



# Summa

CO-OPERATIVE SINCE 1977

**CATERING**

NOV - DEC 2021

# CATERING

A bit more about it..

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

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

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



## Key BFGSOV

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

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

code	product	size	price	bfgosv
<b>ALCOHOL FREE BEVERAGES</b>				
<b>ORGANICO</b>				
JU367	Blueberry Sparkle	6 x 750ml	22.31	OV
JU369	Raspberry Fizz	6 x 750ml	23.31	OV
<b>ALCOHOLIC DRINKS</b>				
<b>HOLLOWS</b>				
From Fentimans				
RT017	Superior Alcoholic Ginger Beer	8 x 500ml	17.26	GVS
<b>BAGS, BOXES AND BASKETS</b>				
<b>ECOLEAF BY SUMA</b>				
Refuse Sacks				
NF270	Refuse Sacks-Recycled Plastic	12 x 8 rolls	12.41	V
NF483	Refuse Sacks-Recycled Plastic	1 x 200 bags	22.95	V
<b>SUMA</b>				
Plastic Free Cellophane Bags				
NF487	Cellophane Bags - Large	1 x 1000 bags	8.30	V
NF476	Cellophane Bags - Medium	1 x 1000 bags	58.30	V
NF484	Cellophane Bags - Small	1 x 1000 bags	41.75	V
NF477	Cellophane Bags - XLarge	1 x 1000 bags	119.70	V
NF482	Cellophane Bags - XSmall	1 x 1000 bags	36.35	V
<b>SUMA PAPER BAGS</b>				
Counter Bags				
NF489	Paper Flour Bags - Holds 1.5kg	1 x 250 bags	44.95	V
<b>D2W</b>				
NF406	100% Degradable Refuse Sacks	24 x 10 bags	24.20	V
NF407	Degradable Swing Bin Liners	50 x 15 bags	62.20	V
NF169	Pedal Bin Liners	50 x 30 bags	62.20	V
<b>BAKING SUNDRIES</b>				
<b>SUMA</b>				
LJ039	Baking Powder - Gluten Free	6 x 200g	9.87	GV
LJ019	Cornflour	6 x 500g	7.43	V
LJ040	G/Free Bicarbonate of Soda	6 x 200g	8.51	GV
LJ223	Gluten Free Xanthan Gum	6 x 100g	13.69	GV
<b>BARKAT</b>				
LJ002	Gluten Free Baking Powder	6 x 100g	7.40	GV
<b>DOVES FARM</b>				
LJ168	Baking Powder Bulk	3 x 1kg	11.31	GV
LJ166	Cornflour Bulk	3 x 1kg	12.34	GOV
LJ423	Quick Yeast	2 x 8 x 125g	15.75	GV
LJ165	Xanthan Gum	3 x 1kg	37.30	GV
<b>ENGEVITA</b>				
LJ143	Yeast Flakes	6 x 125g	15.70	GV
<b>FERMIPAN</b>				
LJ061	Dried Yeast	20 x 500g	69.50	V
<b>GREEN &amp; BLACKS</b>				
Cooks Chocolate				
KB058	Dark Cooking Chocolate-Organic	15 x 150g	32.10	FOS
KB429	Milk Cooks Chocolate - organic	15 x 150g	32.10	OS
<b>JUST WHOLEFOODS</b>				
LJ162	Vegetet - setting agent	10 x 25g	15.00	V
<b>ORGRAN</b>				
LJ656	Egg Replacer	8 x 200g	17.55	GV
<b>STEENBERGS</b>				
LJ116	Almond Extract	6 x 100ml	3.17	V
LJ117	Orange Flower Water Organic	6 x 100ml	17.15	OV
LJ085	Rose Water Organic	6 x 100ml	17.14	OV
<b>TAYLOR &amp; COLLEDGE</b>				
LJ115	Vanilla Bean Extract	6 x 100ml	41.50	FOV

code	product	size	price	bfgovs
LJ113	Vanilla Bean Paste	12 x 65g	59.35	SOV
<b>BEANS &amp; PULSES - CANNED</b>				
<b>SUMA</b>				
VF675	Aduki Beans - organic	12 x 400g	9.81	OV
VF550	Baked Beans - Organic	12 x 400g	1.71	OSV
VF750	Baked Beans - Organic	6 x 2.65K	22.50	OSV
VF900	Black Beans - Organic	6 x 2.6kg	19.25	OV
VF707	Borlotti Beans	12 x 400g	6.75	V
VF119	Butter Beans	12 x 400g	6.75	V
VF645	Butter Beans - organic	12 x 400g	9.81	VO
VF709	Cannellini Beans	12 x 400g	6.75	V
VF395	Cannellini Beans - organic	12 x 400g	9.81	OV
VF117	Chickpeas	12 x 400g	6.75	V
VF642	Chickpeas - organic	12 x 400g	9.81	VO
VF785	Chickpeas - organic	6 x 2.6kg	19.25	OV
VF647	Green Lentils - organic	12 x 400g	9.81	VO
VF644	Haricot Beans - organic	12 x 400g	9.81	VO
VF649	Mixed Beans - organic	12 x 400g	9.81	VO
VF795	Mixed Beans - organic	6 x 2.6kg	19.25	OV
VF118	Red Kidney Beans	12 x 400g	6.75	V
VF643	Red Kidney Beans - organic	12 x 400g	9.81	VO
VF711	Six Bean Mix	12 x 400g	9.81	V
<b>BIONA</b>				
VF222	Baked Beans - Organic	6 x 400g	5.89	OVs
<b>BIONOVA</b>				
VF495	Baked Beans - organic	6 x 340g	6.96	OSV
<b>WHOLE EARTH</b>				
VF161	Baked Beans - organic	12 x 400g	1.71	GOV
<b>BEANS &amp; PULSES - DRIED</b>				
<b>SUMA BAGGED DOWN</b>				
PU147	Black Turtle Beans	3kg	6.59	V
PU015	Blackeye Beans	3kg	8.35	V
PU030	Butter Beans	3kg	9.49	V
PU041	Cannellini Beans - Alubia	3kg	6.99	V
PU019	Chickpeas	10kg	21.55	V
PU143	Chickpeas	3kg	6.55	V
PU055	Kidney Beans - red	3kg	7.99	V
PU185	Lentils - brown	3kg	6.45	V
PU054	Lentils - Dark Speckled	3kg	9.15	V
PU186	Lentils - green	3kg	7.15	V
PU040	Lentils - red split	10kg	24.25	V
PU137	Lentils - red split	3kg	7.15	V
PU179	Moong Dahl	3kg	9.89	V
PU051	Mung Beans	3kg	8.75	V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
PU212	Aduki Beans - Organic	3kg	13.25	VO
PU243	Butter Beans - organic	3kg	14.35	VO
PU117	Chickpeas - organic	1kg	2.95	VO
PU190	Chickpeas - organic	3kg	7.15	VO
PU162	Green Split Peas - organic	3kg	8.45	VO
PU191	Haricot Beans - organic	3kg	11.65	VO
PU003	Lentils - brown, organic	3kg	8.95	VO
PU171	Lentils - Dark Speckled, org	1kg	4.45	VO
PU172	Lentils - Dark Speckled, org	3kg	11.19	VO
PU118	Lentils - green, organic	1kg	3.55	VO
PU193	Lentils - green, organic	3kg	8.99	VO
PU127	Lentils - red split, organic	1kg	3.35	VO

code	product	size	price	bfgosv
PU194	Lentils - red split, organic	3kg	8.55	VO
PU120	Mung Beans - organic	1kg	4.59	VO
PU195	Mung Beans - organic	3kg	11.95	VO
PU192	Red Kidney Beans - organic	3kg	12.49	VO
PU197	Yellow Split Peas - organic	3kg	8.55	VO
<b>SUMA COMMODITIES</b>				
PU150	Black Turtle Beans	25kg	41.00	V
PU303	Blackeye Beans	25kg	54.00	V
PU114	Broth Mix	25kg	42.15	V
PU111	Butter Beans (Lima)	25kg	62.00	V
PU016	Cannellini Beans - Alubia	25kg	44.00	V
PU018	Chickpeas	25kg	4.00	V
PU028	Haricot Beans - pea	25kg	38.00	V
PU039	Kidney Beans - red	25kg	5.00	V
PU010	Lentils - brown	25kg	4.00	V
PU082	Lentils - Dark Speckled	25kg	6.00	V
PU022	Lentils - green	25kg	45.00	V
PU032	Marrowfat Peas	12.5kg	14.75	V
PU175	Moong Dahl	25kg	65.00	V
PU033	Mung Beans	25kg	57.00	V
PU035	Pinto Beans	25kg	42.00	V
PU025	Split Peas - green	25kg	32.00	V
PU047	Split Peas - yellow	25kg	24.00	V
<b>SUMA COMMODITIES - ORGANIC</b>				
PU200	Aduki Beans - Organic	25kg	9.00	VO
PU210	Butter Beans, Chinese - org	25kg	98.00	OV
PU220	Cannellini Beans - organic	25kg	79.00	OV
PU140	Chickpeas - organic	25kg	45.00	OV
PU083	Green Split Peas - organic	25kg	55.00	OV
PU052	Haricot Beans - organic	25kg	78.00	VO
PU001	Lentils - brown, organic	25kg	58.00	VO
PU084	Lentils - Dark Speckled, Org	25kg	75.00	VO
PU116	Lentils - green , organic	25kg	56.00	VO
PU126	Lentils - red split, organic	25kg	55.00	VO
PU062	Mung Beans - organic	25kg	86.00	VO
PU061	Pinto Beans - organic	25kg	7.00	OV
PU057	Soya Beans - organic	25kg	45.00	VO
PU059	Yellow Split Peas - organic	25kg	53.00	OV
<b>BEERS</b>				
<b>BUDELS</b>				
RT131	Budels Lager	24 x 330ml	33.24	OV
<b>SAM SMITHS</b>				
RT008	Organic Pale Ale	12 x 550ml	27.00	OV
RT120	Pure Brewed Organic Lager	12 x 550ml	27.00	OV
<b>BISCUITS CRACKERS &amp; CRISPBREAD</b>				
<b>DOVES FARM</b>				
BT010	Digestives	12 x 200g	11.26	OSV
BT092	Organic Digestive Biscuits	12 x 400g	18.67	OSV
<b>ORGANICO</b>				
Rustic Breadsticks				
BT065	Classic Grissini - og	8 x 120g	11.70	OV
BT061	Omega Grissini - og	8 x 120g	11.70	OV
BT068	Sesame Grissini - og	8 x 120g	12.90	OV
BT067	Spelt Grissini - og	8 x 120g	15.00	OV
<b>BODY CARE</b>				
<b>ALTER/NATIVE BY SUMA</b>				
Accessories				

code	product	size	price	bfgovs
DY484	5l pump - 30ml Dispenser <b>FAITH IN NATURE</b> Soap	each	3.12	V
DY050	Loose Soap - Aloe Vera	18 x 100g	19.84	V
DY154	Loose Soap - Hemp	18 x 100g	19.84	V
DY005	Loose Soap - Lavender	18 x 100g	19.84	V
DY006	Loose Soap - Orange	18 x 100g	19.84	V
DY008	Loose Soap - Rosemary	18 x 100g	19.84	V
DY239	Loose Soap - Tea Tree <b>OLIVA</b>	18 x 100g	19.84	V
DY561	Olive Oil Soap - Large Bar <b>BREADS &amp; BREAD MIXES</b> <b>AMAIZIN</b>	6 x 600g	14.61	V
BT329	Organic Tortilla Wraps <b>BIONA</b>	16 x 240g	3.20	OV
BT135	Pizza Base - 2 Per Retail Pack	10 x 300g	21.99	OV
BT422	Spelt Pizza Base - Organic <b>ISABEL'S NATURALLY FREE FROM</b>	10 x 300g	31.12	OV
BT203	Gluten & Wheat Free Pizza Mix <b>BURGERS SAUSAGES &amp; TVP MIXES</b> <b>SUMA BAGGED DOWN</b>	8 x 300g	23.80	G
SY097	Burger Mix - Vegan	1kg	12.29	V
VF406	Burger Mix - Vegan	5kg	58.99	V
SY098	Sausage Mix - Vegan	1kg	1.99	V
VF407	Sausage Mix - Vegan	5kg	52.79	V
SY113	Vegan TVP Mince <b>SUMA COMMODITIES</b>	1kg	4.39	V
VF404	Burger Mix - Vegan	25kg	242.80	V
VF405	Sausage Mix - Vegan <b>PROTOVEG</b>	25kg	224.90	V
VF839	Sausage Mix <b>BUTTER, CREAM &amp; MILK (CHILLED)</b> <b>DELAMERE DAIRY</b>	10kg	54.60	V
CV239	Butter Goats Butter Minimum 5 days shelf-life	10 x 250g	17.59	
CV406	Fresh Goats Milk - semi skimmd	12 x 1l	19.30	
CV409	Fresh Goats Milk - whole <b>YEO VALLEY</b>	12 x 1l	19.30	
CV304	Slightly Salted Organic Butter <b>CEREALS &amp; MUESLIS</b> <b>SUMA BULK MUESLI</b>	20 x 250g	45.71	O
MX184	Cranberry Crunch	3kg	9.97	
MX025	Crunchy Apricot Muesli	25kg	58.52	
MX026	Crunchy Apricot Muesli	10kg	25.43	
MX027	Crunchy Apricot Muesli	3kg	8.12	
MX017	Luxury Tropical Muesli	10kg	21.32	V
MX185	Luxury Tropical Muesli	3kg	6.92	V
MX041	Roast Hazelnut Muesli	10kg	22.86	V
MX042	Roast Hazelnut Muesli	3kg	7.37	V
MX032	Simply Muesli Base	20kg	22.00	V
MX033	Simply Muesli Base	10kg	12.96	V
MX034	Simply Muesli Base <b>SUMA BULK MUESLI - ORGANIC</b>	3kg	4.29	V
MX130	De Luxe Muesli - organic	3kg	9.22	OV
MX119	Deluxe Muesli - Organic	10kg	29.72	OV
MX052	Muesli - organic	10kg	27.14	VO
MX160	Muesli - organic	25kg	63.57	VO

code	product	size	price	bfgov
MX183	Muesli - organic	3kg	8.57	OV
	<b>CHEESE, DAIRY (CHILLED)</b>			
	<b>LYE CROSS FARM</b>			
	Catering Sizes			
CV028	Mature Cheddar	per kg	1.94	O
CV451	Mild Cheddar	per kg	9.94	O
	<b>CIDERS</b>			
	<b>WESTONS</b>			
RT006	Wyldwood Organic Cider	12 x 500ml	25.13	OV
	<b>COCOA</b>			
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
LJ149	Cocoa Powder - Organic	3kg	25.35	FOV
	<b>SUMA COMMODITIES - ORGANIC</b>			
LJ173	Cocoa Powder Fairtrade	25kg	17.00	FOV
	<b>CLIPPER</b>			
TE196	Instant Hot Chocolate	4 x 1kg	33.45	FS
	<b>DIVINE</b>			
TE687	Drinking Chocolate	6 x 400g	19.80	FVS
	<b>COFFEE</b>			
	<b>SUMA</b>			
	Bulk Packs			
TE103	Columbia Beans	1kg	15.25	FOV
TE656	Espresso Beans	1kg	14.80	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	16.00	FOV
TE109	Honduras Coffee Beans	1kg	12.97	FOV
TE106	Peru Cepicafe Beans	1kg	13.69	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	15.46	FOV
TE113	Swiss Water Decaff Beans	1kg	16.00	FOV
	<b>CAFEDIRECT</b>			
	Instant Coffees			
TE395	Smooth Roast Instant	6 x 500g	101.61	FV
	<b>CLIPPER</b>			
	FOOD SERVICE RANGE			
TE724	Instant - Fairtrade & Organic	4 x 500g	68.67	FOV
TE526	Instant Organic Decaff	4 x 500g	8.13	FOV
	<b>CONVENIENCE FOODS</b>			
	<b>FREE &amp; EASY</b>			
VF125	Bean Cassoulet - og	6 x 400g	11.66	GOV
VF116	Chickpea & Bean Tagine	6 x 400g	11.66	GOV
VF006	Chickpea / Vegetable Curry	6 x 400g	11.66	GOV
VF014	Three Bean Chilli - og	6 x 400g	11.66	GOV
	<b>SUNITA</b>			
FG601	Polenta - organic	6 x 500g	9.62	OV
	<b>CRISPS &amp; SNACKS</b>			
	<b>SUMA BAGGED DOWN</b>			
ZX332	Bombay Mix	1kg	3.49	V
ZX083	Fruit & Nut Mix	5kg	34.75	V
ZX477	Wasabi Peas - Spicy	1kg	7.79	V
	<b>SUMA COMMODITIES</b>			
ZX033	Bhusu	5kg	13.80	V
ZX034	Bombay Mix	10kg	23.60	V
ZX288	Garlic Gathia	5kg	14.75	V
ZX037	Spiced Roast Chickpeas	2.5kg	6.49	V
ZX038	Spicy Noodles	5kg	15.25	V
ZX087	Trail Mix	10kg	69.95	SV
ZX468	Wasabi Peas - Spicy	10kg	61.55	V

code	product	size	price	bfgosv
<b>AMAIZIN</b>				
ZX589	Bio Corn Chips Nachos	10 x 150g	18.22	GOS
ZX543	Bio Corn Chips Natural	10 x 150g	14.10	OV
ZX429	Natural Corn Chips Value Bag	10 x 250g	18.25	OV
<b>KETTLE CHIPS</b>				
Sharing Bags				
ZX248	Lightly Salted	12 x 150g	21.87	GV
<b>PIPERS CRISPS</b>				
Sharing Bag				
ZX291	Anglesey Sea Salt	15 x 150g	2.47	GV
ZX289	Lye Cross Cheddar & Onion	15 x 150g	2.47	GS
ZX283	Sea Salt & Somerset Cider V'gr	15 x 150g	2.47	GS
<b>TRAF0</b>				
Snacks				
BT075	Pretzel Sticks	12 x 100g	12.15	OV
Tortilla Chips				
ZX136	Tortilla Chips - Natural	14 x 200g	2.47	OV
<b>DESSERTS</b>				
<b>JUST WHOLEFOODS</b>				
VF067	Jelly, Lemon, Vegan	12 x 85g	13.43	SV
VF068	Jelly, Strawberry, Vegan	12 x 85g	13.43	SV
VF066	Jelly, Tropical, Vegan	12 x 85g	13.43	SV
<b>SOJADE</b>				
SY017	Cuisine- Organic Soya Cream	24 x 200ml	17.90	OV
<b>DESSERTS, NON-DAIRY (FROZEN)</b>				
<b>FOOD HEAVEN</b>				
Dairy-Free Desserts				
XL400	Cool Vanilla Ice Cream	6 x 900ml	16.83	GSV
<b>FAR EASTERN FOOD</b>				
<b>BIONA</b>				
VF775	Coconut Milk Organic	6 x 400ml	8.63	OV
VF772	Creamed Coconut Organic	12 x 200g	19.80	OV
<b>BLUE DRAGON</b>				
JP220	Tofu - Firm Silken	12 x 349g	19.00	V
<b>CLEARSPRING</b>				
Soya Sauce				
JP605	Shoyu	2.5l	19.20	OV
JP001	Tamari Soya Sauce	2.5l	33.74	GOV
<b>MERIDIAN</b>				
JP058	Tamari	5l	29.50	GV
<b>MORI-NU</b>				
JP205	Tofu - Firm Tofu	12 x 349g	16.30	V
<b>FLAKES, BRANS &amp; WHEATGERM</b>				
<b>SUMA BAGGED DOWN</b>				
FX104	Oats - Porridge	10kg	14.25	V
FX063	Wheatgerm	5kg	15.85	V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
FX085	Oats - Porridge - Organic	10kg	21.69	OV
<b>SUMA COMMODITIES</b>				
FX504	Oats - jumbo	25kg	24.30	V
FX010	Oats - Porridge Flakes	25kg	24.30	V
<b>SUMA COMMODITIES - ORGANIC</b>				
FX250	Bran Sticks - Organic	15kg	38.46	OV
FX027	Buckwheat Flakes - Organic	15kg	68.90	OV
FX053	Millet Flakes - Organic	15kg	66.90	VO
QS002	Oat Groats - Organic	25kg	54.60	VO
FX503	Oats - Jumbo - Organic	25kg	39.30	OV
FX009	Oats - Porridge - Organic	20kg	31.80	OV



code	product	size	price	bfgosv
FX014	Oats - Porridge - Organic	25kg	39.30	OV
FX654	Quinoa Flakes - Organic	15kg	84.30	OV
FX004	Rice Flakes - Brown - Organic	15kg	62.95	OV
<b>FLOURS &amp; BREAD MIXES</b>				
<b>SUMA BAGGED DOWN</b>				
FG093	Polenta	5kg	6.65	V
<b>SUMA COMMODITIES</b>				
FG046	Gram Flour	5kg	11.29	V
FG094	Polenta	25kg	21.60	V
FG048	Potato Starch	25kg	33.35	V
FG049	Semolina - fine	25kg	34.90	V
<b>SUMA PREPACKS</b>				
FG002	Teff Flour - Brown	6 x 500g	17.12	V
<b>DOVES FARM</b>				
FG069	Fine Plain White Flour	5 x 1kg	5.32	OV
FG010	Fine Plain Wholemeal Flour	5 x 1kg	4.90	VO
FG522	Gluten Free Brown Bread Flour	5 x 1kg	8.94	GV
FG700	Gluten Free Plain White Flour	5 x 1kg	8.50	GV
FG520	Gluten Free White Bread Flour	5 x 1kg	8.50	GV
FG004	Malthouse Bread Flour	5 x 1kg	6.13	OV
FG117	Rice Flour	5 x 1kg	7.40	GV
FG115	Self Raising Wholemeal Flour	5 x 1kg	5.16	OV
FG997	Speciality Pasta Flour	5 x 1kg	6.26	OV
FG116	Stoneground Gram Flour	5 x 1kg	8.96	GV
FG072	Strong White Bread Flour	5 x 1.5kg	7.51	OV
FG008	Strong Wholemeal Bread Flour	5 x 1.5kg	7.29	OV
FG070	White Self Raising Flour	5 x 1kg	5.47	OV
FG701	White Self Raising Flour GF Artisan Flour	5 x 1kg	8.50	GV
FG082	Einkorn Flour	5 x 1kg	11.99	OV
FG011	Khorasan Flour Wholegrain	5 x 1kg	17.20	OV
FG016	Rye Flour Wholegrain Organic	5 x 1kg	6.26	OV
FG071	Spelt Flour White Organic	5 x 1kg	13.86	OV
FG102	Spelt Flour Whole Meal Organic Bulk	5 x 1kg	11.86	OV
FG499	Gluten Free Plain White	16kg	22.85	GV
FG052	Gluten Free Self Raising Flour	16kg	22.53	GV
FG005	Maize Flour - organic	25kg	31.74	GOV
FG888	Malthouse Flour - organic	25kg	27.51	OV
FG067	Spelt Flour - organic	25kg	47.87	OV
FG020	Strong White Flour	25kg	22.64	VO
FG075	White flour - plain organic	25kg	22.85	VO
FG497	White flour - self raising org	25kg	23.49	OV
FG498	White flour - strong organic	16kg	15.66	OV
FG015	Wholemeal Rye Flour	25kg	16.93	V
FG995	Wholewheat Flour	25kg	2.10	OV
FG007	Wholewheat strong flour org	25kg	2.10	VO
<b>GILCHESTERS ORGANICS</b>				
FG014	Pizza & Ciabatta Wheat Flour	6 x 1.5kg	17.30	OV
FG018	Semolina Fine Wheat Flour	6 x 500g	8.87	OV
FG009	Strong 100% Whole Wheat Flour	6 x 1.5kg	15.21	OV
FG006	Strong White Wheat Flour Bulk	6 x 1.5kg	16.40	OV
FG110	Pizza & Ciabatta Flour	15kg	24.61	OV
FG109	Strong White Flour - S/ground	15kg	23.20	OV
FG108	Wholemeal Flour - Stoneground	15kg	22.27	OV
<b>LITTLE SALKELD WATERMILL</b>				
FG804	Barley Flour - organic	6 x 500g	1.98	OVb

code	product	size	price	bfgosv
<b>SHIPTON MILL</b>				
FG876	White Strong Organic Flour	5 x 2.5kg	13.97	OV
FG079	Wholemeal Organic Flour	5 x 2.5kg	13.76	OV
<b>SUPREME</b>				
FG021	Gram Flour Blend Bulk	20kg	32.00	V
<b>FRUIT - CANNED &amp; JARRED</b>				
<b>ESSENTIAL TRADING</b>				
KJ263	Mango Chunks in Org Juice	6 x 400g	11.30	VO
KJ262	Pineapple Chunks In Org Juice	6 x 400g	11.30	VO
KJ260	Tropical Fruits in Org Juice	6 x 400g	11.30	VO
<b>FRUIT - DRIED</b>				
<b>SUMA BAGGED DOWN</b>				
DR004	Apple - Rings SO2	5kg	32.25	V
DR293	Apple - Rings SO2	1kg	7.69	V
DR090	Apricots - select SO2	2.5kg	17.55	V
DR168	Apricots - select SO2	1kg	7.65	V
DR122	Apricots - unsulphured	5kg	33.15	V
DR207	Apricots - unsulphured	1kg	7.45	V
DR174	Banana - Whole Chips	1kg	5.55	SV
DR027	Blueberries	1kg	18.75	SV
DR225	Cherries Glace - Dark Red	1kg	6.75	VS
DR058	Cranberries	1kg	6.99	VS
DR092	Cranberries	2.5kg	15.59	VS
DR126	Currants - medium	5kg	19.25	V
DR173	Currants - medium	1kg	4.75	V
DR227	Dates - Chopped	1kg	3.85	V
DR148	Dates - loosepack	5kg	11.89	V
DR183	Dates - loosepack	1kg	3.29	V
DR208	Figs	1kg	7.49	V
DR178	Fruit Cake Mix	1kg	4.85	VS
DR068	Fruit Salad - SO2	5kg	34.85	V
DR344	Fruit Salad - SO2	1kg	7.79	V
DR169	Ginger	1kg	6.55	VS
DR153	Goji Berries	1kg	14.65	V
DR320	Mango Slices - SO2	1kg	18.39	V
DR228	Mixed Peel - Contains SO2	1kg	3.79	VS
DR209	Papaya	1kg	6.45	VS
DR210	Peaches - SO2	1kg	8.99	V
DR211	Pears - SO2	1kg	8.85	V
DR212	Pineapple - diced, SO2	1kg	6.49	VS
DR103	Prunes - pitted, Ashlock	2.5kg	16.15	V
DR239	Prunes - pitted, Ashlock	1kg	7.90	V
DR667	Raisins - Dark flame	1kg	4.85	V
DR078	Raisins - Thompson Seedless	5kg	16.25	V
DR109	Raisins - Thompson Seedless	2.5kg	8.75	V
DR171	Raisins - Thompson Seedless	1kg	4.25	V
DR128	Sultanas - 5 crown	5kg	28.99	V
DR152	Sultanas - No 9's	5kg	14.79	V
DR216	Sultanas - No 9's	1kg	3.99	V
DR069	Vine Fruit Mix	5kg	2.25	V
DR691	Vine Fruit Mix	1kg	4.85	V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
DR050	Apricots - organic	1kg	1.25	OV
DR082	Apricots - organic	2.5kg	24.25	OV
DR219	Cranberries - organic	1kg	9.99	OSV
DR079	Currants - organic	2.5kg	16.55	OV
DR062	Dates - Medjool Organic	1kg	11.85	OV

code	product	size	price	bfgosv
DR080	Dates - organic	2.5kg	17.59	VO
DR236	Dates - organic	1kg	7.75	OV
DR072	Dates OG pitted fairly traded	1kg	9.15	FOV
DR048	Figs - Organic	1kg	9.15	OV
DR105	Figs - organic	2.5kg	21.35	OV
DR026	Ginger - crystallised organic	1kg	8.49	OSV
DR052	Prunes, pitted - organic	1kg	11.65	OV
DR081	Prunes, pitted - organic	2.5kg	27.59	OV
DR053	Raisins - organic	1kg	5.89	OV
DR145	Raisins - organic	2.5kg	13.35	OV
DR056	Sultanas - organic	1kg	5.59	OV
DR146	Sultanas - organic	2.5kg	12.59	OV
DR391	Vine Fruit Mix - organic	5kg	29.49	OV
DR423	Vine Fruit Mix - organic	1kg	6.75	OV
<b>SUMA COMMODITIES</b>				
DR003	Apple - Rings SO2	10kg	51.75	V
DR005	Apricots - Chopped SO2	12.5kg	75.89	V
DR008	Apricots - Select SO2	12.5kg	7.55	V
DR010	Apricots - Unsulphured	12.5kg	65.65	V
DR999	Cranberries - Sliced	25lb	56.65	VS
DR015	Currants	12.5kg	36.25	V
DR017	Dates - chopped	12.5kg	23.95	V
DR018	Dates - Whole Pitted GAQ Grade	10kg	16.95	V
DR022	Ginger - Crystallised	5kg	23.95	VS
DR300	Mango Slices - SO2	12.50kg	189.00	V
DR023	Mixed Peel - Contains SO2	10kg	22.59	VS
DR024	Papaya - Diced SO2	5kg	23.35	VS
DR025	Peaches - Halves SO2	12.5kg	81.99	V
DR163	Pears - Halves SO2	12.5kg	8.75	V
DR029	Pineapple - Diced SO2	5kg	23.50	VS
DR801	Prunes - Pitted Ashlock	10kg	52.29	V
DR143	Raisins - Dark Flame	10kg	29.25	V
DR039	Raisins - Thompson Seedless	12.5kg	32.25	V
DR041	Sultanas - Australian 5 Crown	14kg	68.25	V
DR042	Sultanas - Turkey/South Africa	12.5kg	28.35	V
<b>SUMA COMMODITIES - ORGANIC</b>				
DR043	Apricots - Organic	12.5kg	99.75	VO
DR869	Banana Chips - Organic	6.8kg	33.95	OS
DR908	Cranberries - Organic	11.34kg	86.95	OSV
DR111	Currants - Organic	12.5kg	66.15	OV
DR986	Dates - Fairtrade Organic	5kg	33.15	FOV
DR044	Figs - Organic	10kg	7.00	OV
DR142	Prunes - Organic	12.5kg	111.59	OV
DR045	Raisins - Organic	12.5kg	49.75	OV
DR046	Sultanas - Organic	12.5kg	46.75	OV
<b>FRUIT &amp; VEGETABLE JUICES</b>				
<b>SUNITA</b>				
JU997	Lemon Juice - E224	5l	14.41	V
JU672	Lemon Juice - organic	6 x 1l	33.10	OV
JU524	Lime juice	5l	12.16	V
<b>GRAINS</b>				
<b>SUMA BAGGED DOWN</b>				
QS026	Barley Grain - pearl	10kg	13.15	V
QS112	Bulgar wheat - coarse	3kg	5.65	V
QS018	Couscous	10kg	2.65	V
QS062	Couscous	3kg	5.99	V
QS032	Couscous - Pearl	3kg	8.69	V

code	product	size	price	bfgosv
QS078	Rice - arborio (risotto)	5kg	12.65	V
QS005	Rice - basmati, brown	10kg	29.59	V
QS064	Rice - basmati, brown	3kg	8.99	V
QS074	Rice - basmati, white	3kg	8.99	V
QS403	Rice - basmati, white	10kg	29.59	V
QS007	Rice - long grain brown	5kg	9.29	V
QS079	Rice - white pudding	5kg	11.50	V
QS033	Rice - wild	2.5kg	33.79	V
QS083	Tapioca	3kg	9.45	V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
QS040	Buckwheat - unroasted, organic	5kg	18.25	VO
QS030	Bulgar wheat - organic	3kg	7.65	VO
QS049	Couscous - wholemeal, organic	3kg	1.29	VO
QS092	Millet - organic	3kg	8.79	OV
QS012	Oat Groats - Organic	5kg	14.59	VO
QS151	Popcorn - organic	1kg	3.25	VO
QS153	Popcorn - organic	3kg	7.85	VO
QS069	Quinoa, Red - Organic	1kg	4.49	OV
QS071	Quinoa, Red - Organic	3kg	11.99	OV
QS606	Quinoa, White - Organic	3kg	14.55	OV
QS566	Rice - arborio, organic	3kg	13.45	OV
QS668	Rice - basmati, brown organic	3kg	11.79	VO
QS664	Rice - basmati, white organic	3kg	11.79	VO
QS035	Rice- long grain brown organic	10kg	29.89	VO
QS036	Rice- long grain brown organic	3kg	8.99	VO
QS038	Rice-short grain brown organic	10kg	28.99	VO
QS039	Rice-short grain brown organic	3kg	8.79	VO
<b>SUMA COMMODITIES</b>				
QS117	Barley Grain - pearl	25kg	22.00	V
QS990	Bulgar wheat - coarse	25kg	33.75	V
QS017	Couscous	25kg	36.95	V
QS031	Couscous - Pearl	15kg	32.50	V
QS125	Rice - Arborio (risotto)	25kg	46.55	V
QS402	Rice - basmati, white	20kg	45.00	V
QS006	Rice - long grain brown	25kg	32.50	V
QS501	Rice - white pudding	25kg	39.90	V
QS008	Sushi Rice	10kg	16.65	V
<b>SUMA COMMODITIES - ORGANIC</b>				
QS116	Buckwheat - unroasted, organic	25kg	73.25	OV
QS250	Bulgar wheat - organic	25kg	47.00	V
QS235	Millet - organic	25kg	55.00	OV
QS042	Popcorn - organic	25kg	48.50	OV
QS201	Quinoa - organic	25kg	95.00	OV
QS063	Red Quinoa - organic	25kg	8.00	OV
QS666	Rice - basmati, white organic	25kg	75.80	OV
QS034	Rice-long grain brown organic	25kg	56.90	OV
<b>DOVES FARM</b>				
QS047	Wheat grain - organic	25kg	2.10	VO
<b>GRAVY, STOCK &amp; BOUILLON</b>				
<b>MARIGOLD</b>				
LJ046	Bouillon Powder	1kg	8.75	G
LJ238	Bouillon Powder - Organic	6 x 500g	32.18	GOV
LJ164	Bouillon Powder - Reduced Salt	1kg	8.75	GV
LJ321	Yeast Free Bouillon Stock Cube	12 x 84g	12.51	GOV
<b>VECON</b>				
LJ049	Vegetable Stock	1kg	1.50	V

code	product	size	price	bfgosv
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## HERB & FRUIT TEA INFUSIONS

### CLIPPER

FOOD SERVICE RANGE

TE141	Chamomile - og	250 bags	14.70	FOV
TE148	Chamomile - og	6 x 25 bags	11.41	FOV
TE455	Lemon & Ginger - og	6 x 25 bags	13.31	OV
TE459	Lemon & Ginger - og	250 bags	2.87	OV
TE162	Peppermint - og	250 bags	14.70	FOV
TE166	Peppermint - og	6 x 25 bags	11.41	FOV
TE454	Wild berry - og	6 x 25 bags	13.31	OV

### HERBS & SPICES - BULK

#### BULK MILLED SPICES - ORGANIC

HE707	Cassia Cinnamon Ground - OG	500g	9.15	OV
HE735	Ginger Powder Organic	500g	9.50	OV
HE732	Turmeric - Organic	500g	6.39	OV

#### BULK WHOLE SPICES

ZX100	Liquorice Root	1kg	16.45	V
HE021	Peppercorns - black	1kg	8.49	V
HE022	Peppercorns - black	3kg	23.95	V
HE207	Tamarind	200g	2.25	V
HE027	Vanilla Pods	10 pack	3.75	V

#### BULK WHOLE SPICES - ORGANIC

HE703	Whole Black Peppercorns - OG	500g	15.00	OV
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### HERBS & SPICES - PREPACKED

#### SUMA

Whole Spices

HE001	Peppercorns - black	6 x 250g	13.46	V
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### HONEY

#### SUMA

HY082	Wildflower Pure Clear Honey	3kg	17.66	
HY083	Wildflower Pure Set Honey	3kg	17.66	

### HOUSEHOLD CLEANING PRODUCTS

#### ECOLEAF BY SUMA

HJ105	Fabric Conditioner	6 x 1.5l	14.95	V
HJ055	Laundry Liquid	6 x 1.5l	23.87	V
HJ050	Multi Surface Cleaner	6 x 500ml	9.20	V
	20 Litres Bulk			
HJ083	Fabric Conditioner Bulk	20l	2.99	V
HJ060	Laundry Liquid Bulk	20l	38.98	V
HJ077	Washing Up Liquid Bulk	20l	21.19	V
	5 Litres Bulk			
HJ078	Fabric Conditioner	5l	6.24	V
HJ075	Laundry Liquid	5l	12.80	V
HJ072	Toilet Cleaner	5l	7.49	V
HJ067	Washing Up Liquid	5l	6.74	V
	Powders			
HJ129	Washing Powder Concentrated	10kg	25.00	V
	<b>BIO D</b>			
HJ004	Fabric Conditioner	12 x 1l	19.65	V
HJ003	Laundry Liquid	12 x 1l	42.45	V
HJ244	Toilet Cleaner - angled head	12 x 750ml	19.58	V
	5 Litres Bulk			
HJ608	Fabric Conditioner	5l	6.52	V
HJ116	Handwash - Lime & Aloe Vera	5l	12.59	V
HJ107	Handwash - unfragranced	5l	1.60	V
HJ247	Home & Garden Sanitiser	5l	8.11	V
HJ800	Laundry Liquid	5l	16.11	V

code	product	size	price	bfgosv
HJ654	Multi Surface Sanitiser	5l	9.54	V
HJ665	Toilet Cleaner	5l	7.82	V
HJ097	Washing Up Liquid	5l	7.31	V
	Handwash			
HJ119	Handwash - Lime & Aloe Vera	6 x 500ml	12.21	V
HJ117	Handwash - unfragranced	6 x 500ml	14.56	V
	Powders			
HJ081	Washing Powder Concentrated	1kg	2.98	V
HJ082	Washing Powder Concentrated	2kg	5.66	V
HJ103	Washing Powder Concentrated	12.5kg	32.68	V
<b>CAMBRIDGE TRADITIONAL PRODUCTS</b>				
HJ017	Pure Beeswax	16 x 1oz	21.97	
	<b>ECOVER</b>			
HJ065	Cream Cleaner	12 x 500ml	12.22	V
HJ024	Floor Cleaner	12 x 1l	28.11	V
HJ054	Liquid Hand Soap Refill	6 x 1l	41.44	V
	5 Litres Bulk			
HJ070	Floor Cleaner	5l	1.79	V
HJ071	Laundry Liquid - Delicate	5l	13.45	V
HJ527	Liquid Hand Soap	5l	18.26	V
	Bag in Box Range			
HJ084	15L Refill Tap	each	3.10	V
HJ034	Washing Up Liquid	15l	21.93	V
	Dishwasher Products			
HJ086	Dishwasher Rinse Aid	12 x 500ml	33.50	V
HJ132	Dishwasher Tablets - Bulk	5 x 70 tablets	47.80	V
	Laundry Liquid			
HJ549	Laundry Liquid - Non Bio	6 x 1.5l	26.62	V
	Zero			
HJ203	Washing Powder Zero	7.5kg	23.28	V
<b>HOUSEHOLD PRODUCTS</b>				
	<b>ECOLEAF BY SUMA</b>			
NF091	Ecoleaf 3 Ply Kitchen Towels	12 x 2 rolls	15.72	V
NF209	Ecoleaf Toilet Tissue	10 x 4 pack	16.18	V
NF214	Ecoleaf Toilet Tissue	5 x 9 rolls	17.59	V
NF210	Ecoleaf Toilet Tissue Bulkpack	5 x 12 pack	22.90	V
	<b>HILL BRUSH COMPANY</b>			
NF781	Vegetable Brush	each	4.77	V
NF782	Washing Up Brush + Four Heads	each	5.95	V
	<b>IF YOU CARE</b>			
NF500	100% Recycled Aluminium Foil	12 x rolls	23.87	V
NF032	Heavy Duty Aluminium Foil	12 x 1 rolls	32.58	V
NF023	Large Baking Cups	24 x 1 x 60	24.63	V
NF021	Parchment Paper Rolls	12 x 1 rolls	32.58	V
NF018	Sponge Cloths	12 x 5 cloths	31.00	V
	<b>TRADCRAFT</b>			
NF181	Fair Trade Rubber Gloves	12 x 1 pairs	1.86	GFV
	<b>INDIAN FOOD</b>			
	<b>PATAKS</b>			
	Pappadums			
VF293	Pappadums - Plain	12 x 100g	17.67	V
	<b>JUICE CONCENTRATES &amp; CORDIALS</b>			
	<b>SUMA</b>			
	Chilled products			
JU057	Apple - concentrate	5l	28.74	V
JU243	Apple Juice Concentrate - Org	5l	31.87	OV

code	product	size	price	bfgov
<b>MARGARINES &amp; SPREADS (CHILLED)</b>				
<b>SUMA</b>				
MA003	Olive Spread	8 x 500g	14.23	V
MA055	Soya Spread	8 x 500g	12.34	V
MA051	Sunflower Spread	6 x 2kg	35.25	V
MA053	Sunflower Spread	8 x 500g	12.34	V
<b>BIONA</b>				
MA030	Vegetable Margarine	16 x 500g	57.20	OV
MA061	Vegetable Margarine	8 x 250g	18.18	OV
<b>MAYONNAISE &amp; SALAD DRESSINGS</b>				
<b>KITE</b>				
KJ230	Mayonnaise	2.5kg	15.40	O
<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>				
<b>CARLEY'S</b>				
KJ240	Preserved Lemon - Organic	6 x 700g	23.27	OV
<b>MILK - NON DAIRY</b>				
<b>BONSOY</b>				
SY072	Soya Milk	6 x 1l	18.85	V
<b>DREAM</b>				
JU540	Rice Dream - Calcium	12 x 1l	19.10	GV
JU361	Rice Dream - Original	12 x 1l	19.10	VO
<b>ECOMIL</b>				
SY012	Almond Drink Powder	6 x 400g	58.46	GOV
SY030	Cuisine - Almond Cream	24 x 200ml	25.02	GOV
<b>KOKO DAIRY FREE</b>				
SY038	Coconut Milk Drink	12 x 1l	16.11	GSV
SY046	Coconut Milk Drink	8 x 3x250ml	11.94	GSV
SY051	Coconut Milk Drink - Chocolate	12 x 1l	18.81	GSV
<b>OATLY</b>				
SY019	Cream - Dairy Free	18 x 250ml	14.40	VO
<b>PROVAMEL</b>				
SY090	Almond Drink - Organic	12 x 1l	24.20	OV
SY094	Almond Drink - Unsweetened	12 x 1l	24.20	GOV
SY011	Coconut & Rice Drink	12 x 1l	22.50	GOV
SY007	Rice Drink - organic	12 x 1l	17.91	GVO
SY080	Soya Milk - sweetened	12 x 1l	18.00	GOV
SY025	Soya Milk - Unsweetened	12 x 1l	18.00	GOV
<b>THE BRIDGE</b>				
SY002	Oat Drink	12 x 1l	15.75	OV
SY560	Oat Drink - Calcium Enriched	12 x 1l	17.91	OV
SY042	Rice Drink - Calcium Enriched	12 x 1l	15.75	GOV
<b>MILK (LONGLIFE)</b>				
<b>MOO</b>				
MJ011	Semi Skimmed Milk - Organic	12 x 1l	18.80	O
<b>NUT &amp; SEED BUTTERS</b>				
<b>SUNITA</b>				
GH080	Tahini - light	3kg	21.40	V
GH149	Tahini - light, organic	3kg	26.70	VO
GH079	Tahini - Whole	3kg	21.35	V
GH996	Tahini, Whole, Organic	3kg	26.70	VO
<b>NUTS &amp; SEEDS</b>				
<b>SUMA BAGGED DOWN</b>				
NU004	Almonds	5kg	41.55	V
NU005	Almonds	1kg	5.75	V
NU135	Almonds - blanched	1kg	9.79	V
NU007	Almonds - Flaked	5kg	49.99	V
NU008	Almonds - flaked	1kg	1.35	V

code	product	size	price	bfgosv
NU010	Almonds - ground	5kg	45.95	V
NU011	Almonds - ground	1kg	1.25	V
NU214	Bird Nuts	5kg	14.95	V
NU017	Brazil - broken	5kg	51.25	V
NU078	Brazil - broken	1kg	1.65	V
NU015	Brazil - whole, medium	5kg	81.49	V
NU077	Brazil - whole, medium	1kg	16.65	V
NU019	Cashew - large pieces	5kg	29.25	V
NU020	Cashew - large pieces	1kg	6.35	V
NU237	Cashew - roasted & salted	1kg	18.55	V
NU131	Cashew - whole	5kg	53.59	V
NU134	Cashew - whole	1kg	11.49	V
NU054	Chia Seeds	1kg	6.29	V
NU274	Coconut - chips	1kg	6.50	V
NU240	Coconut - desiccated , medium	5kg	24.99	V
NU241	Coconut - desiccated , medium	1kg	5.35	V
NU030	Hazelnuts	5kg	48.85	V
NU096	Hazelnuts	1kg	1.25	V
NU204	Linseed / Flax	1kg	2.69	V
NU206	Linseed / Flax	5kg	9.45	V
NU079	Macadamia Nuts - Style 2	1kg	26.39	V
NU035	Mixed nuts	5kg	43.45	V
NU239	Mixed nuts	1kg	9.55	V
NU107	Mixed nuts - chopped	1kg	7.35	V
NU046	Peanuts - redskin	5kg	18.65	V
NU027	Pecan nuts	2.5kg	41.25	V
NU055	Pecan nuts	1kg	16.89	V
NU057	Pine kernels	1kg	35.25	V
NU251	Pistachio - raw, shelled	1kg	27.55	V
NU060	Pistachio - roasted & salted	1kg	15.99	V
HE026	Poppy Seeds	1kg	4.25	V
NU062	Pumpkin seeds	5kg	31.35	V
NU063	Pumpkin seeds	1kg	6.65	V
NU066	Sesame seeds - natural	5kg	17.39	V
NU227	Sesame seeds - natural	1kg	3.99	V
NU068	Sunflower seeds	5kg	12.25	V
NU231	Sunflower seeds	1kg	2.99	V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
NU201	Almonds - organic	1kg	17.25	VO
NU430	Almonds, ground - organic	1kg	2.50	OV
NU032	Brazils Whole - organic	2.5kg	48.15	OV
NU278	Brazils Whole - organic	1kg	19.59	OV
NU070	Cashews - whole, organic	1kg	14.79	OV
NU038	Coconut - desiccated, organic	2.5kg	13.85	VO
NU071	Coconut - desiccated, organic	1kg	5.89	VO
NU202	Hazelnuts - organic	1kg	12.19	OV
NU271	Hemp Seeds - organic	1kg	6.55	VO
NU039	Linseed, golden - organic	2.5kg	9.25	OV
NU244	Linseed, golden - organic	1kg	3.99	OV
NU001	Omega Seed Mix - organic	1kg	6.45	OV
NU287	Omega Seed Mix - organic	5kg	27.45	OV
NU072	Peanuts - organic	1kg	5.75	OV
NU543	Pine Kernels - organic	1kg	4.39	OV
NU209	Pumpkin seeds - organic	1kg	7.79	OV
NU210	Sesame seeds - organic	1kg	5.15	OV
NU084	Sunflower seeds - organic	2.5kg	8.85	VO
NU203	Sunflower seeds - organic	1kg	3.85	OV



code	product	size	price	bfgosv
NU200	Walnuts - organic	1kg	12.79	OV
	<b>SUMA COMMODITIES</b>			
NU003	Almonds	50lb	157.15	V
NU006	Almonds - flaked	10kg	84.95	V
NU009	Almonds - ground	10kg	77.40	V
NU016	Brazil - broken	44lb	176.65	V
NU014	Brazil - whole, medium	44lb	278.65	V
NU018	Cashew - large pieces	50lb	111.10	V
NU021	Cashew - roasted & salted	3kg	44.75	V
NU125	Cashew - whole	50lb	26.59	V
NU050	Chia Seeds	25kg	123.25	V
NU024	Coconut - chips	10kg	47.50	V
NU888	Coconut - desiccated medium	25kg	12.50	V
NU205	Linseed / Flax	25kg	34.50	V
NU076	Macadamia Nuts	25lb	223.95	V
NU036	Mixed nuts - chopped	12.5kg	7.00	V
NU250	Peanuts - paleskin	25kg	6.45	V
NU044	Peanuts - redskin	25kg	73.35	V
NU051	Peanuts - roasted & salted	12.5kg	45.45	V
NU047	Peanuts - Roasted with Skins	12.5kg	41.50	V
NU312	Pecan Nuts	30lb	18.95	V
NU056	Pine kernels - China	12.5kg	387.50	V
NU300	Pistachio - raw, shelled	10kg	221.75	V
NU058	Pistachio - roasted & salted	10kg	126.15	V
NU061	Pumpkin seeds	25kg	13.00	V
NU065	Sesame seeds - natural	25kg	66.25	V
	<b>SUMA COMMODITIES - ORGANIC</b>			
NU789	Alfalfa seeds - organic	25kg	257.65	OV
NU109	Almonds - organic	10kg	136.50	OV
NU800	Almonds, Ground - organic	10kg	158.35	OV
NU890	Brazils Whole - organic	44lb	331.69	OV
NU112	Cashews - whole organic	50lb	278.15	OV
NU117	Coconut - desiccated, organic	25kg	115.25	OV
NU301	Hazelnuts - organic	10kg	96.75	VO
NU002	Hemp Seeds - organic	20kg	96.35	OV
NU791	Linseed, golden - organic	25kg	7.00	OV
NU885	Peanuts - organic	25kg	111.75	OV
NU542	Pine Kernels - organic	12.5kg	438.85	OV
NU207	Pumpkin seeds - organic	25kg	155.00	OV
NU208	Sesame seeds - organic	25kg	94.25	OV
NU083	Sunflower seeds - organic	25kg	7.75	OV
NU118	Walnuts Light Halves - organic	10kg	99.25	VO
	<b>OILS &amp; FATS</b>			
	<b>SUMA</b>			
GT010	Extra Virgin Rapeseed Oil	5l	17.90	V
GT100	Grapeseed Oil	6 x 500ml	19.12	V
GT018	Italian Organic Olive Oil	6 x 750ml	5.23	OV
GT019	Italian Organic Olive Oil	4 x 3l	126.59	OV
GT086	Olive Oil - Extra Virgin	5l	34.12	V
GT087	Olive Oil-Extra Virgin,organic	5l	38.62	VO
GT090	Sunflower Oil - cold pressed	5l	14.81	V
GT091	Sunflower Oil - organic	5l	17.90	VO
	<b>SUMA PREPACKS</b>			
GT028	Gluten Free Vegetarian Suet	6 x 250g	1.13	GV
	<b>BIONA</b>			
VF774	Virgin Coconut Oil Organic	6 x 400g	36.47	OV
	<b>CLEARSPRING</b>			
GT204	Italian Olive Oil Organic	6 x 1l	76.01	OV

code	product	size	price	bfgosv
GT009	Rapeseed Oil Organic	6 x 500ml	18.91	OV
GT230	Sunflower Frying Oil organic	6 x 1l	33.71	OV
GT202	Sunflower Oil organic	6 x 1l	26.96	OV
<b>EQUAL EXCHANGE</b>				
Palestinian Fairtrade Oils				
GT555	Olive Oil	6 x 1l	96.00	FV
<b>HELLENIC</b>				
GT005	Olive Oil - Extra Virgin	4 x 3l	76.90	V
GT031	Olive Oil Extra Virgin	4 x 5l	121.77	V
<b>KHYBER</b>				
VF751	Ghee	1 x 2lb	3.20	V
<b>KTC</b>				
GT052	Sunflower Oil - refined	5l	8.70	V
<b>LA BIO IDEA</b>				
GT044	Italian Og Virgin Olive Oil	6 x 1l	62.32	OV
<b>SUNITA</b>				
GT099	Olive Oil-Extra Virgin Organic	5l	52.00	VO
<b>WHARFE VALLEY FARMS</b>				
GT015	Rapeseed Oil	5l	18.85	V
<b>OLIVES</b>				
<b>CYPRESSA</b>				
KJ867	Cypressa Pitted Green Olives	2kg	9.49	V
KJ868	Pitted Black Olives	2kg	8.39	V
<b>SUNITA</b>				
VF384	Black Kalamon Olives	2kg	16.50	V
VF383	Green Olives	3kg	11.64	V
KJ556	Kalamon Olives - pitted OG	2kg	2.85	VO
<b>PASTA</b>				
<b>IRIS</b>				
WT086	Fusilli Organic Wholewheat	5kg	1.25	OV
WT082	Penne Organic Wholewheat	5kg	1.25	OV
WT079	Spaghetti Organic Wholewheat	5kg	1.25	OV
<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>				
<b>SUMA</b>				
CV401	Pate - Mushroom (bombe)	6 x 200g	12.50	V
<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>				
<b>BIONA</b>				
LJ664	Harissa Relish - prepared	6 x 125g	13.65	OV
<b>BIONOVA</b>				
KJ346	Gherkins - Sour	6 x 680g	17.95	VOS
<b>BYODO</b>				
KJ351	Mustard - Dijon, organic	1kg	7.35	VO
KJ354	Mustard - wholegrain, organic	1kg	5.89	VO
<b>SALADS &amp; SPROUTS (CHILLED)</b>				
<b>SKY SPROUTS</b>				
Minimum 4 days shelf life				
CV479	Alfalfa & Broccoli Sprouts	100g	1.40	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	1.40	OV
CV476	Alfalfa & Radish Sprouts	100g	1.40	OV
CV475	Alfalfa Sprouts	100g	1.36	OV
CV721	Broccoli Sprouts	100g	1.47	OV
CV504	Mixed Bean Sprouts	227g	1.47	OV
CV503	Mung Bean Sprouts	200g	1.40	OV
CV510	Organic Sprouts Multi Pack	160g	2.20	OV
CV509	Radish Sprout	100g	1.40	OV
<b>SALT &amp; SEASONINGS</b>				
<b>SUMA</b>				
LJ031	Sea Salt - fine	10kg	6.30	V

code	product	size	price	bfgosv
<b>SUMA COMMODITIES</b>				
LJ030	Sea Salt - coarse	10kg	6.35	V
<b>BIOFORCE</b>				
LJ054	Herbamare	6 x 250g	19.30	V
<b>GEO ORGANICS</b>				
LJ005	Atlantic Fine Ground Sea Salt	6 x 500g	12.10	OV
<b>MARIGOLD</b>				
LJ444	Liquid Aminos	6 x 250ml	17.50	GV
<b>PINK MOUNTAIN</b>				
LJ174	Pink Himalayan Coarse Salt	6 x 1kg	29.70	OV
LJ172	Pink Himalayan Fine Salt	6 x 1kg	29.70	OV
<b>TIDMANS</b>				
LJ023	Tidmans Rock Salt	12 x 500g	14.00	V
<b>SNACK BARS &amp; FLAPJACKS</b>				
<b>EAT NATURAL</b>				
KB464	Almond, Apricot & Yoghurt	12 x 50g	6.65	GS
<b>SOFT DRINKS</b>				
<b>BIONA</b>				
JU183	Coconut Water	12 x 330ml	17.34	OV
<b>FENTIMANS</b>				
275ML Range				
JU008	Cherry Cola	12 x 275ml	13.72	GSV
JU625	Curiosity Cola	12 x 275ml	12.58	GSV
JU908	Dandelion & Burdock	12 x 275ml	12.58	GSV
JU346	Ginger Beer	12 x 275ml	12.58	GSV
JU354	Mandarin Seville Orange Jigger	12 x 275ml	12.58	GSV
JU618	Rose Lemonade	12 x 275ml	13.07	GSV
JU435	Victorian Lemonade	12 x 275ml	12.58	GSV
<b>FEVERTREE</b>				
JU387	Tonic Water	6 x 4x200ml	18.48	GSV
<b>FIREFLY NATURAL DRINKS</b>				
Fruit Juice & Botanic Extracts				
JU299	Lemon, Lime & Ginger	12 x 330ml	13.43	V
JU296	Peach & Green Tea	12 x 330ml	13.43	V
JU180	Pomegranate & Elderflower	12 x 330ml	13.43	V
<b>GUSTO</b>				
JU148	Lemon Energy	12 x 250ml	14.92	OV
JU147	Original Energy	12 x 250ml	14.92	OV
<b>NORFOLK PUNCH</b>				
CHRISTMAS 2021				
JU195	Original Norfolk Punch	6 x 700ml	25.97	S
<b>WHOLE EARTH</b>				
JU311	Apple	24 x 330ml	19.35	OSV
JU946	Cola	24 x 330ml	19.35	OSV
JU935	Lemonaid	24 x 330ml	19.35	OSV
JU947	Mountain Cranberry	24 x 330ml	19.35	OSV
JU310	Orange & Lemonade	24 x 330ml	19.35	OSV
JU189	Sparkling Elderflower	24 x 330ml	19.35	OV
JU186	Sparkling Ginger	24 x 330ml	19.35	OV
<b>SUGARS &amp; SYRUPS</b>				
<b>SUMA</b>				
LJ121	Agave Syrup - organic	6 x 500ml	35.96	OV
LJ150	Agave Syrup - organic	5l	5.00	OV
HY019	Malt Extract	3.18kg	11.25	V
<b>SUMA BAGGED DOWN</b>				
LJ095	Dark Muscovado Sugar	3kg	9.49	V
LJ053	Demerara Sugar	3kg	8.99	V
LJ180	Demerara Sugar	10kg	3.69	V
LJ094	Light Muscovado Sugar	3kg	9.49	V

code	product	size	price	bfgovs
LJ097	Soft Brown Sugar	3kg	9.25	V
LJ184	Soft Brown Sugar	10kg	31.65	V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
LJ679	Demerara Sugar - organic	3kg	13.69	OV
LJ159	Icing Sugar - organic	3kg	13.85	OV
LJ055	Raw Cane Sugar - organic	10kg	35.45	OV
LJ096	Raw Cane Sugar - organic	3kg	1.29	OV
<b>SUMA COMMODITIES</b>				
LJ066	Dark Muscovado Sugar	25kg	62.00	VS
LJ052	Demerara Sugar	25kg	58.50	V
LJ546	Fairtrade Golden Granulated	25kg	59.00	FV
LJ065	Light Muscovado Sugar	25kg	62.00	V
LJ069	Soft Brown Sugar	25kg	6.50	V
<b>SUMA COMMODITIES - ORGANIC</b>				
LJ876	Demerara Sugar, organic	25kg	91.80	OV
LJ890	Icing Sugar - organic	25kg	89.90	OV
LJ068	Raw Cane Sugar - organic	25kg	68.40	OV
<b>BILLINGTONS</b>				
LJ056	Sugar - Golden Granulated	10 x 1kg	25.78	V
<b>CLEARSPRING</b>				
HY210	Rice Malt Syrup - organic	6 x 330g	15.26	OV
<b>EQUAL EXCHANGE</b>				
LJ527	Sugar Sticks	1000 x 1	17.73	FOV
<b>RAYNERS</b>				
LJ901	Black Treacle - organic	6 x 340g	11.66	GOV
LJ704	Golden Syrup - Organic	5kg	26.99	FOV
LJ589	Malt Extract - Organic	5kg	19.87	OV
<b>SWEET FREEDOM</b>				
LJ041	Natural Sweetness - Original	6 x 350g	15.70	V
LJ137	Natural Sweetness - Original	5l	38.42	V
<b>TOTAL SWEET</b>				
LJ125	Total Sweet	6 x 1kg	5.37	V
<b>TRAIDCRAFT</b>				
LJ515	Brown Sugar Sticks	500 x 3g	9.12	FV
LJ514	White Sugar Sticks	500 x 3g	9.12	FV
<b>TRUVIA</b>				
LJ086	Sweetener from the Stevia Leaf	6 x 270g	24.30	V
<b>XYLITOL UK</b>				
LJ047	Xylitol Sweetener	6 x 1kg	51.55	V
<b>SWEET SNACKS</b>				
<b>SUNITA</b>				
ZX096	Grape Juice & Sultana Halva	2.5kg	27.50	V
ZX097	Honey & Pistachio Halva	2.5kg	31.18	
<b>TABLE SAUCES</b>				
<b>BIONA</b>				
KJ106	Classic Tomato Ketchup Squeezy	12 x 560g	29.12	GOSV
<b>MERIDIAN</b>				
CHRISTMAS 2020				
JS080	Redcurrant Jelly - organic	6 x 284g	13.45	OV
<b>MR ORGANIC</b>				
KJ050	Italian Organic Ketchup	6 x 480g	11.99	OSV
<b>TEAS</b>				
<b>CLIPPER</b>				
FOOD SERVICE RANGE				
TE150	Earl Grey - og	6 x 25 bags	11.41	FOV
TE152	Earl Grey - og	250 bags	14.70	FOV
TE149	Fairtrade Everyday blend	250 bags	14.70	FV
TE448	Fairtrade Everyday One Cup Bag	1100 bags	19.90	FV
TE159	Green Tea - og	250 bags	14.70	FOV

code	product	size	price	bfgosv
TE161	Green Tea - og	6 x 25 bags	11.41	FOV
TE451	Speciality English Breakfast	250 bags	14.70	FOV
<b>TOFU &amp; TEMPEH (CHILLED)</b>				
<b>CLEAR SPOT</b>				
CV209	Marinated Tofu	8 x 190g	14.57	OV
CV249	Smoked Tofu	8 x 225g	16.48	OV
<b>NATUREMADE OASIS</b>				
CV582	Marinated Tofu	5 x 200g	9.12	OV
<b>TOMATOES &amp; TOMATO PRODUCTS</b>				
<b>SUMA</b>				
LJ660	Organic Basil Passata	12 x 690g	17.91	VO
LJ560	Organic Passata	12 x 690g	17.55	VO
LJ088	Tomato Puree - organic Canned	12 x 200g	11.61	VO
LJ075	Cherry Tomatoes - organic	12 x 400g	12.51	OV
LJ080	Tomatoes - chopped, organic	12 x 400g	9.81	OV
LJ123	Tomatoes - chopped, organic	6 x 2.5kg	24.70	OV
LJ081	Tomatoes - peeled, whole OG	12 x 400g	9.81	VO
<b>SUMA BAGGED DOWN - ORGANIC</b>				
Dried				
LJ601	Sundried Tomatoes-organic	1kg	9.59	OV
<b>SUMA COMMODITIES - ORGANIC</b>				
Dried				
LJ600	Sundried Tomatoes - organic	10kg	7.75	OV
<b>SUMA PREPACKS - ORGANIC</b>				
Dried				
LJ602	Sundried Tomatoes - organic	6 x 125g	8.33	OV
<b>ZEST</b>				
LJ042	Sun-dried Tomato Paste	6 x 170g	12.60	V
<b>VEGETABLES</b>				
<b>BIONOVA</b>				
VF039	Garden Peas	6 x 350g	8.95	O
VF040	Sauerkraut	6 x 360g	12.10	VO
VF030	Sweetcorn - organic	6 x 340g	8.95	VO
<b>ORGANICO</b>				
VF088	French Chestnuts in box - og	12 x 200g	47.95	OV
<b>ST DALFOUR</b>				
VF112	Whole Chestnuts	6 x 200g	13.00	CV
<b>TROPICAL WHOLEFOODS</b>				
VF514	Shiitake Mushrooms	6 x 50g	15.70	V
<b>VEGETABLES (FROZEN)</b>				
<b>NATURAL COOL</b>				
XL156	Chips - Oven or Fry	6 x 1.25kg	23.15	GOVB
XL177	Leaf Spinach Portions	8 x 450g	12.40	OVV
XL181	Sweetcorn	8 x 450g	16.75	GOV
<b>VINEGARS</b>				
<b>ASPALL</b>				
KJ382	Balsamic Vinegar - og	5l	36.00	OV
KJ067	Cyder Vinegar	5l	11.78	V
KJ180	Cyder Vinegar	25l	5.52	V
KJ252	Cyder Vinegar - og	25l	48.72	OV
KJ205	Cyder Vinegar - organic	5l	14.50	OV
KJ381	Malt Vinegar	5l	1.32	V
KJ353	Red Wine Vinegar	5l	11.78	V
KJ356	White Wine Vinegar	5l	11.78	V

code	product	size	price	bfgosv
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**WATERS**

**HARROGATE SPRING WATER**

Glass Bottles

WA222	Spring Water - Sparkling	12 x 750ml	9.33	V
WA223	Spring Water - Still	12 x 750ml	9.33	V

# Suma

CO-OPERATIVE SINCE 1977

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