG019	100% Whole Spelt Flour	1.5kg	4.65	OV
FG014	Pizza & Ciabatta Wheat Flour	1.5kg	3.85	OV
FG018	Semolina Fine Wheat Flour	500g	1.99	OV
FG009	Strong 100% Whole Wheat Flour	1.5kg	3.38	OV
FG006	Strong White Wheat Flour	1.5kg	3.55	OV
FG025	White Flour Strong Unbleached	3kg	7.35	OV
FG036	Whole Wheat Strong Flour	3kg	6.65	OV
	<b>GLEBE FARM</b>			
FG177	Gluten Free Self Raising Flour	1kg	2.35	GV
FG113	Oat Flour Wheat/Gluten Free	300g	2.79	GSV
	<b>GOOD HEMP</b>			
FG081	Hemp Seed Flour	400g	4.99	V
	<b>LITTLE SALKELD WATERMILL</b>			
FG804	Barley Flour - organic	500g	2.44	OVb
	<b>ORGRAN</b>			
FG055	Premium Bread Mix	450g	3.15	GSV
	Gluten Free Mixes			
FG061	Buckwheat Pancake Mix	375g	3.19	GV
	<b>SHARPHAM PARK</b>			
FG091	White Spelt Flour	1kg	4.09	OV
	Heritage Flours			
FG090	Spelt, Emmer & Einkorn Flour	1kg	4.39	OV
	<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
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
	Specialist Flour			
FG080	Chestnut Flour	500g	6.95	GOV
FG123	Italian '00' White Flour	1kg	1.85	V
	<b>FRESH MISO (CHILLED)</b>			
	<b>TIDEFORD ORGANIC VEGAN FOODS</b>			
	Organic, Vegan and Gluten-Free			
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	OSV
KJ184	Banana Blossom in Salted Water	400g	2.29	OV
KJ166	Jackfruit In Salted Water	2.8kg	10.69	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

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VF152	Jackfruit Chunks	500g	2.99	OV
VF155	Pear Puree - organic	2 x 100g	1.59	OV
<b>COOKS &amp; CO</b>				
KJ133	Banana Blossom	400g	2.35	V
<b>ESSENTIAL TRADING</b>				
KJ125	Organic Jackfruit in Water	400g	2.99	OV
KJ262	Pineapple Chunks In Org Juice	400g	2.45	VO
KJ260	Tropical Fruits in Org Juice	400g	2.45	VO
<b>FRUIT - DRIED</b>				
<b>SUMA PREPACKS</b>				
DR047	Apple - Rings SO2	150g	1.99	V
DR093	Apricots - select SO2	125g	1.39	V
DR094	Apricots - select SO2	250g	2.35	V
DR095	Apricots - select SO2	500g	4.15	V
DR096	Apricots - unsulphured	250g	2.49	V
DR120	Banana - Whole Chips	125g	1.25	SV
DR054	Banana - Whole Chips	250g	1.95	SV
DR133	Blueberries	125g	3.75	SV
DR202	Cherries Glace - Bright Red	200g	2.59	VS
DR221	Cherries Glace - Dark Red	200g	2.59	VS
DR060	Cranberries	125g	1.39	VS
DR084	Cranberries	250g	2.29	VS
DR097	Currants - medium	250g	1.95	V
DR099	Dates - pitted	250g	1.39	V
DR100	Dates - pitted	500g	1.99	V
DR101	Figs	250g	2.59	V
DR102	Figs	500g	4.69	V
DR038	Fruit Cake Mix	500g	3.15	SV
DR070	Fruit salad - SO2	250g	3.05	V
DR121	Ginger	125g	1.65	VS
DR182	Ginger	250g	2.75	SV
DR055	Goji Berries	100g	2.25	V
DR279	Mango Slices	125g	3.39	V
DR203	Mixed Peel - Contains SO2	200g	1.75	VS
DR123	Papaya	125g	1.45	SV
DR125	Peaches - SO2	250g	2.99	V
DR124	Pears - SO2	250g	2.95	SV
DR129	Pineapple - diced SO2	125g	1.45	SV
DR180	Pineapple - diced SO2	250g	2.49	SV
DR108	Prunes - pitted Ashlock	250g	1.79	V
DR140	Prunes - pitted Ashlock	500g	3.09	V
DR668	Raisins - Dark Flame	250g	1.65	V
DR089	Raisins - Dark Flame	500g	2.79	V
DR113	Raisins - Thompson Seedless	250g	1.55	V
DR167	Raisins - Thompson Seedless	500g	2.75	V
DR114	Sultanas - Australian 5 Crown	250g	1.99	V
DR115	Sultanas - Australian 5 Crown	500g	3.55	V
DR117	Sultanas - Turkish	500g	2.55	V
DR127	Super Berry Mix	125g	2.49	SV
<b>SUMA PREPACKS - ORGANIC</b>				
DR063	Apricots - organic	250g	3.15	OV
DR250	Apricots - organic	500g	5.99	OV
DR132	Cherries sour - Organic	125g	3.15	OV
DR325	Cranberries - organic	125g	1.95	OSV
DR057	Cranberries - organic	250g	3.55	OSV
DR073	Currants - organic	250g	2.85	OV
DR251	Currants - organic	500g	5.15	OV
DR159	Dates - Medjool Organic	250g	4.25	OV
DR074	Dates - pitted organic	250g	2.65	OV
DR252	Dates - pitted organic	500g	4.65	OV

code	product	size	rrp	bfgosv
DR720	Dates -og pitted fairly traded	250g	2.99	FOV
DR064	Figs - organic	250g	3.05	OV
DR254	Figs - organic	500g	5.65	OV
DR011	Ginger - crystallised organic	125g	2.05	OSV
DR020	Ginger - crystallised organic	250g	3.59	OSV
DR049	Mulberries White - Organic	125g	1.79	OV
DR077	Pitted Prunes - organic	250g	3.85	OV
DR253	Pitted Prunes - organic	500g	7.25	OV
DR065	Raisins - organic	250g	2.05	OV
DR255	Raisins - organic	500g	3.59	OV
DR066	Sultanas - organic	250g	1.99	OV
DR256	Sultanas - organic	500g	3.45	OV
DR365	Vine Fruit Mix - organic	500g	4.25	OV
<b>CRAZY JACK</b>				
DR030	Organic Soft Apricots	200g	3.19	OV
DR031	Organic Soft Dates	200g	2.15	OV
DR034	Organic Soft Figs	200g	2.29	OV
DR356	Organic Soft Prunes	200g	4.25	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	GOV
<b>TROPICAL WHOLEFOODS</b>				
DR134	Fairtrade Apricots	125g	1.99	FV
DR200	Fairtrade Organic Mango	100g	2.85	FOV
DR233	Sun Dried Banana Chips	150g	2.45	FOV
DR234	Sun Dried Pineapple	100g	2.99	FOV
<b>URBAN FRUIT</b>				
DR192	Mango	100g	2.29	GV
DR009	Mango Passionfruit	85g	2.29	GV
DR201	Pineapple	100g	2.29	GV
DR263	Snack Pack - Mango	35g	0.99	GV
DR002	Snack Pack - Strawberry	35g	0.99	GV
DR144	Snack Pack Pineapple	35g	0.99	VG
DR266	Strawberries	90g	2.29	GV
<b>ZAYTOUN</b>				
DR164	Palestinian Medjoul Dates	250g	4.95	FV
DR028	Palestinian Medjoul Dates	500g	9.35	FV
<b>FRUIT &amp; VEGETABLE JUICES</b>				
<b>SUMA</b>				
JU245	Lemon Juice - organic	250ml	2.16	OV
JU251	Lemon Juice - organic	1l	6.53	OV
<b>BEEET IT</b>				
From James White				
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>BERRY COMPANY</b>				
JU373	Acai & Yerba Mate	330ml	1.25	V
JU737	Acai with Raspberry & Yerba	1l	2.59	V
JU375	Blueberry & Baobab	330ml	1.25	V
JU055	Blueberry Juice Drink	1l	2.59	V
JU253	Cranberry Juice Drink	1l	2.59	V
JU372	Goji Berry & Ginseng Juice	330ml	1.19	V
JU063	Goji Berry Juice Drink	1l	2.59	GV
JU735	Green Tea & Blueberry Drink	1l	2.59	SV
JU380	Pomegranate & Rosehip	330ml	1.25	V
JU734	Pomegranate Juice Drink	1l	2.59	V
JU370	Superberries Purple & Guarana	330ml	1.25	V

code	product	size	rrp	bfgosv
JU061	Superberries Purple Juice Drnk	1l	2.59	GV
JU371	Superberries Rd & Hibiscus	330ml	1.25	V
JU050	Superberries Red Juice Drink	1l	2.59	GV
JU736	White Tea & Peach Juice Drink	1l	2.59	GV
<b>BIG TOM</b>				
	From James White			
JU419	Spiced Tomato Mix	750ml	3.05	SV
JU379	Spiced Tomato Mix	150ml	0.85	SV
JU381	Spiced Tomato Mix	250ml	1.19	SV
<b>BIONA</b>				
JU703	Ginger Juice - Organic	200ml	3.99	OV
JU702	Lemon Juice - Organic	200ml	1.99	OV
JU802	Lime Juice - Organic	200ml	2.39	OV
	Glass Bottles			
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	5.69	OV
JU508	Cranberry Juice 100% Pure	330ml	5.69	OV
JU127	Cranberry Juice 100% Pure	750ml	9.29	OV
JU132	Elderberry Pure Superjuice	330ml	4.29	OV
JU541	Orange Juice - og	1l	5.99	OV
JU028	Organic Blueberry Juice	330ml	6.49	OV
JU448	Peach, Apricot & Apple Juice	1l	3.89	OV
JU182	Pomegranate Pure Juice - og	200ml	1.89	OV
JU181	Pomegranate Pure Juice - og	1l	4.99	OV
JU269	Red Grape Juice Organic	1l	4.89	OV
JU131	Tart Cherry Pure Superjuice	200ml	2.29	OV
JU130	Tart Cherry Pure Superjuice	1l	4.99	OV
JU289	Tomato Juice, pure pressed og	1l	3.69	OV
	Tetrapacks			
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>CAWSTON PRESS</b>				
JU328	Apple & Elderflower	1l	3.10	V
JU329	Apple & Ginger	1l	3.10	V
JU444	Apple & Rhubarb	1l	3.10	V
JU090	Brilliant Beetroot	1l	3.25	V
JU631	Cloudy Apple	1l	3.10	V
JU214	Orange Juice	1l	3.42	V
JU070	Tomato	1l	3.25	V
	Kids Cartons			
JU308	Kids Apple & Mango Juice	3 x 200ml	2.65	V
JU309	Kids Apple & Pear Juice	3 x 200ml	2.65	V
JU014	Kids Apple & Summer Berries	3 x 200ml	2.65	V
JU799	Kids Cloudy Apple Juice	3 x 200ml	2.65	V
<b>DUSKIN</b>				
JU639	Apple Juice - Braeburn	1l	3.50	V
JU305	Apple Juice - Bramley	1l	3.50	V
JU292	Apple Juice - Cox	1l	3.50	V
JU487	Apple Juice - Gala	1l	3.50	V
JU550	Apple Juice - Golden Delicious	1l	3.50	V
JU317	Apple Juice - Russet	1l	3.50	V
<b>FLAWSOME!</b>				
	Not from concentrate juices			
JU822	Apple & Beetroot Juice	250ml	1.75	GV
JU823	Apple & Orange Juice	250ml	1.75	GV

code	product	size	rrp	bfgosv
JU825	Apple & Strawberry Juice	250ml	1.75	GV
JU826	Apple & Superberry Juice	250ml	1.75	GV
JU820	Orange Juice	250ml	1.75	GV
JU821	Sweet & Sour Apple Juice	250ml	1.75	GV
<b>FROBISHERS</b>				
	Not from concentrate juices			
JU211	Apple Juice	250ml	1.59	V
JU213	Bumbleberry Juice	250ml	1.59	V
JU215	Mango Juice	250ml	1.59	V
JU210	Orange Juice	250ml	1.59	V
<b>JAMES WHITE</b>				
JU621	Apple & Crushed Ginger - og	250ml	1.39	OV
JU864	Apple & Ginger - og	750ml	3.09	OV
JU095	Apple Juice - og	750ml	3.09	OV
JU064	Apple Juice - og	250ml	1.39	OV
JU391	British Carrot	750ml	2.32	V
JU325	Carrot - og	750ml	3.09	OV
JU862	Carrot & Apple Juice - og	750ml	3.09	OV
JU608	Carrot & Apple Juice - og	250ml	1.39	OV
JU863	Pear & Raspberry Juice - og	750ml	3.25	OV
JU605	Pear & Raspberry Juice - og	250ml	1.39	OV
JU860	Pear Juice - og	750ml	3.09	OV
JU599	Pear Juice - og	250ml	1.39	OV
JU398	Prune Juice	750ml	3.09	V
JU431	Tomato - og	750ml	3.09	OV
JU324	Vegetable Juice - og	750ml	3.09	OV
<b>LUSCOMBE DRINKS</b>				
JU105	English Apple Juice	270ml	1.65	OV
<b>PIP ORGANIC</b>				
JU670	Org Cloudy Apple Fruit Juice	4 x 180ml	4.99	OV
JU697	Pineapple & Mango Smoothie	4 x 180ml	4.99	OV
JU065	Strawberry & Banana Smoothie	4 x 180ml	4.99	OV
JU696	Strawberry & Blackcurrant Fruity Waters	4 x 180ml	4.89	OV
JU698	Blackcurrant,Raspberr,Apple	4 x 200ml	4.99	OV
JU699	Mango,Orange & Apple	4 x 200ml	4.99	OV
<b>RAW</b>				
JU256	Ginger Shot Apple & Acerola	280ml	5.05	OVb
JU262	Ginger Shot Orange & Turmeric	280ml	5.45	OVb
<b>SMOOZE</b>				
JU815	Banana & Coconut Fruit Ice	5 x 65ml	2.79	SV
JU809	Mango & Coconut Fruit Ice	5 x 65ml	2.79	SV
JU490	Pineapple & Coconut Fruit Ice	5 x 65ml	2.79	SV
JU491	Pink Guava & Coconut Fruit Ice	5 x 65ml	2.79	SV
JU816	Simply Coconut Fruit Ice	5 x 65ml	2.79	SV
<b>STUTE</b>				
JU535	Superior Apple Juice	1l	1.59	V
JU604	Superior Cranberry Juice Drink	1l	1.55	SV
JU460	Superior Orange Juice	1l	1.79	V
<b>SUNITA</b>				
JU671	Lemon Juice - organic	250ml	2.65	OV
JU672	Lemon Juice - organic	1l	8.80	OV
JU129	Orange Juice - organic	1l	5.55	OV
<b>FRUIT (FROZEN)</b>				
<b>NATURAL COOL</b>				
XL142	Organic Berry Mix	300g	3.49	GOV
XL145	Organic Blueberries	300g	3.49	GOV
XL179	Organic Raspberries	300g	3.85	GOV
XL182	Organic Sour Cherries	300g	3.49	GOV
XL180	Organic Strawberries	300g	3.49	GOV
<b>WINDMILL HILL</b>				

code	product	size	rrp	bfgosv
XL282	British Organic Blackcurrants	400g	2.89	OV
XL279	British Raspberries	300g	2.89	V
XL283	British Summer Fruits	330g	2.89	V
XL084	British Sweet Eating Selection	330g	2.89	V
<b>GRAINS</b>				
<b>SUMA PREPACKS</b>				
QS055	Barley Grain - pearl	500g	1.19	V
QS140	Black Rice - Nerone	500g	2.95	V
QS111	Bulgar wheat - coarse	500g	1.55	V
QS051	Couscous	500g	1.35	V
QS041	Couscous - Pearl	500g	2.15	V
QS082	Freekeh - Cracked Wheat Grain	500g	4.29	V
QS090	Rice - arborio (risotto)	500g	1.95	V
QS085	Rice - basmati brown	500g	2.25	V
QS050	Rice - basmati white	500g	2.19	V
QS052	Rice - long grain brown	500g	1.45	V
QS104	Rice - pudding white	500g	1.75	V
QS222	Rice - sushi	500g	1.79	V
QS102	Rice - wild	125g	2.65	V
QS061	Tapioca	500g	2.35	V
<b>SUMA PREPACKS - ORGANIC</b>				
QS068	Buckwheat - unroasted organic	500g	2.15	OV
QS300	Bulgar wheat - organic	500g	1.99	OV
QS150	Corn Couscous - Organic	500g	3.85	OV
QS301	Couscous - wholemeal, organic	500g	2.15	OV
QS322	Millet - organic	500g	2.25	VO
QS124	Oat Groats - Organic	500g	2.19	VO
QS165	Pearl barley, organic	500g	1.39	OV
QS070	Popcorn - organic	500g	2.05	OV
QS065	Quinoa, Red - Organic	500g	2.95	OV
QS075	Quinoa, Tricolour - Organic	500g	4.35	OV
QS086	Quinoa, White - Organic	500g	3.45	OV
QS677	Rice - arborio, organic	500g	3.19	OV
QS302	Rice - basmati, brown organic	500g	2.85	OV
QS252	Rice - basmati, brown organic	750g	3.99	OV
QS303	Rice - white basmati organic	500g	2.85	OV
QS213	Rice - white basmati, organic	750g	3.99	OV
QS100	Rice -long grain brown organic	750g	3.15	VO
QS066	Rice-long grain brown organic	500g	2.25	OV
QS067	Rice-short grain brown organic	500g	2.25	OV
QS101	Rice-short grain brown organic	750g	3.15	VO
QS072	Wheat grain - organic	500g	1.15	OV
<b>ARTISAN GRAINS</b>				
QS135	Four Grain Couscous	200g	1.95	V
QS107	Greenwheat Freekeh	200g	2.19	V
QS109	Royal Quinoa	220g	2.65	V
QS159	Tricolour Quinoa	200g	2.79	V
QS145	Wholegrain Freekeh	200g	2.19	V
<b>BIOFAIR</b>				
QS015	Organic Fairtrade Quinoa Red	500g	5.49	FOV
QS024	Organic Fairtrade Quinoa Tri	500g	5.05	FOV
QS081	Organic FT Black Quinoa Grain	400g	4.75	FOV
<b>BIONA</b>				
QS096	Jasmine Brown Rice Organic	500g	3.19	OV
QS105	Pudding Rice Organic	500g	2.69	OV
QS099	Red Camargue Rice Organic	500g	3.49	OV
QS098	Risotto Brown Rice Organic	500g	2.99	OV
QS097	Wild Rice Mix Organic	500g	3.69	OV
<b>COOKS &amp; CO</b>				
QS054	Countrymans Polenta	150g	2.05	V

code	product	size	rrp	bfgosv
QS046	Lemon & Pea Risotto	190g	2.59	V
QS048	Mediterranean Risotto	190g	2.59	V
QS053	Porcini Mushroom Risotto	190g	2.59	V
QS022	Porcini Polenta	150g	2.15	V
<b>FULLGREEN</b>				
QS114	Riced Cauliflower	200g	2.35	V
QS010	Riced Cauliflower & Broccoli	200g	2.35	V
QS057	Riced Cauliflower Tomato Garlic	200g	2.35	V
QS044	Riced Sweet Potato	200g	2.35	V
<b>HODMEDOD'S</b>				
QS021	Smoked Quinoa	300g	3.79	V
<b>MR ORGANIC</b>				
QS009	Chick Pea Rice	250g	3.65	GOV
QS019	Green Pea Rice	250g	3.65	GOV
QS020	Red Lentil Rice	250g	3.65	GOV
<b>SHARPHAM PARK</b>				
QS058	Pearled Spelt Organic	500g	3.29	OV
QS148	Spelt Grain Organic	500g	2.55	OV
<b>ZAYTOUN</b>				
QS014	Maftoul Giant Couscous	200g	3.49	FOV
QS131	Smoky Freekeh	200g	3.25	FV
<b>GRAVY, STOCK &amp; BOUILLON</b>				
<b>SUMA</b>				
LJ650	Organic Bouillon	150g	2.39	GOV
LJ675	Organic Bouillon	500g	7.15	GOV
LJ690	Organic Bouillon Reduced Salt	500g	7.25	GOV
<b>FREE &amp; EASY</b>				
LJ008	Gravy Sauce Mix	130g	1.85	GV
<b>HODMEDOD'S</b>				
LJ161	Fava Bean Umami Paste	175g	2.89	V
LJ160	Fermented Naked Barley	175g	2.89	V
<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
LJ232	Sriracha Stock Cubes	66g	1.59	GOV
LJ101	Tomato & Herb Stock Cubes	66g	1.59	GOVS
LJ205	Umami Stock Cubes	66g	1.59	GOV
LJ120	Vegetable Stock Cubes	66g	1.59	GOV
LJ147	Yeast Free Veg.Stock Cubes	6 x 10g	1.59	GV
<b>MARIGOLD</b>				
LJ211	Bouillon Cubes	8	1.29	GOV
LJ073	Bouillon Powder - Organic	150g	2.35	GOV
LJ238	Bouillon Powder - Organic	500g	7.15	GOV
LJ177	Bouillon Powder - Organic	900g	12.85	OV
LJ164	Bouillon Powder - Reduced Salt	1kg	11.65	GV
LJ070	Bouillon Powder - Reduced Salt	150g	2.09	GV
LJ237	Bouillon Powder - Reduced Salt	500g	6.35	GV
LJ062	Gravy Granules - Instant	170g	1.79	GSV
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>ORGRAN</b>				

code	product	size	rrp	bfgosv
LJ158	Gravy Mix	200g	2.89	GV
	<b>VECON</b>			
LJ049	Vegetable Stock	1kg	14.05	V
LJ048	Vegetable Stock	225g	3.49	V
	<b>HERB &amp; FRUIT TEA INFUSIONS</b>			
	<b>CELESTIAL SEASONINGS</b>			
TE333	Bengal Spice	20 bags	3.09	V
TE987	Cinnamon & Cardamom Herb Tea	20 bags	3.19	OV
TE986	Ginger & Turmeric Herb Tea	20 bags	3.19	OV
TE266	Sleepytime	20 bags	2.79	V
TE336	Sleepytime Extra	20 bags	3.09	V
TE340	Tension Tamer	20 bags	2.79	V
	<b>CLIPPER</b>			
TE118	After Dinner Mints	20 bags	2.19	OV
TE042	Blackcurrant	20 bags	2.19	FGOV
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
TE264	Groovy Ginger	20 bags	2.99	OV
TE035	Indian Chai	20 bags	2.19	FGOV
TE070	Karma Mama	20 bags	2.99	OV
TE960	Lemon & Ginger - og	20 bags	1.79	OV
TE942	Liquorice - og	20 bags	1.79	OV
TE959	Nettle - og	20 bags	1.45	OV
TE629	Organic Detox	20 bags	1.45	OV
TE631	Organic Sleep Easy	20 bags	1.45	OV
TE789	Peppermint - og	20 bags	1.45	OV
TE307	Raspberry Leaf - og	20 bags	1.79	OV
TE036	Red Fruits	20 bags	2.19	FGOV
TE125	Rise & Shine	20 bags	2.19	OV
TE147	Rooibos	40 bags	3.49	OV
TE011	Rooibos	80 bags	3.70	OV
TE127	Snore & Peace	20 bags	2.19	OV
TE037	Summer Berry	20 bags	2.19	FGOV
	<b>FOOD SERVICE RANGE</b>			
TE148	Chamomile - og	25 bags	2.53	FOV
TE455	Lemon & Ginger - og	25 bags	2.96	FOV
TE166	Peppermint - og	25 bags	2.53	FOV
TE797	Readbush - og	25 bags	2.53	OV
TE454	Wild berry - og	25 bags	2.96	OV
	<b>DRAGONFLY TEA</b>			
TE440	Cape Malay Rooibos Chai	20 bags	2.59	OV
TE588	Cape Rooibos & Honeybush Tea	20 bags	2.59	OV
TE569	Golden Balance Turmeric Tea	20 bags	2.69	OV
TE813	Good Dragon Pu'er Tea	20 bags	2.59	OV
TE139	Happy Times	20 bags	2.69	OV
TE142	Inner Aloe Harmony	20 bags	2.69	OV
TE581	Mint Garden Digestif	20 bags	2.69	OV
TE338	Moonlight Jasmine	20 bags	2.59	OV
TE339	Moroccan Mint	20 bags	2.59	OV
TE046	Mountain Honeybush Tea	20 bags	2.59	OV
TE546	Night Sky Calm	20 bags	2.69	OV
TE363	Rooibos	40 bags	2.92	OV
TE367	Rooibos Earl Grey	40 bags	2.92	OV
TE376	Rooibos Vanilla	40 bags	2.92	OV
TE234	Swirling Mist White Tea	20 bags	2.69	OV
TE145	True Clarity Ginger	20 bags	2.69	OV
	<b>ELEVEN O'CLOCK</b>			
TE381	Rooibos	40 bags	2.59	OV



code	product	size	rrp	bfgosv
TE382	Rooibos	80 bags	5.09	OV
	<b>ESSENTIAL TRADING</b>			
TE271	Camomile Tea	20 bags	1.69	OVB
TE279	Peppermint Tea	20 bags	1.69	OVB
	<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	2.55	OV
TE604	Lemon Verbena - og	20 bags	2.55	OV
TE605	Lime Flower - organic	20 bags	3.59	OV
TE433	Nettle - og	20 bags	2.55	OV
TE606	Peppermint - og	20 bags	2.55	OV
TE607	Rosehip - og	20 bags	3.59	OV
	<b>HAMPSTEAD TEA</b>			
TE550	Camomile	20 bags	2.49	OVB
TE600	Fennel and Peppermint	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	FOVB
TE557	Rosehip Hibiscus	20 bags	2.49	FOVB
	Home Compostable			
TE089	Camomile and Marigold	15 bags	3.99	OV
TE099	Earl Grey	15 bags	3.99	OV
TE063	English Breakfast	15 bags	3.99	OV
	<b>HEATH AND HEATHER</b>			
	Organics			
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
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
	Relaxing Range			
TE023	Chamomile	50 bags	3.09	V
	Wellbeing Range			
TE146	Nettle	50 bags	3.09	V
TE025	Peppermint	50 bags	3.09	V
	<b>PUKKA</b>			
TE438	After Dinner Tea	20 bags	2.99	OV
TE927	Blackcurrant Beauty	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
TE235	Fresh Start	20 bags	2.99	OV
TE609	Ginseng Matcha Green	20 bags	2.99	FOV
TE678	Green Collection	20 bags	3.29	OV
TE055	Lean Matcha Green	20 bags	2.99	GOV
TE481	Lemongrass and Ginger	20 bags	2.99	OV
TE478	Licorice and Cinnamon Tea	20 bags	2.99	OV

code	product	size	rrp	bfgosv
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
TE231	Night Time Berry	20 bags	2.55	OV
TE095	Original (Black Spice) Chai	20 bags	2.99	FOV
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 Lattes	20 bags	2.99	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 Wellbeing Range	100g	2.09	OV
TE119	Balance	20 bags	2.15	V
TE110	Bedtime	20 bags	2.15	V
TE117	Bounce	20 bags	2.15	V
TE057	Chai Relax	20 bags	2.15	V
TE047	Ginger Boost	20 bags	2.15	V
<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
TE067	Bee Happy	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
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
TE836	Ginger Orange & Vanilla	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

code	product	size	rrp	bfgosv
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	4.99	OV
TE217	Minty Chlorella	17 bags	2.49	OV
TE221	Natural Balance	17 bags	2.49	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
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 For The Senses	1	13.99	OV
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
TE620	Loose Tea Classic Chai	90g	2.95	OV
<b>HERBS &amp; SPICES - BULK</b>				
<b>BULK WHOLE SPICES</b>				
HE207	Tamarind	200g	2.59	V
<b>HERBS &amp; SPICES - PREPACKED</b>				
<b>SUMA</b>				
Curry Spices				
HE330	Asafoetida Compound	20g	1.15	V
HE333	Curry Leaves	5g	1.15	V
HE363	Curry Powder - Hot	50g	1.15	V
HE334	Curry Powder - Madras	50g	1.15	V
HE335	Curry Powder - Mild	50g	1.15	V
Herbs				
HE133	Basil - rubbed	20g	1.15	V
HE134	Bay Leaves	10g	1.15	V
HE165	Bouquet Garni	6 sachet	1.15	V
HE332	Coriander Leaf	10g	1.15	V
HE032	Fenugreek Leaves	7g	1.15	V
HE030	Lemon grass	25g	1.15	V
HE031	Lime leaves - whole	4g	1.15	V
HE146	Marjoram	10g	1.15	V
HE185	Mint	20g	1.15	V
HE147	Mixed Herbs	20g	1.15	V
HE151	Oregano - rubbed	20g	1.15	V
HE153	Parsley - rubbed	15g	1.15	V

code	product	size	rrp	bfgosv
HE157	Rosemary	20g	1.15	V
HE158	Sage - rubbed	25g	1.15	V
HE159	Tarragon	12g	1.15	V
HE160	Thyme - rubbed	30g	1.15	V
	Milled Spices			
HE181	Allspice - ground	40g	1.15	V
HE182	Arrowroot - ground	50g	1.15	V
HE029	Cardamom - ground	10g	1.15	V
HE168	Cayenne Pepper	50g	1.15	V
HE028	Celery Salt	100g	1.15	V
HE138	Chilli - ground	50g	1.15	V
HE139	Cinnamon - ground	50g	1.15	V
HE189	Cloves - ground	18g	1.15	V
HE142	Coriander - ground	40g	1.15	V
HE143	Cumin - ground	50g	1.15	V
HE180	Garam Masala	50g	1.15	V
HE145	Ginger - ground	40g	1.15	V
HE148	Mixed Spice	50g	1.15	V
HE360	Mustard - ground	50g	1.15	V
HE150	Nutmeg - ground	20g	1.15	V
HE152	Paprika	50g	1.15	V
HE188	Pepper, black - ground	30g	1.15	V
HE034	Smoked Paprika	35g	1.15	V
HE161	Turmeric	40g	1.15	V
	Seasonings Range			
HE342	Cajun Spice	40g	1.15	V
HE077	Fajita Seasoning	40g	1.15	V
HE078	Five Spice Seasoning	40g	1.15	V
HE084	Ras-el-hanout Seasoning	30g	1.15	V
	Whole Spices			
HE135	Caraway Seeds	50g	1.15	V
HE136	Cardamom Pods - green	10g	1.15	V
HE190	Celery Seed	50g	1.15	V
HE116	Chilli Flakes	25g	1.15	V
HE140	Cinnamon Sticks	20g	1.15	V
HE141	Cloves	18g	1.15	V
HE174	Coriander Seeds	40g	1.15	V
HE175	Cumin Seeds	50g	1.15	V
HE177	Fennel Seeds	50g	1.15	V
HE196	Fenugreek Seeds	50g	1.15	V
HE183	Juniper Berries	40g	1.15	V
HE149	Mustard Seeds - black	50g	1.15	V
HE186	Mustard Seeds - Yellow	50g	1.15	V
HE187	Nutmeg Whole	20g	1.15	V
HE206	Onion Seed	35g	1.15	V
HE154	Peppercorns - black	30g	1.15	V
HE001	Peppercorns - black	250g	2.99	V
HE361	Peppercorns - mixed	20g	1.15	V
HE193	Peppercorns - pink	12g	1.15	V
HE155	Pickling Spice	50g	1.15	V
HE156	Poppy Seeds	50g	1.15	V
HE164	Star Anise	25g	1.15	V
HE132	Whole Allspice	40g	1.15	V
	<b>SUMA ORGANIC</b>			
	Herbs - organic			
HE365	Basil - organic	20g	1.59	OV
HE366	Bay Leaves - organic	10g	1.59	OV
HE377	Dill Herb - organic	15g	1.59	OV
HE378	Garlic Granules - organic	20g	1.59	OV
HE380	Mixed Herbs - organic	20g	1.59	OV

code	product	size	rrp	bfgosv
HE385	Oregano - organic	20g	1.59	OV
HE387	Parsley - organic	15g	1.59	OV
HE390	Rosemary - organic	20g	1.59	OV
HE391	Sage - organic	25g	1.59	OV
HE393	Thyme - Organic	25g	1.59	OV
	Milled Spices - organic			
HE371	Chilli powder - organic	25g	1.59	OV
HE370	Cinnamon - organic	30g	1.59	OV
HE374	Coriander - organic	40g	1.59	OV
HE376	Cumin Ground - organic	25g	1.59	OV
HE379	Ginger - organic	30g	1.59	OV
HE381	Mixed Spice - organic	25g	1.59	OV
HE384	Nutmeg, organic	20g	1.59	OV
HE386	Paprika - organic	25g	1.59	OV
HE394	Turmeric - organic	30g	1.59	OV
	Milled Spices - Organic, F/T			
HE166	Cinnamon - Fairtrade, organic	25g	1.69	FOV
HE169	Ginger - organic, Fairtrade	25g	1.69	FOV
HE162	Pepper - Black, F/T, organic	25g	1.69	FOV
HE170	Turmeric - organic, Fairtrade	25g	1.69	FOV
	Whole Spices - organic			
HE367	Caraway Seeds - organic	30g	1.59	OV
HE369	Cinnamon Bark - organic	15g	1.59	OV
HE372	Cloves - organic	20g	1.59	OV
HE373	Coriander Seed - organic	40g	1.59	OV
HE375	Cumin Seed - organic	25g	1.59	OV
HE368	Green Cardamom Pods - organic	10g	1.59	OV
HE382	Mustard Seed - black, organic	50g	1.15	OV
HE388	Peppercorns - black, organic	25g	1.59	OV
HE389	Poppy Seed Blue - organic	40g	1.59	OV
	Whole Spices - Organic, F/T			
HE163	Whole Black Peppercorns OG, FT	25g	1.69	FOV
HE167	Whole Cloves - organic & FT	25g	1.69	FOV
	<b>BLACK GARLIC</b>			
HE068	Black garlic Balsajo	50g	3.69	V
	<b>EL REY DE LA VERA</b>			
HE075	Sweet Smoked Paprika	75g	2.45	V
	<b>PERSIAN TRADER</b>			
HE024	Saffron	125mg	1.29	V
HE037	Saffron	0.5g	2.59	V
HE127	Saffron	1g	5.29	V
	<b>STEENBERGS</b>			
HE015	Kala Namak	100g	2.95	V
	<b>ZAYTOUN</b>			
HE224	Za'atar Zesty Thyme Herb Mix	80g	3.95	V
	<b>HONEY</b>			
	<b>COCONUT MERCHANT</b>			
HY094	Organic Coconut Nectar	300g	4.99	OV
	<b>HOUSEHOLD CLEANING PRODUCTS</b>			
	<b>ALTER/NATIVE</b>			
DY630	Drum Tap - 20 Litres	1	5.99	V
	<b>BIO D</b>			
HJ229	All Purpose Sanitiser Spray	500ml	2.99	V
HJ230	Bathroom Cleaner Spray	500ml	2.99	V
HJ236	Dishwasher Powder	720g	9.85	V
HJ004	Fabric Conditioner	1l	2.49	V
HJ296	Fabric Conditioner Lavender	1l	2.89	V
HJ232	Floor Cleaner + Linseed Soap	750ml	4.25	V
HJ012	Furniture Polish	150g	7.99	V
HJ226	Glass and Mirror Spray	500ml	3.15	V

code	product	size	rrp	bfgosv
HJ003	Laundry Liquid	1l	5.39	V
HJ176	Laundry Liquid	1l	5.79	V
HJ222	Laundry Liquid with Lavender	1l	5.79	V
HJ228	Multi Surface Sanitiser	750ml	2.85	V
HJ244	Toilet Cleaner - angled head	750ml	2.49	V
HJ225	Washing Up Liquid	750ml	2.29	V
HJ157	Washing up Liquid - Grapefruit	750ml	2.45	V
HJ341	Washing Up Liquid - Lavender 5 Litres Bulk	750ml	2.49	V
HJ032	Bathroom Cleaner	5l	9.99	V
HJ608	Fabric Conditioner	5l	9.99	V
HJ233	Floor Cleaner + Linseed Soap	5l	22.19	V
HJ039	Glass Mirror Cleaner	5l	16.35	V
HJ178	Handwash - Geranium	5l	19.99	V
HJ116	Handwash - Lime & Aloe Vera	5l	19.99	V
HJ263	Handwash - Plum & Mulberry	5l	19.99	V
HJ107	Handwash - unfragranced	5l	16.99	V
HJ247	Home & Garden Sanitiser	5l	11.85	V
HJ800	Laundry Liquid	5l	24.55	V
HJ177	Laundry Liquid	5l	25.29	V
HJ171	Laundry Liquid - Lavender	5l	25.29	V
HJ029	Lavender Washing Up Liquid	5l	12.99	V
HJ654	Multi Surface Sanitiser	5l	14.35	V
HJ665	Toilet Cleaner	5l	11.99	V
HJ097	Washing Up Liquid	5l	10.99	V
HJ165	Washing Up Liquid Handwash	5l	12.99	V
HJ235	Handwash - Geranium	500ml	4.09	V
HJ119	Handwash - Lime & Aloe Vera	500ml	4.09	V
HJ264	Handwash - Plum & Mulberry	500ml	4.30	V
HJ187	Handwash - Rosemary & Thyme	500ml	4.09	V
HJ117	Handwash - unfragranced Powders	500ml	3.89	V
HJ081	Washing Powder Concentrated	1kg	4.59	V
HJ082	Washing Powder Concentrated	2kg	8.89	V
HJ103	Washing Powder Concentrated	12.5kg	49.99	V
<b>ECOEGG</b>				
HJ141	Laundry Egg - Fragrance Free	1 egg	11.49	V
HJ142	Laundry Egg - Fresh Linen	1 egg	11.49	V
HJ155	Laundry Egg - Spring Blossom Dryer Egg	1 egg	11.49	V
HJ173	Dryer Egg - Fragrance Free Laundry Refills	1 egg	7.19	V
HJ168	Laundry Egg Refills	1	5.79	V
HJ164	Laundry Egg Refills	1	5.79	V
HJ163	Laundry Egg Refills	1	5.79	V
<b>ECOLEAF BY SUMA</b>				
HJ273	20L Drum Tap	each	4.99	V
HJ105	Fabric Conditioner	1.5l	3.99	V
HJ088	Fabric Conditioner Concentrate	750ml	2.29	V
HJ055	Laundry Liquid	1.5l	6.35	V
HJ080	Laundry Liquid Concentrate	750ml	5.35	V
HJ096	Liquid Hand Soap	500ml	3.89	V
HJ050	Multi Surface Cleaner	500ml	2.39	V
HJ056	Toilet Cleaner	750ml	1.99	V
HJ089	Toilet Cleaner - Cool Blue	750ml	1.99	V
HJ047	Washing Up Liquid	1l	2.75	V
HJ131	Washing Up Liquid Concentrated 5 Litres Bulk	500ml	2.65	V
HJ078	Fabric Conditioner	5l	9.99	V

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HJ075	Laundry Liquid	5l	20.49	V
HJ124	Liquid Hand Soap	5l	18.99	V
HJ287	Multi Surface Cleaner	5l	12.25	V
HJ072	Toilet Cleaner	5l	11.99	V
HJ067	Washing Up Liquid	5l	10.79	V
	Accessories			
DY058	Drum Tap - Fits 20 Litres	each	4.99	V
	Dishwasher Tablets			
HJ160	Dishwasher Tablets	25 tablets	5.35	V
HJ161	Dishwasher Tablets	70 tablets	13.49	V
	Powders			
HJ129	Washing Powder Concentrated	10kg	39.99	V
	<b>ECO-MAX CLEANING</b>			
HJ140	All Purpose & Floor Cleaner	1.05l	5.25	V
HJ201	All Purpose Cleaner	710ml	3.95	V
HJ237	All Purpose Cleaner - Orange	710ml	3.95	V
HJ196	Bathroom & Shower Cleaner	710ml	3.95	V
HJ213	Laundry Liquid Lavender	1.5l	8.95	V
	3 Litres Bulk			
HJ209	Laundry Liquid Lavender	3l	14.95	V
	4 Litres Bulk			
HJ198	All Purpose Cleaner	4l	17.95	V
HJ219	All Purpose Cleaner - Orange	4l	14.39	V
HJ195	Bathroom & Shower Cleaner	4l	17.95	V
	<b>ECOVER</b>			
HJ100	All Purpose Cleaner	1l	2.99	V
HJ002	Bathroom Cleaner	500ml	3.15	V
HJ065	Cream Cleaner	500ml	1.59	V
HJ326	Fabric Con Soft Gardenia	750ml	2.15	V
HJ327	Fabric Con Soft Gardenia	1.5l	4.25	V
HJ339	Fabric Con Soft Rose	1.5l	4.35	V
HJ324	Fabric Conditioner Soft Apple	1.5l	4.35	V
HJ325	Fabric Softener	750ml	2.19	V
HJ024	Floor Cleaner	1l	3.75	V
HJ076	Laundry Bleach	400g	2.25	V
HJ874	Limescale Remover	500ml	3.49	V
HJ123	Liquid Hand Soap - Citrus	250ml	3.25	V
HJ254	Liquid Hand Soap - Lavender	250ml	3.25	V
HJ054	Liquid Hand Soap Refill	1l	10.99	V
HJ095	Multi Surface Spray	500ml	3.19	V
HJ214	Oven and Hob Cleaner	500ml	4.25	V
HJ999	Stain Remover	200ml	3.49	V
HJ511	Toilet Cleaner Pine & Mint	750ml	2.19	V
HJ011	Toilet Cleaner Sea Breeze	750ml	2.19	V
HJ145	Washing Powder - Biological	750g	4.79	V
HJ143	Washing Powder - Non bio	750g	4.49	V
HJ238	Washing Powder - Non Bio	3kg	16.49	V
HJ185	Washing Powder - Non Bio	3kg	15.49	V
HJ188	Washing Powder Non - Bio	1.8kg	10.79	V
HJ221	Washing Up Liquid	450ml	1.75	V
HJ260	Washing Up Liquid	450ml	1.75	V
HJ041	Washing Up Liquid	450ml	1.75	V
HJ509	Washing Up Liquid	450ml	1.75	V
HJ888	Washing Up Liquid	950ml	2.99	V
HJ031	Washing Up Liquid	950ml	2.99	V
HJ091	Window & Glass Cleaner	500ml	2.99	V
	5 Litres Bulk			
HJ272	5l Pump	1	6.75	V
HJ042	All Purpose Cleaner	5l	12.49	V
HJ323	Fabric Conditioner Soft Apple	5l	14.15	V

code	product	size	rrp	bfgosv
HJ070	Floor Cleaner	5l	17.25	V
HJ071	Laundry Liquid - Delicate	5l	21.49	V
HJ030	Laundry Liquid Bio Concentrate	5l	38.49	V
HJ321	Laundry Non - Bio	5l	20.59	V
HJ527	Liquid Hand Soap	5l	29.29	V
HJ069	Toilet Cleaner Pine & Mint	5l	12.99	V
HJ033	Washing Up Liquid	5l	13.99	V
HJ045	Washing Up Liquid	5l	13.99	V
	Bag in Box Range			
HJ084	15L Refill Tap	each	4.99	V
	Dishwasher Products			
HJ086	Dishwasher Rinse Aid	500ml	4.49	V
HJ087	Dishwasher Tablets	25 tablets	6.05	V
HJ132	Dishwasher Tablets - Bulk	70 tablets	15.29	V
HJ136	Dishwasher Tablets All In One	22 tablets	7.49	V
HJ211	Dishwasher Tablets All In One	68 tablets	17.25	V
	Laundry Liquid			
HJ256	Laundry Liquid - Black & Dark	1l	4.25	V
HJ106	Laundry Liquid - Concentrated	1.5l	10.99	V
HJ262	Laundry Liquid - Delicate	750ml	4.25	V
HJ549	Laundry Liquid - Non Bio	1.5l	7.09	V
HJ257	Laundry Liquid - Non Bio	1.5l	10.99	V
	Zero			
HJ348	Delicate Laundry Liquid Zero	1l	4.29	V
HJ349	Dish Washer Tablets Zero	25 tablets	7.09	V
HJ200	Fabric Conditioner	1.5l	4.35	V
HJ202	Laundry Liquid Zero	1.5l	12.49	V
HJ203	Washing Powder Zero	7.5kg	36.49	V
HJ205	Washing Up Liquid Zero	450ml	1.75	V
	Zero - 5 Litres Bulk			
HJ133	Laundry Liquid Zero Non - Bio	5l	38.99	V
HJ134	Washing Up Liquid Zero	5l	13.99	V
	<b>ECOZONE</b>			
HJ044	Appliance Descaler	500ml	2.99	GV
HJ268	Bathroom Cleaner 3 in 1	500ml	3.49	V
HJ057	Dishwasher Tablets - Classic	25 tablets	4.99	V
HJ351	Dishwasher Tablets All In One	25 tablets	5.19	V
HJ352	Dishwasher Tablets All In One	72 tablets	11.69	V
HJ275	Dishwasher Tablets Brilliance	65 tablets	8.99	V
HJ118	Dishwasher Tablets Brilliance	25 tablets	5.49	V
HJ146	Dishwasher Tablets Classic 72	72 tablets	9.99	V
HJ154	Ecoballs 1000	1 ball	20.49	V
HJ043	Ecoballs 1000-Linen Fragrance	1 ball	20.49	V
HJ046	Ecoballs 1000-Natural Blossom	1 ball	12.99	V
HJ121	Enzymatic Drain Sticks	23g	4.79	V
HJ362	Kitchen Cleaner 3 in 1	500ml	3.99	V
HJ241	Kitchen Drain Unblocker	1l	4.99	V
HJ052	Laundry Capsules Non-Bio	500g	8.39	V
HJ038	Limescale Remover - Tough	500ml	2.85	V
HJ114	Machine Cleaner	135g	4.25	V
HJ158	Multi Surface Wipes - Anti Bac	40	1.79	V
HJ197	Plughole Hair Unblocker	250ml	6.75	V
HJ020	Rinse Aid	500ml	2.25	V
HJ122	Washing Up Liquid - Sensitive	500ml	2.49	V
	<b>FAITH IN NATURE</b>			
	5 Litres Bulk - Household			
HJ021	Laundry Liquid - Super Conc'd	5l	30.75	V
HJ028	Washing Up Liquid	5l	28.79	V
	<b>GREEN FROG BOTANIC</b>			
HJ190	Laundry Soap Nuts - 1kg	1kg	15.49	OV



code	product	size	rrp	bfgosv
HJ189	Laundry Soap Nuts - 250g Bag	250g	4.99	OV
HJ183	Laundry Soap Nuts - 500g Bag	500g	8.75	OV
	Disinfectant			
HJ092	Disinfectant - For Out & About	100ml	3.99	V
	<b>LOOFCO</b>			
HJ013	Washing Up Soap - Lemongrass	100g	2.79	V
HJ027	Washing Up Soap - No Fragrance	100g	2.79	V
	<b>METHOD</b>			
HJ137	All Purpose Cleaner - Anti Bac	2l	6.49	V
HJ147	All Purpose Cleaner - Anti Bac	828ml	3.29	V
HJ338	All Purpose Cleaner - Anti Bac	828ml	3.29	V
HJ253	All Purpose Floor Cleaner	739ml	3.25	V
HJ005	Anti Bac Spray - Yuzu Orange	828ml	3.19	V
HJ336	Bathroom Cleaner - Anti Bac	828ml	4.29	V
HJ245	Bathroom Spray	828ml	3.25	V
HJ152	Glass Spray - Mint	828ml	4.35	V
HJ248	Granite Spray	354ml	4.39	V
HJ246	Kitchen Spray - Clementine	828ml	3.45	V
HJ148	Multi Purpose Cleaner	828ml	3.29	V
HJ249	Multi Purpose Cleaner	828ml	3.29	V
HJ250	Multi Purpose Cleaner	828ml	3.29	V
HJ079	Shower Spray - Passion Fruit	828ml	3.25	V
HJ167	Shower Spray - Ylang Ylang	828ml	3.25	V
HJ098	Wood for Good Floor Liquid	739ml	4.35	V
HJ243	Wood Polish Spray	354ml	4.35	V
	Hand Products			
DY534	Foaming Handwash - Botanical	300ml	3.39	V
DY538	Foaming Handwash - Green Tea	300ml	3.39	V
HJ093	Foaming Handwash Sweet Water	300ml	3.39	V
DY531	Gel Handsoap - Botanical	354ml	2.95	V
DY563	Gel Handsoap - Lavender	354ml	2.95	V
DY567	Gel Handsoap - Pink Grapefruit	354ml	2.95	V
HJ111	Gel Handsoap - Sweetwater	354ml	2.95	V
DY071	Gel Handsoap - Waterfall	354ml	2.95	V
	Laundry Products			
HJ357	Fabric Softener - Coconut	1.575l	6.25	V
HJ355	Fabric Softener - Ocean Violet	1.575l	6.25	V
HJ356	Fabric Softener - Pink Freeisa	1.575l	6.19	V
HJ335	Laundry Liquid - Concentrated	1.56l	11.99	V
HJ332	Laundry Liquid - Concentrated	1.56l	11.99	V
HJ334	Laundry Liquid- Concentrated	1.56l	11.99	V
	<b>SPRUCE CLEANING</b>			
	Refill Packs			
HJ269	Bathroom Refills	3	9.99	V
HJ266	Multi Purpose Refills	3	9.99	V
	Reusable Bottle and Refill			
HJ267	Bathroom Starter Kit	500ml	11.99	V
HJ265	Multi Purpose Starter Kit	500ml	11.99	V
	<b>HOUSEHOLD PRODUCTS</b>			
	<b>ALTER/NATIVE</b>			
NF531	Drum Pump - Fits 15l & 20l	each	8.49	V
	<b>COTTON SOFT</b>			
NF468	Facial Tissue	1	3.35	V
	<b>ECO GLITTER FUN</b>			
NF068	Glitter Blends Kit Pack 3	3 pack	10.99	V
NF070	Glitter Blends Kit Pack 4	3 pack	12.49	V
	<b>ECCOLEAF BY SUMA</b>			
NF091	Ecoleaf 3 Ply Kitchen Towels	2 rolls	1.85	V
NF140	Ecoleaf Jumbo Kitchen Towel	1 rolls	2.15	V
NF209	Ecoleaf Toilet Tissue	4 pack	2.29	V

code	product	size	rrp	bfgosv
NF214	Ecoleaf Toilet Tissue	9 rolls	4.99	V
<b>ECOZONE</b>				
NF473	Compostable Caddy Liner 10L	22 bags	3.39	V
<b>HILL BRUSH COMPANY</b>				
NF783	Back & Body Brush	each	9.99	V
NF781	Vegetable Brush	each	6.99	V
NF782	Washing Up Brush + Four Heads	each	9.49	V
<b>HOME PROUD</b>				
NF218	Recycled Clothes Pegs	24 pegs	1.49	V
<b>IF YOU CARE</b>				
NF500	100% Recycled Aluminium Foil	rolls	3.19	V
NF198	Coffee Filter - Number 2	100	2.99	V
NF196	Coffee Filters - Number 4	100	2.99	V
NF491	Firelighters	28	2.25	V
NF338	Firelighters	1 pack	4.99	V
NF032	Heavy Duty Aluminium Foil	1 rolls	4.35	V
NF023	Large Baking Cups	1 x 60	1.65	V
NF223	Latex Household Gloves- Large	IARgE	3.59	FV
NF405	Paper Sandwich Bags	48 bags	4.15	V
NF186	Parchment Baking Sheets	24	3.35	V
NF021	Parchment Paper Rolls	1 rolls	4.35	V
NF018	Sponge Cloths	5 cloths	4.15	V
NF466	Unbleached Paper Roasting Bags	6 bags	4.49	V
	Compostable Waste Bags			
NF177	Waste Bags - 11 Litres	30 bags	5.15	V
NF185	Waste Bags - 49 Litres	12 bags	4.99	V
<b>LOOFCO</b>				
HJ053	Bottle Brush	1	3.29	V
HJ125	Cleaning Pad	1	2.95	V
HJ063	Root Vegetable Scrubber	1	2.79	V
HJ059	Scrubbing Brush	1	3.79	V
HJ058	Washing-Up Brush	1	2.55	V
HJ051	Washing-Up Brush with Handle	1	3.29	V
HJ048	Washing-Up Pad	1	2.85	V
HJ068	Washing-Up Pad - 2 Pack	2 pack	4.85	V
HJ061	Washing-Up Scraper	1	2.55	V
<b>MAISTIC</b>				
NF572	All Purpose Cloths - 5 Units	5	2.35	V
NF568	Bamboo Straws	6	3.49	V
NF566	Bin Liner 30l - Compostable	10 bags	3.09	V
NF565	Bin Liners 20l - Compostable	14 bags	3.09	V
NF570	Kitchen Scourer Loofah	1	3.39	V
<b>THE CHEEKY PANDA</b>				
	Bamboo Wipes			
NF580	Baby Wipes - Bamboo	64	2.99	V
NF269	Bamboo Facial Wipe - Unscented	1 pack	1.99	V
NF267	Bamboo Facial Wipes - Rose	1 pack	1.99	V
NF261	Facial Wipes - Coconut Scented	1 pack	1.99	V
NF101	Multi Purpose Dry Bamboo Wipes	100	4.99	V
NF071	Multi Surface Wipes - Anti Bac	100	5.99	V
	Facial Tissues			
NF523	Bamboo Facial Tissue - Pocket	8 packs	1.99	V
NF522	Bamboo Facial Tissue Cube Box	1 box	1.79	V
NF521	Bamboo Facial Tissue Flat Box	1 box	1.99	V
	Plastic Free Range			
NF314	Bamboo Toilet Tissue 24 Rolls	24 rolls	18.49	V
NF312	Bamboo Toilet Tissue 48 Rolls	48 rolls	36.99	V
NF524	Natural Bamboo Kitchen Towel	2 rolls	4.09	V
NF039	Natural Bamboo Toilet Tissue	9 rolls	5.99	V
NF233	Toilet Tissue 4 Pack	4 rolls	3.99	V
	Straws			

code	product	size	rrp	bfgosv
NF155	Straws Black - Bamboo	1	3.99	V
NF168	Straws Green Stripes - Bamboo	1	3.99	V
NF164	Straws Red Stripe - Bamboo	1	3.99	V
NF172	Straws White - Bamboo	1	3.99	V
<b>TOFUTURE</b>				
NF354	Tofu Press	press	24.99	V
<b>TRADCRAFT</b>				
NF181	Fair Trade Rubber Gloves	1 pairs	1.45	GFV
<b>VEGAN FOOD WRAP COMPANY</b>				
NF534	Medium Kitchen Pack - Bran Wax	1 pack	19.99	V
<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	Madras 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>MERIDIAN</b>				
VF019	Korma Sauce	350g	2.59	GSV
VF025	Tikka Masala Sauce	350g	2.59	GSV
<b>PATAKS</b>				
Curry Pastes				
KJ054	Madras Curry Paste	283g	2.75	GV
KJ152	Rogan Josh Curry Paste	283g	2.75	GSV
Pappadums				
VF293	Pappadums - Plain	100g	1.65	V
Pickles				
KJ040	Aubergine Pickle (Was Bringal)	312g	2.55	GVS
KJ041	Chilli Pickle	283g	2.55	GV
KJ045	Lime Pickle - Medium/Hot	283g	2.55	GV
KJ047	Mango Pickle - Medium	283g	2.55	GV
KJ049	Mixed Pickle	283g	2.55	GV
<b>PUNJABAN</b>				
Bases (Sauce Concentrate)				
KJ375	Authentic Curry Base - Hot	350g	3.05	GV
KJ374	Authentic Curry Base - Medium	350g	3.05	GV
KJ373	Authentic Curry Base - Mild	350g	3.05	GV
KJ379	Butter 'Chicken' Base	350g	3.05	GV
KJ383	Tasty Tamarind Curry Base	350g	3.05	GV
KJ083	Tikka Masala Curry Base Sauce	350g	3.05	GV
Naan Breads				
KJ280	Chilli Naan Bread	220g	2.75	V
KJ281	Garlic and Coriander Naan	220g	2.75	SV
KJ282	Tandoori Naan Bread	220g	2.75	SV
<b>JAMS &amp; FRUIT SPREADS</b>				
<b>SUMA</b>				
JS200	Pear and Apple Spread	300g	2.09	V
<b>BIONA</b>				
JS039	Organic Strawberry Spread	250g	2.99	OV
JS001	Pear & Apple Spread - organic	450g	4.99	OV
<b>BIONOVA</b>				
JS137	Bilberry Jam - organic	340g	2.95	OSV
JS141	Raspberry Jam - organic	340g	2.95	VOS
JS140	Strawberry Jam - organic	340g	2.95	OSV
JS133	Tangy Marmalade - organic	340g	2.85	OSV

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<b>FRUIT TREE</b>				
KJ197	Apricot Fruit Spread Organic	250g	3.99	OV
KJ201	Blueberry Fruit Spread Organic	250g	3.99	OV
KJ227	Italiana Cherry Fruit Spread	250g	3.99	OV
KJ204	Mango Fruit Spread Organic	250g	3.99	OV
KJ198	Peach Fruit Spread Organic	250g	3.99	OV
KJ199	Raspberry Fruit Spread-Organic	250g	3.99	OV
KJ196	Strawberry Fruit Spread Org	250g	3.99	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
<b>ST DALFOUR</b>				
JS051	Apricot Spread	284g	2.49	GV
JS064	Black Cherry Spread	284g	2.49	GV
JS063	Blackberry Spread	284g	2.49	GV
JS062	Blackcurrant Spread	284g	2.49	GV
JS009	Cranberry & Blueberry	284g	2.49	GV
JS068	Fig Spread	284g	2.49	GV
JS067	Four Fruits Spread	284g	2.49	GV
JS066	Mirabelle Plum Spread	284g	2.49	GV
JST20	Orange and Ginger Spread	284g	2.49	GV
JS046	Raspberry & Pomegranate Spread	284g	2.49	GV
JS049	Raspberry Spread	284g	2.49	GV
JS050	Strawberry Spread	284g	2.49	GV
JS061	Thick Cut Orange Spread	284g	2.49	GV
JS060	Wild Blueberry Spread	284g	2.49	GV
<b>TRADCRAFT</b>				
GH165	Organic Orange Marmalade	340g	2.59	FOVS
<b>JUICE CONCENTRATES &amp; CORDIALS</b>				
<b>SUMA</b>				
JU058	Apple - concentrate	500ml	5.79	V
JU241	Apple & Blackcurrant - Org	400ml	6.29	OV
JU240	Apple Juice - Org	400ml	5.69	OV
Chilled products				
JU057	Apple - concentrate	5l	45.99	V
JU243	Apple Juice Concentrate - Org	5l	50.99	OV
<b>BELVOIR</b>				
JU234	Blueberry Blackcurrant Cordial	500ml	5.15	GSV
JU516	Elderflower & Rose Cordial	500ml	5.15	GSV
JU578	Elderflower Cordial	500ml	5.15	GSV
JU577	Ginger Cordial	500ml	5.15	GSV
JU275	Organic Elderflower Cordial	500ml	5.65	GOSV
JU359	Organic Elderflower Rose Cord	500ml	5.65	GOSV
JU276	Organic Ginger Cordial	500ml	5.65	GOSV
JU355	Organic Lemon & Mint Cordial	500ml	5.65	GOSV
JU043	Raspberry & Lemon Cordial	500ml	5.15	GV
JU336	Strawberry and Lime Cordial	500ml	5.15	SV
Family Size				
JU339	Blackcurrant Cordial	750ml	5.29	GSV
JU338	Orange Cordial	750ml	5.29	GSV
<b>ROCKS</b>				
JU426	Blackcurrant Squash - organic	740ml	3.49	OSV
JU427	Lemon Squash - organic	740ml	3.49	OSV

code	product	size	rrp	bfgosv
JU428	Orange Squash - organic	740ml	3.49	OSV
	<b>THORNCROFT</b>			
JU593	Detox	330ml	3.70	SV
JU594	Kombucha	330ml	2.85	SV
JU475	Pink Ginger	330ml	2.95	SV
JU206	Wild Elderflower	330ml	2.95	SV
JU476	Wild Nettle Cordial	330ml	2.95	VS
	<b>MARGARINES &amp; SPREADS (CHILLED)</b>			
	<b>SUMA</b>			
MA003	Olive Spread	500g	2.35	V
MA055	Soya Spread	500g	2.05	V
MA053	Sunflower Spread	500g	2.05	V
MA051	Sunflower Spread	2kg	7.80	V
MA065	Sunflower Spread Organic	500g	3.09	VO
	<b>BIONA</b>			
CV038	Cocomega Spread	250g	3.65	OV
MA468	Extra Olive Spread	250g	3.65	OV
MA061	Vegetable Margarine	250g	3.05	OV
MA030	Vegetable Margarine	500g	4.80	OV
	<b>KOKO DAIRY FREE</b>			
CV317	Koko Dairy Free Spread	500ml	2.19	GV
	<b>NATURLI'</b>			
CV879	Spreadable Vegan Butter	225g	1.89	GOV
CV735	Spreadable Vegan Butter	450g	3.65	GOV
CV880	Vegan Butter Block	200g	1.95	GOV
	<b>ORIGIN KITCHEN</b>			
CV722	Basil Pesto Spread	150g	2.99	V
CV717	Mushroom & Dill Spread	150g	2.99	V
CV727	Sun-dried Tomato Spread	150g	2.99	V
	<b>PURE</b>			
MA001	Olive Spread	500g	2.35	V
MA202	Soya Dairy Free Spread	500g	2.09	V
MA200	Sunflower Dairy Free Spread	500g	2.35	V
	<b>TRU</b>			
CV325	Palm Free Sunflower Oil Spread	500g	2.20	SV
	<b>VIOLIFE</b>			
CV436	Cocospread Chocolate Spread	150g	2.59	VS
	<b>MAYONNAISE &amp; SALAD DRESSINGS</b>			
	<b>BIONA</b>			
KJ401	Mayo - Egg & Soya Free	230g	2.59	OV
	<b>BONSAN</b>			
KJ176	Caesar Dressing	310ml	3.25	OSV
KJ167	Sweet Mustard Dressing	310ml	3.25	OSV
KJ181	Vegan Aioli	235ml	2.75	OSV
	<b>GEO ORGANICS</b>			
KJ333	Organic Mayo, Vegan	232g	2.55	OV
	<b>INSPIRED VEGAN</b>			
KJ024	Mayonnaise	205g	2.29	SV
KJ053	Mayonnaise - Smoked Garlic	210g	2.29	SV
KJ033	Sriracha Mayonnaise	205g	2.39	SV
KJ247	Vegan Bearnaise Style Sauce	205g	2.35	GSV
KJ043	Vegan Caesar Dressing	250g	2.99	SV
KJ249	Vegan Dill Mustard Sauce	200g	2.35	GSV
KJ270	Vegan Hollandaise Style Sauce	205g	2.35	GSV
KJ048	Vegan Honei Mustard Dressing	265g	2.99	GSV
KJ271	Vegan Horseradish Sauce	210g	2.59	GSV
KJ245	Vegan Marie Rose Sauce	210g	2.35	GSV
KJ261	Vegan Tartare Sauce	210g	2.59	GSV
	<b>MARY BERRY'S</b>			
KJ220	Light Salad Dressing	235ml	3.19	SV
KJ168	Mango, Lime & Chillli Dressing	235ml	3.19	SV

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KJ390	Salad Dressing	235g	3.19	SV
	<b>MR ORGANIC</b>			
KJ498	Egg Free Garlic Mayo	180g	2.79	GOSV
	<b>PLAMIL</b>			
KJ186	Egg Free Mayonnaise - Garlic	315g	2.65	GV
KJ187	Egg Free Mayonnaise - Plain	315g	2.65	GV
KJ188	Egg Free Mayonnaise - Tarragon Catering	315g	2.65	GV
LJ360	Egg Free Mayonnaise - Organic	3kg	26.41	GOSV
KJ254	Egg Free Mayonnaise - Plain Organic	3kg	20.99	GV
LJ259	Egg Free Mayonnaise - organic	315g	3.19	GOSV
	<b>RUBIES IN THE RUBBLE</b>			
KJ118	Plant Based Mayo - Chilli	240g	3.49	V
KJ241	Plant Based Mayo - Garlic	240g	3.49	V
KJ135	Plant Based Mayo - Original	240g	3.49	V
	<b>THE VURGER CO</b>			
KJ255	Garlic & Herb Vegan Mayo	240g	3.95	V
KJ253	Original Vegan Mayo	240g	3.95	V
KJ256	Smoky 'Bacon' Vegan Mayo	240g	3.95	V
KJ257	Vegan Cheezy Sauce	300g	4.99	V
	<b>MEAT FREE ALTERNATIVES(FROZEN)</b>			
	<b>FRYS</b>			
XL074	Beef Style Chunky Strips	380g	3.79	V
XL010	Chicken Style Strips	380g	3.79	V
XL372	Chickpea & Butternut Balls	240g	4.49	V
XL196	Crispy Prawns	250g	4.25	V
XL006	Golden Crumbled Schnitzel	320g	3.39	V
XL216	Rice Protein & Chia Nuggets	240g	3.79	V
XL227	Soy and Flaxseed Schnitzels	320g	3.85	V
XL075	Vegetarian Mince	380g	3.79	V
	<b>FUTURE FARM</b>			
XL076	Burgers	230g	4.20	GV
XL079	Meatballs	250g	4.20	GV
XL077	Mince	250g	4.20	GV
XL080	Sausages	250g	4.20	GV
	<b>IMPULSE FOODS</b>			
XL109	Organic Garlic & Herb Tempeh	227g	2.89	OV
XL107	Organic Tempeh	227g	2.85	OV
	<b>LINDA MCCARTNEY</b>			
XL161	Vegemince	500g	3.80	V
	<b>NATURLI'</b>			
XL065	Schnitzel	300g	4.20	GV
XL071	Vegan Balls	300g	3.50	GV
XL101	Vegan Mince	325g	3.30	GSV
	<b>OMNIPORK</b>			
XL136	Plant Based Pork Style Mince	230g	4.25	SV
	<b>OUMPH!</b>			
XL315	Kebab	280g	4.99	V
XL316	Pulled Pork Style	280g	4.99	V
XL318	Thyme & Garlic	280g	4.99	V
	<b>QUORN</b>			
XL210	Vegan Pieces	280g	3.19	V
	<b>THE TOFOO COMPANY</b>			
XL072	Original Crispy Chunkies	200g	2.85	OV
	<b>THE VEGILANTES</b>			
XL121	Jackfruit Burger Melts	292g	3.50	SV
XL126	Plant Protein BBQ Ribs	240g	3.50	SV
XL123	Plant Protein Zingers	250g	3.50	SV
XL122	Protein Southern Fried Wings	240g	3.50	SV
XL119	Pulled BBQ Jackfruit Parcels	350g	4.50	SV

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XL120	Spiced Indian Bhaji Baskets	350g	4.50	GV
	<b>VFC</b>			
	Vegan Fried Chick*n			
XL083	Original Bites	500g	6.00	V
XL081	Original Fillets	316g	4.00	V
XL127	Spicy Bites	500g	3.00	V
XL082	Spicy Fillets	316g	4.00	V
	<b>MEATLESS SUBSTITUTES (CHILLED)</b>			
	<b>BONSAN</b>			
CV837	Kofu Fishfree fillet	150g	4.05	GOSV
CV843	Kofu Ragu Chunks	150g	3.95	GOSV
CV586	Kofu Sausages	170g	4.25	OV
CV641	Kofu Steak	120g	3.05	OSV
CV573	Vegan Breakfast Scramble	200g	4.05	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
	<b>DELPHI FOODS</b>			
CV265	Falafel	110g	2.09	V
	<b>DRAGONFLY</b>			
	Burgers			
CV704	Country Vegetable Burger	200g	2.39	OV
CV705	Mexican Spice Burger	200g	2.39	OV
CV162	Mixed Burgers	200g	2.39	GOV
CV702	Mushroom and Garlic Burger	200g	2.39	GOV
	Sausages			
CV046	Original Soysage	200g	2.35	GOV
	<b>FLORENTIN</b>			
CV930	Falafel	240g	3.90	GOV
CV571	Sweet Potato Falafel	240g	3.90	GOV
CV944	Tamruc Falafel	240g	4.00	GOV
	<b>MACSWEEN</b>			
CV534	Ultimate Veggie Burger	228g	2.75	GV
CV390	Veg Haggis 6 x 400g	400g	4.40	V
CV385	Veg Haggis 8 x 200g	200g	2.25	V
	<b>QUORN</b>			
CV666	Chicken Free Slices	100g	3.25	V
CV673	Ham Free Slices	100g	3.25	V
	<b>SGAIA</b>			
	Artisan Vegan Mheat			
CV772	Italian Style Burgers	220g	6.00	SV
CV175	Lorne Sausages	280g	4.40	V
CV626	Original Burger	220g	6.00	V
CV770	Original Steak	200g	4.00	SV
CV769	Smoked Steak	200g	4.00	SV
CV774	Streaky Rashers	150g	4.50	SV
	<b>TAIFUN</b>			
CV011	Grill Sausages	250g	4.70	OV
CV010	Weiner/Frankfurters	300g	5.40	OV
	<b>THE BURY BLACK PUDDING CO</b>			
CV696	Vegan Black Pudding	220g	1.65	V
	<b>THE REAL LANCASHIRE PUDDING CO</b>			
CV999	Vegan Black Pudding	200g	1.69	V
	<b>THIS</b>			
CV424	Isn't Bacon Rashers	120g	3.65	V
CV418	Isn't Chicken Black Pepper	190g	4.55	SV
CV022	Isn't Chicken Nuggets	230g	4.75	SV
CV695	Isn't Chicken Soy & Garlic	190g	4.55	SV

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CV423	Isn't Chicken Tikka Pieces	140g	3.65	SV
	<b>TOFURKY</b>			
CV547	Barbeque Chick'n	227g	4.29	SV
CV712	Beer Brat Style Sausages	250g	3.79	SV
CV713	Chorizo Style Mince	340g	4.55	GSV
CV118	Hickory Smoked Style Slices	156g	3.25	SV
CV123	Italian Style Sausages	250g	3.79	SV
CV083	Kielbasa Styles Sausages	250g	3.79	SV
CV531	Lightly Seasoned Chick'n	227g	4.29	SV
CV091	Oven Roast Deli Slices	156g	3.25	SV
CV054	Roast with Herb Gravy	765g	11.89	SV
CV110	Smoked Ham Style Deli Slices	156g	3.25	SV
CV089	Smoked Maple Bacon Tempeh	198g	4.29	SV
	<b>VBITES</b>			
CV232	Cheatin' Chicken	100g	1.79	V
CV260	Cheatin' Chorizo Style Chunks	150g	3.19	V
CV235	Cheatin' Garlic Sausage Slices	100g	1.79	V
CV234	Cheatin' Ham	100g	1.79	V
CV568	Cheatin' Maple Rashers	115g	2.49	V
CV237	Cheatin' Pepperoni	100g	1.89	V
CV236	Cheatin' Roast Beef Slices	100g	1.89	V
CV602	Meat Free Hot Dog	200g	2.29	SV
CV643	Meat-free slices Sage & Onion	100g	1.79	V
CV098	Original Tempeh Rashers	120g	2.99	SV
CV238	Streaky-Style Rashers	115g	2.49	SV
	Making Waves			
CV555	Fish Style Fingers - Breaded	215g	2.99	V
CV093	Fish Style Steaks	200g	2.99	SV
CV566	Smoked Salmon Style Slices	100g	1.99	V
	Vegi Deli			
CV025	Cheatin Chicken Style Pieces	150g	2.69	V
CV739	Duck Style Pieces	150g	2.99	V
CV668	Falafel-Traditional Style	250g	2.69	V
CV667	Lincolnshire Style Sausage	295g	2.69	V
CV557	Sage & Marjoram Sausages	295g	2.69	V
CV172	Vegetarian Schnitzels	200g	2.49	V
CV565	Vegideli Mushroom Pate	150g	1.79	V
	<b>VIANA</b>			
CV404	Bonanza Veggie Steaks	210g	3.90	OSV
CV392	Organic Doner Kebab	200g	3.90	OV
CV414	Real Jumbo Frankfurters	275g	4.30	SOV
CV402	Robinson Burger	200g	3.35	OV
	<b>WHEATY</b>			
CV683	Gran Chorizo	200g	5.85	OV
CV241	Merguez Vegan Sausage	200g	4.39	OV
CV689	Salami Slices	100g	2.45	OV
CV505	Seitan Medallions	175g	3.80	OV
CV690	Smoked Slices	100g	2.45	OV
CV740	Tex Mex Vegan Burger	200g	3.50	OV
CV851	Vegan Bacon	60g	1.90	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	5.15	OV
CV850	Vegan Superhero Burger	200g	3.40	OV
CV023	Virginia Steak	175g	3.80	OV
	Spacebars			
CV691	Chorizo	40g	1.25	OV
CV692	Hemp	40g	1.20	OV
CV303	Red Hot Chilli Peppers	40g	1.39	OV



code	product	size	rrp	bfgosv
<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>				
<b>AL'FEZ</b>				
KJ548	Apricot & Coriander Tagine	350g	2.55	SV
KJ143	Couscous - Giant Maftoul	200g	1.69	V
KJ065	Falafel Mix	150g	1.45	V
KJ312	Falafel Mix - Moroccan Spiced	150g	1.45	V
KJ236	Green Harissa Paste	100g	2.35	V
KJ753	Harissa	100g	2.25	V
KJ141	Harissa	500g	5.45	SV
KJ313	Houmous	160g	2.15	V
KJ127	Lebanese Baharat Spice	42g	2.25	V
KJ302	Moroccan Couscous	200g	1.49	V
KJ138	Moroccan Flatbread Kit	245g	1.99	SV
KJ308	Preserved Lemons	140g	3.35	V
KJ752	Ras El Hanout Rub (in jar)	42g	2.25	V
KJ101	Rose Harissa	95g	2.49	V
KJ057	Sumac	38g	2.25	V
KJ242	Tahini	160g	2.15	V
KJ173	Tahini	1kg	9.25	V
KJ237	Tahini Dressing	200g	2.39	V
VF046	Vine Leaves Stuffed With Rice	280g	2.55	V
KJ172	Za'atar	38g	2.25	V
<b>AMISA</b>				
KJ105	Falafel Mix	160g	1.89	GOV
<b>CARLEY'S</b>				
KJ240	Preserved Lemon - Organic	700g	5.19	OV
<b>JUST WHOLEFOODS</b>				
VF183	Falafel Mix - organic	120g	2.85	OV
<b>OLIVES ET AL</b>				
KJ124	Moroccan Dukkah (spice mix)	90g	3.99	V
KJ123	Preserved Lemons	400g	7.99	V
<b>MILK - NON DAIRY</b>				
<b>ALPRO</b>				
TE004	Almond for Professionals	1l	2.25	GSV
TE624	Coconut for Professionals	1l	2.39	V
TE083	Oat for Professionals	1l	1.99	GV
SY047	Organic Almond Drink	1l	1.85	GOV
SY049	Organic Coconut Drink	1l	1.85	GOV
SY050	Organic Soya Drink	1l	1.60	GOV
TE642	Soya for Professionals	1l	1.89	V
SY213	Soya Milk -Unsweetened	1l	1.60	V
<b>BIONA</b>				
VF103	Coconut Milk Powder	150g	3.99	OV
VF324	Condensed Coconut Milk	210ml	2.39	OSV
SY073	Oat Drink	750ml	2.99	GOV
<b>BLUE DIAMOND</b>				
SY101	Almond Breeze - Barista Blend	1l	2.50	GV
SY061	Almond Breeze - Original	1l	1.79	GSV
SY066	Almond Breeze - Unsweetened	1l	1.79	GV
<b>BONSOY</b>				
SY072	Soya Milk	1l	4.09	V
<b>COCONUT MERCHANT</b>				
VF082	Coconut Milk Powder	250g	5.99	OV
SY105	Organic Coconut Milk	330ml	2.29	OV
<b>DREAM</b>				
JU540	Rice Dream - Calcium	1l	2.15	GV
JU361	Rice Dream - Original	1l	2.15	VO
<b>ECOMIL</b>				
SY139	Almond Barista Drink	1l	2.49	OSV
SY275	Almond Drink	1l	2.99	OV
SY012	Almond Drink Powder	400g	12.99	GOV

code	product	size	rrp	bfgosv
SY030	Cuisine - Almond Cream	200ml	1.39	GOV
SY137	Cuisine - Cashew Cream	200ml	1.39	GOV
SY059	Cuisine - Coconut Milk	200ml	1.49	GOV
SY102	Cuisine Oat	200ml	1.09	OV
SY053	No Sugar Almond + Calcium	1l	2.99	OV
SY021	No Sugar Almond Drink	1l	2.99	OV
SY058	No Sugar Coconut Milk	1l	2.99	OV
SY063	No Sugar Hazelnut Drink	1l	2.99	OV
SY155	No Sugar Hemp Drink	1l	2.99	OV
SY133	No Sugar Oat + Calcium	1l	1.99	OV
SY142	No Sugar Spelt Drink	1l	2.19	OV
SY138	Oat Barista Drink	1l	2.29	OSV
SY279	Soya Drink Powder (sweetened)	400g	9.99	OV
<b>FOOD HEAVEN</b>				
SY055	Cooking Cream - Sweetened	1l	3.50	GSV
SY003	Cooking Cream - Unsweetened	1l	3.50	GV
SY168	Heavenly Whipped Spray Cream	200ml	2.19	GSV
<b>GLEBE FARM</b>				
SY165	Almond Drink Barista	1l	2.05	V
SY140	Barista Style Oat Drink	1l	1.99	GV
SY164	Coconut Drink Barista	1l	2.15	V
SY215	Soy Drink Barista	1l	1.95	V
<b>GOOD HEMP</b>				
SY104	Hemp & Oat Milk	1l	1.99	V
SY096	Hemp Drink - Barista	1l	2.40	V
SY070	Hemp Drink - Seed Milk	1l	2.40	V
<b>KOKO DAIRY FREE</b>				
SY046	Coconut Milk Drink	3 x 250ml	1.99	GSV
SY038	Coconut Milk Drink	1l	1.79	GSV
SY051	Coconut Milk Drink - Chocolate	1l	2.09	GSV
SY122	Coconut Milk Drink Unsweetened	1l	1.79	GV
SY167	Coconut Super Milk	1l	2.19	GSV
	Koko Cuisine			
SY125	Cuisine Light Coconut Milk	330ml	1.50	GV
SY114	Cuisine Original Coconut Milk	330ml	1.50	GV
<b>MIGHTY PEA</b>				
SY200	Pea Milk - Banana & Oat	330ml	1.79	SV
SY198	Pea Milk - Barista	1l	2.25	V
SY201	Pea Milk - Chocolate	330ml	1.79	GSV
SY124	Pea Milk - Original	1l	2.29	GSV
SY197	Pea Milk - Unsweetened	1l	2.29	GV
SY111	Protein Oat Milk	1l	2.29	V
<b>MINOR FIGURES</b>				
SY172	Masala Chai	1l	5.69	SV
SY171	Oat M*lk - Foamable	1l	1.95	V
SY196	Organic Barista Oat Milk	1l	2.09	OV
SY083	Semi Skimmed Barista Oat M*lk	1l	2.09	V
<b>NATURE'S CHARM</b>				
SY077	Condensed Coconut Milk	320g	2.85	GSV
SY078	Evaporated Coconut Milk	360ml	2.39	GSV
<b>OATLY</b>				
SY019	Cream - Dairy Free	250ml	1.09	VO
SY045	Oatly Chocolate Drink	1l	1.99	SV
JU385	Oatly Enriched - added calcium	1l	1.75	V
SY158	Oatly Oat Drink Foamable	1l	2.09	V
JU377	Oatly Oat Drink Organic	1l	1.75	OV
<b>PLAMIL</b>				
SY009	Organic Soya Milk Heritage	1l	2.25	VOG
<b>PLANTED</b>				
SY039	Almond & Coffee Drink	330ml	1.60	GV
SY216	British Oat Drink	1l	1.95	V

code	product	size	rrp	bfgosv
SY031	Oat Date & Vanilla Drink	330ml	1.60	V
	<b>PLENISH</b>			
SY119	Almond M*lk	1l	2.95	OV
SY120	Cashew M*lk	1l	2.95	OV
SY118	Coconut M*lk	1l	2.95	GOV
SY121	Hazelnut M*lk	1l	2.95	OV
SY170	Oat M*lk - Gluten Free	1l	2.35	GOV
SY191	Soya M*lk	1l	2.39	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
SY007	Rice Drink - organic	1l	1.99	GVO
SY080	Soya Milk - sweetened	1l	1.99	GOV
SY025	Soya Milk - Unsweetened	1l	1.99	GOV
	<b>PROVITAMIL</b>			
SY035	Oat Drink	1l	1.65	V
	<b>REBEL KITCHEN</b>			
SY093	Barista Mylk	1l	2.49	OV
SY181	Dairy Free Semi Skimmed Mylk	1l	2.49	GOV
SY214	Dairy Free Whole Mylk	1l	2.49	GOV
	<b>RUDE HEALTH FOODS</b>			
SY004	Almond Drink - Organic	250ml	1.20	GOV
SY129	Almond Drink - Organic	1l	2.49	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
SY036	Organic Soya Barista	1l	2.49	GOV
SY194	Organic Soya Drink	1l	1.85	GOV
SY117	Tiger Nut Drink Organic	1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	1l	3.85	GOV
	<b>SOJADE</b>			
SY145	Almond Drink Organic	1l	1.99	GOV
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	1.85	GOV
SY018	Soya Milk - calcium & apple	1l	1.85	VO
SY016	Soya Milk - unsweetened	1l	1.59	OV
SY023	Soya Milk - Vanilla & Calcium	1l	1.99	OSV
	<b>SOYA SOLEIL</b>			
SY136	Soya Milk - Unsweetened	1l	1.35	V
	<b>SPROUD</b>			
SY069	Sproud Barista	1l	1.99	GSV
SY207	Sproud Chocolate Milk	1l	1.99	GSV
SY057	Sproud Original	1l	1.99	GSV
	<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

code	product	size	rrp	bfgosv
SY487	Rice Drink - Original	1l	1.75	GOV
SY452	Rice Drink + Almond	1l	2.09	GOV
SY008	Rice Drink + Coconut	1l	2.09	GOV
	Cooking Cream			
SY188	Coconut Cream - Organic	200ml	1.55	GOV
SY187	Oat Cream - Organic	200ml	1.29	OV
SY150	Rice Cream - Organic	200ml	1.09	OV
SY186	Soya Cream - Organic	200ml	1.15	GOV
	<b>THE COCONUT COMPANY</b>			
SY014	Coconut Milk Powder	1kg	12.75	OV
SY001	Coconut Milk Powder	250g	4.99	V
SY116	Coconut Milk Powder - Organic	250g	5.99	GOV
SY024	Organic Coconut Milk Powder	1kg	20.99	OV
	<b>NUT &amp; SEED BUTTERS</b>			
	<b>SUMA</b>			
GH119	Crunchy Peanut Butter	350g	3.49	V
GH120	Crunchy Peanut Butter	1kg	7.69	V
GH047	Peanut Butter Crunchy + Salt	700g	7.79	VO
GH135	Peanut Butter, Crunchy + Salt	340g	4.25	FVO
GH022	Peanut Butter, Crunchy + Salt	340g	3.99	VO
GH256	Peanut Butter, Crunchy No Salt	340g	3.99	VO
GH248	Peanut Butter, Crunchy No Salt	700g	7.79	VO
GH023	Peanut Butter, Smooth + Salt	340g	3.99	OV
GH051	Peanut Butter, Smooth + Salt	700g	7.79	VO
GH257	Peanut Butter, Smooth No Salt	340g	3.99	VO
GH096	Peanut Butter, Smooth No Salt	700g	8.39	VO
GH121	Smooth Almond Butter	1kg	16.29	V
GH117	Smooth Peanut Butter	350g	3.49	V
GH118	Smooth Peanut Butter	1kg	7.69	V
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	4.89	OV
GH103	Organic Peanut Butter Crunchy	1kg	9.39	OV
GH104	Organic Peanut Butter Smooth	1kg	9.39	OV
	<b>CARLEY'S</b>			
GH024	Almond Butter- Organic	170g	4.65	OV
GH025	Cashew Butter- Organic	170g	4.45	OV
GH034	Pumpkinseed Butter - og	250g	3.79	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>CYPRESSA</b>			
GH178	Tahini	300g	3.05	V
	<b>MERIDIAN</b>			
GH072	Almond Butter Smooth + salt	170g	4.49	OV
GH061	Cashew Butter Crunchy	170g	2.99	V
GH081	Cashew Butter Smooth	470g	9.99	OV
GH088	Cashew Butter Smooth	1kg	16.49	V
GH027	Cashew Butter Smooth	170g	2.99	V

code	product	size	rrp	bfgosv
GH057	Cashew Butter Smooth Organic	170g	3.69	OV
GH221	Cocoa and Hazelnut Butter	170g	3.99	V
GH220	Cocoa and Peanut Butter	280g	3.09	V
GH154	Coconut and Almond Butter	170g	3.69	V
GH155	Coconut and Peanut Butter	280g	2.99	V
GH083	Gingernut Butter	170g	2.29	V
GH128	Organic Crunchy Peanut Butter	470g	4.75	OV
GH009	Organic Dark Tahini	470g	4.79	OV
GH205	Organic Light Tahini	470g	4.79	OV
GH169	Organic Smooth Almond Butter	470g	11.49	OV
GH200	Organic Smooth Peanut Butter	470g	4.75	OV
GH021	Peanut Butter - crunchy + salt	280g	2.79	V
GH026	Peanut Butter - smooth + salt	280g	2.79	V
GH037	Peanut Butter Crunchy	1kg	7.75	V
GH028	Peanut Butter Crunchy + Salt	280g	2.99	OV
GH039	Peanut Butter Smooth	1kg	7.75	V
GH109	Peanut Butter Smooth-org +salt	280g	2.99	OV
GH222	Pistachio Butter	160g	6.99	V
GH065	Tahini - dark	270g	2.49	V
GH064	Tahini - dark, organic	270g	2.99	OV
GH068	Tahini - light	270g	2.49	V
GH207	Tahini - light	454g	3.99	V
GH020	Tahini - light, organic	270g	2.99	OV
	100% Nuts			
GH056	Almond Butter Crunchy	170g	2.99	V
GH087	Almond Butter Smooth	1kg	16.49	V
GH060	Almond Butter Smooth	170g	2.99	V
GH164	Almond Butter Smooth	454g	9.49	V
GH094	Almond Butter Smooth Organic	170g	4.49	OV
GH114	Hazelnut Butter Crunchy	170g	3.99	V
GH045	Peanut Butt Rich Roast Crunchy	280g	3.09	V
GH073	Peanut Butt Rich Roast Smooth	280g	3.09	V
GH063	Peanut Butter Crunchy	280g	2.99	OV
GH038	Peanut Butter Crunchy	1kg	7.75	V
GH066	Peanut Butter Crunchy	280g	2.79	V
GH097	Peanut Butter Crunchy-Organic	1kg	8.95	OV
GH110	Peanut Butter Smooth	280g	2.99	OV
GH040	Peanut Butter Smooth	1kg	7.75	V
GH067	Peanut Butter Smooth	280g	2.79	V
GH069	Peanut Butter Smooth-Organic	1kg	8.95	OV
GH174	Pecan Butter	170g	6.99	V
	100% Seeds			
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	3.45	OV
GH011	Whole Raw Almond Butter - og	170g	6.49	OV
GH086	Whole Raw Hazelnut Butter	170g	6.39	OV
GH017	Whole Raw Tahini	170g	3.25	OV
	<b>SUNITA</b>			
GH080	Tahini - light	3kg	28.49	V
GH149	Tahini - light, organic	3kg	35.50	VO
GH079	Tahini - Whole	3kg	28.45	V
GH077	Tahini - Whole	280g	2.99	V
GH996	Tahini, Whole, Organic	3kg	35.50	VO
GH078	Tahini-Light	280g	2.99	V
	<b>WHOLE EARTH</b>			
GH091	Peanut Butter - smooth organic	227g	3.29	GOV
GH108	Peanut Butter + Mixed Seeds	340g	3.85	GV
GH090	Peanut Butter -crunchy organic	227g	3.29	GOV

code	product	size	rrp	bfgosv
GH113	Peanut Butter -smooth original	1kg	7.45	GV
GH084	Peanut Butter -smooth original	340g	3.59	GV
GH151	Peanut Butter-100% Nuts,Crunch	227g	3.15	GOV
GH115	Peanut Butter-crunchy original	1kg	7.45	GV
GH082	Peanut Butter-crunchy original	340g	3.59	GV
GH190	Peanut Butter-Hi Oleic Crunchy	340g	3.85	GV

## NUTS & SEEDS

### SUMA PREPACKS

NU085	Almonds	125g	1.65	V
NU145	Almonds	250g	2.85	V
NU013	Almonds - blanched	125g	1.99	V
NU086	Almonds - flaked	125g	1.99	V
NU143	Almonds - ground	125g	1.95	V
NU144	Almonds - ground	250g	3.35	V
NU088	Brazil - broken	125g	1.45	V
NU146	Brazil - broken	250g	2.55	V
NU087	Brazil - whole medium	125g	1.99	V
NU147	Brazil - whole medium	250g	3.55	V
NU089	Cashew - large pieces	125g	1.35	V
NU149	Cashew - large pieces	250g	2.25	V
NU150	Cashew - roasted & salted	125g	3.45	V
NU152	Cashew - whole	125g	2.09	V
NU153	Cashew - whole	250g	3.79	V
NU151	Chia Seeds	250g	1.95	V
NU029	Coconut - chips	150g	1.55	V
NU090	Hazelnuts	125g	2.25	V
NU157	Hazelnuts	250g	4.15	V
NU211	Linseed / Flax	250g	1.05	V
NU291	Linseed / Flax	500g	1.49	V
NU101	Macadamias	125g	5.25	V
NU091	Mixed nuts	125g	2.19	V
NU162	Mixed nuts	250g	3.99	V
NU158	Mixed nuts - chopped	250g	2.65	V
NU168	Peanuts - redskin	250g	1.59	V
NU184	Peanuts - roasted	250g	2.05	V
NU170	Peanuts - roasted & salted	250g	2.09	V
NU171	Pecan nuts	125g	2.99	V
NU092	Pine kernels	125g	4.99	V
NU252	Pistachio - raw shelled	125g	4.69	V
NU093	Pistachio - roasted & salted	125g	2.79	V
NU175	Pistachio - roasted & salted	250g	5.25	V
NU094	Pumpkin seeds	125g	1.29	V
NU176	Pumpkin seeds	250g	2.19	V
NU099	Sesame seeds - natural	125g	1.05	V
NU177	Sesame seeds - natural	250g	1.55	V
NU100	Sunflower seeds	125g	0.99	V
NU178	Sunflower seeds	250g	1.25	V
NU179	Sunflower seeds	500g	1.85	V
NU173	Walnuts - light halves	125g	2.15	V
NU174	Walnuts - light halves	250g	3.99	V
NU185	Walnuts - light quarters	125g	1.79	V
NU186	Walnuts - light quarters	250g	3.25	V

### SUMA PREPACKS - ORGANIC

NU217	Almonds - organic	125g	2.99	OV
NU102	Almonds - organic	250g	5.75	OV
NU159	Almonds - organic	500g	10.65	OV
NU097	Almonds, Flaked - Organic	125g	3.45	OV
NU387	Almonds, ground - organic	125g	3.35	OV
NU043	Almonds, ground - organic	250g	6.35	OV
NU344	Brazils - organic	125g	2.15	OV

code	product	size	rrp	bfgosv
NU219	Brazils - organic	250g	3.95	OV
NU033	Cashews whole - organic	125g	2.85	OV
NU255	Cashews whole - organic	250g	5.25	OV
NU120	Chia Seeds, Black - organic	250g	1.95	VO
NU041	Coconut - desiccated, organic	125g	1.35	OV
NU103	Hazelnuts - organic	125g	2.49	OV
NU258	Hazelnuts - organic	250g	4.59	OV
NU273	Hemp Seeds - organic	125g	1.25	VO
NU272	Hemp Seeds - organic	250g	2.39	VO
NU322	Linseed, golden - organic	250g	1.55	OV
NU288	Omega Seed Mix - organic	125g	1.35	OV
NU293	Omega Seed Mix - organic	250g	2.10	OV
NU069	Peanuts - organic	125g	1.25	OV
NU218	Peanuts - organic	500g	3.65	OV
NU545	Pine Kernels - organic	125g	6.85	OV
NU212	Pumpkin seeds - organic	125g	1.49	OV
NU323	Pumpkin seeds - organic	250g	2.59	OV
NU261	Pumpkin seeds - organic	500g	4.65	OV
NU213	Sesame seeds - organic	125g	1.09	OV
NU356	Sesame seeds - organic	250g	1.99	OV
NU048	Sesame Seeds Black - organic	125g	1.49	OV
NU105	Sunflower seeds - organic	125g	1.25	OV
NU254	Sunflower Seeds - organic	250g	1.59	OV
NU457	Sunflower seeds - organic	500g	2.59	OV
NU104	Walnuts - organic	125g	2.35	OV
NU012	Walnuts - organic	250g	4.35	OV
NU289	Walnuts - organic	375g	6.25	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>ARTISAN GRAINS</b>				
NU148	Chia Seeds	125g	2.99	V
<b>BIONA</b>				
NU304	Amaranth Seeds	500g	2.69	OV
NU303	Hemp Seeds	250g	2.29	OV
<b>GOOD HEMP</b>				
NU026	Hemp Seed Hearts	225g	5.50	V
<b>PEARLS OF SAMARKAND</b>				
NU141	Og Black Sesame Seeds	330g	3.29	OV
<b>RAW HEALTH</b>				
NU187	Organic Black Chia Seeds	450g	9.15	OV
NU140	Organic White Chia Seeds	450g	10.05	OV
<b>THE RAW CHOCOLATE CO</b>				
NU139	Chia Seeds	230g	3.80	GOV
<b>ZAYTOUN</b>				
NU108	Palestinian Almonds	150g	5.99	FOV
<b>OILS &amp; FATS</b>				
<b>SUMA</b>				
GT350	Coconut Oil - Culinary	320ml	3.45	OV
GT750	Coconut Oil - Culinary	650ml	5.95	OV
GT075	Coconut Oil - Culinary	1000ml	8.29	OV
GT320	Coconut Oil - Extra Virgin	320ml	7.20	OV
GT650	Coconut Oil - Extra Virgin	650ml	12.50	OV
GT010	Extra Virgin Rapeseed Oil	5l	23.99	V
GT036	Extra Virgin Rapeseed Oil	500ml	4.65	V
GT100	Grapeseed Oil	500ml	4.25	V
GT017	Italian Organic Olive Oil	500ml	8.36	OV
GT018	Italian Organic Olive Oil	750ml	11.22	OV
GT019	Italian Organic Olive Oil	3l	42.40	OV

code	product	size	rrp	bfgosv
GT084	Olive Oil - Extra Virgin	500ml	5.99	V
GT086	Olive Oil - Extra Virgin	5l	45.50	V
GT085	Olive Oil-Extra Virgin,organic	500ml	6.50	VO
GT087	Olive Oil-Extra Virgin,organic	5l	51.50	VO
GT090	Sunflower Oil - cold pressed	5l	19.75	V
GT080	Sunflower Oil - organic	500ml	3.45	VO
GT091	Sunflower Oil - organic	5l	22.80	VO
<b>SUMA PREPACKS</b>				
GT028	Gluten Free Vegetarian Suet	250g	2.19	GV
<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	OV B
GT061	Mild / Odourless Coconut Oil	470ml	4.79	OV
GT060	Mild / Odourless Coconut Oil	610ml	5.89	OV
VF773	Virgin Coconut Oil Organic	200g	4.49	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
GT049	Italian Olive Oil Organic	250ml	5.19	OV
GT203	Italian Olive Oil Organic	500ml	8.89	OV
GT204	Italian Olive Oil Organic	1l	16.89	OV
GT009	Rapeseed Oil Organic	500ml	3.99	OV
GT206	Safflower Oil organic	500ml	6.69	OV
GT207	Sesame Oil organic	500ml	6.79	OV
GT045	Sesame Oil Toasted	150ml	3.49	V
GT208	Sesame Oil Toasted organic	250ml	4.49	OV
GT231	Sunflower Frying Oil organic	500ml	4.49	OV
GT230	Sunflower Frying Oil organic	1l	7.49	OV
GT063	Sunflower Frying Oil Organic	2l	13.69	OV
GT201	Sunflower Oil Organic	500ml	3.49	OV
GT202	Sunflower Oil organic	1l	5.99	OV
GT209	Toasted Pumpkin Seed Oil Org	250ml	11.99	OV B
GT211	Walnut Oil Toasted, Organic	250ml	11.49	OV
<b>COCOFINA</b>				
GT011	Organic Coconut Oil	350ml	5.99	OV
GT003	Organic Coconut Oil	975ml	14.99	OV
GH074	Organic Coconut Oil - neutral	450ml	3.99	OV
<b>COCONUT MERCHANT</b>				
GT048	Coconut Oil with Turmeric	500ml	8.99	OV
GT029	MCT Oil with C8	500ml	15.99	V
GT013	Premium Coconut Oil	1l	16.99	OV
GT042	Raw Extra Virgin Coconut Oil	500ml	8.99	OV
<b>DROGHERIA &amp; ALIMENTARI</b>				
GT081	Chilli Infused Oil	80ml	2.15	V
GT079	Porcini & Truffle Infused Oil	80ml	2.15	V
<b>EQUAL EXCHANGE</b>				
Palestinian Fairtrade Oils				
GT555	Olive Oil	1l	21.39	FV
<b>GOOD HEMP</b>				
GT046	Hemp Oil - Original	500ml	7.50	V
GT026	Hemp Seed Oil - Extra Virgin	500ml	7.99	V
<b>HELLENIC</b>				
GT008	Olive Oil - Extra Virgin	250ml	2.90	V
GT402	Olive Oil - Extra Virgin	500ml	4.75	V



code	product	size	rrp	bfgosv
GT005	Olive Oil - Extra Virgin	3l	23.39	V
GT403	Olive Oil - Extra Virgin	1l	8.35	V
GT031	Olive Oil Extra Virgin	5l	37.85	V
<b>HONEST TOIL</b>				
GT040	Extra Virgin Olive Oil	5l	51.19	V
GT074	Extra Virgin Olive Oil	500ml	7.79	V
<b>KHYBER</b>				
VF751	Ghee	2lb	3.85	V
<b>KTC</b>				
GT135	Almond Oil	200ml	2.65	V
GT133	Coconut Oil	250ml	2.69	V
GT052	Sunflower Oil - refined	5l	10.90	V
GT050	Sunflower Oil Refined	1l	2.45	V
<b>LA BIO IDEA</b>				
GT044	Italian Og Virgin Olive Oil	1l	13.89	OV
<b>MANI</b>				
GT007	Og Extra Virgin Olive Oil	500ml	7.99	OV
GT002	Og Extra Virgin Olive Oil	1l	13.99	OV
<b>MERIDIAN</b>				
GT012	Olive Oil-Extra Virgin,organic	500ml	6.99	VO
GT034	Sesame Oil - og	500ml	7.99	OV
GT016	Sunflower Oil - organic	500ml	4.49	VO
GT033	Toasted Sesame Oil - og	500ml	9.99	OV
<b>NATURES AID</b>				
GT077	Avocado Oil Organic	250ml	9.45	OV
GT072	Liquid Coconut Oil - Premium	250ml	8.45	V
GT076	Pumpkin Seed Oil Organic	250ml	9.45	OV
<b>SUNITA</b>				
GT099	Olive Oil-Extra Virgin Organic	5l	69.00	VO
<b>WHARFE VALLEY FARMS</b>				
GT015	Rapeseed Oil	5l	25.00	V
<b>ZAYTOUN</b>				
GT056	Olive Oil - Fair Trade	500ml	15.75	FOV
GT023	Olive Oil - Fairtrade	5l	126.69	FOV
GT020	Olive Oil - Organic Fairtrade	250ml	9.39	FOV
GT022	Olive Oil - Organic Fairtrade	750ml	22.85	FOV
<b>OLIVES</b>				
<b>ATTIS GOURMET</b>				
KJ015	Aegean - Pitted Green Olives	400g	2.75	V
KJ009	Ionian-Pitted green & kalamata	400g	2.99	V
KJ070	Kalamata Olives	400g	2.59	V
KJ005	Mexicana - Pitted green&black	400g	2.99	V
KJ031	Mykonos - Pitted green olives	400g	2.99	V
<b>COOKS &amp; CO</b>				
KJ274	Halkidiki Olives s/d Tomatoes	230g	3.15	V
KJ275	Mixed Pitted Greek Olives	240g	2.29	V
KJ273	Whole Kalamata Olives	250g	2.99	V
<b>CRESPO</b>				
KJ136	Capers	198g	1.75	V
KJ269	Pitted Black Olives in Brine	198g	1.35	V
KJ268	Pitted Dry Black Olives	110g	2.39	V
KJ264	Pitted Dry Black Olives/Herbs	70g	1.39	V
KJ267	Pitted Green Olive Herb/Garlic	70g	1.19	V
<b>CYPRESSA</b>				
KJ867	Cypressa Pitted Green Olives	2kg	12.65	V
KJ062	Mixed Olives with Garlic&Herb	315g	1.92	V
KJ804	Pitted Black Olives	340g	1.24	V
KJ868	Pitted Black Olives	2kg	11.19	V
KJ803	Pitted Green Olives	340g	1.41	V
KJ805	Stuffed Pimento Olives	340g	1.54	V
<b>GAEA</b>				
VF175	Kalamata Olives	300g	2.39	V

code	product	size	rrp	bfgosv
VF121	Kalamata Olives - organic	300g	2.95	OV
VF070	Mixed Marinated Olives-organic	300g	2.59	OV
VF177	Pitted Kalamata Olives	290g	2.85	V
VF185	Tapenade - Aubergine	100g	1.79	V
VF184	Tapenade - Kalamata	100g	1.75	V
<b>MANI</b>				
KJ051	Green & Kalamata Olives	185g	3.79	OV
KJ432	Og Green & Kalamata Olives	175g	3.69	OV
KJ251	Og Green Olives al Naturale	205g	3.75	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
KJ250	Og Mixed Olives al Naturale	205g	3.75	OV
<b>OLIVES ET AL</b>				
KJ433	Pitted Kalamata Black Olives	250g	3.99	V
KJ431	Sunshine Olives	250g	3.99	V
KJ115	Very Deli Herb Pitted Olives	250g	3.99	V
<b>ORGANICO</b>				
KJ415	Garlic Stuffed Olives	190g	3.65	OV
KJ079	OG Black Olives	280g	3.95	OV
KJ410	Pitted Green Olives	280g	2.95	OV
<b>SUNITA</b>				
KJ111	Black Kalamon Olives	450g	4.65	V
KJ206	Garlic Stuffed Olives	265g	2.75	V
KJ097	Green Olives	1lb	3.35	V
KJ494	Green Olives Organic	360g	2.99	OV
KJ169	Green Pitted Jumbo Olives	340g	2.75	V
KJ213	Kalamata Olives	360g	2.75	V
KJ207	Kalamata Olives Pitted	340g	2.75	V
KJ555	Kalamon Olives - organic	360g	3.90	VO
KJ218	Marinated Mixed Olives	265g	2.75	V
KJ224	Pepper Stuffed Olives	265g	2.75	V
KJ221	Spicy Kalamata Olives	265g	2.99	OV
<b>PASTA</b>				
<b>SUMA</b>				
	Gluten Free			
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>BARENAKED</b>				
WT162	Barenaked Noodles	250g	2.29	GV
WT163	Barenaked Rice	250g	2.29	GV
WT172	Barenaked Spaghetti	250g	2.29	GV
WT004	Protein Noodles	250g	2.29	GV
<b>BIONA</b>				
WT333	Spelt Lasagne Sheets - Organic	250g	2.99	OV
WT021	Spelt Spaghetti White Organic	500g	3.09	OV
WT025	White Spelt Fusilli	500g	3.09	OV
WT024	White Spelt Penne	500g	3.09	OV
WT334	Whole Spelt Spaghetti -Organic	500g	2.69	OV
WT331	Wholemeal Organic Spelt Penne	500g	2.69	OV

code	product	size	rrp	bfgosv
WT332	Wholewheat Spelt Fusili Org	500g	2.69	OV
	<b>CIEMME</b>			
WT136	OG Gluten Free Gnocchi Plain	400g	3.69	GOV
WT138	Og Gluten Free Gnocchi/ Quinoa	400g	3.69	GOV
	<b>CLEARSPRING</b>			
WT148	Brown Rice Penne - Gluten Free	250g	2.99	GOV
WT052	Gluten Free Buckwheat Pasta	250g	2.79	GOV
WT149	Green Pea & Quinoa Fusilli	250g	2.99	GOV
WT150	Red Lentil & Brown Rice Pasta	250g	2.99	GOV
	<b>DIFATTI</b>			
WT065	Artisan Rainbow Farfalle Pasta	400g	3.99	V
WT033	Gnocchi - Pumpkin & Quinoa GF	250g	2.49	GV
WT151	Gnocchi- Gluten Free	250g	2.09	GV
WT153	Spinach Gnocchi - gluten free	250g	2.09	GV
WT152	Tomato Gnocchi - Gluten Free	250g	2.09	GV
	<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
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	GOV
WT093	Edamame & Mung Bean Fettuccine	200g	2.85	GOV
WT067	Edamame & Spirulina Spaghetti	200g	2.85	GOV
WT114	Edamame Bean Spaghetti	200g	2.85	GOV
WT066	Fava Bean Fusilli	250g	2.85	GOV
WT143	Green Lentil Penne	250g	2.85	GOV
WT012	Mung Bean Rotini	250g	2.85	GOV
	<b>LA BIO IDEA</b>			
WT140	Red lentil Fusilli	250g	3.65	OV
	Speciality			
WT232	Lasagne green	250g	1.99	OV
	White			
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
	Wholewheat			
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 BUONA VITA</b>			
WT027	Gluten Free Fusilli	400g	1.99	GV
WT056	Gluten Free Lasagne Sheets	250g	2.59	GV
WT026	Gluten Free Penne Pasta	400g	1.99	GV
WT028	Gluten Free Spaghetti	400g	1.99	GV
	<b>LA TERRA E IL CIELO</b>			
WT874	Spelt Fusilli	500g	3.45	OV
WT032	Spelt Strozzapreti	500g	3.25	OV

code	product	size	rrp	bfgosv
WT899	White Pappardelle Nest White	500g	3.15	OV
WT990	Cavatappi - spirals	500g	2.59	OV
WT982	Fusilli with Spinach - organic Wholewheat	500g	2.69	OV
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>ORGRAN</b>				
WT078	Buckwheat Pasta Spirals	250g	2.35	GV
WT105	Corn & Veg Shells	250g	2.15	GV
WT134	Rice & Corn Lasagne	200g	3.19	GV
WT109	Rice & Corn Macaroni	250g	2.15	GV
WT080	Vegetable Rice Spirals	250g	2.25	GV
<b>PROFUSION</b>				
WT130	Chickpea Fusilli - GF	300g	3.69	GOV
WT129	Red Lentil Fusilli	250g	3.09	GOV
<b>SEEDS OF CHANGE</b>				
WT003	Spinach Tortolle	500g	2.59	OV
WT001	Tortiglione - og	500g	2.59	OV
<b>PASTA (CHILLED)</b>				
<b>AMISA</b>				
CV345	Gluten Free Gnocchi	350g	4.25	GOV
<b>BIONA</b>				
CV440	Fresh Gnocchetti with Pumpkin	400g	4.90	OV
CV181	Fresh Gnocchi	400g	4.40	OV
CV136	Sweet Potato Gnocchi	400g	4.55	OV
<b>BONSAN</b>				
CV532	Mezzelune Sweet Potato/Chilli	250g	3.10	OV
CV523	Tortelloni Spinach & Pine Nuts	250g	4.15	OV
<b>PASTA SAUCES &amp; PESTOS</b>				
<b>SUMA</b>				
	Organic Pasta Sauces			
VF201	Organic Arrabbiata Sauce	350g	2.69	OV
VF191	Organic Bolognese Sauce	340g	2.69	OV
VF192	Organic Napoletana Sauce	350g	2.69	OV
	Organic Pestos			
KJ161	Organic Pesto Rosso - Vegan	190g	3.99	OV
KJ160	Organic Pesto Siciliano -Vegan	190g	3.99	OV
KJ192	Pesto - Green, vegan	160g	3.15	GOV
KJ154	Pesto - Lemon & Herb, vegan	160g	3.49	GOV
KJ189	Pesto - Red, vegan	160g	3.15	GOV
KJ177	Pesto - Tomato & Chilli Pesto	160g	3.49	OGV
<b>MERIDIAN</b>				
VF023	Green Pesto	170g	2.99	V
VF173	Tomato & Basil Pasta Sauce	350g	2.69	GOV
VF197	Tomato & Herb - organic	440g	2.99	GVO
<b>MR ORGANIC</b>				
KJ238	Chilli & Garlic Passata Sauce	400g	2.09	OV
KJ328	Chilli & Garlic Pesto	130g	2.99	GOV
KJ163	Coconut & Turmeric Salsa	200g	2.35	GOSV
VF105	Dairy Free Og Lasagne Sauce	350ml	2.35	GOV
KJ331	Grilled Aubergine Add-in	190g	2.69	GOV
KJ239	Mixed Herbs Passata	400g	2.09	OV
VF106	Parmagiana Sauce	350ml	2.35	GOV
KJ327	Red Pepper Pesto (vegan)	130g	2.99	GOV
KJ215	Seitan Pasta Sauce	350g	2.69	OSV
KJ216	Soya Pasta Sauce	350g	2.69	GOVS
KJ214	Tofu Pasta Sauce	350g	2.69	OVS

code	product	size	rrp	bfgosv
VF102	Tomato & Olive Bruschetta	200g	2.29	GOSV
VF089	Tomato & Onion Bruschetta	200g	2.29	GOSV
<b>MUTTI</b>				
LJ207	Tomato Pasta Sauce - Basil	400g	2.89	VS
LJ220	Tomato Pasta Sauce - Chilli	400g	2.89	VS
LJ221	Tomato Pasta Sauce - Olive	400g	2.89	VS
LJ224	Tomato Pasta Sauce - Vegetable	400g	2.89	VS
<b>ORGANICO</b>				
VF043	Olive, Chilli & Garlic - og	360g	3.69	OSV
VF055	Red Wine and Porcini	360g	3.55	OSV
KJ416	Vegan Pesto	120g	4.55	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
<b>SUNITA</b>				
KJ790	Organic Pesto Genovese	130g	4.19	OV
<b>ZEST</b>				
KJ026	Basil Pesto, Vegan	165g	2.25	V
KJ452	Basil Pesto, Vegan	340g	4.72	V
<b>PASTRY (FROZEN)</b>				
<b>ST JAMES</b>				
XL106	Filo Pastry	400g	1.65	V
<b>PATE</b>				
<b>SUMA</b>				
GH700	Pate - Mushroom	200g	2.75	V
GH800	Pate - Savoury Herb	200g	2.75	V
<b>BONSAN</b>				
GH095	Beetroot & Horseradish Pate	130g	2.75	OV
GH100	Cashew & Bell Pepper Pate	130g	2.75	OV
GH105	Lentil & Turmeric Pate	140g	2.75	OSV
GH085	Tomato & Lupin Pate	140g	2.95	OV
GH099	White Bean & Mustard Pate	140g	2.95	OSV
<b>GRANOVITA</b>				
GH015	Olive Pate	125g	1.89	GV
GH651	Ready Spread Pate - Mushroom	200g	3.30	GOV
GH168	Spicy Mexican Pate - organic	200g	3.30	GOV
<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
<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>				
<b>SUMA</b>				
CV401	Pate - Mushroom (bombe)	200g	2.79	V
<b>DELPHI FOODS</b>				
CV430	Aubergine Dip	170g	1.85	V
CV271	Couscous Salad	160g	1.85	V
CV429	Lentil Salad	220g	1.85	V
CV285	Three Bean Salad	220g	1.85	V
	Houmous			
CV349	Avocado Houmous	150g	1.85	GV
CV286	Chargrill Red Pepper Houmous	170g	1.15	V
CV291	Houmous	170g	0.95	V
CV018	Lemon & Coriander Houmous	170g	1.15	V
CV290	Low Fat Houmous	170g	0.95	V

code	product	size	rrp	bfgosv
CV347	Smoky Red Lentil Houmous	170g	1.15	GV
	<b>FLORENTIN</b>			
CV931	Houmous	200g	3.25	GOV
CV526	Houmous Extra with Pinenuts	200g	3.20	GOV
	<b>RAMONA'S</b>			
CV848	Coriander Houmous	250g	1.99	GSV
CV847	Japapeno Houmous	250g	1.99	GV
CV845	Original Houmous	250g	1.99	GV
CV728	Original Houmous	500g	3.45	GV
CV846	Red Pepper Houmous	250g	1.99	GSV
	<b>THE REAL OLIVE COMPANY</b>			
CV554	Kalamata Olives	210g	3.35	OV
CV538	Kasbah Olives	185g	3.45	OV
CV536	La Verde Olives	185g	3.45	OV
CV549	Nocellara Del Belice Olives	210g	3.35	OV
	<b>VBITES</b>			
CV262	Vegideli Beanfeast Pate	150g	1.79	V
CV374	Vegideli Brussels Pate	150g	1.79	SV
	<b>PET FOODS &amp; PET CARE</b>			
	<b>BENEVO</b>			
PF006	Adult Dog Original	2kg	10.85	V
PF007	Adult Dog Original	15kg	59.79	V
PF016	Biodegradable Dog Poo Bags	120 bags	6.65	V
PF019	Complete Adult Vegan Cat Food	2kg	12.85	V
PF015	Complete Vegan Adult Dog Food	2kg	13.99	OV
PF020	Complete Vegan Puppy Dog Food	2kg	11.99	V
PF012	Duo - Cat & Dog Food - Tinned	369g	2.65	V
PF008	Grain-Free Vegetable Feast	395g	2.79	V
PF010	Rumble Dog Strips-soft & chewy Pawtato	180g	2.19	V
PF009	Ocean Treats - Small	140g	3.79	V
PF013	Ocean Treats Medium	140g	3.79	V
PF028	Pawtato Blueberry Dog Chews	120g	2.19	V
PF018	Pawtato Root Chews	90g	2.15	V
PF011	Pawtato Small Knots	150g	2.69	V
PF027	Pawtato Spinach & Kale Chews	120g	2.19	V
	<b>BIO-CATOLET</b>			
NF970	Cat Litter	12l	7.75	V
NF971	Cat Litter	25l	14.49	V
	<b>DENZEL'S</b>			
PF034	Dog Bites - Soft 'n' Squishy	100g	2.99	V
	<b>V DOG</b>			
PF100	Crunchy Nuggets (Happidog)	15kg	47.49	V
	<b>YARRAH</b>			
PF023	Dog Biscuits - Vegan Org	500g	5.65	OV
PF501	Dogfood Vegetarian Organic	2kg	13.99	OV
PF502	Dogfood Vegetarian Organic	10kg	66.99	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	3.89	OSV
KJ036	Sauerkraut - Organic	360g	1.89	OVB
	<b>BIONOVA</b>			
KJ119	Classic Mustard - Organic	180g	2.15	OV
KJ346	Gherkins - Sour	670g	3.99	VOS
KJ025	Gherkins - Sweet & Sour	330g	3.78	OV
	<b>BYODO</b>			
KJ351	Mustard - Dijon, organic	1kg	9.79	VO

code	product	size	rrp	bfgosv
KJ354	Mustard - wholegrain, organic	1kg	7.75	VO
	<b>CULTURED FOOD COMPANY</b>			
KJ510	Raw Carrot & Fennel Sauerkraut	400g	5.35	OV
KJ511	Raw Chilli & Dill Sauerkraut	400g	5.35	V
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
	<b>DELOUIS</b>			
KJ001	Organic Dijon Mustard	200g	2.45	OV
KJ007	Organic Wholegrain Mustard	200g	2.45	OV
	<b>MRS PICKLEPOT</b>			
KJ347	Classic Pickled Onions	440g	3.99	V
	<b>RUBIES IN THE RUBBLE</b>			
KJ116	Chilli Onion Relish	200g	3.49	SV
KJ112	Spicy Tomato Relish	200g	3.49	SV
KJ103	Sweet Apple Chutney	210g	3.49	SV
	<b>SHAWS</b>			
KJ175	Beetroot & Horseradish Chutney	290g	2.99	GSV
KJ174	Caramelised Red Onion Chutney	195g	2.99	GSV
KJ028	Mango Chutney - Chunky	300g	1.75	GSV
KJ179	Piccalilli	280g	2.99	GSV
KJ203	Spiced Apricot Ginger Chutney	200g	2.99	GSV
	<b>READY MEALS (FROZEN)</b>			
	<b>AMY'S KITCHEN</b>			
XL272	Free From Bean & Rice Burrito	156g	2.19	GV
XL191	Gluten-Free Chinese Noodles	270g	4.15	GOV
XL285	Indian Vegetable Korma	269g	3.59	GV
	<b>CLIVE'S</b>			
XL338	Organic Nut Roast Pies & Pastries	280g	5.45	GOSV
XL019	Arabian Chickpea Pie	250g	2.99	OSV
XL021	Chestnut & Bean Pie	250g	2.99	OV
XL105	Creamy Cauliflower Pie	250g	2.99	OV
XL028	Gltn Free French Cassoulet Pie	250g	3.15	GOSV
XL026	Gluten Free Aloo Gobi Pie	250g	3.15	GOSV
XL030	Gluten Free Chickpea Tagine	250g	3.15	GOSV
XL032	Gluten Free Mexican Chilli Pie	250g	3.15	GOSV
XL029	Gluten Free Olive & Lentil Pie	250g	3.15	GOSV
XL025	Mushroom Pie	250g	2.99	OSV
XL114	Org G/F Mushroom & Leek Pie	235g	3.15	GOV
XL020	Saag Aloo Curry Pie Quiches	250g	2.99	OSV
XL157	Broccoli & Green Pesto Quiche	165g	2.85	OV
XL152	Cauliflower Quiche	165g	2.85	OV
XL151	Quiche Lorraine	165g	2.85	OV
XL154	Roasted Red Pepper & Tomato Tarts	165g	2.85	OV
XL323	Bombay Curry Tart	195g	3.59	GOSV
XL324	Lentil and Kale Tart	195g	3.59	GOSV
XL336	Tomato and Olive Tart	195g	3.59	GOSV
	<b>FRYS</b>			
XL297	Country Mushroom Pies	350g	3.89	V
XL390	Curry Pies	350g	3.89	V
XL234	Sausage Rolls	400g	3.69	V
	<b>GOODLIFE</b>			
XL265	Falafel	280g	2.29	GV
XL365	Veggie Balls	300g	2.29	SV
	<b>LINDA MCCARTNEY</b>			
XL131	Deep Dish Country Pies	2 x 190g	2.50	V
	<b>NATURLI'</b>			
XL045	Pizza Capriciossa	350g	4.10	SV

code	product	size	rrp	bfgosv
XL040	Pizza Mexicana	350g	4.00	SV
	<b>ONE PLANET PIZZA</b>			
	Handmade Vegan Pizza			
XL036	Cheezeburger Pizza	362g	5.79	V
XL035	Gluten Free Three Cheeze Pizza	404g	5.95	GV
XL305	Hawaiian Pizza	458g	5.79	V
XL306	Mediterranean Vegetable Pizza	486g	5.79	V
XL303	Three Cheezly Margherita Pizza	430g	5.79	V
	<b>OUMPH!</b>			
XL357	Italian Style Pizza	400g	5.75	SV
	<b>VIBRANT VEGAN CO</b>			
XL116	Diavolo No Meatball Spaghetti	440g	4.99	V
XL111	Coan Stew	450g	4.99	GSV
XL113	Malaysian Dumplings	400g	4.99	V
XL112	Piri Piri Jambalaya	450g	4.99	GV
XL117	Samba Stew	450g	4.99	GV
XL115	Thai Green Jackfruit	420g	4.99	GV
	<b>YUTAKA</b>			
XL343	Vegetable Gyoza Dumplings	240g	2.99	SV
	<b>READY TO EAT FOODS (CHILLED)</b>			
	<b>BIONA</b>			
CV680	Ballini Provencale	250g	4.25	OV
CV184	Beetroot Burger	150g	4.30	OV
CV377	Black Bean & Cashew Nut Burger	160g	4.30	OV
CV545	Curly Kale & Hemp Burger	160g	4.30	OV
CV563	Falafel Balls	220g	4.25	OV
CV327	Falafel Balls - Spinach	220g	4.50	OV
CV328	Falafel Balls Mint and Sesame	220g	4.40	OV
CV678	Horseradish Sauce	125g	3.05	OBV
CV063	Lucky Stars	250g	4.25	OV
CV441	Mini Energy Burgers	250g	4.25	OV
CV321	Mini Quinoa Burgers	195g	4.25	OV
CV180	Mini Vegan Spring Rolls	200g	4.50	OSV
CV188	Mushroom Burger	150g	4.30	OV
CV372	Red Lentil Sun Seed Burger	160g	4.30	OV
CV613	Spring Rolls	220g	4.90	OV
CV745	Sweet Potato Buckwheat Burger	160g	4.30	OV
CV422	Thai Spring Rolls	225g	4.90	OV
	<b>EATEN ALIVE</b>			
CV221	Classic Mild Kimchi	375g	5.99	V
CV220	Classic Spicy Kimchi	375g	5.99	V
CV623	Smoky Pink Kraut	375g	5.49	V
CV493	White Cabbage Kimchi	375g	5.49	V
	<b>FOLLOW YOUR HEART</b>			
	Dressings			
CV670	Blue Cheese Salad Dressing	355ml	4.15	V
CV672	Caesar Salad Dressing	355ml	4.15	OV
CV836	Ranch Salad Dressing	355ml	4.15	V
CV120	Vegan Honey & Mustard Dressing	355ml	4.15	V
	Veganaise			
CV656	Avocado Veganaise	340g	4.99	V
CV137	Organic Garlic Veganaise	340g	3.29	OV
CV127	Organic Veganaise	340g	3.29	OSV
CV129	Original Veganaise	340g	3.09	SV
CV097	Soya Free Veganaise	340g	3.29	SV
CV117	Sriracha Veganaise	340g	4.09	SV
	<b>LAURIE'S TUMMY LOVING FOODS</b>			
CV208	Beet Kraut	410g	5.99	GOV
CV320	Golden Kraut	410g	6.99	GOV
CV203	Kimchi Kraut	410g	6.99	GOV
CV207	Original Sauerkraut	410g	4.99	GOV



code	product	size	rrp	bfgosv
<b>LOVING FOODS</b>				
	Raw, Organic, Vegan & UK made			
CV316	Hot 'N' Smoky Kimchi	500g	6.89	GOV
CV802	Kimchi	500g	6.85	GOV
CV801	Sauerkraut	500g	6.35	GOV
CV314	Spicy Cortido Kraut	500g	6.89	GOV
CV803	Turmeric & Black Pepper Kimchi	500g	6.85	GOV
<b>PROFUSION</b>				
CV006	Fresh Organic Sauerkraut	520g	2.75	OV
<b>RAW HEALTH</b>				
	Fresh Sauerkraut			
CV813	Feel The Heat	410g	4.45	OV
CV814	Golden Glow	410g	4.45	OV
CV815	In the Pink	410g	4.45	OV
CV747	Organic Fresh Sauerkraut	410g	4.45	OV
<b>TIDEFORD ORGANIC VEGAN FOODS</b>				
CV711	Basil & Garlic Pesto	150g	3.05	GOV
<b>SALADS &amp; SPROUTS (CHILLED)</b>				
<b>SKY SPROUTS</b>				
	Minimum 4 days shelf life			
CV479	Alfalfa & Broccoli Sprouts	100g	1.90	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	1.90	OV
CV476	Alfalfa & Radish Sprouts	100g	1.90	OV
CV475	Alfalfa Sprouts	100g	1.80	OV
CV721	Broccoli Sprouts	100g	1.95	OV
CV504	Mixed Bean Sprouts	227g	1.95	OV
CV503	Mung Bean Sprouts	200g	1.90	OV
CV510	Organic Sprouts Multi Pack	160g	2.70	OV
CV121	Organic Sprouts Protein Pack	175g	2.70	OV
CV131	Organic Sprouts Superfood Pack	110g	2.70	OV
CV509	Radish Sprout	100g	1.90	OV
<b>SALT &amp; SEASONINGS</b>				
<b>BIOFORCE</b>				
LJ118	Herbamare	125g	3.19	V
LJ054	Herbamare	250g	4.29	V
<b>DROGHERIA &amp; ALIMENTARI</b>				
LJ028	Black Peppercorns Mill	45g	1.89	V
LJ026	Himalayan Pink Salt	90g	1.79	V
<b>GEO ORGANICS</b>				
LJ005	Atlantic Fine Ground Sea Salt	500g	2.69	OV
LJ555	Atlantic Sea Salt Crystals	250g	1.35	OV
<b>MALDON</b>				
LJ004	Sea Salt - Crystals Smoked	125g	2.25	V
LJ006	Sea Salt - Flaky Crystals	570g	6.09	V
LJ018	Sea Salt - Flaky Crystals	1.4kg	14.49	V
LJ888	Sea Salt - Flaky Crystals	250g	2.75	V
<b>MARIGOLD</b>				
LJ444	Liquid Aminos	250ml	3.59	GV
<b>PINK MOUNTAIN</b>				
LJ170	Pink Himalayan Coarse Salt	300g	2.79	OV
LJ174	Pink Himalayan Coarse Salt	1kg	6.69	OV
LJ169	Pink Himalayan Fine Salt	300g	2.79	OV
LJ172	Pink Himalayan Fine Salt	1kg	6.69	OV
<b>PROFUSION</b>				
LJ152	Pink Himalayan Salt - Coarse	500g	4.05	V
LJ153	Pink Himalayan Salt Fine	500g	4.05	V
	Table Shakers			
LJ156	Pink Himalayan Salt - Fine	140g	2.39	V
<b>TIDMANS</b>				
LJ023	Tidmans Rock Salt	500g	1.55	V

code	product	size	rrp	bfgosv
<b>SAUSAGES &amp; BURGERS (FROZEN)</b>				
<b>FRYS</b>				
XL073	Braai Sausages	380g	4.09	V
XL011	Chicken Style Burgers	320g	3.75	V
XL008	Chicken Style Nuggets	380g	3.95	V
XL009	Hot Dogs	360g	3.99	V
XL007	Polony	500g	4.35	V
XL215	Quinoa Falafel Burgers	260g	3.79	V
XL360	Rice Protein & Quinoa Burgers	320g	4.29	GV
XL005	Spiced Burgers	320g	3.75	V
XL004	Traditional Burgers	320g	3.75	V
XL003	Traditional Sausages	380g	4.15	V
<b>GOODLIFE</b>				
XL057	Katsu Burgers	215g	3.09	SV
XL059	Mighty Non Meaty Sausage	252g	3.09	V
XL141	Parsnip & Carrot Nut Burgers	320g	3.05	V
<b>LINDA MCCARTNEY</b>				
XL051	Lincolnshire Sausages	300g	2.70	V
XL345	Red Onion & Rosemary Sausages	270g	2.25	V
XL130	Sausages	270g	2.25	V
XL254	Vegetarian Quarter Pounder	227g	2.40	V
<b>NATURLI'</b>				
XL078	Vegan Burger	320g	3.90	GV
XL086	Vegan Sausages	300g	4.25	GV
<b>OUMPH!</b>				
XL054	Balls	280g	3.50	V
XL012	Burgers (2 pack)	226g	4.49	V
XL042	Mince	450g	3.80	V
XL041	Smoky 'Bacon' Bits	180g	2.70	SV
<b>QUORN</b>				
XL211	Vegan Spicy Burgers	264g	3.19	V
<b>VEGETARIANS CHOICE</b>				
XL241	Lincolnshire Style Sausages	300g	1.76	V
XL175	Meat Free Burgers	200g	0.99	V
XL202	Meat Free Sausages	200g	0.99	V
<b>WICKEN FEN</b>				
XL381	Carrot & Coriander Sausages	280g	2.86	GV
XL384	Mushroom & Tarragon Sausages	280g	2.69	V
XL380	Tomato & Garlic Sausages	280g	2.69	V
<b>SEA VEGETABLES</b>				
<b>ATLANTIC KITCHEN</b>				
LJ106	Dulse Organic Seaweed	40g	6.99	OV
<b>CORNISH SEAWEED COMPANY</b>				
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
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>I SEA WRAPS</b>				
LJ007	Seaweed Wraps	280g	2.79	V
<b>MARIVITA</b>				
HE012	Dried & Ground Seaweed Organic	100g	4.79	OV
<b>SEAMORE</b>				

code	product	size	rrp	bfgosv
LJ135	Seaweed Chips	135g	2.99	GV
<b>SNACK BARS &amp; FLAPJACKS</b>				
<b>BOUNCE</b>				
	Dipped			
KB599	Dipped Caramel Millionaire	40g	1.99	GSV
KB598	Dipped Choc Brownie Protein	40g	1.99	GSV
KB600	Dipped Hazelnut Praline	40g	1.99	GSV
	Vegan			
ZX593	Almond	35g	1.79	GSV
ZX592	Maple Pecan & Cashew	35g	1.79	GSV
ZX595	Peanut Butter Cacao	35g	1.79	GSV
<b>BRYNMOR</b>				
	Flapjack			
KB557	Apple & Raspberry	80g	0.69	SV
KB559	Apricot & Almond	80g	0.69	GSV
KB541	Cashew & Coconut	80g	0.69	GSV
KB551	Cranberry	80g	0.69	SV
KB552	Pecan	80g	0.69	SV
KB555	Pistachio	80g	0.69	SV
KB543	Summer Berry	80g	0.69	GSV
<b>CLIF BAR</b>				
KB285	Blueberry Crisp	68g	1.29	SV
KB283	Chocolate Almond Fudge Bar	68g	1.29	SV
KB086	Chocolate Chip Bar	68g	1.29	SV
KB328	Chocolate Hazelnut Butter	50g	1.99	OSV
KB365	Chocolate Peanut Butter	50g	1.99	OSV
KB004	Coconut Chocolate Chip	68g	1.29	SV
KB083	Peanut Butter Bar	68g	1.29	SV
KB284	White Chocolate Macadamia Bar	68g	1.29	SV
	Builder's Bars			
KB357	Choc Peanut Butter	68g	2.09	V
KB358	Chocolate	68g	2.09	SV
KB356	Chocolate Mint	68g	2.09	V
<b>COCO-JACK</b>				
KB091	Coconut Flapjacks	65g	0.65	SV
<b>DELICIOUSLY ELLA</b>				
KB435	Cacao & Almond Ball	40g	1.99	GV
	Nut Butter Filled			
WS071	Almond Butter Ball	36g	1.99	GV
WS072	Hazelnut Nut Butter Ball	36g	1.99	GV
WS006	Raspberry & Cashew Butter Ball	36g	1.99	GV
<b>DOVES FARM</b>				
	Impulse			
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
	Multipack			
KB237	Apple & Sultana Flapjack	4 x 35g	2.55	GOSV
KB261	Apricot & Chia Seed Flapjack	4 x 35g	2.55	GOSV
KB463	Chocolate Chip Flapjack	4 x 35g	2.55	GOSV
<b>EAT NATURAL</b>				
WS031	Maple Syrup, Pecans & Peanuts	45g	0.89	GSV
KB171	Vegan Fruit & Nut bar	45g	0.95	GSV
<b>GO BITES</b>				
ZX527	Date & Coconut	24g	0.99	GV
<b>LOVE VEGAN BY JENNIFER</b>				
KB986	Cacao and Cherry Protein Bite	45g	1.39	GV
KB107	Cacao and Morello Cherry Bar	32.5g	0.99	GV
KB990	Cookies and Cream Protein Bite	45g	1.39	GV
KB716	Orange Cacao and Cashew	32.5g	0.99	GV
KB993	Salted Caramel and Peanut Bite	45g	1.39	GV

code	product	size	rrp	bfgosv
KB514	Smooth Peanut and Caramel Bar	32.5g	0.99	GV
	<b>MA BAKER</b>			
KB679	Giant Berry Bar - Wheat Free	90g	0.69	SV
KB322	Giant Fruit Bar - Wheat Free	90g	0.69	VS
KB906	Nut Mixed Case	90g	0.69	VS
KB905	Tropical Mixed Case	90g	0.69	VS
	Sugar'd Out Flapjack			
KB293	Blueberry	50g	0.71	V
KB262	Raspberry	50g	0.71	V
	<b>MERIDIAN</b>			
KB972	Peanut & Banana Bar	40g	1.29	GV
KB975	Peanut & Cocoa Bar	40g	1.29	GV
KB201	Peanut & Coconut Bar	40g	1.29	GV
KB721	Peanut Bar	40g	1.29	GV
	<b>NAIRN'S</b>			
	Gluten Free Oat Bars			
BT330	Oat Bar Apple & Cinnamon	40g	0.89	GV
BT326	Oat Bar Cacao & Orange	40g	0.89	GSV
BT325	Oat Bar Seeded Protein	40g	0.89	GV
	<b>NAKD</b>			
	Chocolish			
ZX756	Double Chocolish Big Bite	50g	1.59	GV
ZX766	Peanut Chocolish Big Bite	50g	1.59	GV
ZX768	Raspberry Chocolish Big Bite	50g	1.59	GV
	Multi Packs			
WS045	Apple Danish Multipacks	4 x 30g	3.09	GV
KB802	Banoffee Pie Multipack	4 x 35g	3.09	GV
KB029	Berry Delight Multipack	4 x 35g	3.09	GV
KB779	Blueberry Muffin Multipack	4 x 35g	3.09	GV
KB931	Cashew Cookie Multipack	4 x 35g	3.09	GV
KB031	Cocoa Delight Multipack	4 x 35g	3.09	GV
KB003	Cocoa Orange Multipack	4 x 35g	3.09	GV
KB771	Salted Caramel Multipack	4 x 35g	3.09	GV
KB799	Strawberry Sundae Multipack	4 x 35g	3.09	GV
	Nudie Bars			
KB877	Bakewell Tart Bar	35g	0.89	GV
KB686	Banoffee Pie Bar	35g	0.89	GV
KB756	Berry Delight Bar	35g	0.89	GV
KB532	Blueberry Muffin	35g	0.89	GV
KB526	Carrot Cake	35g	0.89	GV
KB554	Cashew Cookie Bar	35g	0.89	GV
KB347	Cocoa Coconut	35g	0.89	GV
KB757	Cocoa Delight Bar	35g	0.89	GV
KB556	Cocoa Orange Bar	35g	0.89	GV
KB995	Coffee & Walnut	35g	0.89	GV
KB558	Ginger Bread Bar	35g	0.89	GV
KB163	Lemon Drizzle Bar	35g	0.89	GV
WS021	Peanut Delight	35g	0.89	GV
KB553	Pecan Pie Bar	35g	0.69	GV
ZX609	Salted Caramel	35g	0.89	GV
KB691	Strawberry Sundae Bar	35g	0.89	GV
	Oaties			
WS041	Apple Danish	30g	0.89	GV
WS043	Banana Bread Bars	30g	0.89	GV
WS042	Berry Bliss Bars	30g	0.89	GV
	<b>NINE</b>			
KB596	Dark Choc and Peanut	40g	0.95	GSV
KB647	Dark Choc Pistachio & Brazil	40g	0.95	GSV
KB631	Salted Caramel & Pecan	40g	0.95	GSV
KB653	White Choc & Raspberries	40g	0.95	GSV
	Multipack			

code	product	size	rrp	bfgosv
KB639	Dark Choc Pistachio & Brazil	4 x 40g	2.25	GSV
	<b>ONLI NATURAL</b>			
KB962	Cherry Bakewell	35g	0.75	GV
KB949	Cocoa Brownie	35g	0.75	GV
KB942	Cocoa Orange	35g	0.75	GV
KB945	Salted Caramel	35g	0.75	GSV
	Oaties			
KB973	Fruits of the Forest	28g	0.49	GSV
KB971	Salted Caramel	28g	0.49	GSV
	<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>			
	Energy Bar			
BT070	Cacao Brazil Nut Energise Bar	30g	1.19	GOV
	<b>PULSIN'</b>			
KB457	Choc Hazelnut & Peanut Brownie	35g	0.99	GV
	Keto Bars			
KB784	Choc Fudge & Peanut Keto Bar	50g	1.99	GV
KB483	Choc Mint & Peanut Keto Bar	50g	1.99	GV
KB490	Choc Orange & Peanut Keto Bar	50g	1.99	GV
	Protein Boosters			
KB156	Caramel Choc & Peanut Bar	50g	1.79	GV
KB090	Maple & Peanut Protein Bar	50g	1.79	GV
KB148	Peanut Choc Protein Bar	50g	1.79	GV
KB706	Vanilla Choc Chip Protein Bar	50g	1.79	GV
	Raw Choc Brownie			
WS056	Peanut Choc Chip Raw Brownie	35g	1.19	GSV
WS058	Salted Caramel Raw Choc Brownie	35g	1.19	GV
	<b>RAW BAKE STATION</b>			
KB157	Chocolatey and Orangey	40g	1.89	GV
KB153	Salted Double Choc	40g	1.89	GV
KB150	Vanilla Choc Chip	40g	1.89	GV
	<b>RUDE HEALTH FOODS</b>			
KB581	Banana Peanut and Date Bar	35g	1.25	GV
KB578	Berry Date and Nut Bar	35g	1.25	GV
KB282	The Beetroot	35g	1.19	V
KB350	The Peanut Bar	35g	1.19	GV
KB281	The Pumpkin	35g	1.19	V
	<b>SESAME SNAPS</b>			
KB001	Sesame Snaps	30g	0.35	SV
KB180	Sesame Snaps (Multipack)	4 x 1	1.19	SV
KB777	Sesame Snaps Chocolate Coated	30g	0.39	SV
KB587	Sesame Snaps Coconut	30g	0.35	SV
	<b>TREK</b>			
KB941	Salted Caramel Flapjack	50g	0.99	GSV
ZX738	Smooth Lemon	50g	0.99	GSV
ZX716	White Chocolate and Raspberry	50g	0.99	GSV
	FLAPJACKS			
KB499	Cocoa and oat protein flapjack	50g	0.99	GVS
KB500	Cocoa coconut protein flapjack	50g	0.99	GVS
KB501	Morning berry protein flapjack	50g	0.99	GVS
KB505	Original oat protein flapjack	50g	0.99	GVS
	Nut Protein Bar			
BT128	Dark Chocolate & Orange	40g	0.89	GSV
	Power			
KB663	Millionaire Shortbread	55g	2.09	GV
KB662	Peanut Butter Crunch	55g	2.09	GV
	TREK BARS			
KB722	Cocoa Chaos	55g	0.99	GV

code	product	size	rrp	bfgosv
KB725	Peanut Power	55g	0.99	GV
	<b>TROPICAL WHOLEFOODS</b>			
KB710	Organic Mango & Brazil	40g	0.89	FOV
	<b>SOFT DRINKS</b>			
	<b>BELVOIR</b>			
JU330	Alc Free Passion Fruit Martini	750ml	3.39	SV
JU352	Botanical Juniper Tonic Presse	250ml	1.55	GSV
JU315	Botanical Juniper Tonic Presse	750ml	3.39	GSV
JU628	Cucumber & Mint Presse	250ml	1.65	GSV
JU629	Cucumber & Mint Presse	750ml	3.39	GSV
JU060	Elderflower & Rose Presse	250ml	1.65	GSV
JU236	Elderflower & Rose Presse	750ml	3.39	GSV
JU041	Elderflower Light Presse	750ml	2.99	GSV
JU810	Elderflower Presse	250ml	1.75	GOSV
JU792	Elderflower Presse	750ml	3.59	GOSV
JU795	Elderflower Presse	250ml	1.65	GSV
JU674	Elderflower Presse	750ml	3.39	GSV
JU783	Freshly Squeezed Lemonade	250ml	1.65	GV
JU293	Ginger and Lime Presse	750ml	3.39	SV
JU814	Ginger Beer	250ml	1.75	GOSV
JU813	Ginger Beer	750ml	3.59	GOSV
JU781	Ginger Beer	250ml	1.65	GSV
JU780	Ginger Beer	750ml	3.39	GSV
JU139	Lime and Soda	250ml	1.65	GV
JU142	Lime and Soda	750ml	3.39	GV
JU136	Pink Lady	250ml	1.65	GV
JU140	Pink Lady	750ml	3.39	GV
JU554	Raspberry Lemonade	250ml	1.65	GSV
JU045	Raspberry Lemonade Light	750ml	2.99	GSV
JU351	Strawberry, Lime & Mint Presse	750ml	3.39	SV
	Presses in Cans			
JU340	Elderflower Presse	250ml	1.35	GSV
JU345	Ginger Beer Presse	250ml	1.35	GSV
JU341	Raspberry Lemonade	250ml	1.35	GSV
	Seasonal Punch			
JU559	Spiced Ginger Punch	750ml	4.29	GSV
	<b>BIONA</b>			
JU183	Coconut Water - og	330ml	1.99	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>BOOCH &amp; BREW</b>			
JU364	Apple Elderflower Kombucha	300ml	2.09	OV
JU360	Blueberry Ginger Kombucha	300ml	2.09	OV
JU363	Ginger Yuzu	300ml	2.09	OV
JU365	Strawberry Pineapple Kombucha	300ml	2.09	OV
	<b>BUMBLEZEST</b>			
JU164	CBD Tonic Water	200ml	1.83	SV
JU138	Flourish & Flow	250ml	1.61	GV
JU143	Fuel & Focus	250ml	1.61	GV
JU137	Refresh & Relax	250ml	1.77	GV
	<b>CANNASA</b>			
JU149	Rose & Raspberry CBD Lemonade	275ml	2.89	SV
	<b>CAWSTON PRESS</b>			
	Cans			
JU265	Apple & Rhubarb	330ml	1.15	SV
JU238	Cloudy Apple	330ml	1.15	V
JU478	Elderflower Lemonade	330ml	1.15	V
JU477	Ginger Beer	330ml	1.15	V
JU231	Orange	330ml	1.15	SV

code	product	size	rrp	bfgosv
JU032	Cawston Drys Dry Raspberry	250ml	0.59	GV
	<b>CHARITEA</b>			
JU598	ChariTea Black	330ml	1.39	FOSV
JU596	ChariTea Mate	330ml	1.39	FOSV
JU595	ChariTea Red	330ml	1.39	FOSV
	<b>COCOFINA</b>			
JU368	Cocofina Natural Coconut Water	1l	4.10	OV
	<b>DALSTON'S</b>			
	Cans			
JU163	Cherryade	330ml	1.09	GSV
JU166	Fizzy Elderflower	330ml	1.09	GSV
JU772	Fizzy Rhubarb	330ml	1.09	GSV
JU162	Ginger Beer	330ml	1.09	GSV
JU069	Lemonade	330ml	1.09	SV
	<b>DASH WATER</b>			
JU817	Dash Sparkling Blackcurrant	330ml	1.29	V
JU718	Dash Sparkling Cucumber	330ml	1.29	V
JU716	Dash Sparkling Lemon	330ml	1.29	V
JU110	Dash Sparkling Peach	330ml	1.29	GV
JU170	Dash Sparkling Raspberry	330ml	1.29	V
	<b>DRINK 420</b>			
JU819	CBD Infused Elderflower & Lime	250ml	2.29	V
JU003	CBD Infused Hibiscus & Ginger	250ml	2.29	V
JU818	CBD Infused Wild Berries	250ml	2.29	V
	<b>FENTIMANS</b>			
JU002	Apple & Blackberry	275ml	1.67	GSV
JU001	Apple & Blackberry	750ml	3.79	GSV
JU008	Cherry Cola	275ml	2.74	GSV
JU333	Cherry Cola	750ml	3.79	SV
JU625	Curiosity Cola	275ml	1.67	GSV
JU573	Curiosity Cola	750ml	3.79	GSV
JU908	Dandelion & Burdock	275ml	1.67	GSV
JU281	Dandelion & Burdock	750ml	3.79	SV
JU463	Gently Sparkling Elderflower	275ml	1.74	GSV
JU632	Gently Sparkling Elderflower	750ml	3.79	GSV
JU346	Ginger Beer	275ml	1.67	GSV
JU280	Ginger Beer	750ml	3.79	GSV
JU354	Mandarin Seville Orange Jigger	275ml	1.67	GSV
JU618	Rose Lemonade	275ml	1.74	GSV
JU455	Rose Lemonade	750ml	3.79	GSV
JU312	Sparkling Raspberry	275ml	1.67	GSV
JU306	Sparkling Raspberry	750ml	3.79	GSV
JU435	Victorian Lemonade	275ml	1.67	GSV
	Cans			
JU278	Curiosity Cola	250ml	1.09	GSV
JU298	Gently Sparkling Elderflower	250ml	1.09	GSV
JU366	Ginger Beer	250ml	1.35	GSV
JU300	Rose Lemonade	250ml	1.09	GSV
	Light Range			
JU294	Gently Sparkling Elderflower	250ml	1.71	GSV
JU279	Rose Lemonade	250ml	1.71	GSV
JU291	Sparkling Raspberry	250ml	1.71	GSV
	Mixer Range			
JU009	Connoisseurs Tonic	500ml	2.74	GSV
JU158	Ginger Beer & Muddled Lime	500ml	2.74	GSV
JU160	Naturally Light Tonic	500ml	2.53	GSV
JU422	Oriental Yuzu Tonic	500ml	2.74	GSV
JU161	Pink Grapefruit Tonic Water	500ml	2.74	GSV
JU421	Pink Rhubarb	500ml	2.74	GSV
JU207	Premium Indian Tonic Water	500ml	2.53	GSV

code	product	size	rrp	bfgosv
JU167	Rose Lemonade	500ml	2.74	GSV
JU358	Tropical Soda	500ml	2.74	GSV
JU010	Valencian Orange Tonic	500ml	2.74	GSV
<b>FEVERTREE</b>				
JU387	Tonic Water	4 x 200ml	4.91	GSV
<b>FIREFLY NATURAL DRINKS</b>				
Fruit Juice & Botanic Extracts				
JU403	Grapefruit & Passionfruit	330ml	1.79	V
JU348	Kiwi, lime & Mint	330ml	1.79	V
JU299	Lemon, Lime & Ginger	330ml	1.79	V
JU296	Peach & Green Tea	330ml	1.79	V
JU180	Pomegranate & Elderflower	330ml	1.79	V
<b>FLAWSOME!</b>				
Lightly Sparkling Juice Drinks				
JU406	Apple & Rhubarb	250ml	1.35	GV
JU408	Apple & Sour Cherry	250ml	1.35	GV
JU409	Sweet & Sour Apple	250ml	1.35	GV
<b>GENIE LIVING DRINKS</b>				
Kombuchas				
JU165	Crisp Citrus	275ml	2.09	V
JU157	Dry Apple	275ml	2.09	V
JU150	Fiery Ginger	275ml	2.09	V
Live Sodas				
JU171	Lemon & Ginger	330ml	2.09	V
JU196	Original Orange	330ml	2.09	V
<b>GIMBER</b>				
JU283	Gimber - ginger concentrate	500ml	20.99	OSV
JU284	Gimber - ginger concentrate	200ml	13.99	OSV
<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
JU376	Naturally Slim Cola	275ml	1.99	FGV
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
Super DC				
JU274	Super DC Blackcurrant & Elder	250ml	1.99	V
JU270	Super DC Blood Orange	250ml	1.99	V
<b>HEARTH</b>				
Yerba Mate Drinks				
JU220	Lemon and Hibiscus	250ml	1.49	V
JU218	Passion Fruit	250ml	1.49	V
<b>JAX COCO</b>				
Tetrapacks				
JU743	Coconut Water Pure	330ml	1.89	V
JU742	Coconut Water Pure	1l	3.85	V
<b>KARMA DRINKS</b>				
Cans				
JU617	Gingerella Ginger Ale	250ml	1.35	FOSV
JU616	Karma Cola	250ml	1.35	FOSV
JU749	Karma Cola - sugar free	250ml	1.35	FV
JU800	Karma Orangeade	250ml	1.35	FOSV
JU615	Lemony Lemon	250ml	1.35	FOSV
Glass Bottles				
JU073	Gingerella Ginger Ale	300ml	1.99	FOVS
JU075	Karma Cola	300ml	1.99	FOSV
JU750	Karma Cola - Sugar Free	300ml	1.99	FOV
JU078	Lemony Lemon	300ml	1.99	FOSV
JU302	Summer Orangeade	300ml	1.99	FOSV



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	<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>KUKA COFFEE</b>			
JU115	Kuka sparkling caffeine drink	250ml	1.75	V
	<b>LEMONAID BEVERAGES</b>			
JU592	Lemonaid Blood Orange	330ml	1.82	FOSV
JU068	Lemonaid Ginger	330ml	1.82	FOSV
JU587	Lemonaid Lime	330ml	1.82	OSV
JU589	Lemonaid Passion Fruit	330ml	1.82	FOSV
	<b>LUSCOMBE DRINKS</b>			
JU584	Cool Ginger Beer	270ml	1.82	OSV
JU438	Cranberry Crush	270ml	1.89	OV
JU482	Damascene Rose Bubbly	270ml	1.89	OV
JU586	Hot Ginger Beer	270ml	1.82	OV
JU480	Passionate Ginger Beer	270ml	1.89	OSV
JU145	Raspberry Crush	270ml	1.89	OSV
JU108	Rhubarb Crush	270ml	1.89	OSV
JU583	Sicilian Lemonade	270ml	1.82	OSV
JU439	St Clements	270ml	1.82	OSV
JU585	Wild Elderflower Bubbly	270ml	1.89	SV
	<b>MINOR FIGURES</b>			
	Nitro Cold Brew Coffees			
JU786	Black Coffee Drink	200ml	1.99	V
JU202	Chai Latte Drink	200ml	1.99	V
JU787	Latte Coffee Drink	200ml	1.99	V
JU209	Matcha Latte	200ml	1.99	V
JU788	Mocha Coffee Drink	200ml	1.99	V
	<b>NONSUCH SHRUBS</b>			
JU023	Blackcurrant & Juniper Soda	250ml	2.79	GV
JU027	Blood Orange&Bitter Lemon Soda	250ml	2.79	GV
JU004	Peach & Basil Shrub Soda	250ml	2.79	GV
JU025	Sour Cherry & Garden Mint Soda	250ml	2.79	GV
	<b>ORGANICO</b>			
JU367	Blueberry Sparkle	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
	<b>ROCKS</b>			
JU499	Raspberry & Lime	250ml	1.39	OSV
	<b>SIMPLEE ALOE</b>			
JU708	Aloe Water with Pulp	500ml	1.49	V
JU706	Aloe with Coconut Water	1l	3.49	GV
	<b>SOMETHING AND NOTHING</b>			
JU332	Cucumber Seltzer	330ml	1.49	V
JU337	Hibiscus & Rose Seltzer	330ml	1.49	V
JU335	Yuzu Seltzer	330ml	1.49	V
	<b>THE GUTSY CAPTAIN COMPANY</b>			
	Kombucha			
JU410	Ginger and Lemon	250ml	2.09	OSV
JU411	Original	250ml	2.09	OSV
	Water Kefir			
JU254	Ginger & Lemon	250ml	1.99	OSV
JU247	Natural Raspberry	330ml	1.99	OSV
JU248	Real Cola	250ml	1.99	OSV

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<b>VITA COCO</b>				
JU114	Cold Brew Coffee	330ml	1.99	SV
JU239	Pressed Coconut Water Organic	1l	4.19	OV
JU111	Pure Coconut Water	330ml	1.69	SV
JU118	Pure Coconut Water	1l	3.49	SV
JU221	Pure Coconut Water Organic	1l	4.19	OV
JU113	Pure Pressed Coconut Water	330ml	1.69	SV
JU117	Pure Pressed Coconut Water	1l	3.49	SV
<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>SOUPS</b>				
<b>SUMA</b>				
VF390	Minestrone Soup	400g	1.75	OV
VF655	Organic Mushroom Soup	400g	2.09	OV
VF595	Organic Pea Soup	400g	2.09	OV
VF600	Organic Tomato Soup	400g	1.75	OV
VF565	Pea & Vegan Ham Soup	400g	1.79	V
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>				
VF260	Lentil Soup	400g	2.25	GOV
VF265	Lentil Vegetable Soup	400g	2.25	GOV
VF268	Split Pea Soup	400g	2.25	GOV
	Hearty Soup			
VF054	French Country Vegetable	408g	2.79	GOV
VF267	Quinoa Kale & Red Lentil Soup	408g	2.79	GOV
VF057	Rustic Italian Vegetable	397g	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	1.85	GOV
VF096	Butternut Squash & Ginger - Og	400g	1.85	GOV
VF297	Butternut, Sweet Potato, Turmeric	400g	1.85	GOV
VF124	Carrot & Coconut Soup	400g	1.85	GOV
VF720	Lentil & Red Pepper Soup - Org	400g	1.85	GOV
VF086	Pea & Mint Soup - Org	400g	1.85	GOV
VF097	Sweet Potato & Chia Soup - Org	400g	1.85	GOV
VF301	Sweet Potato & Quinoa	400g	1.85	GOV
VF083	Tomato Soup - Org	400g	1.85	GOV
<b>YAKSO</b>				
VF115	Dahl - Indian Lentil Soup	500ml	3.89	OV
VF113	Soto Katjang Soup	500ml	4.09	OV
<b>SOUPS (CHILLED)</b>				
<b>TIDEFORD ORGANIC VEGAN FOODS</b>				
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
CV617	Moroccan Soup	600g	3.05	GOV
CV644	Pea Soup	600g	3.05	OV
CV383	Red Lentil Soup	600g	3.05	OV
CV587	Smoky Tomato & Lentil Soup	600g	3.05	GOV

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CV783	Spiced Parsnip Soup	600g	3.05	GOV
CV699	Spiced Sweet Potato Soup	600g	3.05	OV
CV819	Super Greens Soup	600g	3.05	OV
CV606	Thai Spinach Soup	600g	3.05	GOV
CV734	Tomato and Basil	600g	3.05	GOV
<b>SPIRITS &amp; LIQUEURS</b>				
WN017	Cognac Distillerie du Peyrat	70cl	36.35	OV
WN086	Highland Harvest Blended Malt	70cl	39.35	GOV
WN048	Juniper Green Fairwild Gin	70cl	29.95	GOV
WN005	Papagayo Golden Rum	70cl	32.25	GOV
WN067	Port - Casal Dos Jordoos	75cl	27.55	OV
WN049	Utkins Single Estate Vodka	70cl	28.85	GOV
<b>SUGARS &amp; SYRUPS</b>				
<b>SUMA</b>				
LJ099	Agave Syrup - organic	240ml	3.99	OV
LJ121	Agave Syrup - organic	500ml	7.99	OV
LJ260	Barley Malt Extract - Organic	340g	2.99	OV
LJ300	Coconut Blossom Syrup Organic	350g	5.69	OV
<b>SUMA PREPACKS</b>				
LJ090	Golden Granulated Sugar	500g	3.05	FV
<b>SUMA PREPACKS - ORGANIC</b>				
LJ100	Coconut Palm Sugar, Organic	500g	4.59	OV
LJ261	Demerara Sugar - organic	500g	3.45	OV
LJ255	Icing Sugar - organic	500g	3.99	OV
LJ251	Raw Cane Sugar - organic	500g	2.95	OV
<b>ATKINS &amp; POTTS</b>				
LJ194	Rosehip Syrup	200g	3.50	SV
<b>BILLINGTONS</b>				
LJ063	Barista Sugar	400g	2.55	V
LJ037	Barista Sugar Crystals	400g	2.55	V
LJ199	Dark Soft Brown	500g	1.79	V
LJ188	Fairtrade Demerara	500g	1.89	FV
LJ185	Fairtrade Golden Gran Sugar	500g	1.74	FV
LJ999	Granulated Sugar - organic	500g	2.35	VO
LJ190	Organic Natural Caster	500g	2.69	OV
LJ060	Sugar - Dark Muscovado	500g	1.89	V
LJ058	Sugar - Demerara	500g	1.85	V
LJ057	Sugar - Golden Caster	250g	0.95	V
LJ056	Sugar - Golden Granulated	1kg	3.44	V
LJ059	Sugar - Light Muscovado	500g	1.89	V
LJ109	Sugar - Molasses	500g	1.99	V
<b>BIONA</b>				
LJ083	Coconut Blossom Nectar	350g	6.69	OV
LJ011	Coconut Palm Sugar - Organic	250g	2.99	OV
LJ014	Coconut Palm Sugar - Organic	500g	5.49	OV
LJ182	Dark Agave Syrup	250ml	3.99	OV
LJ245	Oat Syrup -Squeezy	350g	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	OV
<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	9.99	OV
<b>EQUAL EXCHANGE</b>				
LJ500	Raw Cane Sugar - organic	500g	2.39	FOV
<b>HILLTOP</b>				
HY054	Maple Grade A Dark	230g	3.99	V

code	product	size	rrp	bfgosv
HY055	Maple Syrup Grade A Amber	230g	3.99	V
HY015	Maple Syrup Grade A Amber	640g	9.99	V
HY050	Maple Syrup Grade A Dark	640g	9.99	V
<b>HONEA</b>				
HY061	Lavender Honea - Vegan	230ml	4.99	SV
HY060	Orange Blossom Honea - Vegan	230ml	4.99	SV
HY058	Original Honea - Vegan	230ml	4.99	SV
HY051	Rose Honea - Vegan	230ml	4.99	SV
<b>MARIGOLD</b>				
LJ179	Pomegranate Molasses	250ml	4.49	V
<b>MERIDIAN</b>				
HY077	Barley Malt Extract	370g	2.29	V
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
HY080	Date Syrup	330g	2.99	V
HY250	Maple Syrup - organic	330g	6.99	OV
<b>RAYNERS</b>				
LJ901	Black Treacle - organic	340g	2.59	GOV
HY088	Blackstrap Molasses	340g	2.09	V
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>				
HY025	Maple Syrup - organic	250ml	7.99	OV
HY014	Maple Syrup - organic (Pouch)	125ml	4.35	OV
<b>ST LAWRENCE GOLD</b>				
HY009	Maple Syrup Grade A Amber	250ml	6.39	V
HY053	Og Maple Syrup Grade A Amber	250ml	6.79	OV
HY056	Og Maple Syrup Grade a Amber	1l	24.29	OV
HY042	Og Maple Syrup Grade A Dark	250ml	6.79	OV
<b>SWEET FREEDOM</b>				
LJ157	Caramel Syrup	350g	3.89	V
LJ041	Natural Sweetness - Original	350g	3.49	V
LJ154	Vanilla Syrup	350g	3.89	V
<b>TOTAL SWEET</b>				
LJ124	Total Sweet	225g	2.99	V
LJ125	Total Sweet	1kg	11.15	V
<b>TRAI DCRAFT</b>				
LJ515	Brown Sugar Sticks	3g	12.19	FV
LJ514	White Sugar Sticks	3g	12.19	FV
<b>TRUVIA</b>				
LJ086	Sweetener from the Stevia Leaf	270g	5.49	V
<b>XYLITOL UK</b>				
LJ051	Xylitol Sweetener	250g	3.09	V
LJ047	Xylitol Sweetener	1kg	11.39	V
<b>SUPERFOODS &amp; SPORTS NUTRITION</b>				
<b>BEET IT</b>				
From James White				
JU199	Beet It Sport Pro Elite Shot	70ml	1.59	V
JU201	Beet It Stamina Shot	70ml	1.45	OV
<b>BIONA</b>				
MD736	Cracked Linseed Gold Organic	500g	4.99	OV
<b>BUMBLEZEST</b>				
JU768	BumbleZest Calm & Comfort Shot	60ml	2.74	V
JU770	BumbleZest Mind & Mood Shot	60ml	2.57	V
JU769	Detox & Defend Shot	60ml	2.57	V
JU767	Propel & Protect Shot	60ml	2.57	V
<b>CHIA BIA</b>				
MD068	Whole Chia Seed	200g	3.49	V
MD073	Whole Chia Seed	400g	6.59	V

code	product	size	rrp	bfgosv
	<b>CLEARSPRING</b>			
MD069	Flaxseed Protein Powder	350g	5.89	OV
	<b>GOOD HEMP</b>			
FG086	Hemp Protein Fibre Boost	400g	7.99	V
MD027	Hemp Protein Powder 46%	500g	12.00	V
MD028	Hemp Protein Powder Pure 75%	500g	20.00	V
	<b>GRANOVITA</b>			
GT300	Flax Oil - Organic	260ml	11.75	GOV
GT302	Hemp Oil - Organic	260ml	8.45	GOV
	<b>GREEN ORIGINS</b>			
MD085	Cacao Butter Organic	90g	2.95	OV
MD084	Cacao Powder Organic	90g	2.79	OV
MD026	Maca Powder	90g	3.59	OV
MD093	Spirulina Powder Organic	90g	2.89	OV
MD024	Turmeric Powder	100g	2.99	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
JU640	Turmeric Zinger Shot	70ml	1.65	V
	<b>LINWOODS</b>			
MD113	Chia Seed	200g	6.19	GOV
MD109	Flax,Almond,Brazil,Walnut,Q10	360g	6.25	GV
MD101	Flax,Sunflower & Pumpkin Seeds	425g	6.05	GOV
MD104	Flax,Sunflower,Pump,Sesame,Goji	425g	5.99	GOV
MD102	Flaxseed	425g	5.29	GOV
MD114	Flaxseed	200g	3.35	GOV
MD115	Flaxseed & Goji Berries	200g	3.55	GOV
MD112	Flaxseed,Bio Cultures & Vit D	360g	6.25	GV
MD053	Hemp with Flax & Chia seeds	200g	4.49	GOV
MD110	Linwoods Shelled Hemp	200g	6.99	GV
MD048	Milled Hemp	200g	4.49	GOV
	Organic Sprouted Range			
VM263	Sprouted Flaxseed	360g	6.99	GOV
	<b>NATURES AID</b>			
VM003	MCT Oil	500ml	18.95	FCV
	<b>NATURYA</b>			
MD058	Cognition Functional Blend	250g	14.99	GOSV
MD059	Functional Blend Organic	250g	14.99	GOV
MD040	Greens Blend Organic	250g	12.99	FGOV
MD060	Immunity Functional Blend	250g	14.99	GOSV
MD158	Organic Acai Powder	125g	19.99	GOV
MD157	Organic Barleygrass Powder	200g	7.99	GOV
MD216	Organic Cacao Powder F/trade	250g	6.99	FGVO
MD111	Organic Chia Seeds	300g	5.99	GOV
MD156	Organic Chlorella Powder	200g	12.49	GOV
MD153	Organic Cocoa Nibs	300g	7.99	GOV
MD152	Organic Hemp Protein Powder	300g	9.99	GOV
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	GOV
	<b>PREWETT'S</b>			
VM020	Organic Ground Flaxseed	175g	2.54	GOV
	<b>PROFUSION</b>			
MD057	Peanut Cacao Protein Powder	500g	20.29	OV
MD055	Ultimate Protein Powder Blend	500g	18.25	OV
	<b>PULSIN'</b>			
VM120	Cacao & Maca Protein Shake	330ml	2.79	GV
VM085	Chocolate Pea Protein Powder	1kg	49.99	GV
VM258	Chocolate Pea Protein Powder	250g	14.99	GV

code	product	size	rrp	bfgosv
VM123	Faba Bean Protein Powder	250g	9.99	GV
VM012	Hemp Protein Powder	1kg	28.15	GV
VM093	Hemp Protein Powder	250g	8.39	GV
VM124	Iced Coffee Protein Shake	330ml	2.79	GV
VM027	Pea Protein Isolate	1kg	28.15	GV
VM092	Pea Protein Powder	250g	8.39	GV
VM024	Rice Protein Powder	250g	9.99	GV
VM010	Soya Protein Isolate	1kg	18.75	GV
VM095	Soya Protein Powder	250g	5.99	GV
VM155	Vanilla Faba Bean Powder	250g	14.99	GV
VM090	Vanilla Keto Protein Powder	252g	24.99	VG
	Supershakes			
VM304	Cacao & Maca Energy Supershake	300g	17.59	GV
VM305	Red Berry Immunity Shake	280g	17.59	GV
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>SUMA PREPACKS</b>				
HE250	Psyllium Husk	200g	5.49	V
<b>ALOE PURA</b>				
MD030	Colax Tablets	60	10.99	V
<b>ALOE PURA JUICE</b>				
MD095	Aloe Vera Juice	500ml	7.89	V
MD094	Aloe Vera Juice	1l	13.69	V
<b>BETTER YOU</b>				
	Madeleine Shaw Range			
VM181	Skin, Hair & Nails Formula	25ml	19.95	GV
	Magnesium Range			
VM169	Magnesium Body Butter	200ml	9.95	V
VM029	Magnesium Flakes	250g	3.95	V
VM168	Magnesium Flakes	1kg	9.95	V
VM247	Magnesium Gel - Original	150ml	12.65	V
VM101	Magnesium Muscle Flakes	1kg	9.95	V
VM011	Magnesium Muscle Oil Body Spray	100ml	12.95	V
VM167	Magnesium Oil - Goodnight	100ml	12.95	V
VM134	Magnesium Oil - Original	15ml	2.95	V
VM164	Magnesium Oil - Original	100ml	12.95	V
VM166	Magnesium Oil - Sensitive	100ml	12.95	V
VM105	Magnesium Sleep Flakes	1kg	9.95	V
	Vitamins & Minerals			
VM117	B-Complete Oral Spray	25ml	14.95	V
VM171	Boost B12 Oral Spray	25ml	11.95	GV
VM074	CBD Oral Spray	25ml	29.95	V
VM051	DLux 1000 Vegan Vitamin D	15ml	9.95	GV
VM106	Iron 10	25ml	14.95	GV
VM282	Iron Daily Oral Spray	25ml	9.95	V
MD034	Turmeric Daily Oral Spray	25ml	17.95	V
VM312	Vegan Health Spray	25ml	14.95	V
VM072	Vitamin C Oral Spray	25ml	9.95	GV
VM262	Vitamin K2	25ml	17.95	V
<b>FLORADIX</b>				
MD035	Floradix Intestcare	250ml	15.40	V
MD016	Floradix Vitamin B Complex	250ml	13.19	GV
MD173	Floravital Formula - Yeastfree	250ml	11.55	V
MD172	Floravital Formula - Yeastfree	500ml	18.99	V
MD006	Kindervital Children's Fruity	250ml	10.39	GV
MD033	Neuro Balance with Ashwagandha	250ml	12.95	GV
<b>HEALTHPOL</b>				
DY720	Delacet - Head Lice Solution	100ml	10.65	OV
<b>HIGHER NATURE</b>				
VM036	Active Silver High Stability	15ml	9.39	V
VM035	Active Silver High Stability	100ml	18.75	V

code	product	size	rrp	bfgosv
VM028	Ashwagandha & Rhodiola Complex	30 capsules	14.99	GV
VM079	CBD Oil - 1000mg (10%)	10ml	65.00	V
VM302	Citricidal	25ml	7.59	V
VM303	Citricidal	45ml	12.69	V
VM040	Citricidal	100ml	24.89	V
MD003	Fizzy C Effervescent Vitamin C	20 tablets	5.15	V
MD043	High Strength B Complex	90	19.99	V
MD046	High Strength Vit B Complex	30	8.50	V
MD010	Magnesium Effervescent	20	5.99	V
VM255	MSM Glucosamine Joint Complex	90	11.60	V
MD017	Serotone 5HTP 100mg	90	32.70	V
VM153	Super Magnesium 300mg	30	8.50	V
VM154	Super Magnesium 300mg	90	18.99	V
MD070	VisualEyes	90	29.70	V
	Daily Nutrients			
VM158	For a Restful Night	28	22.99	V
VM159	For Calm	28	22.99	V
VM160	For Energy & Vitality	28	19.99	V
VM161	For Immunity	28	24.99	V
VM165	For Vegans	28	19.99	V
	Probiotics			
VM063	Pro-Digestion	60	20.95	V
VM049	Pro-Intensive Extra	30	19.95	V
VM059	Pro-Woman	30	19.95	V
	Truefood			
VM227	Selenium	60	9.95	V
	<b>LOVE CBD</b>			
VM127	Dutch CBD Capsules	30 capsules	9.99	V
VM285	Dutch CBD Oil 300mg	20ml	18.99	V
VM286	Dutch CBD Oil 500mg	20ml	28.99	V
VM287	Dutch CBD Oil Capsules	60 capsules	18.99	V
VM132	Entourage Oil Spray 800mg	20ml	48.99	V
	<b>NATURES AID</b>			
VM293	Bilberry Capsules	60 capsules	16.95	GOV
VM041	D-Mannose	60 tablets	16.95	GV
VM185	Evening Primrose Oil Organic	90 capsules	15.45	OV
VM183	Hyaluronic Acid	60 capsules	17.95	V
VM089	Inulin Powder	250g	10.45	SV
VM030	Mushroom Complex Organic	60 capsules	19.45	OV
VM180	Sea Buckthorn Oil 500mg	60 capsules	19.45	V
VM291	Turmeric Capsules	30 capsules	10.45	GV
VM292	Turmeric Capsules	60 capsules	18.45	GV
VM295	Vitamin D3 1000iu	60 tablets	5.95	GV
VM182	Vitamin E Oil - high strength	50ml	10.45	V
	CBD Range			
VM146	CBD Oil 2.5% Spray	10ml	21.99	GV
VM147	CBD Oil 5% Spray	10ml	34.99	GV
VM148	CBD Spray 10%	10ml	61.99	GV
	Childrens Vitamins			
VM094	Immune Plus	50ml	7.95	V
VM042	Iron Drops	50ml	7.95	GV
VM034	Vitamin C Drops	50ml	4.95	FCV
	Traditional Herbal Remedies			
VM210	DigestEeze	60 tablets	9.95	V
VM211	Echineeze	90 tablets	8.45	V
VM213	PremEeze	60 capsules	9.95	V
VM214	SleepEezy	60 tablets	8.95	V
VM215	Ucalm	60 tablets	9.95	V
	<b>NATURE'S GREATEST SECRET</b>			
VM266	Colloidal Silver 20PPM Dropper	100ml	12.95	V

code	product	size	rrp	bfgosv
VM141	Colloidal Silver 20PPM Refill	300ml	21.95	V
VM008	Colloidal Silver 20PPM Spray	50ml	10.95	V
VM270	Colloidal Silver 20PPM Spray	100ml	12.95	V
VM268	Colloidal Silver Cream Jar	100ml	18.95	V
VM007	Colloidal Silver Gel Jar	100g	18.95	V
VM162	Colloidal Silver Travel Gel	50g	10.95	V
	<b>NATURES OWN</b>			
	B Vitamins			
VM157	Vit B Complex + Vit C	50 tablets	18.30	V
	C Vitamins			
VM023	Cherry-C: Vit C from Acerola	60 capsules	17.20	V
	D Vitamins			
VM252	Vitamin D3 Vegan	60 tablets	8.30	V
	Digestive Aids			
VM044	Biotic Plus - Live	30 capsules	19.30	V
	Essential Fatty Acids			
VM176	Omega 3 Vegan	60 capsules	26.30	V
	Minerals			
VM001	Calcium - from seaweed	60 capsules	16.00	V
VM108	Magnesium Citrate	90 capsules	13.90	V
VM189	Zinc/Copper	50 tablets	14.60	V
	Multi-Formulations			
VM009	Euro Gold: Multivitamin & Mins	90 tablets	26.30	V
VM156	Multivitamin & Mineral	100 tablets	23.80	V
VM065	Wholefood Multi - Vits & Mins	60 capsules	18.60	V
	Nutritional Support			
VM107	Aloe Vera Juice - Inner Leaf	500ml	9.30	V
	Organic Range			
VM126	Organic Kelp	60 capsules	11.80	OV
	<b>OPTIMA</b>			
MD241	Lecithin Granules	250g	7.59	V
MD031	Lecithin Granules	500g	13.99	V
MD118	Montmorency Cherry Juice	500ml	17.15	V
MD038	Plant Sterols 800mg	60	12.49	V
	<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
MD064	Menopause Serenity	30 capsules	16.95	OV
MD143	Natural Vitamin C	60 capsules	19.99	OV
MD164	Night Time	30 capsules	7.45	OV
MD117	Organic Aloe Vera Juice	500ml	10.35	OV
MD056	Organic Aloe Vera Juice	1l	17.32	OV
MD062	Power Immune	60 capsules	24.99	OV
MD184	Premenstrual Tranquility	30 capsules	16.95	OV
MD182	Turmeric Active	30 capsules	15.95	OV
MD066	Turmeric Active	60 capsules	28.95	OV
MD178	Wholistic Turmeric	30 capsules	15.99	OV
MD036	Women Wholistic Shatavari	30 capsules	16.95	GOV
	<b>SIMPLEE ALOE</b>			
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV
MD025	Aloe Juice Health Supplement	1l	15.99	GOV
	<b>SPATONE</b>			
MD175	Iron-Plus	28 x 25	12.89	V
MD005	Liquid Iron - Apple Flavour	28 x 25	13.65	V
	<b>TOGETHER HEALTH</b>			
VM032	Ashwagandha Complex	30	9.99	GOV
VM022	Beautiful	60	14.99	GV
VM013	Bio CoQ10	30	13.99	GV
VM103	Bone Aid	60	13.99	GV
VM018	Calcium - from seaweed	60	9.99	GV



code	product	size	rrp	bfgosv
VM026	Curcumin & Turmeric	30	9.99	GV
VM033	Gentle Iron	30	7.99	GV
VM104	Hemp Oil CBD	60	19.99	GV
VM014	Immune	30	11.99	GV
VM102	Iodine	30	6.99	GOV
VM119	Magnesium	30	6.99	GV
VM149	Menopause	50	18.99	V
VM112	Multi Vitamin & Mineral	30	9.49	GV
VM019	Multibiotic	30	14.99	GV
VM052	Night Time Marine Magnesium	60	12.99	GV
VM121	Omega 3 - Algae	30	13.99	GV
VM025	Pregnancy - Multi Vit & Mins	60	14.99	GV
VM050	Stress Aid Vitamin & Mineral	30	9.99	GV
VM017	Vegan Multi Vitamin & Mineral	60	12.99	GV
VM021	Vegan Vitamin D3	30	6.99	GV
VM111	Vitamin B Complex	30	9.25	GV
VM113	Vitamin C with Bioflavonoids	30	7.99	GV
VM319	Vitamin K2	30	8.99	GV
VM054	Womens Multivit	30	9.99	GV
VM150	Zinc	30	9.99	OV
<b>VEGA</b>				
	B Vitamins			
VM004	Vitamin B12 1000ug Multi Formulas	30	5.85	V
VM140	Co-Enzyme Q10 Probiotics & Digestive Aids	30 capsules	12.55	V
VM138	Acidophilus & Bifidus Complex	60 capsules	9.55	V
VM139	Digestive Enzymes	60 capsules	8.05	V
<b>VEGAN SOCIETY</b>				
VM241	VEG 1 - Blackcurrant Flavour	90 tablets	7.75	SV
VM244	VEG 1 - Blackcurrant Flavour	180 tablets	15.50	SV
VM245	VEG 1 - Orange Flavour	90 tablets	7.75	SV
VM246	VEG 1 - Orange Flavour	180 tablets	15.50	SV
<b>WELEDA</b>				
	Anthroposophic Medicines			
DY155	Arnica Massage Balm	100ml	13.50	V
DY456	Arnica Massage Balm	200ml	20.75	V
DY156	Arnica Massage Balm	50ml	8.95	V
<b>SWEET SNACKS</b>				
<b>BEAR</b>				
ZX526	Yoyo Pure Fruit Rolls - Apple	20g	0.59	GV
ZX529	Yoyo Pure Fruit Rolls - Mango	20g	0.59	GV
ZX545	Yoyo Pure Fruit Rolls - Pineap	20g	0.59	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	20g	0.59	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	20g	0.59	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry Bites	20g	0.59	GV
ZX336	Blackcurrant and Beetroot	5 x 18g	2.69	GV
ZX333	Strawberry and Butternut Giant Yoyo	5 x 18g	2.69	GV
ZX063	Giant Yoyo -Strawberry/Mango	5 x 20g	2.95	GV
ZX067	Giant Yoyo-Apple/Blackcurrant Yoyo Sours	5 x 20g	2.95	VG
ZX514	Blackcurrant & Apple	20g	0.59	GV
ZX511	Mango & Apple	20g	0.59	GV
ZX448	Strawberry & Apple Yoyos in multipacks	20g	0.59	GV
ZX020	Yoyos - Blackcurrant Multipack	5 x 20g	2.59	GV
ZX014	Yoyos - Mango Multipack	5 x 20g	2.59	GV
ZX013	Yoyos - Raspberry Multipack	5 x 20g	2.59	GV

code	product	size	rrp	bfgosv
ZX012	Yoyos - Strawberry Multipack	5 x 20g	2.59	GV
	<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>CANDY KITTENS</b>			
ZX621	Blueberry Bliss	125g	2.49	GSV
ZX599	Sour Watermelon	125g	2.49	SCV
ZX344	Tropical Mango	125g	2.49	GSV
ZX622	Wild Strawberry Small Bags	125g	2.49	SCV
ZX645	Sour Watermelon	54g	1.25	SVG
ZX035	Tropical Mango	54g	1.25	GSV
	<b>CHEWSY</b>			
ZX677	Cinnamon Gum	15g	1.29	V
ZX665	Lemon Gum	15g	1.29	V
ZX565	Peppermint Gum	15g	1.29	V
ZX591	Spearmint Gum	15g	1.29	V
	<b>COTSWOLD FUDGE CO</b>			
ZX064	Vegan Btterscotch Fudge	150g	3.25	FGSV
ZX463	Vegan Chocolate Fudge	150g	3.25	FGSV
ZX073	Vegan Mocha Fudge	150g	3.25	FGSV
ZX464	Vegan Seasalt Fudge	150g	3.25	FGSV
ZX465	Vegan Vanilla Fudge	150g	3.25	FGSV
	<b>CYPRESSA</b>			
ZX778	Almond Halva	250g	2.99	SV
	<b>FABULOUS FREE FROM FACTORY</b>			
ZX548	Chocovered Crunchee Bites	65g	1.85	GSV
ZX928	Chocovered Peanuts	65g	1.69	GSV
ZX927	Chocovered S/Salt Fudgee Bites	65g	1.89	SV
ZX159	Dairy Free Chocolate Raisins	75g	1.69	GV
ZX432	Dairy Free Fudge	200g	3.29	GSV
ZX627	Dairy Free Fudgee Bites	75g	1.69	GSV
ZX628	Raspberry Ice Bites	75g	1.49	GSV
	<b>FREE FROM FELLOWS</b>			
ZX065	Cola Bottles	100g	1.89	GV
ZX060	Gummy Bears	100g	1.89	GV
ZX072	Midget Gems	100g	1.89	GV
ZX744	Wine Gums	100g	1.89	V
	Boiled Sweets			
ZX321	Cola & Strawberry Lollipops	60g	1.89	VG
ZX324	Rhubarb and Custard	70g	1.89	VG
	<b>FREEDOM CONFECTIONERY</b>			
KB911	Mallow Out Bar Strawberry	40g	1.89	GV
KB910	Mallow Out Bar Vanilla	40g	1.89	GV
KB385	Strawberry Marshmallows	75g	2.49	GV
KB726	Veganics- Large Mallows Mini Mallows	105g	2.49	GSV
KB789	Pink & White Mini Marshmallows	75g	2.49	GSV
KB383	White Vanilla Marshmallows	75g	2.49	GSV
	<b>FRUTINA</b>			
KB325	Fruit Snack - Variety Pack	15g	0.55	V
	<b>JEALOUS SWEETS</b>			
	40g Bags			
ZX231	Fizzy Friends	40g	1.29	SVG
ZX238	Grizzly Bears	40g	1.29	GSV
ZX678	Happy Bears	40g	1.35	CV
ZX675	Love Bears	40g	1.35	GV

code	product	size	rrp	bfgosv
ZX229	Tangy Worms	40g	1.29	SVG
ZX233	Tropical Wonder Share Bags	40g	1.29	SCV
ZX480	Fizzy Friends Share Bags	125g	2.49	GSV
ZX466	Grizzly Bears Share Bags	125g	2.49	GSV
ZX472	Tangy Worms Share Bags	125g	2.49	GSV
	Shot Bags			
ZX948	Grizzly Bears Shot Bags	24g	0.75	GSV
ZX950	Happy Bears Shot Bags	24g	0.85	GV
ZX955	Love Bears Shot Bags	24g	0.85	GV
ZX949	Tangy Worms Shot Bags	24g	0.75	GSV
	<b>JUST WHOLEFOODS</b>			
ZX573	Frooty Fruits, Organic, Vegan	70g	1.99	OSV
ZX209	Vegebears, Organic, Vegan	100g	1.89	OSV
ZX571	Vegebears, Organic, Vegan	70g	1.99	SOV
ZX876	VegeHogs	70g	1.99	OSV
	<b>MALLOW PUFFS</b>			
WS036	Salted Caramel Mallow Bar	30g	1.59	SV
WS035	Vanilla Bean Mallow Bar	30g	1.59	SV
	Vegan Marshmallows			
KB739	Raspberry Mallows	100g	3.49	SV
KB075	Salted Caramel Mallows	100g	3.49	SV
KB070	Vanilla Bean Mallows	100g	3.49	SV
	<b>NOT GUILTY</b>			
KB141	Hipster Bean	90g	1.99	OSCV
KB149	Hug Me Please Sour Gummy	100g	1.99	SOGV
KB142	Kiss me Softly Sour Gummy	100g	1.99	OSVG
KB130	Marilyn Mallow	80g	2.19	GSOV
	<b>PANDA</b>			
ZX078	All Natural 4 Bar Pack	128g	2.09	SV
ZX071	All Natural Liquorice Bar	32g	0.59	VS
ZX402	All Natural Liquorice Bears	125g	1.45	VS
ZX676	All Natural Raspberry Bar	32g	0.59	VS
ZX674	Liquorice Cuts Bag	240g	2.45	VS
ZX435	Liquorice Torpedos	100g	1.55	SV
ZX409	Raspberry Liquorice	200g	2.39	SV
	<b>PANDORA BELL</b>			
WS136	Pate De Fruits Pink Grapefruit	50g	2.55	SCV
	<b>PEPPERSMITH</b>			
	Big Packs			
ZX772	Peppermint Mints	60g	2.99	V
ZX769	Peppersmith Chewing Gum	50g	3.49	V
ZX771	Spearmint Chewing Gum	50g	3.49	V
	Dental Pocket Packs			
ZX026	Extra Strong Mints	15g	1.59	V
ZX601	Peppermint Chewing Gum	15g	1.39	V
ZX536	Peppermint Fresh Mints	15g	1.59	V
ZX590	Sicilian Lemon Peppermints	15g	1.59	V
ZX606	Spearmint Chewing Gum	15g	1.39	V
	<b>RICOLA</b>			
ZX853	Apple Mint - sugar free	45g	1.55	V
ZX372	Cranberry - sugar free	45g	1.55	V
ZX351	Herb - sugar free	45g	1.55	V
ZX442	Lemon Mint - sugar free	45g	1.55	V
ZX350	Liquorice - sugar free	45g	1.55	V
	<b>SO SWEET COUTURE</b>			
	Cool Candy			
ZX069	Vegan Fizzy Dummies	105g	4.35	VS
ZX655	Vegan Giant Strawberries	130g	4.35	VS
ZX805	Vegan Sugar Cherries	128g	4.35	VS
	<b>SUNITA</b>			

code	product	size	rrp	bfgosv
ZX096	Grape Juice & Sultana Halva	2.5kg	39.25	V
ZX587	Grape Juice & Sultana Halva OG	75g	1.69	OV
<b>TABLE SAUCES</b>				
<b>BIONA</b>				
KJ228	Balsamic Glaze Organic	150ml	3.89	OV
KJ225	BBQ Sauce Organic	250ml	2.79	OSV
KJ082	Brown Sauce Organic	270g	3.59	OV
KJ106	Classic Tomato Ketchup Squeezy	560g	3.19	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	3.55	OSV
<b>CHOLULA</b>				
KJ233	Hot Sauce Chilli & Garlic	150ml	2.19	V
KJ234	Hot Sauce Chipotle	150ml	2.19	SV
KJ014	Hot Sauce Original	150ml	2.19	V
<b>EATEN ALIVE</b>				
KJ145	Chocolate BBQ Hot Sauce	150ml	3.99	SV
KJ146	Preserved Lemon Hot Sauce	150ml	3.99	SV
KJ148	Scotch Bonnet Hot Sauce	150ml	3.99	SV
KJ144	Smoked Sriracha Hot Sauce	150ml	3.99	SV
<b>GEO ORGANICS</b>				
KJ212	Worcestershire Sauce - organic	150ml	3.15	OSV
<b>JOCK'S HOT SAUCE</b>				
KJ066	Smoked Habanero Chilli Sauce	150ml	4.65	SV
<b>MERIDIAN</b>				
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>RUBIES IN THE RUBBLE</b>				
KJ279	Banana Ketchup	300g	3.49	V
KJ102	Tomato Ketchup	300g	3.49	SV
<b>STUBB'S</b>				
KJ073	Hickory Liquid Smoke	148ml	2.59	GSV
<b>TEAS</b>				
<b>CAFEDIRECT</b>				
	Everyday Teas			
TE690	Everyday Tea	80 bags	3.45	FV
TE390	Everyday Tea	160 bags	6.20	FV
TE637	Everyday Tea Decaff	80 bags	4.75	FV
<b>CLEARSPRING</b>				
JP080	Genmaicha Green Tea	90g	7.19	OV
JP210	Genmaicha Green Tea Tea Bags	20 bags	3.29	OV
TE262	Gyokuro Green Tea loose	85g	14.99	OV
JP097	Hojicha Roasted Green Tea	20 bags	3.29	OV
JP078	Hojicha Roasted Green Tea	70g	5.39	OV
TE236	Japanese Oolong Tea (bags)	36g	3.69	OV
JP009	Kukicha Roasted Twig Tea	90g	4.39	OV
JP063	Kukicha, Roasted Twig Teabags	20 bags	3.29	OV
TE239	Matcha Genmaicha tea (bags)	36g	3.69	OV
TE256	Matcha Ginger Tea (bags)	36g	3.69	OV
JP010	Matcha Sencha Green Tea (bags)	20 bags	3.69	OV
TE259	Matcha Sencha loose Tea	85g	12.99	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
TE247	Matcha Three Mint tea (bags)	36g	3.69	OV
TE258	Matcha Turmeric tea (bags)	36g	3.69	OV
JP302	Sencha Green Tea	20 bags	3.29	OV

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JP019	Sencha Traditional Green Tea	90g	7.49	OV
	<b>CLIPPER</b>			
TE982	Assam - organic	125g	2.53	FOV
TE983	Assam - organic	50 bags	2.53	FOV
TE486	Citrus Green Tea + Echinacea	20 bags	1.89	OFV
TE154	Decaffeinated Green	40 bags	3.49	FOV
TE151	Decaffeinated Tea	40 bags	3.49	FOV
TE164	Decaffeinated Tea	80 bags	5.99	FOV
TE053	Earl Grey - organic	80 bags	3.99	FOV
TE158	Earl Grey Decaff	40 bags	3.49	FOV
TE507	English Breakfast Organic	80 bags	3.99	FGOV
TE897	English Breakfast Organic	125g	2.53	FOV
TE172	FT OG English Breakfast Tea	40 bags	2.69	FGOV
TE177	FT Organic Earl Grey	40 bags	2.69	FGOV
TE189	FT Organic Everyday Tea	80 bags	3.99	FGOV
TE168	FT Organic Everyday Tea	40 bags	2.69	FGOV
TE191	FT Organic Green & Lemon Tea	80 bags	3.99	FGOV
TE190	FT Organic Green Tea	80 bags	3.99	FGOV
TE182	FT Organic Green Tea	40 bags	2.69	FGOV
TE183	FT Organic White Tea	40 bags	2.69	FGOV
TE877	Green Tea - og	100g	2.69	FOV
TE776	Organic Decaff Everyday Tea	40 bags	3.49	OV
TE991	Organic Green Tea & peppermint	20 bags	1.99	OFV
TE990	Organic Green Tea with Lemon	20 bags	1.99	OFV
TE989	Organic Pure Green Tea	20 bags	1.99	OFV
TE628	White Tea with Peppermint	26 bags	1.90	OV
	<b>FOOD SERVICE RANGE</b>			
TE150	Earl Grey - og	25 bags	2.53	FOV
TE796	English Breakfast - og	25 bags	2.53	FOV
TE635	Everyday Decaffeinated - og	25 bags	2.53	FOV
TE447	Fairtrade Blend	100 bags	5.08	FV
TE726	Fairtrade One Cup Teabags	440 bags	14.72	FV
TE161	Green Tea - og	25 bags	2.53	FOV
	<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	OV
TE932	English Breakfast	20 bags	2.49	FOV
TE677	English Breakfast Tea - og	100g	5.99	GOVB
TE392	First Flush Darjeeling - og	100g	9.96	OV
TE255	Green Tea - og	100g	5.99	BOV
TE935	Pure Darjeeling	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	OV
TE819	Fairtrade Chun Mee Tea	100g	2.39	FOV
TE583	Fairtrade Detox Tea	25 bags	2.09	OV
TE582	Fairtrade Ginger Green Tea	25 bags	2.09	OV
TE585	Fairtrade Ginkgo Green Tea	25 bags	2.09	OV
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	OV
TE260	Green Tea, Turmeric & Matcha	20 bags	2.09	OV
TE112	Jasmine Green Tea	25 bags	1.69	FOV
TE310	Matcha Green Tea Powder	40g	11.95	OV

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<b>RUDE HEALTH FOODS</b>				
	Hot Drinks			
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
<b>WILLIAMSON TEA</b>				
TE081	Duchess Grey	50 bags	3.05	V
TE086	Earl Grey	50 bags	3.05	V
TE087	English Breakfast	50 bags	3.05	V
TE098	Traditional Afternoon	50 bags	3.05	V
<b>TOFU &amp; TEMPEH (CHILLED)</b>				
<b>BETTER NATURE</b>				
CV248	Lupin Tempeh	170g	3.49	OV
CV201	Organic Tempeh	200g	2.99	OV
CV255	Smoked Lupin Tempeh	150g	3.79	OV
CV247	Smoked Tempeh	170g	3.69	OV
CV257	Tempeh Mince	170g	3.29	OV
CV281	Tempeh Rashers	120g	3.29	OV
	Better Bites			
CV305	Moreish Masala	175g	3.29	OV
CV282	Saucy Stir-Fry	175g	3.29	OV
CV322	Tantalising Taco	175g	3.29	OV
<b>CAULDRON</b>				
CV562	Organic Marinated Tofu Pieces	160g	2.95	SOV
CV561	Organic Tofu	396g	2.69	OV
<b>CLEAR SPOT</b>				
CV209	Marinated Tofu	190g	2.45	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>				
CV431	Org Medium Natural Tofu	300g	2.25	GOV
CV394	Org Natural Tofu	300g	2.25	GOV
CV393	Org Premium Marinated Tofu	200g	2.79	GOV
CV395	Org Smoked Tofu	300g	2.85	GOV
<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	2.45	OV
<b>TAIFUN</b>				
CV007	Almond/Ses Tofu Slice	200g	4.05	OV
CV835	Basil Tofu with Fresh Herbs	200g	4.05	OVB
CV716	Curcuma Turmeric Tofu	200g	4.05	OV
CV635	Feto Natural Tofu	200g	3.85	OV
CV684	Firm Tofu - Natural	200g	2.35	OV
CV833	Smoked Tofu- Eat hot or cold.	200g	3.45	OV
CV841	Tofu Fillet - Japanese Style	160g	3.35	OVB
CV840	Tofu Fillet - Mild Wild Garlic	160g	3.65	OVB
CV832	Tofu Rosso - Taste of the Med	200g	4.05	OVB
<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

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CV655	Traditional Tempeh Block	200g	3.25	OV
	<b>VIANA</b>			
	Demeter Organic Standard			
CV410	Hazelnut Tofu	250g	2.80	OV
CV408	Real Smoked Firm Tofu	250g	3.09	OV
	<b>TOMATOES &amp; TOMATO PRODUCTS</b>			
	<b>SUMA</b>			
LJ660	Organic Basil Passata	690g	1.99	VO
LJ560	Organic Passata	690g	1.95	VO
LJ088	Tomato Puree - organic	200g	1.29	VO
	Canned			
LJ075	Cherry Tomatoes - organic	400g	1.39	OV
LJ750	Chopped Tomatoes with Basil	400g	1.15	VO
LJ080	Tomatoes - chopped, organic	400g	1.15	OV
LJ123	Tomatoes - chopped, organic	2.5kg	5.35	OV
LJ081	Tomatoes - peeled, whole OG	400g	1.15	VO
	<b>SUMA PREPACKS - ORGANIC</b>			
	Dried			
LJ602	Sundried Tomatoes - organic	125g	2.05	OV
	<b>MR ORGANIC</b>			
KJ071	Italian Tomato Puree	200g	1.75	OV
	<b>MUTTI</b>			
LJ142	Baby Roma Tomatoes	400g	1.95	V
LJ140	Classic Pizza Sauce	400g	1.65	V
LJ129	Finely Chopped Tomatoes	400g	1.15	V
LJ128	Flavoured Pizza Sauce	400g	1.65	V
LJ141	Passata	500g	1.49	V
LJ134	Passata (Bottled)	400g	1.55	V
LJ127	Tomato Puree in Tubes	130g	1.25	V
LJ093	Triple Conc' Tomato Puree	200g	1.75	V
LJ133	Whole Peeled Tomatoes	400g	1.15	V
	<b>ORGANICO</b>			
KJ010	Sundried Tomatoes - og	190g	4.85	OV
	<b>ZEST</b>			
LJ042	Sun-dried Tomato Paste	170g	2.80	V
	<b>TOOTH CARE</b>			
	<b>ALOE DENT</b>			
DY511	Aloe Vera Charcoal Toothpaste	100ml	4.99	V
DY852	Aloe Vera Childrens Toothpaste	50ml	3.79	V
DY516	Aloe Vera Coconut Toothpaste	100ml	4.99	V
DY864	Aloe Vera Mouthwash	250ml	4.99	V
DY849	Aloe Vera Sensitive Toothpaste	100ml	4.99	V
DY836	Aloe Vera Whitening Toothpaste	100ml	4.99	V
DY326	Enamel & Cavity Toothpaste	75ml	4.99	V
DY327	Extreme Whitening Toothpaste	75ml	4.99	V
DY528	Triple Action Toothpaste	100ml	4.99	V
	<b>BEN &amp; ANNA</b>			
DY300	Mouthwash - Sensitive	500ml	10.95	OV
DY259	Mouthwash Tablets	40g	8.95	OV
DY302	Toothpaste - Charcoal	100ml	8.95	OV
DY293	Toothpaste - Sensitive	100ml	8.95	OV
DY291	Toothpaste - Whitening	100ml	8.95	OV
	Toothpaste Tablets			
DY246	Toothpaste Tablets- Mint	36g	8.95	VO
DY249	Toothpaste Tablets Mint- N/F	36g	8.95	OV
	Toothpowder			
DY296	Toothpowder - Charcoal	15g	8.95	OV
	<b>BIOMED</b>			
DY363	Mouthwash - Citrusfresh	500ml	4.59	V
DY362	Mouthwash - Superwhite	500ml	4.59	V

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DY292	Mouthwash - Well Gum	500ml	4.59	V
DY298	Mouthwash Sensitive	500ml	4.59	V
<b>DR BRONNER'S</b>				
DY544	Peppermint Toothpaste	105ml	7.49	FV
DY629	Spearmint Toothpaste	105ml	7.49	FV
<b>ECOLIVING</b>				
DY425	Plant-Based Dental Floss	50m	2.60	V
DY426	Plant-Based Dental Floss Twin	100m	3.25	V
<b>ECOTOOTHBRUSH</b>				
NF356	Adult - Medium	1	3.29	V
NF355	Adult - Soft	1	3.29	V
NF357	Child - Soft	1	3.29	V
<b>ENVIRONMENTAL TOOTHBRUSH</b>				
NF642	The Environmental Toothbrush	1	3.15	V
NF616	The Environmental Toothbrush	1	3.15	V
NF660	The Environmental Toothbrush	1	3.15	V
<b>GREEN PEOPLE</b>				
DY256	Childrens Mandarin	50ml	4.65	VO
DY980	Childrens Mandarin/Fluoride	50ml	4.65	GOV
DY014	Childrens Spearmint&AloeVera	50ml	4.65	VO
DY216	Minty Cool	50ml	4.65	V
DY255	Peppermint	50ml	4.65	V
<b>HUMBLE</b>				
	Dental Floss			
DY467	Charcoal Floss Picks	50	4.99	V
DY468	Dental Floss - Fresh Mint	50m	2.99	V
DY469	Dental Floss - Taste of Lemon	50m	2.99	V
DY470	Natural Floss Picks	50	4.99	V
	Interdental Brushes			
DY318	Interdental Brush blue	8 pack	4.15	V
DY323	Interdental Brush Pink	8 pack	4.15	V
DY319	Interdental Brush Red	8 pack	4.15	V
DY324	Interdental Brush Yellow	8 pack	4.15	V
	Toothpaste			
DY912	Charcoal Toothpaste	75ml	3.99	V
DY911	Fresh Mint Toothpaste	75ml	3.99	V
	Toothpaste Tablets			
DY407	Fluoride Free Fresh Mint Tabs	60	5.99	V
DY412	Fresh Mint Tabs + Fluoride	60	5.99	V
<b>KINGFISHER</b>				
DY668	Aloe Vera Tea Tree Mint	100ml	2.85	GV
DY669	Aloe Vera/ Tea Tree Fennel	100ml	2.85	GV
DY527	Baking Soda & Mint Toothpaste	100ml	2.85	GV
DY416	Charcoal Naturally Whitening	100ml	3.45	GV
DY161	Children's Strawberry T'paste	75ml	2.49	GV
DY111	Fennel Toothpaste	100ml	2.85	GV
DY800	Fluoride Free Fennel T'Paste	100ml	2.85	GV
DY529	Mint Fluoride Free	100ml	2.85	GV
DY190	Mint Toothpaste	100ml	2.85	GV
<b>LAVERA</b>				
DY591	Complete Care Toothpaste	75ml	4.95	OV
<b>SARAKAN</b>				
DY035	Mouthfresh Rinse	300ml	3.79	V
DY113	Toothpaste	50ml	2.69	V
<b>WELEDA</b>				
DY224	Ratanhia Mouthwash	50ml	9.25	V
DY146	Toothpaste - Calendula	75ml	5.25	V
DY149	Toothpaste - Plant Gel	75ml	5.25	V
DY147	Toothpaste - Ratanhia	75ml	5.25	V
<b>YAWECO</b>				
DY015	Adult Toothbrush - Medium	1	3.49	V



code	product	size	rrp	bfgosv
DY332	Medium Refill Heads	1 x 4 pack	6.45	V
	<b>VEGETABLES</b>			
	<b>SUMA</b>			
	Canned from Fresh			
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	OV
	<b>BIONA</b>			
LJ243	Capers In Olive Oil	120g	4.39	OV
	<b>BIONOVA</b>			
VF040	Sauerkraut	360g	2.69	VO
VF030	Sweetcorn - organic	340g	1.99	VO
	<b>CLEARSPRING</b>			
	Bio Kitchen			
VF339	Sauerkraut	360g	1.49	OVB
	<b>COOKS &amp; CO</b>			
KJ020	Artichoke Bottoms in Brine	390g	2.49	V
KJ088	Artichoke Hearts in Brine	390g	2.70	V
KJ090	Dried Porcini Mushrooms	40g	4.99	V
KJ096	Dried Shii-Take Mushrooms	30g	2.69	V
KJ019	Hearts of Palm	400g	2.35	V
KJ248	Lotus Root	400g	2.79	V
KJ132	Roasted Red Pepper Strips	300g	1.69	SV
KJ017	Roasted Red Peppers	460g	3.15	V
KJ034	Semi Dried Tomatoes in Oil	295g	4.15	V
KJ018	Stuffed Vine Leaves	400g	3.25	V
KJ029	Sundried Tomatoes	295g	2.75	V
KJ078	Sweet Drop Peppers	235g	3.45	GV
KJ244	Tri Colour Jalapenos	290g	2.40	V
KJ027	Whole Green Chillies	300g	1.89	V
KJ030	Whole Red Chillies	300g	1.89	V
	<b>CYPRESSA</b>			
VF051	Marinated Sun-Dried Tomatoes	280g	2.55	V
VF964	Roasted Red Peppers	465g	2.31	SV
VF214	Stuffed Vineleaves	280g	1.95	V
	<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>MERCHANT GOURMET</b>			
VF145	Chestnut Puree	200g	2.09	V
VF146	Whole Chestnuts	180g	3.15	V
	<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	5.29	OV
	<b>ST DALFOUR</b>			
VF112	Whole Chestnuts	200g	2.89	GV
	<b>TROPICAL WHOLEFOODS</b>			
VF164	Ceps / Porcini Mushrooms	30g	3.30	V
VF514	Shiitake Mushrooms	50g	3.49	V
	<b>VEGETABLES (FROZEN)</b>			
	<b>BIO INSIDE</b>			
XL155	Organic Garden peas	300g	1.45	GOV
XL153	Organic Sweetcorn	300g	1.89	GOV
	<b>NATURAL COOL</b>			
XL183	Broccoli	300g	2.19	GOV
XL156	Chips - Oven or Fry	1.25kg	5.15	GOV

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XL221	Chips - Oven or Fry	600g	2.59	BGOV
XL176	Cut Green Beans	450g	2.05	OVB
XL177	Leaf Spinach Portions	450g	2.05	OVB
XL178	Peas	450g	2.65	GOV
XL098	Potato Wedges	450g	2.59	BGOV
XL181	Sweetcorn	450g	2.79	GOV
XL134	Vegetable Mix	450g	2.35	BGOV
<b>YUTAKA</b>				
XL047	Shelled Edamame Beans	500g	2.20	V
<b>VINEGARS</b>				
<b>SUMA</b>				
KJ304	Apple Cider Vinegar	500ml	2.59	OV
KJ335	Apple Cider Vinegar	750ml	3.10	OV
KJ290	Apple Cider Vinegar	5l	14.29	OV
KJ153	OG Balsamic 5 Litre	5l	37.09	OV
KJ151	OG Balsamic Vinegar - oak aged	250ml	3.89	OV
KJ089	Organic Red Wine Vinegar	500ml	2.29	OV
KJ099	Organic Red Wine Vinegar	5l	18.59	OV
KJ091	Organic White Wine Vinegar	500ml	2.29	OV
KJ107	Organic White Wine Vinegar	5l	18.59	OV
<b>ASPALL</b>				
KJ480	Apple Balsamic Vinegar	350ml	3.75	V
KJ382	Balsamic Vinegar - og	5l	48.24	OV
KJ478	Balsamic Vinegar - organic	350ml	3.75	OV
KJ477	Cyder Vinegar	350ml	1.85	V
KJ067	Cyder Vinegar	5l	15.79	V
KJ481	Cyder Vinegar - organic	350ml	1.89	VO
KJ069	Cyder Vinegar - organic	500ml	2.39	VO
KJ205	Cyder Vinegar - organic	5l	19.45	OV
KJ381	Malt Vinegar	5l	13.75	V
KJ395	Raw Unfiltered Cyder Vinegar	500ml	2.85	OV
KJ321	Raw Unfiltered Cyder Vinegar	5l	20.80	OV
KJ479	Red Wine Vinegar	350ml	1.85	V
KJ353	Red Wine Vinegar	5l	15.79	V
KJ475	Red Wine Vinegar - organic	350ml	1.89	OV
KJ476	White Wine Vinegar	350ml	1.85	V
KJ356	White Wine Vinegar	5l	15.78	V
KJ474	White Wine Vinegar - organic	350ml	1.89	OV
KJ210	White Wine Vinegar - organic	5l	21.52	OV
<b>BIONA</b>				
KJ131	Cider Vinegar with `Mother`	5l	15.69	OV
KJ130	Cider Vinegar with `Mother`	500ml	2.69	OV
KJ311	Cider Vinegar with `Mother`	75cl	3.29	OV
<b>BOOSTCHA</b>				
KJ277	Black Tea Kombucha Vinegar	250ml	5.45	OSV
KJ278	Green Tea Kombucha Vinegar	250ml	5.45	OSV
<b>BRAGG</b>				
KJ325	Apple Cider Vinegar w/Mother	473ml	5.99	GOV
KJ324	Apple Cider Vinegar w/Mother	946ml	10.49	GOV
<b>HIGHER NATURE</b>				
VM062	Apple Cider Vinegar - OG	500ml	9.90	OV
<b>MR ORGANIC</b>				
KJ492	Organic Apple Cider Vinegar	500ml	3.35	GOV
<b>RAW HEALTH</b>				
KJ489	Apple Cider Vinegar	1 l	4.35	OV
KJ129	Raw Organic Cider vinegar	500ml	3.05	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

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<b>WATERS</b>				
<b>CAN O WATER</b>				
WA003	Sparkling Spring Water	330ml	0.89	V
WA008	Still Water	330ml	0.89	V
<b>HARROGATE SPRING WATER</b>				
Glass Bottles				
WA013	Spring Water - Sparkling	330ml	0.56	V
WA222	Spring Water - Sparkling	750ml	1.25	V
WA009	Spring Water - Still	330ml	0.59	V
WA223	Spring Water - Still	750ml	1.25	V
PET Bottles				
WA012	Spring Water - sparkling	500ml	0.49	V
<b>JUST</b>				
WA020	100% Spring Water - Still	500ml	1.29	V
<b>THIRSTY PLANET</b>				
Glass Bottles				
WA018	Spring Water - Sparkling	330ml	0.63	V
WA016	Spring Water - Still	330ml	0.59	V
<b>WINES</b>				
<b>RED WINE</b>				
Argentina				
WN176	Bonarda Malbec Casa Solero	75cl	9.14	V
WN119	Made in Mendoza Malbec	75cl	11.15	OV
Bulgaria				
WN132	Cabernet Sauvignon Deer Point	75cl	8.60	V
Chile				
WN041	Proudly Vegan Merlot	75cl	9.09	V
France				
WN006	Merlot - La Marouette	75cl	12.26	OV
Italy				
WN063	Era Nero d'Avola	75cl	12.41	OV
WN058	Nero d'Avola	75cl	9.93	OV
WN140	Nero d'Avola - Fedele	75cl	11.49	OV
WN094	Vino Rosso - Fedele	75cl	10.25	OV
Lebanon				
WN033	Coteaux Les Cedres Du Liban	75cl	20.39	FV
South Africa				
WN114	Cab Sauvignon - Running Duck	75cl	10.45	FOV
WN137	Dig This! Shiraz Merlot	75cl	10.19	FOV
WN197	Merlot - Running Duck	75cl	10.19	FOV
WN138	Merlot - Stellar	75cl	10.75	FOV
WN196	Pinotage - Running Duck	75cl	10.59	FOV
WN116	Shiraz - Running Duck	75cl	10.19	FOV
Spain				
WN232	Camino Tinto Tempranillo	75cl	9.35	OV
WN207	Cuesta Colora Tempranillo	75cl	12.27	OV
WN103	Rioja Garnacha Crianza	75cl	16.07	OV
<b>ROSE WINE</b>				
Bulgaria				
WN174	Merlot Rose Deer Point	75cl	8.60	V
Chile				
WN043	Proudly Vegan Rose	75cl	9.09	V
France				
WN229	Grenache Rose - La Marouette	75cl	12.08	OV
Italy				
WN139	Vino Rose - Fedele	75cl	11.49	OV
South Africa				
WN118	Shiraz Rose - Running Duck	75cl	10.19	FOV
<b>SPARKLING WINE</b>				
Italy				

code	product	size	rrp	bfgosv
WN133	Prosecco - Proverbio	75cl	16.65	OV
WN009	Prosecco Col di Manza Perlage	75cl	21.61	OV
WN075	Prosecco- Proudly Vegan	75cl	13.85	V
WN015	Prosecco Spumante Era	75cl	15.65	OV
<b>WHITE WINE</b>				
	Bulgaria			
WN012	Chardonnay Deer Point	75cl	8.60	V
	Chile			
WN034	Proudly Vegan Sauvignon Blanc	75cl	9.35	V
WN032	Sauvignon Blanc Semillon	75cl	9.12	FOV
	France			
WN226	Sauvignon - La Marouette	75cl	12.77	OV
	Italy			
WN095	Bianco - Fedele	75cl	10.49	OV
WN141	Catarratto Pinot Grigio Fedele	75cl	11.49	OV
WN029	Gavi Spinola cas. Tassarolo	75cl	17.75	OV
WN057	Pinot Grigio	75cl	9.93	OV
	South Africa			
WN008	Chenin Blanc - Running Duck	75cl	10.19	FOV
WN115	Chenin Sauv Blanc - R/Duck	75cl	10.19	FOV
WN136	Dig This! Chenin Sauv Blanc	75cl	10.19	FOV
WN019	Sauvignon Blanc - Stellar	75cl	10.19	FOV
<b>YEAST EXTRACTS</b>				
<b>ESSENTIAL TRADING</b>				
GH059	Yeast Extract	125g	4.35	V
GH058	Yeast Extract	250g	7.30	V
<b>MERIDIAN</b>				
GH160	Yeast Extract + B12 and salt	340g	4.49	V
GH098	Yeast Extract +B12, no salt	340g	4.49	V
<b>NATEX</b>				
GH055	Yeast Extract - Reduced Salt	225g	4.05	V
<b>YOGHURT, DAIRY (CHILLED)</b>				
<b>BIOTIFUL DAIRY</b>				
CV012	Original Kefir Quark	235g	1.79	GV
<b>YOGHURT, NON-DAIRY (CHILLED)</b>				
<b>ALPRO</b>				
CV574	Almond Soya Yoghurt	500g	1.20	GV
CV575	Coconut Soya Yoghurt	500g	1.20	GV
CV576	Soya Blueberry Cherry Yoghurt	4 x 125g	1.40	GSV
CV572	Soya Blueberry Yoghurt	500g	1.20	GSV
CV579	Soya Greek Style	400g	1.20	GV
CV589	Soya Strwb/Bana/Peach Yoghurt	4 x 125g	1.40	GSV
<b>COYO</b>				
CV132	Natural Coconut Milk Yoghurt	125g	2.05	OV
CV135	Natural Coconut Milk Yoghurt	250g	3.60	OV
CV351	Natural Coconut Milk Yoghurt	400g	5.15	OV
CV139	Raw Chocolate Coconut Yoghurt	125g	2.05	OV
CV580	Salted Caramel Coconut Yoghurt	125g	2.05	SOV
CV058	Strawberry Coconut Yoghurt	125g	2.05	OV
CV600	Strawberry Coconut Yoghurt	400g	5.19	OV
CV310	Vanilla Coconut Yoghurt	125g	2.05	OV
CV513	Vanilla Coconut Yoghurt	400g	5.15	OV
<b>KOKO DAIRY FREE</b>				
	Coconut Yoghurts			
CV042	Coconut & Lemon Yoghurt	2 x 125g	1.49	GSV
CV229	Greek Style Yoghurt	400g	1.99	GV
CV032	Peach & Passionfruit Yoghurt	2 x 125g	1.49	GSV
CV020	Plain Yoghurt Alternative	500g	1.99	GSV
CV031	Raspberry Yoghurt Alternative	2 x 125g	1.49	GSV
CV029	Strawberry Yoghurt Alternative	2 x 125g	1.49	GSV

code	product	size	rrp	bfgosv
CV243	Unsweetened Yoghurt	500g	1.99	GV
CV300	Vanilla Yoghurt Alternative	450g	1.99	GSV
	<b>NUSH</b>			
	Almond Milk Dairy-Free Yoghurt			
CV326	Blueberry Yoghurt	120g	1.69	V
CV170	Blueberry Yoghurt	350g	3.25	V
CV331	Caramel and Hibiscus Yoghurt	120g	1.69	V
CV533	Natural Yoghurt	350g	3.25	V
CV348	Peach Melba Yoghurt	120g	1.69	V
CV515	Raspberry Yoghurt	350g	3.25	V
CV853	Strawberry Yoghurt	120g	1.69	V
CV169	Strawberry Yoghurt	350g	3.25	V
	Cashew Milk Dairy-Free Yoghurt			
CV645	Cashew Yoghurt Natural	350g	4.15	OV
CV646	Strawberry Yoghurt	350g	4.15	OV
	<b>OATLY</b>			
CV652	Oatgurt Blueberry	400g	2.60	SV
CV654	Oatgurt Greek	400g	2.70	V
CV650	Oatgurt Plain	400g	2.30	V
CV651	Oatgurt Strawberry	400g	2.60	SV
	<b>PROVAMEL</b>			
	Soya-Based Yoghurts			
CV069	Organic Natural Yofu	500g	2.35	OV
CV318	Organic Vanilla Yofu	500g	2.35	GOSV
	<b>SOJADE</b>			
	Soya Based Yoghurts			
CV732	Almond Yoghurt	400g	2.40	GOV
CV485	Apricot Yoghurt	400g	2.15	GOSV
CV269	Banana & Passion Yoghurt	400g	2.75	GOV
CV289	Blueberry Cherry Yoghurt	400g	2.75	GOV
CV486	Blueberry Yoghurt	400g	2.15	GOSV
CV731	Coconut Yoghurt	400g	2.40	GOV
CV461	Greek Style Hazelnut Yoghurt	400g	2.80	GOSV
CV730	Greek Style Raspberry Yoghurt	400g	2.15	GOV
CV463	Greek Style Vanilla Yoghurt	400g	2.80	GOSV
CV876	Greek Style Yoghurt	400g	2.15	GOV
CV724	Lemon Yoghurt	400g	2.15	GOSV
CV494	Mango & Peach Yoghurt	400g	2.15	GOSV
CV483	Natural Yoghurt	400g	1.35	GOV
CV266	Sojade Natural Yoghurt	250g	0.95	GOV
CV723	Vanilla Yoghurt	400g	2.15	GOSV
	<b>THE COCONUT COLLABORATIVE</b>			
CV500	Blueberry Yoghurt	120g	1.75	GV
CV502	Mango & Passion Fruit Yoghurt	120g	1.75	GV
CV498	Natural Yoghurt	120g	1.75	GV
CV495	Natural Yoghurt	350g	2.99	GV
CV693	Oat Yoghurt	350g	2.99	V
CV497	Vanilla Yoghurt	350g	2.99	GV
CV508	Yoghurt Mango/Passion Compote	360g	3.15	GV

# Suma

CO-OPERATIVE SINCE 1977

Lacy Way, Lowfields Business Park, HX5 9DB

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

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