

Suma

CO-OPERATIVE SINCE 1977

VEGAN

JAN - FEB 2022

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
ALCOHOL FREE BEVERAGES				
BELLE & CO				
RT022	Alcohol Free Sparkling Brut	750ml	5.75	V
RT020	Alcohol Free Sparkling Rose	750ml	5.75	V
BELVOIR				
Alcohol Free Cocktails				
JU315	Juniper and Tonic - J&T	750ml	3.39	GSV
JU330	Passionfruit Martini	750ml	3.39	SV
GIMBER				
JU283	Gimber - ginger concentrate	500ml	2.99	OSV
JU284	Gimber - ginger concentrate	200ml	13.99	OSV
LA BREWERY				
JU441	Citrus Hops Kombucha	330ml	2.99	V
JU440	English Rose Kombucha	750ml	9.99	V
JU443	Tropical Ginger Kombucha	330ml	2.99	V
ORGANICO				
JU367	Blueberry Sparkle	750ml	5.95	OV
JU369	Raspberry Fizz	750ml	5.95	OV
ST PETER'S				
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
ALCOHOLIC DRINKS				
HOLLOWS				
From Fentimans				
RT017	Superior Alcoholic Ginger Beer	500ml	3.79	GVS
SOMETHING AND NOTHING				
Seltzer				
RT067	French Rose and Hibiscus Rose	300ml	3.25	V
RT066	Sauvignon Blanc & Cucumber	330ml	3.25	V
BABY & CHILD FOOD				
ANNABEL KARMEL				
BB092	Baby Pasta Shapes	250g	1.89	OV
BEAR				
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
ELLA'S KITCHEN				
Smoothie Fruits				
BB238	The Green One - Multi Pack	5 x 90g	5.25	OV
BB048	The Green One - smoothie fruit	90g	1.90	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	1.90	OV
BB239	The Red One - Multi Pack	5 x 90g	5.25	OV
BB011	The Red One - smoothie fruit	90g	1.90	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	1.90	OV
Snacks				
BB263	Nibbly Fingers - Strawb/Apple	5 x 25g	2.90	OV
Stage 1				
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
BB003	Broccoli, Pear & Peas	120g	1.39	OV
BB049	Butternut Squash, Carrot	120g	1.39	OV

code	product	size	rrp	bfgosv
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 Stage 2	120g	1.39	OV
BB058	Kitchen Vegetable Bake	130g	1.97	OV
	LITTLE PASTA ORGANICS			
	Pasta			
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	250g	1.95	OV
	ORGANIX			
	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
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
	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
	BABY CARE			
	BEAMING BABY			
	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	60	3.15	V
	Wipes			
NF688	Organic Baby Wipes Sensitive	72	4.69	OV
NF103	Organic Baby Wipes Unscented	72	4.69	OV
	BIO D			
NF666	Nappy Fresh	500g	3.50	V
	EARTH FRIENDLY BABY			

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DY545	Chamomile Shampoo & Wash OG	250ml	4.90	OV
DY535	Eco Baby Wipes	pack	3.90	V
DY524	Organic Lavender Bubble Bath	300ml	5.39	OV
DY558	Organic Lavender Shampoo &	250ml	4.90	OV
	JACK N' JILL			
	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
	NATRACARE			
NF099	Organic Cotton Baby Wipes	50	4.15	OV
	WELEDA			
DY536	Calendula Shampoo & Body Wash	200ml	8.25	V
	BAGS, BOXES AND BASKETS			
	ECOLEAF BY SUMA			
	Refuse Sacks			
NF270	Refuse Sacks-Recycled Plastic	8 rolls	1.65	V
	SUMA BRANDED BAGS			
	Suma Branded Bags			
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	2.95	OV
NF550	Recycled Plastic Shopping Bag	bag	2.99	V
	BAGS2KEEP			
NF340	Black Cotton String Bag	bag	3.99	V
NF346	Blue Cotton String Bag	bag	3.99	V
NF364	Cornflower Blue String Bag	bag	3.99	V
NF341	Green Cotton String Bag	bag	3.99	V
NF363	Mango Cotton String Bag	bag	3.99	V
NF369	Orange Cotton String Bag	bag	3.99	V
NF362	Purple Cotton String Bag	bag	3.99	V
NF368	Raspberry 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
	D2W			
NF406	100% Degradable Refuse Sacks	10 bags	1.69	V
NF076	Degradable Large Freezer Bags	100 bag	1.75	V
NF074	Degradable Medium Freezer Bags	200 bag	1.75	V
NF407	Degradable Swing Bin Liners	15 bags	2.90	V
NF050	Drawtape Refuse Sack Roll	10 bags	1.99	V
NF102	Drawtape Swing Bin Liner	15 roll	2.50	V
NF179	Multi Purpose Degradable Bags	10 x 50	2.39	V
NF169	Pedal Bin Liners	30 bags	2.90	V
NF494	Pedal Bin Liners - Drawtape	30 bags	2.50	V
NF495	Refuse Sacks Value Pack	20 bags	2.29	V
NF358	Wheelie Bin Liners	rolls	2.35	V
	SIESTA CRAFTS			
NF467	Recycled Saree Bag - Folding	each	4.50	FV
	WASTE NOT			
NF689	Compostable Caddy Liner 10l	20	4.25	V
	BAKING SUNDRIES			
	SUMA			
LJ039	Baking Powder - Gluten Free	200g	2.19	GV
LJ019	Cornflour	500g	1.65	V
LJ040	G/Free Bicarbonate of Soda	200g	1.89	GV
LJ223	Gluten Free Xanthan Gum	100g	3.65	GV
	BAKEDIN			
	XMAS 2021			
LJ012	Chocolate Brownie Mug Mix	165g	2.59	SV
BT287	Chocolate Orange Panettone	700g	6.75	SV

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LJ013	Christmas Pudding Mug Mix	240g	1.50	SV
LJ027	Gingerbread Mug Cake Mix	150g	1.30	SV
	BARKAT			
LJ002	Gluten Free Baking Powder	100g	1.55	GV
	BREAD MATTERS			
LJ218	Original Sourdough Starter	10g	4.99	OV
	CERTO			
LJ216	Apple Pectin	250ml	3.50	V
	CLEARSPRING			
LJ138	Agar Agar Flakes Gelling Agent	30g	5.79	OV
	COCOA LOCO			
KB139	Dark Chocolate Couverture	1.5kg	22.99	FOSV
	D & D CHOCOLATES			
ZX374	Dairy Free Chocolate Chips	160g	3.85	SV
	DIVINE			
KB528	Dark Chocolate Baking Bar	150g	3.45	SVF
	DOVES FARM			
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
LJ423	Quick Yeast	8 x 125g	1.29	GV
LJ191	Vitamin C	120g	5.19	GV
	ENGEVITA			
LJ144	Organic Yeast Flakes	125g	5.99	GOV
LJ148	Super Yeast Flakes Vit D & B12	100g	4.90	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
	EPICURE			
	XMAS 2021			
LJ187	Golden Marzipan	250g	2.39	SV
LJ196	White Marzipan	250g	2.39	SV
	FERMIPAN			
LJ061	Dried Yeast	500g	4.59	V
	FOLLOW YOUR HEART			
LJ015	Vegan Egg	114g	7.85	V
	FOODS OF ATHENRY			
	XMAS 2021			
VF264	Very Fruity Mince Meat	320g	5.49	GSV
	FREE & EASY			
LJ009	Cheese Flavour Sauce Mix	130g	2.25	GSV
LJ016	Egg Replacer	135g	2.39	GV
	JUST WHOLEFOODS			
LJ162	Vegezet - setting agent	25g	1.99	V
	MERIDIAN			
	XMAS 2021			
VF084	Mince Pie Filling - Organic	320g	3.99	OV
	MONTEZUMA'S			
	Cooking Chocolate			
KB052	Dark Couverture	3kg	59.70	GOSV
	MRS DARLINGTONS			
	XMAS 2021			
VF002	Mincemeat with Brandy	410g	2.99	SV
	NIELSEN MASSEY			
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	1.85	GV
	OGGS			
LJ247	Aquafaba	1l	1.49	V
LJ082	Aquafaba Egg Alternative	200ml	2.59	V

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	ORGRAN			
LJ656	Egg Replacer	200g	2.95	GV
LJ077	Vegan Easy Egg	250g	4.25	GSV
	PLAMIL			
	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
	STEENBERGS			
LJ116	Almond Extract	100ml	6.69	V
LJ117	Orange Flower Water Organic	100ml	3.79	OV
LJ085	Rose Water Organic	100ml	3.79	OV
	TAYLOR & COLLEDGE			
LJ115	Vanilla Bean Extract	100ml	9.25	FOV
LJ113	Vanilla Bean Paste	65g	6.65	SOV
LJ036	Vanilla Pods	4g	9.95	OV
	THE RAW CHOCOLATE CO			
WS183	Cacao Butter Buttons	200g	6.99	OV
	Chocolate Making Ingredients			
KB051	Raw Cacao Powder	180g	3.75	GOV
	VEGO			
KB072	Hazelnut Chocolate Melts	180g	4.95	OFVS
	VIVANI ORGANIC CHOCOLATE			
KB408	Dark Cooking Chocolate	200g	3.65	OSV
	BEANS & PULSES - CANNED			
	SUMA			
VF675	Aduki Beans - organic	400g	1.90	OV
VF800	Baked Beans - Low Sugar	400g	1.19	OV
VF550	Baked Beans - Organic	400g	1.19	OSV
VF625	Black Beans - organic	400g	1.90	OV
VF900	Black Beans - Organic	2.6kg	4.29	OV
VF230	Black Beluga Lentils - organic	400g	1.19	OV
VF300	Black Chickpeas - Organic	400g	1.90	OV
VF015	Blackeye Beans - organic	400g	1.90	OV
VF707	Borlotti Beans	400g	0.38	V
VF630	Borlotti Beans - organic	400g	1.90	OV
VF119	Butter Beans	400g	0.75	V
VF645	Butter Beans - organic	400g	1.90	VO
VF709	Cannellini Beans	400g	0.75	V
VF395	Cannellini Beans - organic	400g	1.90	OV
VF117	Chickpeas	400g	0.75	V
VF642	Chickpeas - organic	400g	1.90	VO
VF785	Chickpeas - organic	2.6kg	4.29	OV
VF647	Green Lentils - organic	400g	1.90	VO
VF644	Haricot Beans - organic	400g	1.90	VO
VF795	Mixed Beans - organic	2.6kg	2.15	OV
VF649	Mixed Beans - organic	400g	1.90	VO
VF255	Pinto Beans - organic	400g	1.90	OV
VF118	Red Kidney Beans	400g	0.75	V
VF643	Red Kidney Beans - organic	400g	1.90	VO
VF711	Six Bean Mix	400g	1.90	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
	Canned from Fresh			
VF950	Fresh Edamame Soybeans - Org	200g	1.49	OV
VF350	Fresh Flageolet Beans - Org	200g	1.25	OV
	BIONA			
VF222	Baked Beans - Organic	400g	1.29	OVS
LJ167	Brown Lentil Curry	400g	1.49	OV

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VF042	Chilli Beans - Organic	395g	1.49	OSV
VF227	Chilli Black Beans - Organic	400g	1.39	OV
VF306	Edamame Beans	200g	1.79	OV
	BIONOVA			
VF495	Baked Beans - organic	340g	1.55	OSV
	GEO			
VF133	Edamame Beans in Water	400g	2.50	V
	GEO ORGANICS			
VF094	Black Beluga Lentils Organic	400g	1.89	OV
	HODMEDOD'S			
VF232	Organic Carlin Peas	400g	1.39	OV
VF129	Organic Vaal Dhal - British	400g	1.89	OSV
VF098	Organic Whole Fava Beans	400g	1.29	OV
	MR ORGANIC			
VF215	BBQ Baked Beans	400g	1.29	OV
VF216	Chilli Mixed Beans	400g	1.49	OV
	TRIPLE LION			
VF021	Chickpeas - Catering Size	2.50kg	3.75	V
	WHOLE EARTH			
VF161	Baked Beans - organic	400g	1.19	GOV
	BEANS & PULSES - DRIED			
	SUMA PREPACKS			
PU013	Beluga Lentils	500g	2.49	V
PU144	Black Turtle Beans	500g	1.85	V
PU017	Blackeye Beans	500g	2.15	V
PU078	Broth Mix	500g	1.55	V
PU066	Butter Beans	500g	2.49	V
PU067	Chickpeas	500g	1.69	V
PU065	Lentils - brown	500g	1.85	V
PU133	Lentils - Dark Speckled	500g	2.45	V
PU069	Lentils - green	500g	1.95	V
PU076	Lentils - red split	500g	1.85	V
PU072	Marrowfat Peas	500g	1.45	V
PU177	Moong Dahl	500g	2.75	V
PU070	Split Peas - green	500g	1.49	V
PU080	Split Peas - yellow	500g	1.29	V
	SUMA PREPACKS - ORGANIC			
PU202	Aduki Beans - Organic	500g	3.35	VO
PU222	Bean Mix - organic	500g	2.95	OV
PU034	Black Turtle Beans	500g	2.19	OV
PU004	Broth Mix - Organic	500g	2.15	OV
PU345	Butter Beans - organic	500g	3.79	VO
PU225	Cannellini Beans - organic	500g	3.50	OV
PU369	Chickpeas - organic	500g	2.19	VO
PU182	Green Split Peas - organic	500g	2.15	OV
PU145	Haricot Beans - organic	500g	2.99	OV
PU135	Lentils - Brown, organic	500g	2.39	VO
PU167	Lentils - Dark Speckled, org	500g	2.99	OV
PU129	Lentils - Green, organic	500g	2.35	VO
PU294	Lentils - Red split organic	750g	3.35	OV
PU267	Lentils - Red split, organic	500g	2.39	VO
PU151	Mung Beans - organic	500g	3.49	VO
PU136	Pinto Beans - organic	500g	2.75	OV
PU156	Red Kidney Beans - organic	500g	3.50	OV
PU146	Soya Beans - organic	500g	1.95	OV
PU166	Yellow Split Peas - organic	500g	2.19	OV
	HODMEDOD'S			
PU008	Carlin Peas Organic	500g	2.19	OV
PU029	Fava Beans Organic - whole	500g	1.99	OV
PU007	Olive Green Lentils	500g	2.99	V

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BEERS				
BUDELS				
RT131	Budels Lager	330ml	2.21	OV
HOP & HEMP BREW CO				
	Low Alcohol with CBD			
RT065	Easy Times IPA	330ml	2.85	V
RT064	Lowdown Lager	330ml	2.85	V
SAM SMITHS				
RT009	Chocolate Stout	550ml	4.00	OV
RT008	Organic Pale Ale	550ml	3.59	OV
RT120	Pure Brewed Organic Lager	550ml	3.59	OV
SMALL BEER				
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
STROUD BREWERY				
RT063	Alederflower	440ml	3.30	OV
RT058	Big Cat	440ml	3.00	OV
RT055	Budding	440ml	3.50	OV
RT060	IPA	440ml	3.40	OV
RT059	Premium Organic	440ml	3.30	OV
RT056	Tom Long	440ml	2.90	OV
	River Cottage			
RT047	River Cottage Hempathy	440ml	3.30	OV
RT061	River Cottage Hopful	440ml	3.50	OV
RT046	River Cottage Stinger	440ml	3.20	OV
BISCUITS CRACKERS & CRISPbread				
AMISA				
BT119	Chickpea Crispbread	100g	1.99	GOV
BT185	Crispbread - Buckwheat W/grain	120g	2.55	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	3.35	OVB
BT159	Protein Lentil Crispbread	100g	2.90	GOV
BT383	Rice & Corn GF Crispbread OG	120g	2.90	GOV
BIONA				
BT166	Hazelnut Syrup Waffles	175g	2.75	OSV
BT343	Rye Knaecke Original Crispbread	200g	1.39	OV
BT342	Rye Knaecke Sesame Crispbread	200g	1.59	OV
CLEARSPRING				
BT229	Brown Rice Cakes	120g	1.39	GOV
BT261	Brown Rice Cakes	120g	1.39	GOV
BT270	Brown Rice Cakes	120g	1.49	GOV
BT276	Brown Rice Cakes	120g	1.49	GOV
BT277	Brown Rice Cakes	120g	1.49	GOV
BT129	Brown Rice Crackers-Blk Sesame	40g	2.19	GOV
BT318	Oatcakes - Sea Vegetable	200g	2.69	OV
BT290	Oatcakes - Sun Dried Tom /Herb	200g	2.69	OV
BT319	Oatcakes, Traditional, Organic	200g	2.49	OV
BT317	Organic Corncakes	130g	1.29	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	130g	1.29	GOV
BT630	Rice Cakes - Lightly Salted	130g	1.29	GOV
BT629	Rice Cakes - No Added Salt,Org	130g	1.29	GOV
BT576	Rye Crispbread - Original	200g	1.29	OV
BT577	Rye Crispbread - Sesame	200g	1.49	OV
DOVES FARM				
BT295	Choc Chip Cookies	180g	2.29	GOSV
BT010	Digestives	200g	1.25	OSV

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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	2.90	OSV
BT029	Organic Ginger Oat Biscuits	200g	1.85	OSV
BT008	Stem Ginger Cookies - GF	150g	1.59	GOSV
DR KARG				
BT001	3 Grains & 3 Seeds Crispbreads	200g	2.79	OV
BT812	Classic 3 Seed Crispbread	200g	2.55	OV
EASY BEAN				
BT304	Fava Bean & Poppy Seed	160g	3.50	GV
BT305	Greenpea & Chia Seed	160g	3.50	GV
BT303	Red Lentil & Poppy Seed	160g	3.50	GV
	Bean & Seed Cracker			
BT285	Yellow Pea & Sunflower Seed	160g	3.50	GV
	Bean & Seed Crackers			
BT279	Turmeric & Nigella Seed	160g	3.50	GV
FINN CRISPBREADS				
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
HONEYROSE				
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
ISLAND BAKERY ORGANICS				
	Oatcakes			
BT374	Three Seed Oatcakes	135g	2.45	OSV
	Sweet FA			
BT358	Cranberry & Orange Cookies	125g	3.50	GOSV
BT359	Double Choc Chip Cookies	125g	3.50	GOSV
BT362	Oat & Raisin Cookies	125g	3.50	GOSV
BT364	Peanut Butter Cookies	125g	3.50	GOSV
KALLO				
BT045	Ancient Grain Corn Cakes	150g	1.99	GOV
BT152	Blueberry/Van Rice/Corn Cakes	131g	2.29	GSV
BT184	Corn Cakes OG	130g	1.79	GOV
	Lentil Cakes			
BT578	Protein Lentil Cake	100g	1.99	GV
	Rice Cakes			
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	130g	1.59	GVO
	Veggie Cakes			
BT146	Beetroot Veggie Cakes	122g	2.99	SV
BT421	Caramelised Onion Veggie Cakes	122g	2.99	SV
BT153	Spinach & Pesto Veggie Cakes	122g	2.99	SV
BT418	Tomato Salsa, Lime Veg Cakes	122g	2.99	SV
KOOKIE CAT				
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
LAZY DAY				
BT320	Belgian Dark Chocolate Tiffin	150g	2.89	SV

code	product	size	rrp	bfgosv
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
LE PAIN DES FLEURS				
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
LOTTIE SHAW'S				
ZX693	Vegan Gingerbread Man	50g	1.29	SV
MR ORGANIC				
BT354	Breadstick Classic	150g	2.69	OV
BT361	Breadstick with Olives	130g	2.69	OV
ZX221	Cocoa Biscuits	250g	2.19	OSV
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
MRS CRIMBLES				
BT245	Chocolate Macaroons	195g	1.99	GSV
NAIRN'S				
BT363	Ancient Grain Oatcakes	200g	1.89	V
BT419	Coconut and Chia Oat Biscuit	200g	1.89	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 Gluten Free	200g	1.79	OV
BT200	GF Apple&Cinnamon Chunky Bisc	160g	2.45	GSV
BT108	GF Biscuit Breaks Oat & Fruit	160g	2.45	GSV
BT109	GF Biscuit Breaks Oat & Syrup	160g	2.45	GSV
BT267	GF Biscuit Breaks Stem Ginger	160g	2.45	GSV
BT571	GF Blueb&Rasp Chunky Biscuits	160g	2.45	GSV
BT549	GF Super Seeded Oatcake	180g	2.35	GV
BT420	Gluten Free Oatcakes Wheat Free Biscuits	213g	2.35	GV
BT414	Mixed Berry	200g	1.89	SV
BT415	Stem Ginger	200g	1.89	SV
ORGANICO				
	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
ORIGIN EARTH				
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
PETER'S YARD				
BT171	Sourdough F'Bread Smoke Chilli	115g	2.39	V
BT170	Sourdough Flatbreads Sea Salt	115g	2.39	V
BT173	Sourdough Flatbreads Seeded Sourdough Crackers	135g	2.39	V

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BT011	Poppy Seed	100g	2.69	SV
BT007	Rosemary & Sea Salt	90g	2.69	SV
PREWETT'S				
BT280	Jammy Wheels	160g	2.25	GSV
REAL FOODS				
BT381	Corn Thins - Original	150g	1.95	V
RHYTHM 108				
	Ooh-la-la Tea Biscuits			
BT333	Almond Biscotti	135g	3.90	GOV
BT334	Coconut Cookie	135g	3.90	GOV
BT335	Double Choco Hazelnut Biscuits	135g	3.90	OVG
BT344	Lemon Ginger Chia Biscuits	135g	3.90	GOSV
	Soft Filled Cookies			
BT216	Chocolate Hazelnut Ganache	50g	1.75	OVS
BT115	Double Chocolate Peanut	50g	1.75	OVS
RUDE HEALTH FOODS				
BT244	Black Rice & Turmeric Crackers	100g	2.99	GOV
BT505	Buckwheat & Chia Crackers	150g	3.25	GOV
BT144	Buckwheat & Black Bean Crackers	120g	2.99	GOV
BT147	Chickpea & Lentil Crackers	120g	2.99	GOV
BT054	Corn Crackers	130g	2.75	GOV
BT266	Ginger & Turmeric Oaty	200g	2.49	SV
BT395	Multigrain Thins	160g	2.75	GOV
TRADCRAFT				
BT547	Double Chocolate Chunk Cookies	180g	2.25	FSV
BT481	Stem Ginger Cookies	180g	2.50	FSV
VEGAN BAKERY				
BT063	Choco Cookies	200g	2.99	SV
BT064	Coconut Clouds	200g	2.99	SV
BT069	Cookie N' Cream	200g	2.99	GSV
BODY CARE				
ALTER/NATIVE BY SUMA				
Accessories				
DY484	5l pump - 30ml Dispenser	each	4.99	V
DY644	Bamboo Soap Dish - Rectangle	6 DISHES	4.65	V
DY643	Bamboo Soap Dish - Round	6 DISHES	3.35	V
DY110	Organic Cotton Soap Bag	bag	1.95	OV
DY449	Travel soap tin	tin	2.95	V
DY609	Travel Soap Tin - Double Size	tin	5.99	V
DY607	Travel Soap Tin - Single Size	tin	3.99	V
Haircare - Conditioner 400ml				
DY031	Conditioner - Clear & Simple	400ml	5.69	V
DY041	Conditioner - Coconut & Argan	400ml	5.69	V
DY039	Conditioner - Lav & Geranium	400ml	5.69	V
DY037	Conditioner - Patchouli	400ml	5.69	V
DY043	Conditioner - Pink Grapefruit	400ml	5.69	V
DY042	Conditioner - Rose & Geranium	400ml	5.69	V
DY036	Conditioner - Tea Tree & Aloe	400ml	5.69	V
Haircare - Conditioner 5l				
DY045	Conditioner - Clear & Simple	5l	41.99	V
DY053	Conditioner - Coconut & Argan	5l	41.99	V
DY046	Conditioner - Coffee & C'wood	5l	41.99	V
DY052	Conditioner - Lav & Geranium	5l	41.99	V
DY049	Conditioner - Patchouli	5l	41.99	V
DY057	Conditioner - Pink Grapefruit	5l	41.99	V
DY055	Conditioner - Rose & Geranium	5l	41.99	V
DY047	Conditioner - Tea Tree & Aloe	5l	41.99	V
Haircare - Shampoo 400ml				
DY001	Shampoo - Clear & Simple	400ml	5.69	V
DY017	Shampoo - Coconut & Argan Oil	400ml	5.69	V

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DY002	Shampoo - Coffee & Cedarwood	400ml	5.69	V
DY016	Shampoo - Lavender & Geranium	400ml	5.69	V
DY009	Shampoo - Patchouli	400ml	5.69	V
DY021	Shampoo - Pink Grapefruit	400ml	5.69	V
DY019	Shampoo - Rose & Geranium	400ml	5.69	V
DY003	Shampoo - Tea Tree & Aloe	400ml	5.69	V
	Haircare - Shampoo 5l			
DY022	Shampoo - Clear & Simple	5l	41.99	V
DY028	Shampoo - Coconut & Argan Oil	5l	41.99	V
DY027	Shampoo - Lavender & Geranium	5l	41.99	V
DY026	Shampoo - Patchouli	5l	41.99	V
DY030	Shampoo - Pink Grapefruit	5l	41.99	V
DY029	Shampoo - Rose & Geranium	5l	41.99	V
DY025	Shampoo - Tea Tree & Aloe	5l	41.99	V
	Hair-Conditioner Bars/Boxed			
DY999	Hair Conditioner Bar - Coconut	90g	5.45	V
DY646	Hair Conditioner Bar - P/Grape	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	3.89	V
DY604	Shampoo Bar-Glycerine-G'fruit	90g	3.89	V
DY996	Shampoo Bar-Glycerine-P'chouli	90g	3.89	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	5.69	V
DY070	Body Wash - Coconut & Argan	400ml	5.69	V
DY063	Body Wash - Coffee & C'wood	400ml	5.69	V
DY069	Body Wash - Lav & Geranium	400ml	5.69	V
DY068	Body Wash - Patchouli	400ml	5.69	V
DY074	Body Wash - Pink Grapefruit	400ml	5.69	V
DY073	Body Wash - Rose & Geranium	400ml	5.69	V
DY066	Body Wash - Tea Tree & Aloe	400ml	5.69	V
	Skincare - Body Wash 5l			
DY078	Body Wash - Clear & Simple	5l	41.99	V
DY087	Body Wash - Coconut & Argan	5l	41.99	V
DY079	Body Wash - Coffee & C'wood	5l	41.99	V
DY085	Body Wash - Lav & Geranium	5l	41.99	V
DY082	Body Wash - Patchouli	5l	41.99	V
DY089	Body Wash - Pink Grapefruit	5l	41.99	V
DY088	Body Wash - Rose & Geranium	5l	41.99	V
DY081	Body Wash - Tea Tree & Aloe	5l	41.99	V
	Skincare - Hand Wash 300ml			
DY108	Hand Wash - Coconut & Argan	300ml	4.75	V
DY102	Hand Wash - Lav & Geranium	300ml	4.75	V
DY101	Hand Wash - Patchouli	300ml	4.75	V
DY120	Hand Wash - Pink Grapefruit	300ml	4.75	V
DY112	Hand Wash - Rose & Geranium	300ml	4.75	V
DY096	Hand Wash - Tea Tree & Aloe	300ml	4.75	V
	Skincare - Hand Wash 5l			
DY125	Hand Wash - Coconut & Argan	5l	41.99	V
DY124	Hand Wash - Lav & Geranium	5l	41.99	V
DY122	Hand Wash - Patchouli	5l	41.99	V
DY130	Hand Wash - Pink Grapefruit	5l	41.99	V
DY129	Hand Wash - Rose & Geranium	5l	41.99	V
DY121	Hand Wash - Tea Tree & Aloe	5l	41.99	V
	Soap-Glycerine/Loose			

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DY652	Glycerine Soap - Almond Milk	90g	1.85	V
DY540	Glycerine Soap - G'fruit&Aloe	90g	1.85	V
DY555	Glycerine Soap - Hemp & Vit E	90g	1.85	V
DY654	Glycerine Soap - Lav & Vetiver	90g	1.85	V
DY655	Glycerine Soap - Mandarin	90g	1.85	V
DY656	Glycerine Soap - Orange Bloss	90g	1.85	V
DY532	Glycerine Soap - Rose&Geranium	90g	1.85	V
DY013	Glycerine Soap - White Lav Soap-Glycerine/Loose/Palm Free	90g	1.85	V
DY965	Glycerine Soap - Coconut	90g	2.79	V
DY960	Glycerine Soap - Coffee & Cedar	90g	2.79	V
DY959	Glycerine Soap - Jasmine Musk	90g	2.79	V
DY964	Glycerine Soap - Lav & Geranium	90g	2.79	V
DY962	Glycerine Soap - Patchouli	90g	2.79	V
DY971	Glycerine Soap - Pink G'fruit	90g	2.79	V
DY967	Glycerine Soap - Rose&Geranium	90g	2.79	V
DY961	Glycerine Soap - Tea Tree&Aloe Soap-Handmade/Boxed/Gift Sets	90g	2.79	V
DY554	Gift Set - Apothecary - 4 Bars	set	1.95	V
DY316	Gift Set - Botanical - 4 Bars	set	12.45	V
DY317	Gift Set - Floral - 4 Bars	set	14.95	V
DY550	Gift Set - Herbal - 4 Bars	set	1.95	V
DY542	Gift Set - Nature's - 4 Bars Soap-Handmade/Boxed/Palm Free	set	1.95	V
DY433	Boxed Soap Aloe Vera	95g	2.55	V
DY497	Boxed Soap Bergamot& Green Tea	95g	2.55	V
DY452	Boxed Soap Cinnamon & Orange	95g	2.55	V
DY476	Boxed Soap Coconut Milk& Ylang	95g	2.55	V
DY448	Boxed Soap G'fruit & Mandarin	95g	2.55	V
DY438	Boxed Soap Lavender & Lime	95g	2.55	V
DY440	Boxed Soap L'grass & Chamomile	95g	2.55	V
DY560	Boxed Soap Patchouli & Hemp	95g	2.55	V
DY446	Boxed Soap P'mint & Pine Oil	95g	2.55	V
DY502	Boxed Soap Rose & Geranium	95g	2.55	V
DY445	Boxed Soap Rosemary & Lavender	95g	2.55	V
DY444	Boxed Soap Tea Tree & E'lyptus Soap-Skincare/Boxed/Palm Free	95g	2.55	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
ALOE PURA				
DY040	Aloe Vera Gel	200g	5.59	V
DY196	Aloe Vera Gel + Tea Tree	200ml	5.59	V
DY199	Aloe Vera Gel + Vitamin A C E	200ml	5.59	V
DY602	Body Wash	200ml	5.59	V
DY603	Face Mask	150ml	4.39	V
DY600	Face Wash	150ml	4.39	V
DY634	Hand Cream	75ml	4.99	V
DY633	Hand Sanitiser	75ml	2.99	V
	Suncare			
DY303	Aloe Vera After Sun Lotion	200ml	8.99	V
DY211	Aloe Vera Sun Lotion SPF 50	200ml	19.99	V
BEN & ANNA				
	Sensitive Deodorant			
DY462	Deodorant - Highland Breeze	60g	1.95	OV
DY458	Deodorant - Japanese Blossom	60g	1.95	OV
DY463	Deodorant - Lemon & Lime	60g	1.95	OV
	Shampoo Tablets			
DY330	Shampoo Tablets - Tonic	120g	11.95	OV

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	Shower Gel			
DY432	Shower Gel Tablets - Aqua	120g	11.95	V
	Stick Deodorant in Paper Tube			
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
	BLOOM & NORA			
	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
NF311	Nora Reusable Midi pad x3	packs	27.59	V
	DR BRONNER'S			
DY208	Almond Castile Liquid Soap	946ml	2.99	FOV
DY191	Almond Castile liquid Soap	473ml	12.75	FOV
DY209	Baby Castile Liquid Soap	946ml	2.99	FOV
DY198	Baby Castile liquid Soap	473ml	12.75	FOV
DY201	Citrus Orange Liquid Soap	473ml	12.75	FOV
DY213	Lavender Castile Liquid Soap	946ml	2.99	FOV
DY183	Lavender Castile Liquid Soap	237ml	8.49	FOV
DY205	Lavender Castile Liquid Soap	473ml	12.75	FOV
DY338	Lavender Castile Liquid Soap	3.8l	67.49	FGOVB
DY207	Peppermint Castile Liquid Soap	473ml	12.75	FOV
DY214	Peppermint Castile Liquid Soap	946ml	2.99	FOV
DY443	Pump Soap - Lavender	355ml	11.25	FOV
	Bar Soap			
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
	EARTH CONSCIOUS			
	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
	EMMA'S SOAP			
NF052	Bamboo Body Brush	220g	15.45	V
NF038	Bamboo Soap Dish	90g	7.50	V
	Plastic free shower puff			
NF193	Ramie Wash Cloth	1	5.15	V
	FAIR SQUARED			
	Natural Latex. Carbon Neutral			
DY943	Original Condoms	10	9.95	FV
	FAITH IN NATURE			
	5 Litres Bulk - Body Wash			
DY877	Body Wash - Aloe Vera	5l	5.00	V
DY883	Body Wash - Coconut	5l	5.00	V

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DY430	Body Wash - Dragon Fruit	5l	5.00	V
DY427	Body Wash - Fragrance Free	5l	5.00	V
DY267	Body Wash - Tea Tree	5l	5.00	V
DY459	Body Wash - Wild Rose	5l	5.00	V
DY266	Body Wash-Grapefruit & Orange	5l	5.00	V
DY870	Body Wash-Lavender & Geranium	5l	5.00	V
	5 Litres Bulk - Conditioner			
DY874	Conditioner - Aloe Vera	5l	5.00	V
DY879	Conditioner - Coconut	5l	5.00	V
DY288	Conditioner - Tea Tree	5l	5.00	V
DY442	Conditioner - Wild Rose	5l	5.00	V
DY437	Conditioner-Grapefruit &Orange	5l	5.00	V
DY867	Conditioner-Lavender&Geranium	5l	5.00	V
	5 Litres Bulk - Hand Wash			
DY473	Hand Wash - Wild Rose	5l	5.00	V
DY268	Hand Wash-Aloe Vera & Tea Tree	5l	5.00	V
DY270	Hand Wash-Lavender & Geranium	5l	5.00	V
	5 Litres Bulk - Shampoo			
DY871	Shampoo - Aloe Vera	5l	5.00	V
DY881	Shampoo - Coconut	5l	5.00	V
DY436	Shampoo - Grapefruit & Orange	5l	5.00	V
DY188	Shampoo - Jojoba	5l	5.00	V
DY868	Shampoo - Lavender & Geranium	5l	5.00	V
DY135	Shampoo - Seaweed & Citrus	5l	5.00	V
DY280	Shampoo - Tea Tree	5l	5.00	V
DY441	Shampoo - Wild Rose	5l	5.00	V
	Accessories			
HJ023	Pump for 5ltr Bulk Containers	each	6.29	V
	Body Wash			
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	400ml	5.79	V
	Conditioner			
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
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	400ml	5.79	V
	Gift Set			
DY642	Bodywash Travel Gift Set 300ml	300ml	5.00	V
DY641	G'Fruit & Orange	2 x 400	1.00	V

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DY310	Soap Box - Orange/Aloe/Lavendr Hair Masks	3 x 100g	6.00	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
DY620	Grapefruit & Orange	5l	49.99	V
DY616	Grapefruit & Orange Lotion	400ml	5.79	V
DY611	Lavender & Geranium	400g	5.79	V
DY612	Lavender & Geranium Hand Wash	5l	49.99	V
DY894	Hand Wash - Coconut	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 Shampoo	100g	2.29	V
DY844	Shampoo - Aloe Vera	400ml	5.79	V
DY328	Shampoo - Avocado	400ml	5.79	V
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
DY127	Shampoo - Wild Rose Shampoo Bars	400ml	5.79	V
DY477	Coconut & Shea Butter	85g	5.79	V
DY478	Dragon Fruit	85g	5.79	V
DY480	Lavender Soap	85g	5.79	V
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
	FRIENDLY SOAP			
DY106	Natural Travel Soap	95g	2.75	V

code	product	size	rrp	bfgosv
	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	90g	4.95	V
DY424	Conditioner Bar-Lav & Tea Tree	95g	4.95	V
	Gift Sets			
DY357	Facial Selection - 4 flavours	480g	1.99	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	1.49	V
	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
	GREEN PEOPLE			
	Organic Skincare			
DY072	Day Solution SPF15	50ml	15.29	OV
	HEAVENLY ORGANICS SKIN CARE			
DY348	Eye & Face Cream - Chamomile	25g	8.99	VO
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
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
	HERE WE FLO			
	Flo			
NF017	Bamboo Day Pads	16	3.95	OV
NF010	Bamboo Liners	24	3.29	OV
NF041	Bamboo Night Pads	14	3.95	OV
NF060	Bamboo Ultra-Long Pads	10	3.95	OV
NF009	Eco-Applicator Tampons	14	4.39	OV
	Glo			
NF082	Bamboo Liner Sensitive Bladder	16	3.29	OV
NF075	Bamboo Ultra-Long Pad	10	3.29	OV
NF066	Bamboo Ultra-Secure Pads	12	3.29	OV
	HUMBLE			
NF536	Bamboo Cotton Swabs - White	100	1.99	V
NF200	Reusable Face Mask	1	3.99	V
	LAVERA			
DY116	Moisturiser - Sensitive	150ml	8.95	OV
	Basis			
DY202	Deodorant- Roll On	75ml	9.95	OV
DY589	Hand Cream	75ml	4.95	OV
DY581	Moisturising Face Cream	50ml	11.95	OV
	LOOFCO			
DY092	Bath-Time Loofah	1	3.29	V
DY091	Body Loofah	1	3.50	V
	MOONCUP			
DY606	Mooncup Size 'A'	each	19.99	V
DY680	Mooncup Size 'B'	each	19.99	V
	NATRACARE			
	NURSING PADS			
NF370	Natural Nursing Pads	16	2.99	OV
	Pads			
NF059	Dry & Light Incontinence Pads	20	4.15	V

code	product	size	rrp	bfgosv
NF889	Maxi Pads - Night Time	10	2.69	V
NF298	Maxi Pads - Regular	14	2.90	V
NF299	Maxi Pads - Super	12	2.29	V
NF096	Mini Panty Liner	30	1.79	V
NF152	New Mother Maternity Pads	10	2.55	V
NF048	Organic Cotton Panty Liners	22	2.17	OV
NF121	Panty Liner Curved	30	1.79	V
NF304	Ultra Extra Pad Normal - Wings	12	2.29	V
NF300	Ultra Extra Pads Long - Wings	8	2.29	V
NF313	Ultra Extra Super Pads Winged	10	2.29	V
NF755	Ultra Pad - Long with Wings	10	2.55	V
NF862	Ultra Pads Super Plus	12	2.39	V
NF827	Ultra Regular Pad with Wings	14	2.49	V
NF442	Ultra Super Pads with Wings	12	2.39	V
NF104	Wrapped Panty Liner	18	1.75	V
	Tampons			
NF826	Applicator Tampon - Super	16	2.89	OV
NF823	Applicator Tampons - Regular	16	2.85	OV
NF085	Tampons Regular - Organic	20	2.65	VO
NF086	Tampons Super - Organic	20	2.69	OV
NF087	Tampons Super Plus - OG	20	2.79	VO
	Tissues			
NF251	Safe to Flush Moist Tissues	30	2.50	V
	Wipes			
NF204	Organic Cotton Intimate Wipes	12	2.35	OV
	OLIVA			
DY290	Olive Oil Soap	6 x 125g	1.89	V
DY561	Olive Oil Soap - Large Bar	600g	3.89	V
	ORGANIC			
NF227	Pads - Heavy Flow	10	3.99	OV
NF199	Pads - Moderate Flow	10	3.79	OV
	PATCH			
	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
	PITROK			
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
	RIO ROSA MOSQUETA			
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
	SIMPLY GENTLE			
DY097	Cotton Buds - organic	200	2.25	VO
	THE PRINTED PEANUT			
	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
	TINTS OF NATURE			
DY388	Hand Sanitising Gel	100ml	5.99	V
DY377	Hand Sanitising Spray	150ml	6.15	V

code	product	size	rrp	bfgosv
DY366	Hand Sanitising Spray	75ml	5.99	V
	URTEKRAM			
DY725	Lime Crystal Roll On Deodorant	50ml	4.89	OV
	Nordic Berries			
DY599	Body Lotion	245ml	6.99	OV
DY282	Conditioner	180ml	4.89	OV
	Rose			
DY060	Rose Crystal Deodorant	50ml	4.89	OV
DY904	Rose Shampoo	250ml	5.49	OV
DY396	Rose Shower Gel	500ml	7.85	OV
	WELEDA			
	Bath & Shower			
DY387	Sea Buckthorn Creamy Body Wash	200ml	8.25	V
	Body Care			
DY636	Arnica Massage Oil	100ml	17.75	V
	Deodorant			
DY152	Spray Deodorant - Citrus	100ml	1.50	V
DY151	Spray Deodorant - Sage	100ml	1.50	V
DY305	Wild Rose Spray Deodorant	100ml	13.55	V
	Facial Care			
DY927	Pomegranate Firming Day Cream	30ml	3.50	V
	Skin Food			
DY134	Skin Food Body Butter	150ml	19.75	FVB
DY133	Skin Food Light	75ml	13.50	FVB
	YARE VALLEY			
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
	BREADS & BREAD MIXES			
	AMAIZIN			
BT268	Og Tortilla Wraps Extra Fibre	240g	2.45	OV
BT329	Organic Tortilla Wraps	240g	2.45	OV
	AMISA			
BT125	Olive Ciabatta	180g	3.35	GOV
	BIONA			
BT135	Pizza Base - 2 Per Retail Pack	300g	2.95	OV
BT440	Pumpernickel Bread	500g	2.90	OV
BT461	Rice Bread with Sunflower Seed	500g	4.55	GOV
BT464	Rye Bread - Amaranth & Quinoa	500g	2.90	OV
BT073	Rye Bread - Chia & Flax	500g	2.75	OV
BT438	Rye Bread - Hemp Seed	500g	2.19	OV
BT206	Rye Bread - Omega 3	500g	2.90	OV
BT207	Rye Bread - Pumpkin Seed	500g	2.29	OV
BT210	Rye Bread - Sunflower Seed	500g	2.90	OV
BT439	Rye Bread - Vitality	500g	2.19	OV
BT145	Rye Bread - Wholegrain	500g	2.90	OV
BT422	Spelt Pizza Base - Organic	300g	4.15	OV
	EVERFRESH NATURAL FOODS			
BT048	Malt & Raisin Loaf	330g	1.65	OV
BT934	Sprouted Rye Bread	400g	2.50	OV
BT935	Sprouted Spelt Bread	400g	2.75	OV
BT086	Sprouted Wheat Bread	400g	1.99	OV
	FLORENTIN			
BT552	Pitta Bread - spelt	260g	2.30	OV
BT360	Pitta Bread - white	260g	1.90	OV
BT376	Pitta Bread - wholemeal	280g	1.90	OV
	FREE & EASY			
FG059	Afternoon Tea Scone Mix	350g	3.69	GSV
FG056	Middle Eastern Flatbread Mix	250g	2.99	GV
FG057	Yorkshire Pudding Mix	155g	2.59	GV
	GO VEGAN			

code	product	size	rrp	bfgosv
BT172	Vegan Wheat Croissants - Cocoa XMAS 2021	5 45g	5.49	OSV
BT332	Chocolate Panettone	500g	9.00	OSV
ISABEL'S NATURALLY FREE FROM				
FG186	Baked Donut Mix Gluten Free	100g	3.15	GV
BT201	Dough Ball Mix	125g	3.15	GV
BT311	Thin Crust Pizza Base Mix	150g	3.15	GV
PASTICCERIA VENEZIA				
BT213	Vegan Mini Panetonne	80g	1.29	SV
PROBIOS				
	XMAS 2021			
BT407	Dark Chocolate Panettone	300g	5.00	OSV
BT293	Spelt Sourdough Panettone	300g	5.00	OSV
SCHNITZER				
BT016	Bread Less	350g	3.55	GOV
SCHNITZER GLUTEN FREE				
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	3.90	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
BURGERS SAUSAGES & TVP MIXES				
SUMA PREPACKS				
VF160	Burger Mix - Vegetarian	350g	5.65	V
VF154	Nut Roast Mix - Gluten Free	340g	3.49	GVS
VF153	Nut Roast Mix - Savoury/Vegan	370g	3.15	VS
VF162	Sausage Mix - Vegan	350g	5.25	V
SY109	Vegan TVP Mince	250g	2.25	V
ARTISAN NATURES KITCHEN				
VF205	Morrocian Spiced GF Burger Mix	200g	2.89	GSV
VF206	Sweet Chilli GF Burger Mix	200g	2.89	GSV
CLEARSPRING				
SY074	Organic Soya Chunks	200g	3.29	GOV
SY071	Organic Soya Mince	300g	3.79	GOV
GRANOSE				
VF099	Chargrilled Style Burger Mix	120g	1.85	V
VF087	Lincolnshire Sausage Mix	150g	1.85	V
JUST WHOLEFOODS				
VF706	Vegetarian Banger Mix -organic	125g	1.99	OV
VF705	Vegetarian Burger Mix	125g	1.99	OV
PROFUSION				
SY092	Protein Chunks Pea & Fava	125g	2.75	GOV
SY095	Protein Mince Pea & Fava	125g	2.75	GOV
SHROPSHIRE SPICE				
	XMAS 2021			
VF004	Chestnut, Cranb & App Stuffing	150g	1.65	SV
VF308	GF Cran/Apple Stuffing Mix	120g	2.25	GV
VF309	GF Parsley/Thyme Stuffing Mix	120g	2.25	GV
VF109	Mushroom, Garlic and Herb	150g	1.49	SV
VF011	Parsley,Thyme & Lemon Stuffing	150g	1.49	SV
VF029	Sage and Roast Onion Stuffing	150g	1.65	SV
VF078	Sage Lemon & Chestnut Stuffing	150g	1.65	SV
CAKES				
AUTHENTIC BREAD COMPANY				
	XMAS 2021			
BT039	Luxury Mince Pies	200g	4.99	OSV

code	product	size	rrp	bfgosv
BT040	Luxury Mince Pies	200g	5.59	OSVG
BT154	Vegan Christmas Cake	450g	9.99	OSV
EVERFRESH NATURAL FOODS				
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
FOODS OF ATHENRY				
XMAS 2021				
BT148	Very Fruity Mince Pies	280g	5.49	GSV
FREE & EASY				
FG031	Breakfast Pancake	230g	2.99	GSV
FG060	Chocolate Treat Cookie Mix	350g	3.75	GSV
Gluten & Dairy Free				
BT072	Chocolate Brownie Mix	350g	4.90	GSV
JUST WHOLEFOODS				
FG087	Brownie Mix	318g	3.99	OSV
FG088	Pancake Mix	185g	2.99	OSV
LOTTIE SHAW'S				
XMAS 2021				
KB533	Seriously Good Mince Pies	245g	3.59	SV
PROFUSION				
FG095	PROTEIN BURGER MIX MAROC OG	250g	2.13	GOSV
SPECIALITE LOCALE				
Loaf Cakes				
BT396	Dutch Apple Loaf Cake	1loaf	3.19	SV
BT384	Stem Ginger Loaf Cake	1loaf	3.19	SV
CANDLES, INCENSE & HOLDERS				
GREATER GOODS				
Mother's Vegan Incense				
NF444	Cinnamon & Spice	12 sticks	2.00	FV
NF365	Display with Stock - 162 Units	1	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
NF447	Orange Blossom	12 sticks	2.00	FV
NF441	Patchouli	12 sticks	2.00	FV
NF367	Sandalwood	12 sticks	2.00	FV
NF443	Vanilla	12 sticks	2.00	FV
MANCHESTER CANDLE CO				
NF250	Tealights	10	1.29	V
SIESTA CRAFTS				
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
CEREALS & MUESLIS				
ALARA				
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

code	product	size	rrp	bfgosv
MX083	Original Muesli Everyday Range	650g	3.29	OV
MX023	Gluten Free Muesli - organic	250g	3.29	GOV
MX031	Rich Muesli - organic Into The Garden	500g	2.99	OV
MX236	Active Muesli	250g	3.99	GOV
AMISA				
FX016	Organic Porridge Oats	325g	2.75	GOV
MX029	Spelt Puffs - Organic	200g	2.39	OV
BEAR				
MX202	Alphabites Cereal - Cocoa	350g	2.79	V
MX203	Alphabites Cereal - Multigrain	350g	2.79	V
BIO & ME				
MX013	Cocoa & Hazelnut Granola	360g	4.39	V
MX008	Low Sugar Granola	360g	4.39	V
MX020	Super Seedy & Nutty Granola Granola	60g	1.39	V
MX071	Super Seedy & Nutty Granola Muesli	360g	4.39	V
MX075	Fruit & Nut Muesli Porridge	450g	4.59	V
MX072	Apple & Cinnamon Porridge	400g	2.75	V
MX112	Super Seedy & Nutty Porridge	400g	2.75	V
BIOFAIR				
FX018	Quinoa Flakes Organic	400g	5.49	FOV
DOVES FARM				
MX019	Cereal Flakes	375g	3.49	GOSV
MX988	Chocolate Stars	300g	2.75	GOV
MX632	Corn Flakes	325g	2.75	GOV
MX171	Fibre Flakes	375g	3.35	GOSV
MX086	Fruit & Fibre Flakes	375g	4.69	GOV
MX002	Porridge Oats	430g	3.49	GOV
MX087	Supergrain Hoops	300g	3.55	GOV
FULLGREEN				
	Best Morning Ever			
MX059	Apple & Cinnamon Breakfast	165g	1.63	GV
GLEBE FARM				
FX037	Porridge Oats GF	450g	2.65	GV
MX106	Porridge Oats GF	450g	2.79	GOV
KALLO				
MX124	Puffed Rice Cereal - Natural	225g	2.99	GOV
LIZI'S				
MX061	Belgian Choc	400g	4.19	SV
MX181	Gluten Free Granola	400g	5.35	GV
MX264	High Protein Granola	350g	4.45	SV
MX014	Low Sugar Maple & Pecan	500g	4.45	SV
MX207	Low Sugar Nut & Seeds	500g	4.29	SV
MX178	Mango & Macadamia	400g	4.19	SV
MX011	Organic Granola	400g	4.59	OSV
MX125	Original	500g	3.99	SV
MX177	Pistachio & Passionfruit	400g	4.19	SV
MX016	Super Muesli Boost	400g	4.25	V
MX021	Super Muesli Focus	400g	4.25	V
MX018	Super Muesli Glow	400g	4.25	V
MX064	Treacle & Pecan	400g	4.19	SV
NAIRN'S				
MX152	Gluten Free Porridge Oats	450g	2.79	GV
MX154	Muesli - Gluten Free Oats Your Way	450g	3.25	GSV
MX092	Porridge - Apple & Cinnamon	375g	3.19	GV
MX094	Porridge - Blueberry	375g	3.19	GV

code	product	size	rrp	bfgosv
	NATURES PATH ORGANIC			
MX602	Gorilla Munch	300g	3.99	GOVS
MX194	Maple Sunrise	332g	4.19	GOSV
MX885	Mesa Sunrise	355g	4.35	GOSV
MX884	Millet Rice	375g	3.75	OV
	Envirokidz			
MX079	Choco Chimps	284g	4.50	GOVS
	PLANET ORGANIC			
MX165	Super Berry Paleo Granola	350g	6.99	GOSV
	POST			
MX121	Grapenuts	580g	4.89	V
	PRIMROSE'S KITCHEN			
MX109	Beetroot & Ginger Muesli	300g	4.49	GOV
MX104	Carrot, Apple & Cinnamon Muesli	300g	4.49	GOV
MX098	Fig & Apricot Bircher OG	300g	4.49	GOV
MX095	Mulberry & Apple Bircher OG	300g	4.49	GOV
MX012	Pear & Apricot Bircher	300g	4.49	GOV
MX100	Sour Cherry & Apple Bircher OG	300g	4.49	GOV
	RUDE HEALTH FOODS			
MX110	Chocolate Crunch Granola	400g	3.99	VS
	Flakes			
MX127	Spelt Flakes	300g	3.25	V
	Granola			
MX067	Crunchy Almond Granola	400g	3.99	SV
MX108	Crunchy Berry Granola	400g	4.99	OSV
MX068	Crunchy Raisin Granola	400g	3.99	V
MX069	Low Sugar Granola	400g	3.99	SV
	Muesli			
MX143	Bircher Muesli - Soft & Fruity	400g	3.49	V
MX065	Coconut Muesli	400g	3.49	GV
MX062	Crispy Almond Muesli	400g	1.75	V
MX066	Low Sugar Muesli	366g	3.49	V
MX060	Ultimate Muesli	400g	4.99	OSV
	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
	SHARPHAM PARK			
MX051	Spelt Bran Flakes	375g	3.59	SV
	WHOLE EARTH			
MX172	Classic Cornflakes - organic	375g	2.49	GOSV
MX158	Cocoa Crunch	375g	2.99	OSV
MX174	Maple Frosted Flakes - og	375g	3.29	GOSV
MX162	Red Fruit Crunch	450g	3.59	OSV
	CHEESE, NON DAIRY (CHILLED)			
	APPLEWOOD			
CV615	Smoked Cheese Block	200g	2.65	GSV
CV618	Smoked Cheese Slices	200g	2.85	GV
	BONSAN			
CV490	Almond Spread - Plain	125g	3.50	OV
CV492	Almond Spread - Toms & Pepper	125g	3.50	OV
CV527	Almond Spread - Wild Garlic	125g	3.15	OV
	BUTE ISLAND FOODS			
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

code	product	size	rrp	bfgosv
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 Creamy Sheese	200g	2.45	GV
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 Grated Sheese	255g	2.39	GV
CV165	Grated Mature Cheddar Style	200g	2.95	GV
CV186	Grated Mild Cheddar Style	200g	2.95	GV
CV183	Grated Mozzarella Style Sliced Sheese	200g	2.95	GV
CV749	Cheddar Jalapeno Slices	180g	2.55	V
CV540	Mature Cheddar Style Slices	180g	2.45	V
CV541	Mild Cheddar Style Slices	180g	2.45	V
CV542	Mozzarella Style Slices	180g	2.45	GV
CV748	Red Leicester Style Slices	180g	2.45	V
	FOLLOW YOUR HEART			
CV775	Greek Style Crumbles	170g	4.50	V
CV776	Mozzarella Style Shreds	200g	3.99	V
CV130	Parmesan - Grated	142g	4.65	V
CV134	Parmesan - Shredded	113g	4.65	V
CV768	Shredded Cheddar Style Slices	200g	3.99	V
CV122	Medium Cheddar	200g	3.39	V
CV675	Pepper Jack	200g	3.39	V
CV674	Smoked Gouda	200g	3.39	V
	KOKO DAIRY FREE			
CV688	Cheddar Cheese Alternative	200g	2.49	GV
	MEXICANA			
CV535	Spicy Mexican Cheddar Style	200g	2.65	GV
	MOUSE'S FAVORITE			
CV080	Aged Dulse	125g	9.00	OV
CV086	Apricot	135g	8.25	OV
CV079	Camembert Blue Style	130g	9.35	OV
CV077	Camembert Style	135g	9.00	OV
	MOZZARISELLA			
CV858	Classic Vegan Cheese	200g	4.65	OV
CV027	MascaRice Vegan Mascarpone	150g	3.65	GOV
	NUSH			
CV738	Almond & Chive Ch*ese Spread	150g	2.99	V
CV750	Natural Almond Ch*ese Spread	150g	2.99	V
	OATLY			
CV700	Creamy Oat Spread Plain	150g	2.15	V
	ORIGIN KITCHEN			
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
	TYNE CHEESE			
CV072	Applewood Cheese	160g	8.95	V
CV073	Ethiopian Spice Cheese	160g	7.95	V
CV109	Garlic Cheese	160g	7.95	V
CV114	Marinara Cheese	160g	8.95	V
CV099	Original Cheese	160g	7.95	V
CV104	Smoked Cheese	160g	7.95	V

code	product	size	rrp	bfgosv
CV107	Truffle Cheese	160g	8.95	V
	VBITES			
CV599	Cheezly Cheddar Style - No Soy	190g	2.30	SV
CV647	Mozzarella Style Block	190g	2.30	SV
CV227	Red Cheddar Style Cheezly	190g	2.30	V
CV228	White Cheddar Style Cheezly	190g	2.30	V
	VIOLIFE			
	Blocks			
CV449	Cheese Block Cheddar	400g	5.50	V
CV448	Cheese Block Mozzarella	400g	5.50	V
CV446	Cheese Block Original	400g	5.50	V
CV444	Cheese Block Smoked	400g	5.50	V
CV230	Epic Mature Cheddar	200g	3.30	V
	Cream Cheese			
CV225	Creamy Cheddar	150g	2.60	V
CV529	Creamy Original	200g	2.50	V
CV226	Creamy with Garlic and Herb	150g	2.60	V
	Grated			
CV433	Grated Epic Mature	150g	2.30	V
CV871	Grated Original	200g	2.60	V
CV904	Grated Tex-Mex Cheese	180g	2.30	GSV
	Slices			
CV793	BBQ Flavour Slices	200g	2.90	V
CV407	Cheddar Flavour Slices	200g	3.30	V
CV779	Mature Cheddar Flavour Slices	200g	3.30	V
CV439	Mozzarella Cheese Slices	200g	3.30	V
CV416	Original Flavour Cheese Slices	200g	3.30	V
CV442	Smoked Cheese Slices	200g	3.30	V
	Specialities			
CV701	Blue Cheese	150g	2.55	V
CV905	Camembert	150g	3.70	GV
CV781	Greek Style Cheese	200g	3.00	V
CV706	Mediterranean Grill Cheese	200g	2.80	V
CV546	Prosociano Cheese	150g	4.15	V
	CHOCOLATE			
	SUMA PREPACKS - ORGANIC			
KB137	Cacao Nibs - Organic	100g	1.85	OV
	ANANDA FOODS			
	AVERAGE 6-8 WEEKS SHELF LIFE			
KB330	Gluten Free Round Up	75g	3.50	GVS
KB329	Gourmet Round Up	75g	3.50	SV
	EASTER 2022			
KB565	Easter Luxury RoundUp Gift Box	gIFT	12.19	SV
KB564	Pancake Round Up - Blueberry	90g	3.50	SV
KB548	Round Up Luxury Selection Box	gIFT	12.19	GSV
	XMAS 2021			
KB080	Gluten Free Round Up Selection	4 x 68g	6.10	GSV
KB775	Let's Celebrate Round Up	90g	1.53	SV
KB079	Round Up Selection Box	4 x 75g	6.10	SV
	BEECH'S FINE CHOCOLATES			
	XMAS 2021			
KB375	After Dinner Mints	130g	3.99	GV
KB437	Dark Chocolate Ginger Thins	150g	2.50	GV
KB027	Ginger Creams	90g	1.50	GSV
KB028	Lemon Creams	90g	1.50	GSV
KB339	Mint Creams	90g	1.50	GVS
KB019	Orange Creams	90g	2.99	SV
	BOOJA-BOOJA			
ZX869	Almond Salted Caramel	92g	5.21	GOSV
ZX871	Around Midnight Espresso	92g	5.21	GOSV

code	product	size	rrp	bfgosv
KB749	Chocolate Orange Truffles	92g	5.21	GOSV
KB987	Chocolate Salted Caramel	92g	5.21	OSV
KB694	Deeply Chocolate Truffles	92g	5.21	GOSV
ZX872	Fine De Champagne	92g	5.21	GOSV
ZX874	Hazelnut Crunch	92g	5.21	GOVS
KB718	Honeycomb Caramel Truffle Artist's Collection Gift Boxes	92g	5.21	GOSV
KB927	Fine De Champagne Truffles	185g	22.95	GFOSV
KB929	Hazelnut Truffles EASTER 2022	185g	22.95	GFOSV
WS149	Choc Salted Caramel Easter Egg	138g	26.19	OSV
WS148	Chocolate Orange Easter Egg	34g	1.49	OSV
KB129	Hazelnut Crunch Truffle Egg	34g	1.49	GOSV
WS147	Honeycomb Caramel Easter Egg	34g	1.49	OSV
KB795	Large Champagne Truffle Egg	138g	26.19	GOSV
KB985	Large Hazelnut Truffle Egg	138g	26.19	GOSV
KB223	Ltd Edition Easter Selection Four Corners	184g	1.49	VSOG
KB296	Almond Salted Caramel Truffles	104g	7.35	GOV
KB655	The Gourmet Selection Gift Boxes	230g	18.75	GOSV
KB815	Award-winning Selection	184g	1.49	GOSV
KB656	Champagne Truffles	138g	9.95	GOSV
KB793	The Signature Collection Gift Range	184g	1.43	GOSV
KB623	Hazelnut Truffles	138g	14.50	GOSV
KB624	Truffle Selection 1	138g	14.50	GOSV
KB873	Truffle Selection 2 Two Packs	138g	14.50	GOSV
KB507	Almond Salted Caramel Truffles	23g	1.34	GOSV
KB513	Hazelnut Crunch Truffles	23g	1.34	GOSV
	BUTTERMILK			
	EASTER 2022			
WS173	Choccy Easter Egg	100g	4.59	GSV
WS174	Easter Bunny Bar	35g	1.15	GSV
WS175	Easter Bunny Choccy Bar	35g	1.15	GSV
WS172	Honeycomb Blast Choccy Egg	175g	6.85	GSV
WS170	Salted Caramel Choccy Egg	172g	6.85	GSV
WS171	Zingy Orange Crisp Choccy Egg	172g	6.85	GSV
	CAROBOO			
	Carob Bars			
ZX985	Smooth & Creamy Coconut Bars	35g	1.69	GSV
ZX990	Smooth & Creamy Mint Bars	35g	1.69	GSV
ZX987	Smooth & Creamy Orange Bars	35g	1.69	GSV
	CHOCOLATE AND LOVE			
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
	COCOA LOCO			
	EASTER 2022			
ZX353	73% Dark Choc Mini Eggs	140g	6.99	FOSV
KB218	Dark Chocolate Easter Egg 73% XMAS 2021	225g	12.99	FOSV
ZX856	Dark Chocolate Raspberry Tree	150g	6.00	FOSV
KB063	Ginger in Dark Choc	100g	5.49	FOSV
	COCOBA			
	EASTER 2022			
KB289	Vegan Easter Egg	250g	12.95	SV
WS176	Vegan Honeycomb Easter Egg	250g	12.95	SV
WS179	Vegan Sprinkle Easter Egg	250g	12.95	SV

code	product	size	rrp	bfgosv
ZX840	XMAS 2021 Cookies & Cream Bar	100g	1.30	SV
	COCOCARAVAN			
ZX140	EASTER 2022 Vegan Caramel Mini Easter Eggs	80g	5.99	OV
WS140	XMAS 2021 Date & Caramel Bars	75g	3.75	GOV
WS012	Hazelnut,Currant & Caramel Bar	75g	2.50	GOV
	CONSCIOUS CHOCOLATE			
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
ZX340	Chocolate Orange Coated Figs	50g	2.49	GOSV
ZX364	Salted Chocolate Coated Dates	50g	2.49	GOSV
	EASTER 2022			
WS152	Chocolate Luxury Filled Egg	50g	3.99	OSV
ZX376	Spring Bunnies Gift Box	180g	9.99	OV
	XMAS 2021			
ZX836	Chocolate Selection Box	240g	6.00	GOSV
ZX838	Chocolate Stars Gift Box	180g	4.98	GOSV
	D & D			
	EASTER 2022			
ZX602	18 X 20g Hollow Eggs	20g	1.19	GSV
ZX635	Chuckling Bunnies	120g	9.25	GSV
ZX638	Mini Eggs	120g	9.25	GSV
	DELICIOUSLY ELLA			
ZX150	Chocolate Orange Dipped Almons	30g	1.19	GV
ZX151	Peanut Butter Cup	36g	1.69	GV
ZX152	Salted Caramel Cup	36g	1.69	GV
ZX144	Salted Chocolate Dipped Almons	30g	1.19	GV
	DIVINE			
	35g Bars			
ZX286	70% Dark Chocolate	35g	1.25	FSV
	90g Bars			
ZX498	70% Dark Chocolate	90g	2.85	FSV
ZX365	70% Dark Smooth Hazelnut	90g	2.85	SVF
ZX469	85% Dark Chocolate	90g	2.85	FSV
ZX471	Dark Choc with Ginger & Orange	90g	2.85	FSV
KB534	Dark Choc with Raspberries	90g	2.85	FSV
ZX001	Dark Chocolate with Mint	90g	2.85	FSV
ZX789	Dark Chocolate with Pink Salt	90g	2.85	FSV
	EASTER 2022			
WS177	Dark 70% Chocolate Egg	90g	6.90	FSV
ZX457	Dark 70% Chocolate Mini Eggs	152g	5.49	FSV
KB491	Dark Chocolate Raspberry Egg	90g	6.90	FSV
ZX309	Luxury Dark 70% Chocolate Egg	260g	11.79	FSV
	XMAS 2021			
KB119	Dark Chocolate Ginger Thins	200g	2.45	FSV
WS194	Dark Chocolate Orange Thins	200g	2.30	FSV
	DIVINE ORGANIC			
ZX629	85% Dark Chocolate	80g	3.45	SVO

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ZX630	85% Dark Chocolate	80g	3.45	OSV
ZX643	95% Dark Chocolate	80g	3.45	SVO
	ENJOY!			
	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	96g	4.99	SGOV
	Filled Bars			
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	70g	2.99	VSGO
	EQUAL EXCHANGE			
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
	FELLOW CREATURES			
	70g Bars			
KB073	Creamy Hazelnut Chocolate	70g	3.90	GSV
KB068	Creamy Milkless Chocolate	70g	3.90	GSV
KB098	Matcha White Choccy	70g	3.90	GSV
KB095	Raspberry White Choccy	70g	3.90	GSV
KB089	Salted Caramel Choccy	70g	3.90	GSV
	GO MAX GO			
	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
ZX992	Ma-Jor Bar	43g	2.90	GSV
KB814	Twilight Candy Bar	60g	2.90	SV
	GOUPIE			
	EASTER 2022			
ZX703	Lemon Meringue Egg With Goupie	100g	1.59	SV
ZX648	Original Goupie Egg	100g	1.59	GSV
ZX010	Salted Sticky Toffee Egg	100g	1.59	GSV
	XMAS 2021			
WS014	Cherry & Almond	180g	4.79	SGV
WS123	Lemon Meringue Goupie	160g	4.79	GSV
KB144	Taste of Christmas Mini	75g	2.55	SV
WS122	White Chocolate & Cardamom	160g	4.79	GVS
WS120	White Christmas Goupie	160g	5.59	GSV
WS121	White Christmas Goupie Mini	75g	2.55	GSV
	GREEN & BLACKS			
	90g Bars			
KB034	85% Dark Chocolate	90g	2.25	FOSV
ZX251	Maya Gold Dark Chocolate	90g	2.25	FSOV
	GREGORY'S TREE			
WS207	Fruit Twists Blue&Rasp Flvr OG	18g	0.79	GOV
WS212	Strawberry Flvr Fruit Twist OG	18g	0.79	GOV
	H!P			
	EASTER 2022			
WS144	Salted Caramel Easter Egg	150g	8.95	SV
	H!P - HAPPINESS IN PLANTS			
	25g Bars			
KB105	Original - Creamy & Smooth	25g	1.25	GSV
KB106	Salted Caramel	25g	1.25	GSV
	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
KB100	Salted Honeycomb	70g	2.95	GSV
KB621	Salty Pretzels	70g	2.95	SV
	HADLEIGH MAID			
	Maltybites			
KB455	Maltybites	120g	3.29	VS
KB523	Maltybites 50g Bag	50g	1.65	SV
KB689	Maltybites Crunchy Orange	120g	3.29	SV
KB670	Maltybites Crunchy Peppermint	120g	3.29	SV
	Walnut Whirls			
WS064	Chocolate Sloe Gin Truffle	90g	3.29	VS
ZX785	Dark Choc Cappuccino Truffle	90g	3.29	SV
WS139	Dark Choc Rum Truffle	90g	3.29	SV
ZX786	Dark Chocolate Mint Truffle	90g	3.29	VS
ZX076	Dark Chocolate Orange Truffle	90g	3.29	SV
ZX763	Dark Chocolate Truffle	90g	3.29	VS
ZX746	Dark Chocolate Vanilla Truffle	90g	3.29	VS
WS038	Irish Cream Truffle	90g	3.29	VS
	XTMAS 2021			
KB024	Artisan Choc Selection Box	100g	6.99	VS
	HAPPI			
	80g Bars			
KB953	Cacao Nibs Crunch	80g	2.95	GSV
KB988	Orange	80g	2.95	GSV
KB951	Plain Milk	80g	2.95	GSV
KB950	Salted Caramel	80g	2.95	GSV
KB996	White Chocolate	80g	2.95	GSV
ZX983	White Chocolate & Raspberry	80g	2.95	GSV
	Chocolate Buttons			
ZX986	Oat Milk Chocolate Buttons	100g	3.49	GSV
	EASTER 2022			
WS218	Oat Milk Chocolate Bunny Lolly	40g	1.99	GSV
WS142	Orange Chocolate Easter Egg	170g	9.99	GSV
WS141	Plain Milk Choc Easter Egg	170g	9.99	GSV
WS143	Raspberry Choc Easter Egg	170g	9.99	GSV
WS118	Salted Caramel Easter Egg	170g	9.99	GSV
	LOVE COCOA			
	EASTER 2022			
WS145	Dark Choc Sea Salt Easter Egg	150g	1.95	SV
	LOVERAW			
	Chocolate Butter Cups			
KB170	Cashew Cookie Dough Butter Cup	34g	2.90	V
KB737	Choc Brownie Peanut Butter Cup	34g	2.90	SV
KB511	Hazelnut Butter Cups	34g	2.90	V
KB410	Peanut Butter Cups	34g	2.90	V
KB417	Salted Caramel Butter Cups	34g	2.90	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	45g	1.75	SV
	MONTEZUMA'S			
	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
	EASTER 2022			

code	product	size	rrp	bfgosv
KB185	Absolute Black Mini Eggs	150g	4.39	SV
KB187	Dark Chocolate Mini Eggs	150g	4.39	SV
WS151	Dark Chocolate Solid Chicks	110g	6.86	SV
KB206	Frizzle Hen With Cocoa Nibs	200g	9.45	SV
KB207	Lucky Chick With Buttons	100g	5.99	OSV
KB209	Plucky Chick With Buttons	100g	5.99	OSV
KB220	The 3 Chicklateers - Dark	225g	1.25	OSV
KB268	The 3 Chicklateers - No Udder Flavoured Bars	225g	1.25	OSV
KB221	Black Forest Gâteau 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 Giant Buttons	90g	2.49	SV
ZX775	Absolute Black Giant Buttons	180g	3.99	GV
KB005	Dark Chocolate Giant Buttons Like No Udder	180g	3.99	OVS
WS204	Chocolate Butterscotch Bars	90g	2.79	GOSV
KB530	Milk Alternative Bar	90g	2.79	GOVS
KB601	Milk Choc/Orange Alternative	90g	2.79	OSVG
WS205	Peppermint Choc & Cocoa Nibs Like No Udder Mini Bars	90g	2.79	GOSV
ZX743	Milk Chocolate Alternative Organic Bars	25g	1.90	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 XMAS 2021	90g	2.49	GOSV
ZX905	Absolute Black Snowmen	110g	6.99	SV
ZX809	Advent Calendar Absolute Black	240g	5.00	V
ZX811	Advent Calendar Dark Chocolate	240g	5.00	OSV
ZX916	Dark Choc Peppermint Snowmen	110g	3.50	SV
MONTY BOJANGLES				
KB448	Cocoa Nib Nights Vegan Truffle Vegan Truffles	180g	6.45	SV
KB023	Caramel Haze	100g	3.39	SV
KB015	Cocoa Nib Nights	100g	3.39	SV
KB017	Cocoberry Blush	100g	3.39	SV
MOO FREE				
KB010	Moofreesas Buttons	35g	1.25	GSV
KB348	Buttons - Original	25g	0.75	GSV
KB349	Buttons - White EASTER 2022	25g	0.75	GSV
WS160	Bunny Bar	32g	0.79	GSV
WS161	BUNNYCOMB EGG AND BUTTONS	95g	3.55	GSV
WS163	Choccy Eggsplosion	95g	3.55	GSV
WS164	Hammy Hamster Easter Egg	80g	3.55	GSV
WS165	Mikey Bunny Easter Egg	80g	3.55	GSV
WS168	Milk Chocolate Mini Eggs	50g	1.99	GSV
WS162	Original Egg and Buttons	95g	3.55	GSV
WS167	Premium Milk Chocolate Egg	185g	5.99	GOSV
WS166	Premium White Chocolate Egg	185g	5.99	GSV
WS169	White Chocolate Mini Eggs Everyday Bars	50g	1.99	GSV
KB008	Bunnycomb Bars	80g	1.79	GSV
KB352	Fruit & Nut Bars	80g	1.79	GSV
KB353	Orange Crunch Bars	80g	1.79	GSV

code	product	size	rrp	bfgosv
KB354	Original Bars	80g	1.79	GSV
KB009	White Chocolate Bars	80g	1.79	GSV
	Everyday Bars - 35g			
KB013	Bunnycomb Crunch Bars	35g	1.25	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	20g	0.60	GSV
	Premium Bar			
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
	XMAS 2021			
KB828	Oscar The Bear	75g	1.50	GSV
	MUMMY MEAGZ			
	EASTER 2022			
ZX858	Chuckie Egg	38g	1.50	SV
	Vegan Rocky Road Bars			
ZX704	Original Rocky Road Bar	55g	1.79	SVG
WS053	Sea Salt& Honeycomb Rocky Road	55g	1.79	GVS
	OMBAR RAW CHOCOLATE			
ZX419	100% Raw Chocolate	35g	2.50	OVS
ZX659	90% Raw Chocolate	35g	2.50	OV
KB759	Blueberry & Acai Chocolate	35g	2.50	OV
KB761	Coco Dark Chocolate	35g	2.50	OV
KB406	Coco Mylk Raw Chocolate	35g	2.50	OV
ZX657	Coconut & Vanilla Centre	35g	2.50	OV
KB763	Dark 72% Raw Chocolate	35g	2.50	OV
ZX397	Hazelnut Centre	35g	2.50	FGOSV
ZX421	Pistachio & Coconut Centre	35g	2.50	OVS
ZX663	Raspberry & Coconut Centre	35g	2.50	OV
KB764	Strawberry Mylk Raw Chocolate	35g	2.50	OV
	70g Bars			
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	70g	3.39	VOG
	Buttons			
KB492	Coco Mylk Chocolate Buttons	25g	1.55	OVS
ZX661	Dark 72% Chocolate Buttons	25g	1.55	OV
	ORGANIC SEED & BEAN COMPANY			
	Large Bars			
KB155	58% Dark Choc & Hazelnuts	85g	2.99	FOSV
WS117	58% Dark Salted Caramel	85g	2.99	OSV
ZX793	58% Dark Sweet Orange & Thyme	85g	2.99	FOSV
KB740	66% Dark, Raspberry & Coconut	85g	2.99	OSV
KB736	70% Dark Choc & Sea Salt	85g	2.99	FOSV
KB767	72% Dark Choc & Lavender	85g	2.99	FOSV
KB200	72% Dark Choc & Mint	85g	2.99	FOSV
KB773	72% Dark Choc, Chilli & Lime	85g	2.99	FOSV
KB743	72% Dark choc, Dominican	85g	2.99	FOSV
KB772	72% Dark Choc,Mandarin &Ginger	85g	2.99	FOSV

code	product	size	rrp	bfgosv
	XMAS 2021			
ZX666	Gift Set Botanicals Collection	4 x 85g	6.00	FOSV
ZX664	Gift Set Favourites Collection	4 x 85g	6.00	FOSV
	PLAYIN CHOC			
WS005	Dinosaur Surprise	1	2.50	GOSV
WS133	Endangered Animal Surprise	1	2.50	GOSV
ZX066	Woodland Animal Surprise	1	2.50	GOSV
	EASTER 2022			
ZX079	Easter Rabbits Gift Set	gIFT	14.95	GOSV
ZX077	Rabbit Surprise	1	2.49	OGSV
	XMAS 2021			
WS029	Christmas Characters Gift Set	gIFT	7.50	GOSV
WS088	Christmas Surprise Collection	1	2.49	GOSV
	PRODIGY			
	Cahoots			
KB820	Coconut	45g	1.75	V
KB817	Peanut & Caramel	45g	1.75	SV
	Chunky			
KB845	Chunky Chocolate Bars	35g	1.75	SV
KB369	Chunky Hazelnut	45g	1.75	VS
KB857	Chunky Orange & Baobab	35g	1.75	VS
KB265	Dark Chocolate & Sea Salt	35g	1.75	SV
	RAW HALO			
	70g Bars			
KB002	Dark 76%	70g	2.99	GOSV
KB055	Dark 85%	70g	2.99	GOSV
KB006	Dark Raspberry	70g	2.99	GOSV
KB047	Dark Salted Caramel	70g	2.99	GOSV
KB020	Mylk & Pink Himalayan Salt	70g	2.99	GOSV
KB065	Mylk & Salted Caramel	70g	2.99	GOSV
KB007	Mylk & Vanilla	70g	2.99	GOSV
	RHYTHM 108			
KB506	Hazelnut Praline Chocolate Bar	33g	1.65	GVOS
KB336	Super Coconut Swiss Choc Bar	33g	1.65	GSOV
KB276	Sweet N Salty Almond Choc Bar	33g	1.65	GOSV
KB994	Swiss Chocolate Orange Bar	33g	1.65	GSOV
	Chocolate Bars			
KB368	Cacao Orange	100g	4.25	SVO
KB509	Dark Mint	100g	4.25	OSV
KB125	Hazelnut Truffle	100g	4.25	OSV
	Multi-Packs			
KB515	Hazelnut Praline Chocolate Bar	3 x 33g	4.55	GOSV
KB522	Sweet N Salty Almond Choc Bar	3 x 33g	4.55	GOSV
	SIESTA CAROB			
KB714	Carob Bar Luxury - Mixed	50g	1.25	GV
KB711	Carob Bar Luxury - Natural	50g	1.25	GV
	SO FREE			
	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	108g	2.89	GSV
	EASTER 2022			
WS182	BUNNY BAR - SALTED CARAMEL	25g	1.35	GSV
ZX968	Easter Bunny Bar - Smooth	25g	1.35	GSV
KB535	Easter Egg - Finest Dark	125g	3.99	GV
KB520	Easter Egg - Smooth	125g	3.99	GSV
KB576	Easter Egg - White	110g	3.99	GSV
KB524	Smooth Salted Caramel Egg	110g	3.99	GSV
	No Added Sugar Large Bars			
ZX915	No Added Sugar 72% Dark Choc	80g	2.75	GV

code	product	size	rrp	bfgosv
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
	XMAS 2021			
ZX815	Mint Snowmen in Trays	30g	1.00	GV
ZX134	Polar Bear Gift Box	55g	3.55	GSV
ZX816	Santa Bar - Milk Alternative	20g	0.55	GSV
ZX045	Snowmen in Tray	30g	1.00	GSV
ZX444	White Choc Advent Calendar	110g	2.50	GSV
	SO SWEET COUTURE			
	EASTER 2022			
ZX404	Chocolate Bunnies	75g	11.90	GV
ZX408	Chocolate Hen & Mini Eggs	95g	11.90	GV
	XMAS 2021			
ZX937	Alternative Choc Seashells	117g	5.70	GSV
KB832	Crushed Walnut Chocolates	95g	5.59	GSV
ZX936	Roast Hazelnut Chocolates	80g	1.95	GSV
	THE RAW CHOCOLATE CO			
WS185	Alt Milk Chocolate Bar	70g	3.59	OSV
KB307	Cacao Nibs	150g	3.75	GOV
WS184	Caffe Mocha Bar	70g	3.59	OSV
WS186	Peruvian 72% Chocolate Bar	70g	3.59	OSV
WS189	Salted Chocolate Hazelnuts	110g	5.99	OSV
WS190	Salted Vanoffee Cashews	110g	5.99	OSV
WS188	Vanoffee Bar	60g	3.59	OSV
WS187	Vanoffee Hazelnut Bar	60g	3.59	OSV
	Raw Chocolate Coated Snacks			
KB054	Chocolate Covered Mulberries	125g	4.69	GOSV
KB053	Chocolate Goji Berries	125g	4.69	GOSV
KB056	Chocolate Raisins	125g	4.69	GOSV
KB855	Chocolate Raisins - Snack Pack	28g	1.39	GOSV
KB360	Goji Berries - Snack Pack	28g	1.39	GOSV
KB362	Mulberries - Snack Pack	28g	1.39	GOSV
ZX884	Raw Chocolate Covered Almonds	25g	1.39	GOSV
ZX182	Raw Chocolate Covered Almonds	110g	4.69	GOSV
ZX181	Raw Chocolate Covered Ginger	125g	4.69	GOSV
KB903	Vanoffee Covered Mulberries	125g	4.69	GOSV
	XMAS 2021			
ZX839	Spiced Chocolate Almonds	180g	9.99	OSV
	TONY'S CHOCOLONELY			
	Small Bars			
ZX101	Dark Chocolate 51% Almond	47g	1.49	FSV
	XMAS 2021			
ZX870	D/Choc with Candy Cane Pieces	180g	4.50	FSV
	VEGAN STORE			
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
	VEGO			
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
	VIVANI ORGANIC CHOCOLATE			
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

code	product	size	rrp	bfgosv
KB484	Dark Chocolate & Orange Premium Large Bars	100g	2.39	OSV
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 Snack Size	80g	2.99	OSV
KB420	Almond Orange Rice Chocolate	35g	1.19	OSV
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 Vivani iChoc	35g	1.19	OSV
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 XMAS 2021	80g	2.39	OSV
KB377	Dark Almond Caramel Crisp	80g	2.39	OSV
CHOCOLATE & SWEET SPREADS				
BIONA				
GH043	Carobio - Carob Spread	350g	4.95	OSV
GH112	CocoBella Spread Organic	250g	5.29	OSV
GH840	Dark Chocolate Spread - org	350g	3.65	OSV
BONSAN				
GH129	Mylk Hazelnut Cocoa Spread	350g	4.65	OV
GH123	Plain Choco Spread	350g	3.65	OSV
COCOFINA				
GH136	Hazelnut Chocolate Spread -Org	200g	4.99	GOSV
COCONUT MERCHANT				
GH071	Organic Coconut Jam	330g	5.99	OV
ESSENTIAL TRADING				
GH092	Dark Chocolate Spread	400g	3.55	OSV
FABALOUS				
GH116	Hazelnut & Cocoa & Orange Sprd	200g	4.89	OSV
GH111	Hazelnut & Cocoa Spread Crunch	200g	5.59	OSV
GH107	Hazelnut & Cocoa Spread Smooth	200g	4.69	OSV
MERIDIAN				
GH133	Chocca - Choc & Nut Spread	240g	3.59	V
MONTY BOJANGLES				
GH142	Chocolatey Hazelnut Spread	200g	4.29	SV
SO FREE				
GH223	Milk Choc Spread (Dairy Free)	275g	3.15	OSGV
GH225	Rich Dark Chocolate Spread	275g	3.15	OVGS
SWEET FREEDOM				
GH206	Choc Pot Chocolate Spread	250g	4.90	V
VEGO				
GH075	Hazelnut Chocolate Spread	200g	3.55	SVO
CHOCOLATES (CHILLED)				
BOOJA-BOOJA				
	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

code	product	size	rrp	bfgosv
CV190	Raspberry Truffles	69g	5.29	GOSV
CV192	Toffee Strudel Truffle	69g	3.99	GSOV
	Gift Boxes			
CV198	Fin De Champagne Choc Truffles Two Packs	138g	8.89	GOSV
CV212	Almond Salted Caramel Truffles	2 pack	1.36	GOV
CV219	Hazelnut Crunch Truffles	2 pack	1.35	GOV
CIDERS				
ASPALL				
RT023	Aspall Organic Suffolk Cyder	500ml	3.69	OSV
DUNKERTONS				
RT045	Dabinett Single Variety Cider	500ml	3.79	GOSV
RT054	Organic Craft Cider	500ml	3.49	GOSV
RT053	Premium Reserve Organic Cider BOOM AWARD WINNER 2021	500ml	3.49	GOSV
RT041	Black Fox Organic Cider	500ml	3.49	GOSV
WESTONS				
RT006	Wyldwood Organic Cider	500ml	3.35	OV
CLOTHING				
BAMBOO CLOTHING				
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
SIESTA CRAFTS				
NF088	Recycled Sari Gift Wrap/Scarf	each	3.99	FV
NF333	Sari Eye Mask	each	3.59	FV
COCOA				
SUMA PREPACKS				
LJ189	Cocoa Powder - Organic	250g	3.25	FOV
CLIPPER				
TE205	Drinking Chocolate Fairtrade	250g	3.35	FSV
COCOBA				
EASTER 2022				
KB288	Easter Egg Hot Choc Bombes	150g	1.99	SV
XMAS 2021				
ZX842	Vegan Bombe	150g	5.50	SV
DIVINE				
TE687	Drinking Chocolate XMAS 2021	400g	4.55	FVS
TE003	Salted Caramel Hot Chocolate	300g	5.75	SFV
WS193	Winter Spice Hot Chocolate	300g	5.75	FSV
EQUAL EXCHANGE				
TE491	Hispaniola Cocoa Powder - og	250g	4.49	FOV
GREEN & BLACKS				
TE453	Cocoa Powder - organic	125g	2.73	FOV
HASSLACHER'S				
TE078	Bar of Drinking Chocolate	250g	5.59	FV
TE069	Hot Chocolate Tubes	200g	5.59	V
MONTEZUMA'S				
KB190	Dark Drinking Chocolate	300g	8.15	FOSV
SPANISH CHOCOLATE COMPANY				
TE272	Thick Hot Chocolate Drink	275g	4.29	SV
SWEET FREEDOM				
TE233	Choc Shot Liquid Hot Chocolate	320g	3.99	V
TE082	Choc Shot Mint	320g	3.99	V
SWEET REVOLUTION				
TE783	Instant Hot Chocolate	200g	7.99	V

code	product	size	rrp	bfgosv
COFFEE				
SUMA				
	Bulk Packs			
TE103	Columbia Beans	1kg	23.39	FOV
TE656	Espresso Beans	1kg	23.39	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	25.39	FOV
TE109	Honduras Coffee Beans	1kg	19.99	FOV
TE758	Medium Roast Blend Coffee	1kg	21.99	FOV
TE106	Peru Cepicafe Beans	1kg	19.99	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	24.79	FOV
TE113	Swiss Water Decaff Beans	1kg	25.39	FOV
	Roast and Ground Coffees			
TE014	Bolivia Femenino Ground Coffee	227g	6.19	FOV
TE372	Colombia Ground Coffee	227g	5.55	FOV
TE650	Espresso Ground Coffee	227g	5.99	FOV
TE374	Ethiopia Yirgacheffe Ground	227g	6.19	FOV
TE384	Honduras Ground Coffee	227g	5.50	FOV
TE643	Medium Roast Ground Coffee	227g	4.89	FOV
TE397	Peru Ground Coffee	227g	5.29	FOV
TE641	Suma Dark Roast Ground	227g	4.89	FOV
TE399	Sumatra Ground Coffee	227g	5.69	FOV
TE400	Swiss Water Decaf Ground	227g	6.39	FOV
	Roast Whole Bean Coffees			
TE373	Colombia Coffee Beans	227g	5.59	FOV
TE655	Espresso Coffee Beans	227g	5.99	FOV
TE375	Ethiopia Yirgacheffe Beans	227g	6.19	FOV
TE401	Peru Coffee Beans	227g	5.29	FOV
CAFE DIRECT				
TE383	Machu Picchu Instant	200g	8.99	FV
	Instant Coffees			
TE377	Machu Picchu Instant Decaff	100g	5.19	FV
CAFEDIRECT				
	Instant Coffees			
TE949	Decaf Organic Instant	100g	5.55	FOV
TE513	Machu Picchu Instant	100g	5.10	FV
TE329	Smooth Roast Instant	100g	4.60	FV
TE203	Smooth Roast Instant	200g	7.80	FV
TE395	Smooth Roast Instant	500g	22.60	FV
	Roast & Ground Coffees			
TE666	Intense Roast Ground	227g	4.35	FV
TE951	Kilimanjaro Tanzania Ground	227g	4.50	FV
TE156	Lively Roast Ground	227g	4.35	FV
TE493	Machu Picchu Decaf Ground	227g	4.75	FV
TE952	Machu Picchu Organic Ground	227g	4.50	FOV
TE226	Mayan Gold Ground	227g	4.50	FV
TE176	Smooth Roast Ground	227g	4.35	FV
	Roast Wholebean Coffees			
TE901	Machu Picchu Organic Beans	227g	4.50	FOV
TE229	Machu Picchu Organic Beans	750g	13.65	FOV
TE302	Mayan Gold Beans	227g	4.50	FV
CAFEDIRECT (LONDON FIELDS)				
	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			
TE201	Honduras	200g	5.50	FOV
TE206	Peru	200g	4.99	FOV
TE212	Roaster's Choice	200g	5.50	FOV

code	product	size	rrp	bfgosv
	CLIPPER			
	FOOD SERVICE RANGE			
TE724	Instant - Fairtrade & Organic	500g	22.89	FOV
TE526	Instant Organic Decaff	500g	26.65	FOV
	Instant Coffees			
TE879	Fairtrade Org Decaf Instant	100g	5.85	FOV
TE076	Fairtrade Organic Instant	100g	5.29	FOV
TE422	Fairtrade Organic Instant	100g	5.29	FOV
TE739	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
	EQUAL EXCHANGE			
	Roast & Ground Coffees			
TE872	Anytime Medium Roast	227g	5.29	FOV
TE875	Colombian Excelso	227g	5.29	FOV
TE347	D.R. Congo	227g	5.29	FOV
TE874	Dark City	227g	5.29	FOV
TE870	Decaffeinated	227g	5.95	FOV
TE867	Ethiopia Yirgacheffe	227g	5.95	FOV
TE876	Grown by Women	227g	5.29	FOV
TE812	Guatemalen	227g	5.29	FOV
TE866	Italian Blend	227g	5.29	FOV
	Roast Wholebean Coffees 1kg			
TE898	Anytime Medium Roast	1kg	2.49	FOV
TE896	Espresso	1kg	2.49	FOV
TE008	Italian Blend	1kg	2.49	FOV
	Roast Wholebean Coffees 227g			
TE402	Dark City	227g	5.29	FOV
TE403	Decaffeinated	227g	5.95	FOV
TE409	Grown By Women	227g	5.29	FOV
TE834	Guatemalan	227g	5.29	OV
TE408	Italian Blend	227g	5.29	FOV
TE371	Medium Roast	227g	5.29	FOV
	GRUMPY MULE			
	Roast & Ground Coffees			
TE853	Brasil Daterra Sunrise	227g	5.49	V
TE286	Colombia Cafe Equidad	227g	5.39	FOV
TE136	Cool Ground	227g	5.49	FOV
TE289	Decaf Ground Swiss Water	227g	6.19	FOV
TE988	El Salvador Las Mercedes	227g	5.49	V
TE345	Grumpy Yule	227g	4.99	FOV
TE839	Guatemala Pocola	227g	6.69	FV
TE134	Honduras Fuerza La Labor	227g	5.49	FOV
TE132	Honduras Pico Pijol	227g	5.49	FOV
TE559	Peru Cafe Femenino	227g	5.49	FOV
TE285	Sumatra Gayo Highlands	227g	5.49	FOV
	Roast Wholebean Coffees			
TE718	Colombia Cafe Equidad Beans	227g	5.39	FOV
TE130	Decaf Beans - Swiss Water	227g	6.29	FOV
TE290	Landscape Espresso Beans	227g	5.89	OV
	PERCOL			
	Instant Coffees			
TE679	Colombian Fairtrade Decaf	100g	3.85	FV
TE570	Intense Espresso	100g	3.40	V
TE054	Rich Americano	100g	3.85	V
TE005	Smooth Colombian Fairtrade	100g	3.85	FV
	Roast & Ground Coffees			
TE632	Rich Americano Fairtrade Org	200g	4.75	FOV

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TE634	Smooth Colombian Fairtrade Org	200g	4.75	FOV
COFFEE SUBSTITUTES				
BARLEYCUP				
TE366	Barleycup Granules	200g	6.25	V
TE240	Instant Cereal Drink	200g	5.39	V
TE698	Instant Cereal Drink Organic	100g	4.29	OV
TE480	Organic Chicory Cup	100g	4.45	OV
BIOFORCE				
TE368	Bambu	100g	5.29	V
PREWETT'S				
TE728	Chicory Cocoa Drink	125g	3.69	GV
TE589	Chicory Drink - Organic	100g	3.75	GOV
WHOLE EARTH				
TE389	Nocaf - organic	100g	3.19	VO
TE215	Wake Cup	125g	4.50	V
CONVENIENCE FOODS				
SUMA				
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	2.90	V
VF650	Vegan Meatball Chilli	400g	2.39	V
VF875	Vegan Meatballs Bolognese	400g	2.39	SV
VF209	Vegetable Stew & Dumplings	400g	2.90	V
ARTISAN GRAINS				
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
FREE & EASY				
VF125	Bean Cassoulet - og	400g	2.59	GOV
VF116	Chickpea & Bean Tagine	400g	2.59	GOV
VF006	Chickpea / Vegetable Curry	400g	2.59	GOV
VF132	Middle Eastern Casserole	400g	2.59	GOV
VF141	Sweet Pot/Kale/Coconut Curry	400g	2.59	GOV
VF014	Three Bean Chilli - og	400g	2.59	GOV
VF127	Vegetable Balti - og	400g	2.59	GOV
VF128	Vegetable Hotpot - og	400g	2.59	GOV
FULLGREEN				
Riced Ideas				
VF182	Portobello Mushroom	200g	3.25	GV
VF186	Sun Dried Tomato	200g	1.63	GV
FUTURE FARM				
VF001	Future Tvna	150g	3.35	GV
GEO				
VF041	Cheesy Macaroni Pasta	400g	2.39	V
VF050	Chilli Chorizo Macaroni	400g	2.39	SV
VF052	Mediterranean Macaroni	400g	2.39	SV
GEO ORGANICS				
KJ182	Chickpea & Apricot Tagine	400g	1.99	OSV
KJ183	Moroccan Chickpea Tagine	400g	2.10	OV
VF074	Organic Bombay Potatoes	400g	2.49	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
GRANOVITA				
VF211	Mock Duck	285g	2.85	SV

code	product	size	rrp	bfgosv
VF036	Nut Luncheon	400g	2.85	GV
	LOMA LINDA			
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
	MARIGOLD			
SY022	Braised Tofu - Cans	225g	2.85	V
SY157	Mo-Du Braised Seitan Slices	225g	2.39	SV
SY154	Tempeh - Cans	280g	3.49	GV
SY156	Tunah - Cans	170g	3.49	SV
	MIRACLE NOODLE			
	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
VF163	Spaghetti Marinara	280g	2.99	GV
VF147	Thai Tom Yum Noodle Soup	280g	2.99	GSV
	NATURE'S CHARM			
VF321	Banana Blossom In Brine 510g	510g	2.25	V
VF207	Vegan Calamari	425g	5.49	V
	SUNITA			
FG601	Polenta - organic	500g	2.15	OV
	THE VURGER CO			
KJ285	Spicy Vegan Cheezy Sauce	300g	4.59	V
KJ257	Vegan Cheezy Sauce	300g	4.59	V
	WE CAN VEGAN			
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
	ZANAE			
VF044	Butter Bean Salad	280g	1.99	SV
VF527	Okra in Sauce	280g	2.49	SV
VF017	Stuffed Vine Leaves	280g	2.29	V
	CRISPS & SNACKS			
	SUMA PREPACKS			
ZX195	Bombay Mix	125g	1.90	V
ZX196	Bombay Mix	250g	1.39	V
ZX695	Bombay Mix w/ Coriander & Lime	125g	1.90	V
ZX696	Bombay Mix w/ Coriander & Lime	250g	1.55	V
ZX084	Fruit & Nut Mix	125g	1.69	V
ZX205	Oriental Rice Crackers	125g	1.55	V
ZX202	Sesame Sticks	125g	1.90	V
ZX227	Smoked Paprika Noodle Twists	125g	1.90	V
ZX294	Spiced Roast Chickpeas	125g	1.90	V
ZX204	Spicy Noodles	125g	1.90	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
	AMAZIN			
ZX544	Bio Corn Chips Chilli	75g	1.39	OV

code	product	size	rrp	bfgosv
ZX543	Bio Corn Chips Natural	150g	1.89	OV
ZX542	Bio Corn Chips Natural	75g	1.39	OV
ZX546	Bio Corn Chips Paprika	75g	1.39	OV
ZX429	Natural Corn Chips Value Bag	250g	2.45	OV
ZX399	Organic Taco Shells	150g	2.79	OV
ZX482	Rice Paper Organic	110g	2.90	OV
WS070	Taco Sauce Hot - Organic	220g	2.55	OV
WS069	Taco Sauce Mild - Organic	220g	2.55	OV
	APE SNACKS			
ZX504	Coconut Bites Chocolate	26g	1.85	GSV
ZX855	Crunchy Coconut Bites Natural	30g	1.85	V
	BIONA			
ZX424	Potato Chips - Lightly Salted	100g	2.15	OV
	BROWN BAG CRISPS			
	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	1.90	GV
	CHEEKY P'S			
ZX846	Kickin' Curry Chickpeas	40g	0.99	SV
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
	CLEARSPRING			
ZX226	Tamari Roast Sicilian Almonds	30g	1.99	GOV
	CORNITOS			
ZX747	Nacho Crisp - Thai Chilli	70g	1.00	GSV
ZX781	Nacho Crisps - Barbeque	70g	1.00	GSV
ZX780	Nacho Crisps - Lime and Mint	70g	1.00	GSV
ZX777	Nacho Crisps - Peri Peri	70g	1.00	GSV
WS206	Nacho Crisps - Tikka Masala	70g	1.00	GSV
	Assorted Flavours			
ZX774	Nacho Chips - Mixed Case	70g	1.00	GSV
	CYPRESSA			
ZX810	Roasted and Salted Broad Beans	150g	1.40	V
	EAT REAL			
	Hummus Chips - Impulse			
ZX242	Hummus Chilli Cheez Chips	45g	0.89	GSV
ZX198	Hummus Sour Cream Chips	45g	0.89	GSV
ZX162	Humus Chilli & Lemon Chips	45g	0.89	GV
ZX163	Humus Creamy Dill Chips	45g	0.89	GSV
ZX161	Humus Sea Salted Chips	45g	0.89	GV
ZX160	Humus Tomato & Basil Chips	45g	0.89	GSV
	Hummus Chips - Sharing			
ZX237	Hummus Chilli Cheez	135g	1.99	GSV
ZX326	Hummus Sour Cream Chips	135g	1.99	GSV
ZX125	Humus Chilli Lemon Chips	135g	1.99	GV
ZX127	Humus Creamy Dill Chips	135g	1.99	GSV
ZX124	Humus Sea Salt Chips	135g	1.99	GV
ZX121	Humus Tomato & Basil Chips	135g	1.99	GSV
	Kale - Sharing			
ZX057	Veggie & Kale Straws	113g	2.90	GSV
	Lentil Chips - Impulse			
ZX169	Lentil Chilli & Lemon Chips	40g	0.89	GV
ZX740	Lentil Chips Mango & Mint	40g	0.89	GSV
ZX170	Lentil Creamy Dill Chips	40g	0.89	GSV

code	product	size	rrp	bfgosv
ZX165	Lentil Sea Salted Chips	40g	0.89	GV
ZX168	Lentil Tomato & Basil Chips	40g	0.89	GSV
	Lentil Chips - Sharing			
ZX135	Lentil Chips Chilli Lemon	113g	1.99	GV
ZX883	Lentil Chips Creamy Dill	113g	1.99	GSV
ZX737	Lentil Chips Mango & Mint	113g	1.99	GSV
ZX128	Lentil Chips Sea Salt	113g	1.99	GV
ZX130	Lentil Chips Tomato Basil 113g	113g	1.99	GSV
	Multi Pack			
ZX027	Hummus, Lentil, Quinoa Multi	116g	2.65	GVS
	Organic - Sharing			
ZX215	Hummus Sea Salt Chips - Org	100g	2.49	GOV
ZX214	Lentil Sea Salt Chips - Org	100g	2.49	GOV
ZX213	Veggie Straws - Organic	100g	2.49	GOSV
	Potato Straws			
ZX109	Potato Cheez Straws	45g	0.59	GSV
ZX190	Potato Cheez Straws	113g	2.90	GSV
	Quinoa Chips - Impulse			
ZX041	Quinoa Chilli & Lime Chips	30g	0.89	GSV
ZX007	Quinoa Cream & Chive Chips	30g	0.89	GSV
	Quinoa Chips - Sharing			
ZX311	Quinoa Chips Chilli Lime	80g	1.99	GSV
ZX315	Quinoa Chips Cream & Chives	80g	1.99	GSV
ZX314	Quinoa Chips Tomato & Garlic	80g	1.99	GSV
ZX264	Quinoa Paprika Chips	80g	1.99	GSV
	EMILY CRISPS			
ZX186	Garden Greens Veg Crisps	23g	1.19	GV
ZX183	Rainbow Roots	30g	1.19	GV
ZX197	Veg Thins - Chipotle BBQ	80g	1.89	GV
ZX174	Vegetable Sticks - Thai Chilli	35g	1.90	GV
	HIPPEAS			
	Large Bags			
ZX188	Cheesy Puffs	78g	2.39	GV
ZX171	In Herbs We Trust Puffs	78g	2.39	GV
ZX600	Salt & Vinegar Puffs	78g	2.39	GV
ZX166	Sweet & Smokin' Puffs	78g	2.39	GOVS
ZX070	Sweet Chilli Puffs	78g	2.39	GV
	Tortilla			
WS208	Rockin Ranch - Share Bag	130g	2.49	GV
WS210	Tortilla - Cheesy Nacho Vibes	130g	2.49	GV
WS215	Tortilla Cheesy Nacho Vibes	40g	1.90	GV
WS209	Tortilla Chill Kick	130g	2.49	GV
WS214	Tortilla Chilli Kicks	40g	1.90	GV
WS213	Tortilla Rockin' Ranch	40g	1.90	GV
WS216	Tortilla Sea Salt	40g	1.90	GV
WS211	Tortilla Sea Salt	130g	2.49	GV
	HODMEDOD'S			
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
	KETTLE CHIPS			
	Sharing Bags			
ZX248	Lightly Salted	150g	2.89	GV
ZX427	Sheese & Red Onion - Vegan	135g	2.89	GV
	LOVE CORN			
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

code	product	size	rrp	bfgosv
	MANOMASA			
ZX462	Tortilla - Chipotle & Lime	160g	2.90	GV
ZX603	Tortilla - Lemon & Peppercorn	160g	2.90	GV
ZX613	Tortilla - Tomatillo Salsa	160g	2.90	GV
	NAIRN'S			
	Sharing Bags			
ZX865	Salt & Vinegar Pop Oats	80g	1.89	GV
	PETER'S YARD			
	Sourdough Bites			
ZX011	Cyder Vinegar & Sea Salt	90g	2.19	SV
ZX032	Sea Salt & Cracked Pepper	90g	2.19	SV
	PIPERS CRISPS			
	Impulse Bag			
ZX292	Anglesey Sea Salt	40g	0.85	GV
ZX293	Arreton Tomato Potato Crisps	40g	0.85	GSV
ZX295	Karnataka BI Pepp & Sea Salt	40g	0.85	GSV
ZX434	Wild Thyme & Rosemary	40g	0.85	GSV
	Pitta Chips			
ZX139	Garlic & Herb Pitta Chips	165g	2.49	V
	Sharing Bag			
ZX291	Anglesey Sea Salt	150g	2.19	GV
ZX436	Wild Thyme & Rosemary	150g	2.19	GSV
	POPCHIPS			
	Sharing Bags			
ZX282	Sea Salt & Black Pepper	85g	3.25	GSV
ZX318	Sea Salt & Vinegar	85g	3.25	GSV
	PRIMAL VEGAN JERKY			
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
	PROPERCHIPS			
ZX725	Barbecue	20g	0.85	GSV
ZX726	Sea Salt	20g	0.85	GSV
ZX727	Sweet Sriracha Chilli	20g	0.85	GSV
	Sharing Bag			
ZX426	Barbecue Chips	85g	2.19	GSV
ZX467	Salt & Vinegar Chips	85g	2.19	GSV
ZX430	Sea Salt Chips	85g	2.19	GSV
ZX474	Sriracha Chilli Chips	85g	2.19	GSV
	PROPERCORN			
	Sharing Bag			
ZX861	Popcorn - Lightly Sea Salted	70g	1.95	GV
ZX862	Popcorn - Salted Caramel	90g	1.95	GSV
ZX863	Popcorn - Sweet	90g	1.95	GSV
ZX860	Popcorn - Sweet & Salty	90g	1.95	GSV
	PURELY PLANTAIN			
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
	RW GARCIA			
	Crackers			
ZX760	Crackers - Kale	180g	5.90	GV
ZX761	Crackers - Sweet Potato	180g	5.90	GV
ZX329	Crackers - The Bagel	155g	5.90	GOV
ZX859	Lentil & Turmeric Crackers	155g	5.90	GSV
	Sharing Bag			
ZX461	Blue Corn Tortilla Chips - Org	150g	2.79	OVG
ZX200	Veggie Mix Tortilla	150g	2.79	GV
	SOURCE OF THE EARTH			

code	product	size	rrp	bfgosv
ZX640	Lentil Chips - Coconut Curry	24g	0.99	GV
ZX717	Lentil Chips - Cream & Chive	24g	0.99	GV
ZX702	Lentil Chips Paprika & Chilli	24g	0.99	GV
TEN ACRE CRISPS				
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
TRAF0				
	Flips			
ZX359	Chickpea Flips Mild Curry	75g	2.39	GOV
ZX343	Pea Flips Lightly Salted	75g	2.39	GOV
ZX299	Rosemary Lentil Flips	75g	2.39	GOV
	Handcooked Baked Crisps			
ZX473	Rosemary & Himalaya Salt Hummus Chips	40g	0.99	OV
ZX932	Hummus Chips - Paprika	75g	1.95	OV
ZX934	Hummus Chips - Rosemary	75g	1.95	OV
ZX933	Hummus Chips - Sea Salt	75g	1.95	GOV
	Lentil Chips			
ZX739	Lentil Chips Arabian Spices	75g	2.39	OV
ZX732	Lentil Chips Sea Salted	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			
ZX401	Corn Peanuts	75g	1.55	OV
BT075	Pretzel Sticks	100g	1.35	OV
	Tortilla Chips			
VF218	Tortilla Chips - Chilli	75g	1.90	VO
VF226	Tortilla Chips - Natural	75g	1.90	VO
ZX136	Tortilla Chips - Natural	200g	1.95	OV
	Tortilla Chips - Stoneground			
VF048	Tortilla Chips - Natural	100g	1.85	OV
TYRRELLS				
	Potato Chips - Furrows Sharing			
ZX496	Sea Salted	150g	2.59	V
	Potato Chips - Impulse			
ZX907	Cheddar Cheese and Chives	40g	1.50	GSV
ZX908	Lightly Sea Salted	40g	1.50	V
ZX918	Sweet Chilli and Red Pepper	40g	1.50	SV
	Potato Chips - Sharing			
ZX978	Black Truffle & Sea Salt	150g	2.55	GVS
ZX022	Lightly Sea Salted	150g	2.55	GV
ZX024	Sea Salt & Black Pepper	150g	2.55	GV
ZX021	Sweet Chilli & Red Pepper	150g	2.55	GSV
	Vegetable Chips			
ZX658	Mixed Roots	40g	1.65	GV
ZX388	Mixed Roots	125g	3.59	GV
DESSERTS				
BIONA				
SY192	Coconut Whipping Cream	400ml	2.95	OV

code	product	size	rrp	bfgosv
	JUST WHOLEFOODS			
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
	NATURE'S CHARM			
SY079	Coconut Caramel Sauce	200g	2.99	GSV
SY132	Coconut Whipping Cream	400g	3.65	SV
SY131	Salted Caramel Sauce	200g	2.99	SV
	PROVAMEL			
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
	SLAB BAKERY			
	XMAS 2021			
BT337	Mulled Gin Christmas Pudding	545g	5.25	SV
	SOJADE			
SY099	Chocolate Soya Dessert	530g	1.55	GOSV
SY017	Cuisine- Organic Soya Cream	200ml	0.99	OV
SY107	Vanilla Soya Dessert	530ml	1.55	GOSV
	WE CAN VEGAN			
SY060	Vegan Chocolate Custard	400g	1.85	GSV
SY015	Vegan Rice Pudding	400g	1.85	GSV
SY065	Vegan Strawberry Custard	400g	1.85	GSV
SY006	Vegan Vanilla Custard	400g	1.85	GSV
	DESSERTS & PUDDINGS (CHILLED)			
	NUSH			
CV795	Almond Milk Choc Fudge Pots	2 x 75g	3.25	GV
CV729	Almond Milk Choc Orange Pots	2 x 75g	3.25	GV
	OATLY			
CV827	Creamy Oat	250ml	1.90	V
CV828	Oat Fraiche	200ml	1.85	V
CV829	Vanilla Custard	250ml	1.45	V
CV698	Whippable Creamy Oat	250ml	1.40	V
	ORIGIN KITCHEN			
	Creamed Cashew Desserts			
CV789	Chocolate	85g	2.30	GSV
CV780	Forest Fruits	85g	2.30	GSV
CV778	Mango & Passionfruit	85g	2.30	GSV
CV792	White Chocolate	85g	2.30	GSV
	THE COCONUT COLLABORATIVE			
CV910	Chocolate Orange Desserts	2 x 100g	3.30	SV
CV872	Creme Fraiche	200g	3.00	SV
CV472	Dark Chocolate Pudding	2 x 90g	3.90	SV
CV507	Little Choc Pots	4 x 45g	3.30	GSV
CV744	Peanut Butter Chocolate Pots	2 x 100g	3.45	SV
CV511	Salted Caramel Pots	4 x 45g	3.30	GSV
CV694	Vanilla Custard	400g	3.30	SV
CV464	Vanilla Rice Pudding	2 x 125g	3.30	GSV
	DESSERTS, NON-DAIRY (FROZEN)			
	BEAR			
XL168	Mango Ice Lollies	5 x 55m	3.15	V
XL167	Strawberry Ice Lollies	5 x 55m	3.15	V
	BOOJA-BOOJA			
	Alternative to Dairy Ice Cream			
XL258	Caramel Pecan Praline Ice Crea	110ml	2.10	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	2.10	OV
XL255	Hazel Choc & Truffle Ice Cream	500ml	5.69	OV

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XL332	Hazel Choc & Truffle Ice Cream	110ml	2.10	OV
XL102	Honeycomb Caramel Ice Cream	500ml	5.69	OV
XL033	Hunky Punky Chocolate	500ml	5.69	OV
XL031	Hunky Punky Chocolate	110ml	2.10	OV
XL038	Keep Smiling Vanilla M'Gorilla	500ml	5.69	OV
XL410	Keep Smiling Vanilla M'Gorilla	110ml	2.10	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	2.10	OV
	FOOD HEAVEN			
	Dairy-Free Desserts			
XL401	Chocolate Ice Cream	900ml	4.50	GSV
XL400	Cool Vanilla Ice Cream	900ml	4.50	GSV
	GRIDDLE			
XL207	Blueberry Wholegrain Waffles	192g	3.25	V
XL208	Choc-Chip Wholegrain Waffles	192g	3.25	V
XL206	Original Wholegrain Waffles	192g	3.25	V
	NATURLI'			
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
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
	Cones			
XL147	Brownie Buzz Ice Cream Cones	4 x 130m	4.90	SV
XL149	Dark and Creamy Ice Cones	4 x 130m	4.90	GSV
XL150	Salted Caramel Ice Cream Cones	4 x 130m	4.90	GSV
	NORTHERN BLOC			
	Indulgent Vegan Ice Cream			
XL367	Chocolate & Blood Orange	100ml	1.55	GSV
XL118	Chocolate & Blood Orange	500ml	5.49	GSV
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
	SWEDISH GLACE			
XL017	Juicy Raspberry	750ml	3.95	SV
XL018	Rich Chocolate	750ml	3.95	SV
XL016	Smooth Vanilla Ice Cream	750ml	3.95	VS
	DRINKS (CHILLED)			
	ALPRO			
CV687	Fresh Almond Milk	1l	1.85	V
CV242	Oat Unsweetened Fresh	1l	1.85	V
CV087	Soya Fresh - Natural	1l	1.55	V
	BIOMEL			
	Vegan Probiotics			
CV857	Dark Chocolate Probiotic Drink	510ml	3.35	V
CV855	Natural Probiotic Drink	510ml	3.35	V
CV856	Pure Vanilla Probiotic Drink	510ml	3.35	SV
	BIOTIFUL DAIRY			
	Oat Kefir			
CV908	Mango Plant-Based Kefir	250ml	2.15	GV
CV906	Original Plant Based Kefir	250ml	2.15	GV
CV907	Strawberry Plant Based Kefir	250ml	2.15	GV
	CALIFIA FARMS			
CV824	Chocolate Coconut Almond Milk	750ml	2.50	GSV
CV822	Cocoa Noir Cold Brew Coffee	310ml	1.99	GSV

code	product	size	rrp	bfgosv
CV826	Cold Brew Mocha	750ml	2.99	GSV
CV823	Unsweetened Almond Milk	750ml	2.50	GSV
CV821	XX Espresso Cold Brew Coffee	310ml	1.99	GSV
COCOS				
CV898	Natural Coconut Milk Kefir	500ml	3.95	GOV
CV896	Strawberry Kefir	200ml	2.95	GOV
EQUINOX				
CV736	Kombucha Ginger	275ml	2.15	OSV
CV830	Kombucha Grapefruit & Guava OG	275ml	2.15	OSV
CV737	Kombucha Original OG	275ml	2.15	OSV
CV741	Kombucha Raspberry & Elderflow	275ml	2.15	OSV
CV742	Kombucha Wild Berry OG	275ml	2.15	OSV
JARR KOMBUCHA				
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
KARMA				
	Kefir			
CV753	Kefruit Elderflower & Hibisc.	500ml	3.40	FOVB
CV752	Kefruit Fig and Lemon	500ml	3.40	FOVB
CV756	Kefruit Ginger	500ml	3.40	FOVB
	Kombucha			
CV425	Ginger	500ml	3.65	OVB
CV256	Ginger	1l	6.25	FOVB
CV434	Lemon	500ml	3.65	OVB
CV245	Mango	500ml	3.85	FOVB
CV762	Mango	1l	6.45	FOVB
CV426	Pomegranate	500ml	3.65	OVB
CV258	Pomegranate	1l	6.25	FOVB
CV435	Raspberry	500ml	3.85	OVB
KOKO DAIRY FREE				
CV021	Koko Dairy Free Original	1l	1.90	GSV
LA BREWERY				
CV138	Ginger Kombucha	300ml	2.99	GV
CV164	Lemongrass Kombucha	300ml	2.99	GV
CV155	Strawberry & Pepper Kombucha	300ml	2.99	GV
MOCKINGBIRD				
CV658	Raw Boost	250ml	2.50	V
CV661	Raw Defence Juice	250ml	2.50	V
CV662	Raw Green Juice	250ml	2.50	V
MOJU				
	Cold Pressed Booster Shots			
CV370	Ginger	60ml	2.50	V
CV391	Turmeric	60ml	2.50	V
CV708	Vitamin C	60ml	2.50	V
CV008	Vitamin D	60ml	2.50	V
OATLY				
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
SOJADE				
CV264	Blueberry & Cherry Soya Kefir	250ml	1.79	GOV
CV268	Natural Organic Soya Kefir	250ml	1.75	GOV
ESSENTIAL OILS				
AQUA OLEUM				
AR027	Carrier Oil - Jojoba	100ml	16.99	V
AR029	Carrier Oil - Sweet Almond	100ml	5.99	V
AR005	Clary Sage	10ml	9.49	V
AR008	Eucalyptus	10ml	4.49	V
AR006	Eucalyptus	10ml	5.49	OV

code	product	size	rrp	bfgosv
AR150	Frankincense	10ml	14.15	V
AR021	Frankincense Organic	10ml	2.49	OV
AR011	Geranium	10ml	9.49	V
AR010	Geranium Organic	10ml	14.49	VO
AR151	Jasmine - 5% dilution	10ml	11.99	V
AR014	Lavender	10ml	6.49	V
DY447	Lavender	100ml	43.15	V
AR143	Lavender Oil Merchandiser	10ml	11.49	V
AR241	Lavender Organic	10ml	6.89	VO
AR015	Lemon	10ml	4.25	V
AR012	Patchouli Organic	10ml	1.49	VO
AR022	Peppermint	10ml	6.49	V
AR025	Peppermint Organic	10ml	7.49	OV
AR023	Rose Maroc - 5% dilution	10ml	8.99	V
AR030	Rose Water	100ml	11.49	V
AR024	Rosemary	10ml	7.49	V
AR056	Sandalwood - 5% dilution	10ml	7.99	V
AR026	Tea Tree	10ml	4.99	V
DY450	Tea Tree	100ml	33.55	V
AR016	Tea Tree Organic	10ml	6.49	VO
FAR EASTERN FOOD				
SUMA				
LJ350	Coconut Milk Organic	400ml	1.99	OV
LJ400	Creamed Coconut Organic	200g	2.15	OV
AMAIZIN				
LJ025	Coconut Whipping Cream	400g	3.49	OV
LJ136	Rich Coconut Milk OG	400ml	2.35	OV
LJ131	Rich Coconut Milk OG	200ml	1.65	OV
BIONA				
WT071	Asia Noodles Organic	250g	2.65	OV
KJ094	Coconut Aminos Original	250ml	4.50	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	2.90	OV
VF058	Golden Coconut Milk	400ml	2.19	OV
VF077	Organic Coconut Milk	200ml	1.29	OV
VF323	Organic Tempeh	400g	3.55	OV
JP042	Seitan Pieces	350g	4.25	OV
WT101	Spelt Noodles Organic	250g	3.50	OV
JP041	Tofu	500g	4.25	OV
JP014	Wasabi Style Horseradish Paste	50g	3.75	OV
BLUE DRAGON				
LJ495	Coconut Cream UHT	250ml	1.99	V
LJ130	Coconut Milk	400ml	2.15	V
LJ652	Coconut Milk Mini Cans	165ml	0.89	V
VF820	Springroll Wrappers	134g	1.39	V
JP093	Sushi Nori	11g	1.59	V
JP220	Tofu - Firm Silken	349g	2.90	V
WT100	Wholewheat Noodles	300g	1.89	V
BONSAN				
JP028	Sunflower Ghee	200g	5.50	OV
CLEARSPRING				
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	5.49	OV
JP066	Shiitake Mushrooms - Organic	40g	7.49	OV

code	product	size	rrp	bfgosv
JP059	Shoyu Ramen Noodles/Soy Soup	210g	4.59	OV
JP016	Sushi Ginger Pickle Organic	50g	3.69	OV
JP314	Sushi Rice - Organic	500g	2.39	OV
JP680	Teriyaki Sauce	150ml	3.59	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	2.79	OV
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	5.99	OV
JP212	Brown Rice Miso Jar	300g	4.99	OV
JP020	Brown Rice Miso Jar (Mini)	150g	3.29	OV
JP030	Brown Rice Miso Pouch	300g	5.59	OV
JP120	Chickpea Miso	150g	3.59	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	2.69	OV
JP011	Instant White Miso Paste OG	60g	2.69	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 Noodles	250g	4.99	OV
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	4.59	OV
JP069	Green Nori Sprinkle	20g	1.99	V
JP070	Hijiki (Wild)	30g	7.99	V
JP090	Japanese Arame	30g	4.79	V
JP091	Japanese Hokkaido Kombu	40g	5.49	V
JP007	Japanese Sea Vegetable Salad	25g	4.99	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	2.79	GOV
JP072	Sushi Nori - toasted	17g	3.29	V
JP092	Wakame Organic	25g	3.99	OV
	Soya Sauce			
JP605	Shoyu	2.5l	25.59	OV
JP129	Shoyu Soya Sauce	150ml	2.69	VO
JP500	Shoyu Soya Sauce	500ml	5.49	VO

code	product	size	rrp	bfgosv
JP679	Soya Sauce	150ml	2.29	OV
JP130	Tamari Soy Sauce Double Strnth	150ml	3.59	GOV
JP501	Tamari Soya Sauce	500ml	9.79	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
JP110	Tamari Soya Sauce	1l	17.99	GOV
COCOFINA				
KJ319	Coconut Amino Sauce	250ml	5.99	OV
GEO ORGANICS				
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
KIKKOMAN				
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
KING SOBA				
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	2.90	OV
WT055	Organic Classic Miso Ramen	85g	2.90	OV
WT069	Organic Edame Miso Ramen	80g	2.15	OV
WT088	Organic Vermicelli Noodles	250g	2.45	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
KING SOBA NOODLE CULTURE				
WT034	Buckwheat Ramen Noodle Kit	190g	3.49	GOV
KTC				
MA066	Creamed Coconut	200g	1.45	V
MERIDIAN				
JP308	Shoyu	500ml	3.99	V
JP309	Tamari	150ml	2.99	GV
JP310	Tamari	500ml	5.99	GV
JP058	Tamari	5l	39.33	GV
MORI-NU				
JP075	Tofu - Extra Firm	349g	2.29	V
JP205	Tofu - Firm Tofu	349g	1.85	V
SANCHI				
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	4.90	V
SEEDS OF CHANGE				
VF063	Sweet & Sour Cooking Sauce	350g	2.99	OSV
THAI TASTE				
VF174	Galangal	114g	1.65	GV

code	product	size	rrp	bfgosv
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
YAKSO				
JP012	Coconut Aminos	250ml	7.25	GOV
WT070	Rice Noodle Nests Organic	240g	3.75	OV
JP024	Rice Paper	150g	3.55	OV
VF010	Seitan in Tamari	330ml	3.59	OV
JP115	Spice Paste - Nasi Bami	100g	2.69	OV
JP116	Spice Paste - Soto Soup	100g	2.69	OV
JP117	Spice Paste - Thai Red	100g	2.69	OV
JP118	Spice Paste - Vegetable Sajoer	100g	2.69	OV
JP002	Tamari - organic	125ml	2.25	GOV
JP113	Tamari - organic	250ml	3.95	GVO
VF005	Tempeh	175g	3.39	OV
YUTAKA				
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
FLAKES, BRANS & WHEATGERM				
SUMA PREPACKS				
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	2.59	V
SUMA PREPACKS - ORGANIC				
FX067	Bran Sticks - organic	250g	1.75	OV
FX024	Buckwheat Flakes - organic	500g	3.99	OV
FX042	Oats - Jumbo Gluten Free	750g	3.99	GOV
FX047	Oats - jumbo, organic	750g	2.95	VO
FX048	Oats - Porridge - Organic	750g	2.95	OV
FX044	Oats - Porridge & Gluten Free	750g	3.99	GOV
FX031	Organic Millet Flakes	500g	3.99	OV
FX092	Organic Pearl Barley Flakes	500g	1.75	OV
FX656	Quinoa Flakes - organic	500g	4.99	OV
FX032	Rice Flakes Brown - organic	500g	3.95	OV
FX093	Rye Flakes - organic	500g	1.75	OV
FX213	Toasted Malted Wheat Flakes OG	400g	2.25	OV
ALARA				
FX026	Gluten Free Scottish Porridge	500g	3.99	GOV
MORNFLAKE				
FG037	Fine Oatmeal	750g	2.90	V
FG035	Medium Oatmeal	750g	2.90	V
FX008	Oat Bran	800g	2.99	V
PIMHILL				
FX006	Oats - jumbo, organic	850g	2.55	OV
FX005	Oats - porridge, organic	850g	2.55	OV
FLOURS & BREAD MIXES				
SUMA PREPACKS				
FG078	Gram Flour	500g	2.10	V
FG092	Polenta	500g	1.55	V

code	product	size	rrp	bfgosv
FG041	Potato Starch	500g	1.95	V
FG038	Semolina Flour - Fine	500g	1.89	V
FG001	Tapioca Starch (flour)	500g	1.85	V
FG002	Teff Flour - Brown	500g	3.79	V
LJ092	Vital Wheat Gluten	500g	2.75	V
SUMA PREPACKS - ORGANIC				
FG149	Brown Rice Flour - organic	500g	2.15	OV
LJ105	Coconut Flour, Organic	500g	2.99	OV
FG128	Maize Flour - organic	500g	1.75	OV
AMISA				
FG085	Chestnut Flour - Organic	350g	5.99	GOV
FG065	Chickpea Flour	400g	3.45	GOV
FG013	Quinoa Flour	375g	4.85	GOV
BACHELDRE				
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
BACHELDRE WATERMILL				
FG104	Strong Rustic Bread Flour	1kg	2.39	V
BIONA				
FG163	Coconut Flour - Organic	500g	3.50	GOV
CLEARSPRING				
FG180	Breadcrumbs - Brown Rice, GF	250g	4.49	GOV
COCONUT MERCHANT				
FG073	Organic Coconut Flour	500g	4.99	OV
DOVES FARM				
FG097	Chickpea Flour	260g	2.45	GOV
FG069	Fine Plain White Flour	1kg	1.39	OV
FG010	Fine Plain Wholemeal Flour	1kg	1.29	VO
FG039	GF Buckwheat Flour	1kg	3.65	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
FG103	Heritage Seeded Bread Flour	1kg	3.49	OV
FG004	Malthouse Bread Flour	1kg	1.59	OV
FG096	OAT FLOUR	450g	4.19	GOV
FG047	Organic Coconut Flour	500g	3.95	GOV
FG098	Quinoa Flour	310g	3.99	GOV
FG117	Rice Flour	1kg	1.99	GV
FG101	Seeded Bread Flour	1kg	3.15	OV
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	1.99	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	3.65	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
FG102	Spelt Flour Whole Meal Organic	1kg	3.15	OV
FERRERO				
QS003	Polenta	500g	1.79	V
GILCHESTERS ORGANICS				

code	product	size	rrp	bfgosv
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
GLEBE FARM				
FG177	Gluten Free Self Raising Flour	1kg	2.35	GV
FG113	Oat Flour Wheat/Gluten Free	300g	2.79	GSV
HODMEDOD'S				
FG099	YQ Population Wheat Flour	1.5kg	2.99	OV
LITTLE SALKELD WATERMILL				
FG804	Barley Flour - organic	500g	2.44	OVB
ORGRAN				
	Gluten Free Mixes			
FG061	Buckwheat Pancake Mix	375g	3.69	GV
SHARPHAM PARK				
FG091	Organic White Spelt Flour	1kg	4.90	OV
	Organic Heritage Flours			
FG090	Spelt, Emmer & Einkorn Flour	1kg	4.39	OV
SHIPTON MILL				
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
FRUIT - CANNED & JARRED				
SUMA				
KJ700	Organic Young Jackfruit Chunks	400g	2.79	OV
BIONA				
VF134	Apple Puree Organic	700g	2.85	OSV
KJ184	Banana Blossom in Salted Water	400g	2.29	OV
KJ166	Jackfruit In Salted Water	2.8kg	1.79	OV
KJ506	Organic Jackfruit in Water	400g	3.50	OV
KJ288	Tropical Fruit Cocktail	400g	3.15	OV
CLEARSPRING				
VF190	Apple & Apricot Puree - Org	2 x 100g	1.69	OV
VF188	Apple & Blueberry Puree - Org	2 x 100g	1.59	OV
VF170	Apple & Mango Puree - Org	2 x 100g	1.69	OV
VF189	Apple & Plum Puree - Organic	2 x 100g	1.69	OV
VF335	Apple & Strawberry Puree - og	2 x 100g	1.69	OV
VF152	Jackfruit Chunks	500g	3.19	OV
VF155	Pear Puree - organic	2 x 100g	1.69	OV
COOKS & CO				
KJ133	Banana Blossom	400g	2.35	V
KJ012	Pitted Black Cherries	425g	1.95	SV
ESSENTIAL TRADING				
KJ263	Mango Chunks in Org Juice	400g	2.45	VO
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
FRUIT - DRIED				
SUMA PREPACKS				
DR047	Apple - Rings SO2	150g	1.79	V
DR093	Apricots - select SO2	125g	1.79	V

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DR094	Apricots - select SO2	250g	3.15	V
DR095	Apricots - select SO2	500g	5.79	V
DR096	Apricots - unsulphured	250g	2.89	V
DR120	Banana - Whole Chips	125g	1.25	SV
DR054	Banana - Whole Chips	250g	1.95	SV
DR133	Blueberries	125g	3.25	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	1.75	V
DR099	Dates - pitted	250g	1.25	V
DR100	Dates - pitted	500g	1.85	V
DR101	Figs	250g	2.59	V
DR102	Figs	500g	4.69	V
DR038	Fruit Cake Mix	500g	2.99	SV
DR070	Fruit salad - SO2	250g	3.50	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	1.35	SV
DR125	Peaches - SO2	250g	2.99	V
DR124	Pears - SO2	250g	2.95	SV
DR129	Pineapple - diced SO2	125g	1.35	SV
DR180	Pineapple - diced SO2	250g	2.19	SV
DR108	Prunes - pitted Ashlock	250g	2.45	V
DR140	Prunes - pitted Ashlock	500g	4.39	V
DR668	Raisins - Dark Flame	250g	1.65	V
DR089	Raisins - Dark Flame	500g	2.79	V
DR113	Raisins - Thompson Seedless	250g	1.39	V
DR167	Raisins - Thompson Seedless	500g	2.35	V
DR114	Sultanas - Australian 5 Crown	250g	2.25	V
DR115	Sultanas - Australian 5 Crown	500g	3.99	V
DR117	Sultanas - Turkish	500g	2.19	V
DR127	Super Berry Mix	125g	2.49	SV
SUMA PREPACKS - ORGANIC				
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	1.79	OSV
DR057	Cranberries - organic	250g	3.25	OSV
DR073	Currants - organic	250g	2.39	OV
DR251	Currants - organic	500g	4.35	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
DR720	Dates -og pitted fairly traded	250g	2.99	FOV
DR064	Figs - organic	250g	3.50	OV
DR254	Figs - organic	500g	5.65	OV
DR011	Ginger - crystallised organic	125g	2.50	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	2.50	OV
DR255	Raisins - organic	500g	3.59	OV
DR066	Sultanas - organic	250g	1.99	OV
DR256	Sultanas - organic	500g	3.45	OV

code	product	size	rrp	bfgosv
DR365	Vine Fruit Mix - organic	500g	3.99	OV
	CRAZY JACK			
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
	PEARLS OF SAMARKAND			
DR217	Sour Cherries	100g	3.35	OV
DR232	Sweet Cherries	100g	3.29	OV
	THE RAW CHOCOLATE CO			
DR188	Goji Berries	150g	5.59	GOV
	TROPICAL WHOLEFOODS			
DR134	Fairtrade Apricots	125g		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
	URBAN FRUIT			
DR192	Mango	100g	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
DR009	Tumbled Mango & Passionfruit	85g	2.29	GV
DR071	Tumbled Pear & Cinnamon	85g	2.29	V
	Wellness			
DR061	Glow	85g	3.19	V
DR067	Immune	85g	3.19	V
DR059	Strength	85g	3.19	V
	ZAYTOUN			
DR164	Palestinian Medjoul Dates	250g	5.29	FV
DR028	Palestinian Medjoul Dates	500g	9.95	FV
	FRUIT & VEGETABLE JUICES			
	SUMA			
JU251	Lemon Juice - organic	1l	6.50	OV
JU282	Lime Juice - organic	250ml	2.16	OV
	BEET IT			
	From James White			
JU454	Beetroot Juice	250ml	1.59	OV
JU453	Beetroot Juice	750ml	3.90	OV
JU719	Beetroot Juice with Apple	1l	3.79	OV
JU204	Beetroot Juice with Ginger	750ml	3.90	OV
	BERRY COMPANY			
	1L Tetrapack			
JU737	Acai with Raspberry & Yerba	1l	2.59	V
JU055	Blueberry Juice Drink	1l	2.59	V
JU253	Cranberry Juice Drink	1l	2.59	V
JU063	Goji Berry Juice Drink	1l	2.59	GV
JU734	Pomegranate Juice Drink	1l	2.59	V
JU061	Superberries Purple Juice Drnk	1l	2.59	GV
JU050	Superberries Red Juice Drink	1l	2.59	GV
JU736	White Tea & Peach Juice Drink	1l	2.59	GV
	330ML Tetrapack			
JU373	Acai & Yerba Mate	330ml	1.25	V
JU375	Blueberry & Baobab	330ml	1.25	V
JU372	Goji Berry & Ginseng Juice	330ml	1.25	V
JU380	Pomegranate & Rosehip	330ml	1.25	V
JU370	Superberries Purple & Guarana	330ml	1.25	V
JU371	Superberries Rd & Hibiscus	330ml	1.25	V
	BIG TOM			
JU419	Spiced Tomato Mix - Bottle Lrg	750ml	3.35	SV

code	product	size	rrp	bfgosv
JU381	Spiced Tomato Mix - Bottle Sml	250ml	1.35	SV
JU379	Spiced Tomato Mix - Can	150ml	0.99	SV
BIONA				
JU703	Ginger Juice - Organic	200ml	4.99	OV
JU702	Lemon Juice - Organic	200ml	1.99	OV
JU802	Lime Juice - Organic	200ml	2.69	OV
JU541	Pressed Orange Juice	750ml	4.99	OV
JU543	Pressed Organic Apple Juice	750ml	2.99	OV
JU269	Pressed Red Grape Juice	750ml	3.99	OV
1L Glass Bottles				
JU288	Carrot Juice	1l	3.89	OV
JU448	Peach, Apricot & Apple Juice	1l	3.89	OV
JU181	Pomegranate	1l	4.99	OV
JU130	Tart Cherry Juice	1l	4.99	OV
750ml Glass				
JU289	Pressed Tomato Juice Organic	750ml	2.99	OV
Glass Bottles				
JU521	Cranberry Fruit Drink	750ml	5.69	OV
JU182	Pomegranate Juice	200ml	1.89	OV
Superjuice				
JU297	Acerola Cherry Juice	330ml	6.99	OV
JU028	Blueberry Juice	330ml	7.79	OV
JU127	Cranberry Juice	750ml	9.49	OV
JU508	Cranberry Juice	330ml	5.69	OV
JU132	Elderberry Juice	330ml	4.29	OV
Tetrapacks				
JU286	Apple and Blueberry Juice	1l	4.99	OV
JU295	Apple and Cranberry Juice	1l	5.69	OV
JU252	Apple Juice	1l	3.49	OV
JU184	Beetroot Juice	500ml	2.19	OV
JU151	Carrot Juice	500ml	1.99	OV
JU185	Vegetable Juice	500ml	1.99	OV
CAWSTON PRESS				
JU328	Apple & Elderflower	1l	3.45	V
JU329	Apple & Ginger	1l	3.45	V
JU444	Apple & Rhubarb	1l	3.45	V
JU090	Brilliant Beetroot	1l	3.75	V
JU631	Cloudy Apple	1l	3.45	V
JU214	Orange Juice	1l	3.75	V
JU070	Tomato	1l	2.65	V
Kids Cartons				
JU308	Kids Apple & Mango Juice	3 x 200ml	2.99	V
JU309	Kids Apple & Pear Juice	3 x 200ml	2.99	V
JU014	Kids Apple & Summer Berries	3 x 200ml	2.99	V
JU799	Kids Cloudy Apple Juice	3 x 200ml	2.99	V
DUSKIN				
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
FLAWSOME!				
Not from concentrate juices				
JU823	Apple & Orange Juice	250ml	1.99	GV
JU825	Apple & Strawberry Juice	250ml	1.99	GV
JU826	Apple & Superberry Juice	250ml	1.99	GV
JU820	Orange Juice	250ml	1.99	GV
JU821	Sweet & Sour Apple Juice	250ml	1.99	GV
FROBISHERS				
Not from concentrate juices				

code	product	size	rrp	bfgosv
JU211	Apple Juice	250ml	1.69	V
JU213	Bumbleberry Juice	250ml	1.69	V
JU215	Mango Juice	250ml	1.69	V
JU210	Orange Juice	250ml	1.69	V
	JAMES WHITE			
	Glass Bottles 250ml			
JU621	Apple & Crushed Ginger	250ml	1.59	OV
JU064	Apple Juice	250ml	1.59	OV
JU608	Carrot & Apple Juice	250ml	1.59	OV
JU605	Pear & Raspberry Juice	250ml	1.85	OV
JU599	Pear Juice	250ml	1.59	OV
	Glass Bottles 750ml			
JU864	Apple & Ginger	750ml	3.55	OV
JU095	Apple Juice	750ml	3.45	OV
JU391	British Carrot	750ml	2.79	V
JU325	Carrot	750ml	3.55	OV
JU862	Carrot & Apple Juice	750ml	3.55	OV
JU863	Pear & Raspberry Juice	750ml	4.89	OV
JU860	Pear Juice	750ml	3.55	OV
JU398	Prune Juice	750ml	3.65	V
JU431	Tomato	750ml	3.55	OV
JU324	Vegetable Juice	750ml	3.55	OV
	LUSCOMBE DRINKS			
JU105	English Apple Juice	270ml	1.65	OV
	PIP ORGANIC			
	Fruit Juice			
JU670	Cloudy Apple Fruit Juice	4 x 180ml	4.99	OV
JU696	Strawberry & Blackcurrant	4 x 180ml	4.99	OV
	Fruit Juice with Spring Water			
JU698	Blackcurrant, Raspberry, Apple	4 x 180ml	4.99	OV
JU699	Mango, Orange & Apple	4 x 180ml	4.99	OV
	Smoothies			
JU697	Pineapple & Mango Smoothie	4 x 180ml	4.99	OV
JU065	Strawberry & Banana Smoothie	4 x 180ml	4.99	OV
	RAW			
JU256	Ginger Shot Apple & Acerola	280ml	5.50	OVB
	SMOOZE			
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
	SUNITA			
JU672	Lemon Juice - organic	1l	4.40	OV
JU671	Lemon Juice - organic	250ml	2.65	OV
JU129	Orange Juice - organic	1l	5.55	OV
	ZINGER			
JU647	Extra Ginger Zinger Shot	70ml	1.79	OV
JU571	Ginger Zinger Shot	70ml	1.69	OV
JU640	Turmeric Zinger Shot	70ml	1.79	V
	FRUIT (FROZEN)			
	NATURAL COOL			
XL142	Organic Berry Mix	300g	4.35	GOV
XL145	Organic Blueberries	300g	4.60	GOV
XL179	Organic Raspberries	300g	5.75	GOV
XL182	Organic Sour Cherries	300g	3.90	GOV
XL180	Organic Strawberries	300g	3.90	GOV
	WINDMILL HILL			
XL282	British Blackcurrants	430g	2.89	V
XL279	British Raspberries	300g	2.89	V
XL283	British Summer Fruits	330g	2.89	V

code	product	size	rrp	bfgosv
XL084	British Sweet Eating Selection	330g	2.89	V
	GRAINS			
	SUMA PREPACKS			
QS055	Barley Grain - pearl	500g	1.19	V
QS140	Black Rice - Nerone	500g	2.95	V
QS111	Bulgur wheat - coarse	500g	1.55	V
QS051	Couscous	500g	1.59	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
	SUMA PREPACKS - ORGANIC			
QS068	Buckwheat - unroasted organic	500g	2.59	OV
QS300	Bulgur wheat - organic	500g	1.99	OV
QS150	Corn Couscous - Organic	500g	3.85	OV
QS301	Couscous - wholemeal, organic	500g	2.39	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	2.29	OV
QS065	Quinoa, Red - Organic	500g	2.79	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	2.95	OV
QS213	Rice - white basmati, organic	750g	4.90	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
	ARTISAN GRAINS			
QS135	Four Grain Couscous	200g	1.76	V
QS107	Greenwheat Freekeh	200g	1.97	V
QS109	Royal Quinoa	220g	2.39	V
QS159	Tricolour Quinoa	200g	2.51	V
QS145	Wholegrain Freekeh	200g	1.97	V
	BIOFAIR			
QS024	Organic Fairtrade Quinoa Tri	500g	5.50	FOV
	BIONA			
QS096	Jasmine Brown Rice Organic	500g	3.75	OV
QS105	Pudding Rice Organic	500g	2.95	OV
QS099	Red Camargue Rice Organic	500g	3.75	OV
QS098	Risotto Brown Rice Organic	500g	3.35	OV
QS097	Wild Rice Mix Organic	500g	3.85	OV
	COOKS & CO			
QS054	Countrymans Polenta	150g	2.50	V
QS046	Lemon & Pea Risotto	190g	2.59	V
QS048	Mediterranean Risotto	190	2.59	V
QS053	Porcini Mushroom Risotto	190g	2.59	V
QS022	Porcini Polenta	150g	2.15	V
	FULLGREEN			

code	product	size	rrp	bfgosv
QS114	Riced Cauliflower	200g	2.49	V
QS010	Riced Cauliflower & Broccoli	200g	2.49	V
QS057	Riced Cauliflower Tomato Garlic	200g	2.49	V
QS044	Riced Sweet Potato	200g	2.49	V
HODMEDOD'S				
QS021	Smoked Quinoa	300g	3.79	V
MR ORGANIC				
QS009	Chick Pea Rice	250g	3.65	GOV
QS020	Red Lentil Rice	250g	3.65	GOV
SHARPHAM PARK				
QS058	Pearled Spelt Organic	500g	3.29	OV
QS148	Spelt Grain Organic	500g	2.55	OV
ZAYTOUN				
QS014	Maftoul Giant Couscous	200g	3.49	FOV
QS131	Smoky Freekeh	200g	3.25	FV
GRAVY, STOCK & BOUILLON				
SUMA				
LJ650	Organic Bouillon	150g	2.39	GOV
FREE & EASY				
LJ008	Gravy Sauce Mix	130g	1.95	GV
KALLO				
LJ102	French Onion Stock Cubes	66g	1.59	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.59	GOVS
LJ248	Garlic stock paste	100g	2.69	OV
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
LJ001	Paprika Stock Cubes	66g	1.59	GOV
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
LJ249	Vegetable Stock Paste	100g	2.69	OV
LJ147	Yeast Free Veg.Stock Cubes	6 x 10g	1.59	GV
MARIGOLD				
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	2.90	GV
LJ237	Bouillon Powder - Reduced Salt	500g	6.35	GV
LJ032	Engevita with B12 Y/Flakes	750g	18.65	V
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
NINE MEALS FROM ANARCHY				
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
ORGRAN				
LJ158	Gravy Mix	200g	2.89	GV
VECON				
LJ049	Vegetable Stock	1kg	14.50	V
LJ048	Vegetable Stock	225g	3.49	V
HERB & FRUIT TEA INFUSIONS				
CELESTIAL SEASONINGS				
TE333	Bengal Spice	20 bags	3.90	V

code	product	size	rrp	bfgosv
TE987	Cinnamon & Cardamom	20 bags	3.19	OV
TE986	Ginger & Turmeric	20 bags	3.19	OV
TE319	Madagascar Vanilla Rooibos	20 bags	3.19	V
TE061	Morning Thunder	20 bags	2.99	V
TE266	Sleepytime	20 bags	2.79	V
TE228	Sleepytime Decaf Green Tea	20 bags	2.99	V
TE336	Sleepytime Extra	20 bags	3.90	V
TE340	Tension Tamer	20 bags	2.79	V
	CLIPPER			
TE118	After Dinner Mints	20 bags	2.25	OV
TE009	Calmer Chameleon	20 bags	2.39	OV
TE788	Chamomile	20 bags	1.45	OV
TE963	Dandelion	20 bags	1.45	OV
TE694	Fennel	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	20 bags	1.79	OV
TE942	Liquorice	20 bags	1.79	OV
TE959	Nettle	20 bags	1.45	OV
TE629	Organic Detox	20 bags	1.45	OV
TE631	Organic Sleep Easy	20 bags	1.45	OV
TE789	Peppermint	20 bags	1.45	OV
TE307	Raspberry Leaf	20 bags	1.79	OV
TE352	Restoring Roots	20 bags	2.25	OV
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
	FOOD SERVICE RANGE			
TE148	Chamomile - og	25 bags	2.53	FOV
TE455	Lemon & Ginger - og	25 bags	2.96	OV
TE166	Peppermint - og	25 bags	2.53	FOV
TE797	Redbush - og	25 bags	2.53	OV
TE454	Wild berry - og	25 bags	2.96	OV
	DRAGONFLY TEA			
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	3.10	OV
TE367	Rooibos Earl Grey	40 bags	3.10	OV
TE376	Rooibos Vanilla	40 bags	3.10	OV
TE234	Swirling Mist White Tea	20 bags	2.69	OV
TE145	True Clarity Ginger	20 bags	2.69	OV
	ELEVEN O'CLOCK			
TE381	Rooibos	40 bags	2.59	OV
TE382	Rooibos	80 bags	5.90	OV
	ESSENTIAL			
TE271	Camomile Herbal Infusion	20 bags	2.19	OV
TE279	Peppermint Herbal Infusion	20 bags	2.19	OV
	FLORADIX			
TE126	Hawthorn	15 bags	2.35	OV
TE457	Sage	15 bags	2.35	VO

code	product	size	rrp	bfgosv
	HAMBLEDEN TEAS			
TE607	Rosehip - og	20 bags	3.59	OV
	HAMPSTEAD TEA			
TE550	Camomile	20 bags	2.79	OVB
TE600	Fennel and Peppermint	20 bags	2.79	OVB
TE555	Lavender Valerian	20 bags	2.79	OVB
TE572	Lemon Ginger	20 bags	2.79	OVB
TE556	Peppermint Spearmint	20 bags	2.79	FOVB
TE557	Rosehip Hibiscus	20 bags	2.79	FOVB
	HEATH AND HEATHER			
	Organics			
TE096	Apple & Cinnamon	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
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	3.90	V
	Wellbeing Range			
TE146	Nettle	50 bags	3.90	V
TE025	Peppermint	50 bags	3.90	V
	JUST T			
TE163	Apple Moringa Affair	20 bags	3.29	OV
TE074	Baby It's Cold Outside	20 bags	3.29	OV
TE144	Cheek to Cheek	20 bags	3.29	OV
TE059	Daring Peach	20 bags	3.29	OV
TE174	Dynamic Day	20 bags	3.29	OV
TE051	Nordic Blueberry	20 bags	3.29	OV
TE049	Rhubarb Hygge	20 bags	3.29	OV
TE123	The Lucky Irishman	20 bags	3.29	OV
TE060	Turmeric Ginger Treasure	20 bags	3.29	OV
	PUKKA			
TE438	After Dinner Tea	20 bags	3.29	OV
TE927	Blackcurrant Beauty	20 bags	3.29	OV
TE421	Clean Matcha Green	20 bags	3.29	FOV
TE568	Cleanse	20 bags	3.29	OV
TE509	Day To Night Collection	20 bags	3.29	OV
TE331	Elderberry & Echinacea	20 bags	3.29	OV
TE731	Feel New	20 bags	3.29	OV
TE235	Fresh Start	20 bags	3.29	OV
TE609	Ginseng Matcha Green	20 bags	3.29	FOV
TE678	Green Collection	20 bags	3.59	OV
TE318	Joy	20 bags	2.99	OV
TE481	Lemongrass and Ginger	20 bags	3.29	OV
TE478	Licorice and Cinnamon	20 bags	3.29	OV
TE393	Love	20 bags	2.99	OV
TE490	Mint Matcha Green	20 bags	3.29	FOV
TE165	Mint Refresh	20 bags	3.29	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	3.29	FOV
TE102	Peace	20 bags	2.99	OV
TE043	Peppermint and Licorice	20 bags	3.29	OV

code	product	size	rrp	bfgosv
TE170	Relax	20 bags	2.99	OV
TE171	Revitalising	20 bags	3.29	OV
TE542	Supreme Green Matcha	20 bags	3.29	FOV
TE811	Three Chamomile	20 bags	2.99	OV
TE328	Three Cinnamon	20 bags	3.29	OV
TE602	Three Fennel	20 bags	3.29	OV
TE245	Three Ginger	20 bags	3.29	OV
TE814	Three Licorice	20 bags	3.29	OV
TE238	Triple Mint	20 bags	3.29	OV
TE592	Tulsi Clarity	20 bags	2.99	OV
TE058	Turmeric Active	20 bags	3.29	GOV
TE623	Turmeric Gold	20 bags	3.29	FOV
TE094	Vanilla Chai	20 bags	3.29	FOV
TE725	Wild Apple Cinnamon & Ginger	20 bags	3.29	OV
TE727	Womankind	20 bags	3.29	OV
	Gift Range			
TE335	Pukka Discovery Collection	42	24.99	OV
	TAKA			
TE306	Ginger Lemon Turmeric	15 bags	3.15	OV
TE304	Hibiscus Cinnamon Turmeric	15 bags	3.15	OV
TE305	Masala Chai Turmeric	15 bags	3.15	OV
TE309	Rooibos Honeybush Turmeric	15 bags	3.15	OV
	TICK TOCK			
TE431	Green Rooibos - organic	40 bags	2.79	OV
TE430	Rooibos - organic	40 bags	2.59	OV
TE434	Rooibos - organic	80 bags	5.90	OV
	Loose Leaf			
TE044	Green Rooibos Loose Leaf	100g	2.59	OV
TE436	Rooibos Loose Leaf - organic	100g	2.59	OV
	Wellbeing Range			
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
	YOGI TEA			
TE593	Alkaline Herbs	17 bags	2.59	GOV
TE553	Bedtime	17 bags	2.59	OV
TE250	Bedtime Rooibos Vanilla	17 bags	2.59	OV
TE204	Black Chai	17 bags	2.59	OV
TE346	Breathe Deep	17 bags	2.59	OV
TE597	Choco	17 bags	2.59	OV
TE192	Classic Original	17 bags	2.59	OV
TE551	Detox	17 bags	2.59	OV
TE630	Detox Dandelion with Lemon	17 bags	2.59	GOV
TE208	Echinacea	17 bags	2.59	OV
TE591	Finest Selection	18 bags	2.79	GOV
TE835	Ginger	17 bags	2.59	OV
TE293	Ginger Lemon	17 bags	2.59	OV
TE836	Ginger Orange & Vanilla	17 bags	2.59	OV
TE195	Green Balance	17 bags	2.59	OV
TE209	Green Chai	17 bags	2.59	OV
TE194	Green Energy	17 bags	2.59	OV
TE787	Green Tea Matcha Lemon	17 bags	2.59	OV
TE645	Heartwarming	17 bags	2.59	OV
TE187	Himalaya	17 bags	2.59	OV
TE785	Immune Support	17 bags	2.59	OV
TE998	Inner Harmony	17 bags	2.59	OV
TE193	Licorice	17 bags	2.59	OV
TE837	Licorice Mint	17 bags	2.59	OV

code	product	size	rrp	bfgosv
TE638	Lime Mint	17 bags	2.59	OV
TE342	Maca Chai	17 bags	2.59	OV
TE552	Men's Tea	17 bags	2.59	OV
TE353	Moon Salutation	17 bags	2.59	OV
TE252	Positive Energy Cranberry Hib	17 bags	2.59	OV
TE348	Relax	17 bags	2.59	OV
TE001	Rooibos	17 bags	2.59	OV
TE283	Rose	17 bags	2.59	OV
TE350	Stomach Ease	17 bags	2.59	OV
TE211	Sweet Chai	17 bags	2.59	OV
TE428	Sweet Chilli	17 bags	2.59	OV
TE554	Throat Comfort	17 bags	2.50	OV
TE018	Turmeric Chai	17 bags	2.59	OV
TE088	Turmeric Orange	17 bags	2.59	OV
TE733	Wellbeing	17 bags	2.59	OV
TE012	White Tea with Aloe Vera	17 bags	2.59	OV
TE017	Women's Balance	17 bags	2.59	OV
TE355	Women's Energy	17 bags	2.59	OV
TE351	Women's Tea	17 bags	2.59	OV
	For The Senses			
TE615	Good Night	20 bags	2.99	GOV
TE337	Natural Energy	20 bags	2.99	OV
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
	Loose Tea			
TE620	Classic Chai	90g	2.95	OV
TE341	Turmeric Chai	90g	2.95	OV
	XMAS 2021			
TE270	Yogi Gift Pack with Backpack	1	11.99	OV
TE027	Yogi Gift Pack with Cup	1	13.99	OV
	HERBS & SPICES - BULK			
	BULK WHOLE SPICES			
HE207	Tamarind	200g	2.99	V
	HERBS & SPICES - PREPACKED			
	SUMA			
HE111	Mulled Cider Spices	25g	2.99	V
HE105	Mulled Wine Spices	25g	2.99	V
HE110	Nutmeg Grater & Nutmegs	20g	2.99	V
	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
HE156	Poppy Seeds	50g	1.15	V
HE164	Star Anise	25g	1.15	V
	SUMA ORGANIC			
	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
HE385	Oregano - organic	20g	1.59	OV
HE387	Parsley - organic	15g	1.59	OV

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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			
HE169	Ginger - 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	1.59	OV
HE388	Peppercorns - black, organic	25g	1.59	OV
HE389	Poppy Seed Blue - organic	40g	1.59	OV
	Whole Spices - Organic, F/T			
HE167	Whole Cloves - organic & FT	25g	1.69	FOV
	BLACK GARLIC			
HE068	Black garlic Balsajo	50g	3.69	V
	EL REY DE LA VERA			
HE075	Sweet Smoked Paprika	75g	2.49	V
	GREEN CUISINE			
HE066	Mulled Cider Cracker	10g	1.99	V
HE226	Spice & Fruit for Mulled Wine XMAS 2021	10g	1.99	V
HE227	Herbal Hangover Comforter	10g	1.99	V
	PERSIAN TRADER			
HE024	Saffron	125mg	1.45	V
HE037	Saffron	0.5g	2.79	V
HE127	Saffron	1g	5.79	V
	STEENBERGS			
HE015	Kala Namak	100g	2.95	V
	ZAYTOUN			
HE224	Za'atar Zesty Thyme Herb Mix	80g	3.95	V
	HOUSEHOLD CLEANING PRODUCTS			
	ECOLEAF BY SUMA			
HJ224	Bathroom Cleaner	500ml	2.49	V
HJ105	Fabric Conditioner	1.5l	3.99	V
HJ088	Fabric Conditioner Concentrate	750ml	2.29	V
HJ223	Hard Floor Cleaner	750ml	2.69	V
HJ055	Laundry Liquid	1.5l	6.35	V
HJ080	Laundry Liquid Concentrate	750ml	5.35	V
HJ159	Laundry Liquid Fragrance Free	1.5l	6.39	V
HJ096	Liquid Hand Soap	500ml	3.89	V
HJ216	Liquid Stain Remover	500ml	2.69	V
HJ050	Multi Surface Cleaner	500ml	2.39	V
HJ217	Rinse Aid	500ml	2.85	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

code	product	size	rrp	bfgosv
HJ131	Washing Up Liquid Concentrated 5 Litres Bulk	500ml	2.65	V
HJ181	Bathroom Cleaner	5l	9.79	V
HJ078	Fabric Conditioner	5l	9.99	V
HJ182	Hard Floor Cleaner	5l	16.99	V
HJ075	Laundry Liquid	5l	2.49	V
HJ174	Laundry Liquid Fragrance Free	5l	2.49	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 Accessories	5l	1.79	V
DY058	Drum Tap - Fits 20 Litres Dishwasher Tablets	each	5.99	V
HJ160	Dishwasher Tablets	25 tablets	5.35	V
HJ161	Dishwasher Tablets Powders	70 tablets	13.49	V
HJ129	Washing Powder Concentrated	10kg	39.99	V
	BIO D			
HJ229	All Purpose Sanitiser Spray	500ml	2.99	V
HJ230	Bathroom Cleaner Spray	500ml	2.99	V
HJ004	Fabric Conditioner	1l	2.59	V
HJ296	Fabric Conditioner Lavender	1l	2.99	V
HJ232	Floor Cleaner + Linseed Soap	750ml	4.25	V
HJ012	Furniture Polish	150g	8.15	V
HJ226	Glass and Mirror Spray	500ml	3.15	V
HJ003	Laundry Liquid	1l	5.69	V
HJ176	Laundry Liquid	1l	6.50	V
HJ222	Laundry Liquid with Lavender	1l	6.50	V
HJ311	Limescale Remover	500ml	3.49	V
HJ228	Multi Surface Sanitiser	750ml	2.95	V
HJ244	Toilet Cleaner - angled head	750ml	2.59	V
HJ225	Washing Up Liquid	750ml	2.39	V
HJ157	Washing up Liquid - Grapefruit	750ml	2.55	V
HJ341	Washing Up Liquid - Lavender 5 Litres Bulk	750ml	2.59	V
HJ032	Bathroom Cleaner	5l	1.99	V
HJ608	Fabric Conditioner	5l	1.29	V
HJ233	Floor Cleaner + Linseed Soap	5l	22.99	V
HJ039	Glass Mirror Cleaner	5l	17.99	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	12.99	V
HJ800	Laundry Liquid	5l	25.79	V
HJ177	Laundry Liquid	5l	26.49	V
HJ171	Laundry Liquid - Lavender	5l	26.49	V
HJ029	Lavender Washing Up Liquid	5l	13.99	V
HJ654	Multi Surface Sanitiser	5l	15.25	V
HJ665	Toilet Cleaner	5l	12.49	V
HJ097	Washing Up Liquid	5l	11.69	V
HJ165	Washing Up Liquid Handwash	5l	13.99	V
HJ235	Handwash - Geranium	500ml	4.90	V
HJ119	Handwash - Lime & Aloe Vera	500ml	3.29	V
HJ264	Handwash - Plum & Mulberry	500ml	4.30	V
HJ117	Handwash - unfragranced Powders	500ml	3.89	V
HJ236	Dishwasher Powder	720g	1.90	V

code	product	size	rrp	bfgosv
HJ081	Washing Powder Concentrated	1kg	4.79	V
HJ082	Washing Powder Concentrated	2kg	9.50	V
HJ103	Washing Powder Concentrated	12.5kg	52.29	V
BIO-D				
HJ313	All Purpose Sanitiser Spray	500ml	3.15	V
HJ315	Washing Up Liquid - Mandarin 5 Litres Bulk	750ml	2.49	V
HJ312	All Purpose Sanitiser Mandarin	5l	11.25	V
HJ007	Limescale Remover	5l	2.49	V
HJ314	Washing Up Liquid - Mandarin	5l	13.75	V
ECOEGG				
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
HJ163	Laundry Egg Refills	1	5.79	V
HJ164	Laundry Egg Refills	1	5.79	V
HJ168	Laundry Egg Refills	1	5.79	V
ECO-MAX CLEANING				
3 Litres Bulk				
HJ209	Laundry Liquid Lavender	3l	14.95	V
ECOVER				
HJ100	All Purpose Cleaner	1l	3.51	V
HJ002	Bathroom Cleaner	500ml	2.87	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	2.15	V
HJ024	Floor Cleaner	1l	3.75	V
HJ076	Laundry Bleach	400g	2.29	V
HJ277	Laundry Liquid Non - Bio	1l	7.89	V
HJ874	Limescale Remover	500ml	4.50	V
HJ123	Liquid Hand Soap - Citrus	250ml	3.25	V
HJ254	Liquid Hand Soap - Lavender	250ml	3.29	V
HJ054	Liquid Hand Soap Refill	1l	1.99	V
HJ295	Multi Surface Cleaner	500ml	2.65	V
HJ095	Multi Surface Cleaner	500ml	2.85	V
HJ214	Oven & Hob Cleaner	500ml	4.25	V
HJ999	Stain Remover	200ml	3.49	V
HJ511	Toilet Cleaner Pine & Mint	750ml	2.19	V
HJ304	Toilet Cleaner Power	750ml	3.79	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
HJ188	Washing Powder Non - Bio	1.8kg	1.79	V
HJ041	Washing Up Liquid	450ml	1.75	V
HJ221	Washing Up Liquid	450ml	1.75	V
HJ260	Washing Up Liquid	450ml	1.75	V
HJ509	Washing Up Liquid	450ml	1.75	V
HJ031	Washing Up Liquid	950ml	2.99	V
HJ888	Washing Up Liquid	950ml	2.99	V
HJ091	Window Cleaner 5 Litres Bulk	500ml	4.25	V
HJ272	5l Pump	1	6.75	V
HJ323	Fabric Conditioner Soft Apple	5l	14.15	V
HJ070	Floor Cleaner	5l	17.25	V

code	product	size	rrp	bfgosv
HJ071	Laundry Liquid - Delicate	5l	21.49	V
HJ030	Laundry Liquid Bio Concentrate	5l	38.49	V
HJ276	Laundry Liquid Non - Bio	5l	29.99	V
HJ321	Laundry Non - Bio	5l	2.59	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	6.50	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			
HJ106	Laundry Liquid - Concentrated	1.5l	1.99	V
HJ262	Laundry Liquid - Delicate	750ml	4.25	V
HJ549	Laundry Liquid - Non Bio	1.5l	7.90	V
HJ257	Laundry Liquid - Non Bio	1.5l	1.99	V
	Zero			
HJ348	Delicate Laundry Liquid Zero	1l	4.29	V
HJ349	Dish Washer Tablets Zero	25 tablets	7.90	V
HJ200	Fabric Conditioner	1.5l	4.35	V
HJ202	Laundry Liquid Zero	1.5l	12.49	V
HJ203	Washing Powder Zero	7.5kg	37.25	V
HJ205	Washing Up Liquid Zero	450ml	1.75	V
	Zero - 5 Litres Bulk			
HJ133	Laundry Liquid Zero Non - Bio	5l	3.99	V
HJ134	Washing Up Liquid Zero	5l	13.99	V
	ECOZONE			
HJ044	Appliance Descaler	500ml	3.75	GV
HJ057	Dishwasher Tablets - Classic	25 tablets	3.99	V
HJ351	Dishwasher Tablets All In One	25 tablets	3.99	V
HJ352	Dishwasher Tablets All In One	72 tablets	9.35	V
HJ275	Dishwasher Tablets Brilliance	65 tablets	9.59	V
HJ118	Dishwasher Tablets Brilliance	25 tablets	4.49	V
HJ146	Dishwasher Tablets Classic 72	72 tablets	8.99	V
HJ121	Enzymatic Drain Sticks	23g	7.99	V
HJ286	Forever Flush 2000 - Twin Pack	450g	9.99	V
HJ241	Kitchen Drain Unblocker	1l	5.49	V
HJ052	Laundry Capsules Non-Bio	500g	8.39	V
HJ038	Limescale Remover - Tough	500ml	3.75	V
HJ114	Machine Cleaner - 6 Tablets	120g	3.75	V
HJ285	MAGNALOO	1	9.49	V
HJ278	Mould Remover	500ml	4.99	V
HJ282	Multi Purpose Cleaning Paste	300g	9.99	V
HJ158	Multi Surface Wipes - Anti Bac	40	1.79	V
HJ197	Plughole Unblocker	250ml	7.49	V
HJ020	Rinse Aid	500ml	2.79	V
HJ291	Soap Nuts - 330 Washes	1kg	12.15	V
HJ290	Soap Nuts 330g	300g	6.49	V
	FAITH IN NATURE			
	5 Litres Bulk - Household			
HJ021	Laundry Liquid - Super Conc'd	5l	3.75	V
HJ028	Washing Up Liquid	5l	28.79	V
	GREEN FROG BOTANIC			
HJ190	Laundry Soap Nuts - 1kg	1kg	15.49	OV
HJ189	Laundry Soap Nuts - 250g Bag	250g	5.29	OV

code	product	size	rrp	bfgosv
HJ183	Laundry Soap Nuts - 500g Bag	500g	9.19	OV
HJ092	Disinfectant			
	Disinfectant - For Out & About	100ml	2.00	V
	LOOFCO			
HJ013	Washing Up Soap - Lemongrass	100g	2.95	V
HJ027	Washing Up Soap - No Fragrance	100g	2.95	V
	METHOD			
HJ137	All Purpose Cleaner - Anti Bac	2l	6.49	V
HJ147	All Purpose Cleaner - Anti Bac	828ml	3.95	V
HJ338	All Purpose Cleaner - Anti Bac	828ml	3.95	V
HJ253	All Purpose Floor Cleaner	739ml	3.25	V
HJ005	Anti Bac Spray - Yuzu Orange	828ml	3.95	V
HJ336	Bathroom Cleaner - Anti Bac	828ml	3.95	V
HJ245	Bathroom Spray	828ml	3.95	V
HJ152	Glass Spray - Mint	828ml	4.35	V
HJ248	Granite Spray	354ml	4.39	V
HJ246	Kitchen Spray - Clementine	828ml	3.95	V
HJ249	Multi Purpose Cleaner	828ml	3.95	V
HJ250	Multi Purpose Cleaner	828ml	3.95	V
HJ079	Shower Spray - Passion Fruit	828ml	3.95	V
HJ167	Shower Spray - Ylang Ylang	828ml	3.95	V
HJ294	Wood Floor Cleaner Refill	2l	6.49	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
HJ093	Foaming Handwash Sweet Water	300ml	3.39	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
HJ332	Laundry Liquid - Concentrated	1.56l	11.99	V
HJ335	Laundry Liquid - Concentrated	1.56l	11.99	V
HJ334	Laundry Liquid- Concentrated	1.56l	11.99	V
	SIMPLE LIVING ECO			
HJ025	Frag Laundry Detergent Sheets	32 SHEET	9.99	V
HJ281	Multi Purpose Sheets	30 SHEET	1.49	V
HJ280	Unfrag Laundry Detergent Sheet	32 SHEET	9.99	V
	SPRUCE CLEANING			
	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
	HOUSEHOLD PRODUCTS			
	ALTER/NATIVE			
NF531	Drum Pump - Fits 15l & 20l	each	8.49	V
	ECOLEAF BY SUMA			
NF091	Ecoleaf 3 Ply Kitchen Towels	2 rolls	2.90	V
NF140	Ecoleaf Jumbo Kitchen Towel	1 rolls	2.45	V
NF209	Ecoleaf Toilet Tissue	4 pack	2.59	V
NF214	Ecoleaf Toilet Tissue	9 rolls	5.49	V
	Household			
NF277	Cling Film - Home Compostable	1	3.79	V
	ECOZONE			

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NF473	Compostable Caddy Liner 10L	22 bags	3.39	V
	HILL BRUSH COMPANY			
NF783	Back & Body Brush	each	9.99	V
NF781	Vegetable Brush	each	7.49	V
NF782	Washing Up Brush + Four Heads	each	9.49	V
	HOME PROUD			
NF218	Recycled Clothes Pegs	24 pegs	1.35	V
	IF YOU CARE			
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
NF375	Wax Paper - Unbleached	1	5.25	V
	Compostable Waste Bags			
NF177	Waste Bags - 11 Litres	30 bags	5.15	V
NF185	Waste Bags - 49 Litres	12 bags	4.99	V
	LOOFCO			
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	2.95	V
HJ068	Washing-Up Pad - 2 Pack	2 pack	5.30	V
HJ061	Washing-Up Scraper	1	2.95	V
	MAISTIC			
NF572	All Purpose Cloths - 5 Units	5	2.35	V
NF566	Bin Liner 30l - Compostable	10 bags	3.90	V
NF565	Bin Liners 20l - Compostable	14 bags	3.90	V
NF384	Coco Scrubber - Reusable	2 PCS	3.90	V
NF385	Compostable Gloves	100	6.99	V
NF573	Floor Cloth - Viscose	2cloth	2.25	V
NF570	Kitchen Scourer Loofah	1	3.39	V
	Bodycare			
NF382	Face Pads Reusable	3cloth	3.90	V
NF383	Large Face Pads - Reusable	5cloth	3.69	V
	THE CHEEKY PANDA			
	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
NF101	Multi Purpose Dry Bamboo Wipes	100	2.85	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	4.49	V

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NF039	Natural Bamboo Toilet Tissue	9 rolls	6.49	V
NF233	Toilet Tissue 4 Pack Straws	4 rolls	3.99	V
NF164	Straws Red Stripe - Bamboo	1	3.00	V
THE WHEAT BAG COMPANY				
NF113	Wheat Bag Blue Star Unscented	each	12.99	V
NF126	Wheat Bag Robin Unscented	each	12.99	V
TOFUTURE				
NF354	Tofu Press	press	24.99	V
TRAIDCRAFT				
NF181	Fair Trade Rubber Gloves	1 pairs	1.45	GFV
WAFI ROOM FRAGRANCE				
NF527	Lavender Air Freshener	100ml	5.99	OV
NF528	Lemongrass Room Fragrance	100ml	5.99	OV
INDIAN FOOD				
GEO ORGANICS				
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	3.50	FOSV
VF744	Tikka Masala Paste OG	180g	2.55	OV
MERIDIAN				
VF019	Korma Sauce	350g	2.59	GSV
VF025	Tikka Masala Sauce	350g	2.59	GSV
PATAKS				
Curry Pastes				
KJ054	Madras Curry Paste	283g	2.75	GV
KJ152	Rogan Josh Curry Paste	283g	2.89	GSV
KJ059	Vindaloo Curry Paste	283g	2.75	GV
Pappadums				
VF293	Pappadums - Plain	100g	1.99	V
Pickles				
KJ040	Aubergine Pickle (Was Bringal)	312g	2.59	GVS
KJ041	Chilli Pickle	283g	2.55	GV
KJ045	Lime Pickle - Medium/Hot	283g	2.55	GV
KJ047	Mango Pickle - Medium	283g	2.65	GV
KJ049	Mixed Pickle	283g	2.55	GV
PUNJABAN				
Bases (Sauce Concentrate)				
KJ374	Authentic Curry Base - Medium	350g	3.50	GV
KJ373	Authentic Curry Base - Mild	350g	3.50	GV
KJ379	Butter 'Chicken' Base	350g	3.50	GV
KJ383	Tasty Tamarind Curry Base	350g	3.50	GV
KJ083	Tikka Masala Curry Base Sauce	350g	3.50	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
JAMS & FRUIT SPREADS				
SUMA				
JS200	Pear and Apple Spread	300g	2.99	V
BIONA				
JS039	Organic Strawberry Spread	250g	3.35	OV
JS001	Pear & Apple Spread - organic	450g	5.29	OV
BIONOVA				
JS137	Bilberry Jam - organic	340g	3.15	OSV
JS141	Raspberry Jam - organic	340g	3.15	VOS
JS140	Strawberry Jam - organic	340g	3.15	OSV
JS133	Tangy Marmalade - organic	340g	2.85	OSV
FRUIT TREE				

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KJ200	Summer Berries Fruit Spread	250g	3.99	OV
	FRUTETA ITALIA			
KJ227		250g	3.99	OV
KJ197	Apricot Fruit Spread OG	250g	3.99	OV
KJ201	Blueberry Fruit Spread OG	250g	3.99	OV
KJ198	PEACH FRUIT SPREAD OG	250g	3.99	OV
KJ199	Raspberry Fruit Spread OG	250g	3.99	OV
	FRUTETO ITALIA			
KJ196	Strawberry Fruit Spread OG	250g	3.99	OV
	JTS - FAIR FOOD FINE FOOD			
	Eswatini			
JS010	Flavours of Christmas Gift Set	set	6.33	FSV
	MERIDIAN			
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
	MRS DARLINGTONS			
	XMAS 2021			
JS023	Bucks Fizz Marmalade	340g	2.55	SV
	ST DALFOUR			
JS051	Apricot Spread	284g	2.49	GV
JS064	Black Cherry Spread	284g	2.49	GV
JS063	Blackberry Spread	284g	2.49	GV
JS062	Blackcurrant Spread	284g	2.49	GV
JS009	Cranberry & Blueberry	284g	2.49	GV
JS068	Fig Spread	284g	2.49	GV
JS067	Four Fruits Spread	284g	2.49	GV
JS066	Mirabelle Plum Spread	284g	2.49	GV
JS120	Orange and Ginger Spread	284g	2.49	GV
JS046	Raspberry & Pomegranate Spread	284g	2.49	GV
JS049	Raspberry Spread	284g	2.49	GV
JS050	Strawberry Spread	284g	2.49	GV
JS061	Thick Cut Orange Spread	284g	2.49	GV
JS060	Wild Blueberry Spread	284g	2.49	GV
	TRADCRAFT			
GH165	Organic Orange Marmalade	340g	3.29	FOVS
GH166	Organic Strawberry Jam	340g	3.69	FOVS
	JUICE CONCENTRATES & CORDIALS			
	SUMA			
JU058	Apple - concentrate	500ml	5.79	V
JU241	Apple & Blackcurrant	400ml	6.29	OV
JU240	Apple Juice	400ml	5.69	OV
	Chilled products			
JU057	Apple - concentrate	5l	45.99	V
JU243	Apple Juice Concentrate	5l	5.99	OV
	BELVOIR			
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

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JU285	Christmas Mulled Winter Cordial Family Size	500ml	5.25	GSV
JU339	Blackcurrant Cordial	750ml	5.29	GSV
JU338	Orange Cordial	750ml	5.29	GSV
ROCKS				
JU426	Blackcurrant Squash - organic	740ml	3.49	OSV
JU427	Lemon Squash - organic	740ml	3.49	OSV
JU428	Orange Squash - organic	740ml	3.49	OSV
THORNCROFT				
JU593	Detox	330ml	4.10	SV
JU594	Kombucha	330ml	3.39	SV
JU475	Pink Ginger	330ml	3.19	SV
JU432	Turmeric	330ml	3.45	SV
JU206	Wild Elderflower	330ml	3.19	SV
JU476	Wild Nettle Cordial	330ml	3.19	VS
MARGARINES & SPREADS (CHILLED)				
SUMA				
MA003	Olive Spread	500g	2.35	V
MA055	Soya Spread	500g	2.50	V
MA053	Sunflower Spread	500g	2.50	V
MA051	Sunflower Spread	2kg	7.80	V
MA065	Sunflower Spread Organic	500g	3.75	VO
BIONA				
MA468	Extra Olive Spread	250g	3.75	OV
MA061	Vegetable Margarine	250g	3.50	OV
MA030	Vegetable Margarine	500g	4.80	OV
KOKO DAIRY FREE				
CV317	Koko Dairy Free Spread	500ml	2.19	GV
NATURLI'				
CV879	Spreadable Vegan Butter	225g	1.89	GOV
CV735	Spreadable Vegan Butter	450g	3.65	GOV
CV880	Vegan Butter Block	200g	1.95	GOV
PURE				
MA001	Olive Spread	500g	2.35	V
MA200	Sunflower Dairy Free Spread	500g	2.35	V
TRU				
CV325	Palm Free Sunflower Oil Spread	500g	2.20	SV
VIOLIFE				
CV436	Cocospread Chocolate Spread	150g	2.70	VS
MAYONNAISE & SALAD DRESSINGS				
BIONA				
KJ401	Mayo - Egg & Soya Free	230g	2.65	OV
BONSAN				
KJ176	Caesar Dressing	310ml	3.25	OSV
KJ181	Vegan Aioli	235ml	2.75	OSV
GEO ORGANICS				
KJ333	Organic Mayo, Vegan	232g	2.55	OV
HLTHPUNK				
KJ299	Bionnaise Plant Based Mayo OG	135g	3.99	OV
INSPIRED VEGAN				
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

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KJ261	Vegan Tartare Sauce	210g	2.59	GSV
	MARY BERRY'S			
KJ220	Light Salad Dressing	235ml	3.19	SV
KJ168	Mango, Lime & Chilli Dressing	235ml	3.19	SV
KJ390	Salad Dressing	235g	3.19	SV
	MR ORGANIC			
KJ498	Egg Free Garlic Mayo	180g	2.79	GOSV
	RUBIES IN THE RUBBLE			
KJ118	Plant Based Mayo - Chilli	240g	1.50	V
KJ241	Plant Based Mayo - Garlic	240g	2.99	V
KJ135	Plant Based Mayo - Original	240g	2.99	V
	THE VURGER CO			
KJ255	Garlic & Herb Vegan Mayo	240g	3.95	V
KJ253	Original Vegan Mayo	240g	3.95	V
KJ256	Smoky 'Bacon' Vegan Mayo	240g	1.98	V
	MEAT FREE ALTERNATIVES(FROZEN)			
	BEYOND MEAT			
XL053	Burgers	226g	5.20	GV
XL091	Meatballs	200g	5.20	GV
XL088	Mince	300g	5.20	GV
XL063	Sausages	200g	5.20	GV
	FRYS			
XL074	Beef Style Chunky Strips	380g	3.79	V
XL010	Chicken Style Strips	380g	3.79	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
	FUTURE FARM			
XL076	Burgers	230g	4.00	GV
XL185	Chick'n	200g	4.00	GV
XL079	Meatballs	250g	4.00	GV
XL077	Mince	250g	4.00	GV
XL080	Sausages	250g	4.00	GV
	IMPULSE FOODS			
XL109	Organic Garlic & Herb Tempeh	227g	3.00	OV
XL107	Organic Tempeh	227g	3.00	OV
	LINDA MCCARTNEY			
XL161	Vegemince	500g	3.80	V
	NATURLI'			
XL065	Schnitzel	300g	4.20	GV
XL071	Vegan Balls	300g	3.50	GV
XL101	Vegan Mince	325g	3.30	GSV
	OUMPH!			
XL315	Kebab	280g	4.99	V
XL316	Pulled Pork Style	280g	4.99	V
XL318	Thyme & Garlic	280g	4.99	V
	QUORN			
XL210	Vegan Pieces	280g	3.19	V
	THE TOFOO COMPANY			
XL169	Crispy Spicy Bites	280g	2.85	OV
XL184	Original Crispy Bites	280g	2.85	OV
XL072	Original Crispy Chunkies	200g	2.85	OV
	THE VEGILANTES			
XL192	Ch*ckeb Satay with Peanut	290g	3.50	SV
XL126	Plant Protein BBQ Ribs	240g	3.50	SV
XL123	Plant Protein Zingers	250g	3.50	SV
XL193	Protein Pakora	240g	3.50	SV
XL122	Protein Southern Fried Wings	240g	3.50	SV
XL120	Spiced Indian Bhaji Baskets	350g	4.50	GV
XL187	Spicy Crusted Plant Steak	227g	3.50	SV
XL190	Tandoori Tikka Pieces	240g	3.50	SV

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	VFC			
	Vegan Fried Chick*n			
XL083	Original Bites	500g	6.00	V
XL081	Original Fillets	316g	4.00	V
XL052	Popcorn Chick*n	250g	3.29	V
XL127	Spicy Bites	500g	6.00	V
XL082	Spicy Fillets	316g	4.00	V
	MEATLESS SUBSTITUTES (CHILLED)			
	BONSAN			
CV837	Kofu Fishfree fillet	150g	4.50	GOSV
CV843	Kofu Ragu Chunks	150g	3.95	GOSV
CV586	Kofu Sausages	170g	4.35	OV
CV641	Kofu Steak	120g	3.25	OSV
CV573	Vegan Breakfast Scramble	200g	4.50	OSV
	CLEAR SPOT			
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
	DELPHI FOODS			
CV265	Falafel	110g	2.35	V
	FLORENTIN			
CV930	Falafel	240g	4.10	GOV
CV571	Sweet Potato Falafel	240g	4.10	GOV
CV944	Tamruc Falafel	240g	4.25	GOV
	HEURA			
CV142	Chorizo	216g	3.69	GV
CV115	Mediterranean Chunks	160g	3.69	GV
CV119	Original Burger	220g	4.30	GV
CV116	Original Chunks	160g	3.69	GV
CV124	Original Nuggets	180g	3.69	GV
CV128	Original Sausages	216g	3.69	GV
CV145	Original Strips	160g	3.69	GV
	MACSWEEN			
CV534	Ultimate Veggie Burger	228g	3.00	GV
CV390	Veg Haggis 6 x 400g	400g	4.70	V
CV385	Veg Haggis 8 x 200g	200g	2.40	V
	QUORN			
CV666	Chicken Free Slices	100g	3.25	V
	SGAIA			
	Artisan Vegan Mheat			
CV009	Garlic & Rosemary Roast	500g	9.00	V
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
	TAIFUN			
CV011	Grill Sausages	250g	4.80	OV
CV010	Weiner/Frankfurters	300g	5.70	OV
	THE BURY BLACK PUDDING CO			
CV696	Vegan Black Pudding	220g	1.65	V
	THE REAL LANCASHIRE PUDDING CO			
CV999	Vegan Black Pudding	200g	1.80	V
	THIS			
CV424	Isn't Bacon Rashers	120g	3.65	V
CV022	Isn't Chicken Nuggets	230g	4.75	SV
CV418	Isn't Chicken Pieces	190g	4.55	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
	TOFURKY			
CV547	Barbeque Chick'n	227g	4.29	SV
CV712	Beer Brat Style Sausages	250g	3.79	SV
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
	VBITES			
CV102	Beeph Mince	300g	4.70	SV
CV037	Bistro Beeph Chunks	150g	3.15	SV
CV232	Cheatin' Chicken	100g	1.85	V
CV260	Cheatin' Chorizo Style Chunks	150g	3.30	V
CV235	Cheatin' Garlic Sausage Slices	100g	1.85	V
CV234	Cheatin' Ham	100g	1.85	V
CV568	Cheatin' Maple Rashers	115g	2.60	V
CV237	Cheatin' Pepperoni	100g	1.95	V
CV236	Cheatin' Roast Beef Slices	100g	1.95	V
CV602	Meat Free Hot Dog	200g	2.40	SV
CV100	Meatballs	350g	4.85	SV
CV643	Meat-free slices Sage & Onion	100g	1.85	V
CV098	Original Tempeh Rashers	120g	3.10	SV
CV103	Southern Fried Chkn Burgers	160g	3.00	SV
CV106	Southern Fried Chkn Chunks	150g	3.25	SV
CV096	Spiced Doner Slices	100g	2.70	SV
CV238	Streaky-Style Rashers	115g	2.60	SV
	Making Waves			
CV555	Fish Style Fingers - Breaded	215g	3.10	V
CV093	Fish Style Steaks	200g	3.10	SV
CV566	Smoked Salmon Style Slices	100g	2.50	V
	Roasts			
CV911	Beef Style Roast Joint	390g	5.90	SV
CV912	Gammon Style Roast	390g	5.90	SV
CV043	Turkey Style Roast Joint	390g	5.90	V
	Vegi Deli			
CV025	Cheatin Chicken Style Pieces	150g	2.80	V
CV739	Duck Style Pieces	150g	3.10	V
CV668	Falafel-Traditional Style	250g	2.80	V
CV667	Lincolnshire Style Sausage	295g	2.80	V
CV557	Sage & Marjoram Sausages	295g	2.80	V
CV172	Vegetarian Schnitzels	200g	2.60	V
CV565	Vegideli Mushroom Pate	150g	1.85	V
	VIANA			
CV404	Bonanza Veggie Steaks	210g	3.90	OSV
CV414	Real Jumbo Frankfurters	275g	4.30	SOV
	WHEATY			
CV683	Gran Chorizo	200g	6.20	OV
CV241	Merguez Vegan Sausage	200g	4.00	OV
CV689	Salami Slices	100g	2.55	OV
CV505	Seitan Medallions	175g	4.50	OV
CV690	Smoked Slices	100g	2.55	OV
CV851	Vegan Bacon	60g	2.00	OV
CV267	Vegan Chorizo Slices	80g	2.50	OV
CV261	Vegan Doner Kebab	200g	4.40	OV
CV250	Vegan Hot Dogs	200g	4.00	OV
CV852	Vegan Sucuk Sausages	200g	5.40	OV
CV023	Virginia Steak	175g	4.50	OV

code	product	size	rrp	bfgosv
	Spacebars			
CV691	Chorizo	40g	1.35	OV
CV692	Hemp	40g	1.30	OV
CV303	Red Hot Chilli Peppers	40g	1.30	OV
MIDDLE EASTERN & AFRICAN FOOD				
AL'FEZ				
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
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	2.79	V
KJ057	Sumac	38g	2.25	V
KJ242	Tahini	160g	2.15	V
KJ173	Tahini	1kg	1.79	V
KJ237	Tahini Dressing	200g	2.39	V
VF046	Vine Leaves Stuffed With Rice	280g	2.55	V
AMISA				
KJ105	Falafel Mix	160g	1.99	GOV
CARLEY'S				
KJ240	Preserved Lemon - Organic	700g	5.19	OV
HLTHPUNK				
KJ300	Harissa Chilli Paste Organic	150g	4.99	OV
JUST WHOLEFOODS				
VF183	Falafel Mix - organic	120g	1.99	OV
OLIVES ET AL				
KJ124	Moroccan Dukkah (spice mix)	90g	3.99	V
KJ123	Preserved Lemons	400g	7.99	V
MILK - NON DAIRY				
ALPRO				
TE004	Almond for Professionals	1l	2.25	GSV
TE624	Coconut for Professionals	1l	2.39	V
TE083	Oat for Professionals	1l	1.99	GV
SY086	Oat Growing Up Milk	1l	2.20	V
SY047	Organic Almond Drink	1l	1.85	GOV
SY049	Organic Coconut Drink	1l	1.85	GOV
SY081	Organic Oat Drink	1l	1.95	OV
SY050	Organic Soya Drink	1l	1.69	GOV
TE642	Soya for Professionals	1l	1.89	V
SY089	Soya Growing Up Milk	1l	2.15	V
SY213	Soya Milk - Unsweetened	1l	1.65	V
BIONA				
VF103	Coconut Milk Powder	150g	4.50	OV
VF324	Condensed Coconut Milk	210ml	2.39	OSV
BLUE DIAMOND				
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
BONSOY				
SY072	Soya Milk	1l	4.90	V
CALIFIA FARMS				
SY226	Oat Barista Blend	1l	1.99	V
COCONUT MERCHANT				
VF082	Coconut Milk Powder	250g	5.99	OV
SY105	Organic Coconut Milk	330ml	2.29	OV

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	DREAM			
JU540	Rice Dream - Calcium	1l	2.15	GV
JU361	Rice Dream - Original	1l	2.15	VO
	ECOMIL			
SY139	Almond Barista Drink	1l	2.49	OSV
SY275	Almond Drink	1l	2.99	OV
SY012	Almond Drink Powder	400g	12.99	GOV
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	0.55	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
SY133	No Sugar Oat + Calcium	1l	1.99	OV
SY142	No Sugar Spelt Drink	1l	2.19	OV
SY279	Soya Drink Powder (sweetened)	400g	9.99	OV
	FOOD HEAVEN			
SY219	Cafe Soy Latte	250ml	0.50	GV
SY055	Cooking Cream - Sweetened	1l	3.50	GSV
SY003	Cooking Cream - Unsweetened	1l	3.50	GV
SY168	Heavenly Whipped Spray Cream	200ml	2.29	GSV
	GLEBE FARM			
SY165	Almond Drink Barista	1l	2.50	V
SY140	Barista Style Oat Drink	1lT	1.99	GV
SY164	Coconut Drink Barista	1l	2.15	V
	GOOD HEMP			
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
	KOKO DAIRY FREE			
SY046	Coconut Milk Drink	3 x 250ml	1.99	GSV
SY038	Coconut Milk Drink	1l	1.95	GSV
SY051	Coconut Milk Drink - Chocolate	1l	2.90	GSV
SY122	Coconut Milk Drink Unsweetened	1l	1.95	GV
SY167	Coconut Super Milk	1l	2.35	GSV
SY222	Koko Life!	1l	1.99	GV
	Koko Cuisine			
SY125	Cuisine Light Coconut Milk	330ml	1.50	GV
	MIGHTY PEA			
SY200	Banana & Oat M.lk Shake	330ml	1.85	V
SY201	Chocolate M.lk Shake	330ml	1.85	SV
SY198	Pea Milk - Barista	1l	2.25	V
SY124	Pea Milk - Original	1l	2.29	GSV
SY197	Pea Milk - Unsweetened	1l	2.29	GV
SY111	Protein Oat Milk	1l	2.29	V
	MINOR FIGURES			
SY172	Masala Chai	1l	5.69	SV
SY171	Oat M*lk - Barista	1l	1.95	V
SY196	Organic Barista Oat Milk	1l	2.90	OV
SY083	Semi Skimmed Barista Oat M*lk	1l	2.90	V
	NATURE'S CHARM			
SY077	Condensed Coconut Milk	320g	2.85	GSV
SY078	Evaporated Coconut Milk	360ml	2.39	GSV
	OATLY			
SY019	Cream - Dairy Free	250ml	1.90	VO
SY045	Oatly Chocolate Drink	1l	1.99	SV
JU385	Oatly Enriched - added calcium	1l	1.75	V
SY158	Oatly Oat Drink Foamable	1l	2.90	V
JU377	Oatly Oat Drink Organic	1l	1.75	OV
SY005	Oatly Vanilla Drink	1l	2.50	SV

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	PLAMIL			
SY009	Organic Soya Milk Heritage	1l	2.25	VOG
	PLANTED			
SY216	British Oat Drink	1l	1.95	V
	PLENISH			
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
	PROVAMEL			
SY090	Almond Drink - Organic	1l	2.69	OV
SY094	Almond Drink - Unsweetened	1l	2.69	GOV
SY011	Coconut & Rice Drink	1l	2.50	GOV
SY203	Oat Barista	1l	2.29	OSV
SY088	Oat Drink - Organic	1l	1.30	OV
SY185	Oat Drink - Unsweetened	1l	2.50	OV
SY007	Rice Drink - organic	1l	1.99	GOV
SY080	Soya Milk - sweetened	1l	1.99	GOV
SY025	Soya Milk - Unsweetened	1l	1.99	GOV
	PROVITAMIL			
SY035	Oat Drink	1l	1.69	V
	REBEL KITCHEN			
SY093	Barista Mylk	1l	2.55	OV
SY181	Dairy Free Semi Skimmed Mylk	1l	2.55	GOV
SY214	Dairy Free Whole Mylk	1l	2.55	GOV
	RUDE HEALTH FOODS			
SY129	Almond Drink - Organic	1l	2.49	GOV
SY004	Almond Drink - Organic	250ml	1.50	GOV
SY130	Brown Rice Drink - Organic	1l	2.29	GOV
SY085	Cashew Drink - Organic	1l	3.50	GOV
SY224	Chocolate Oat Drink OG	1l	2.49	OV
SY044	Coconut Drink Organic	1l	2.99	GOV
SY148	Hazelnut Drink - Organic	1l	2.39	GOV
SY115	Hazelnut/Chocolate Drink	1l	3.49	GOV
SY037	Oat Drink - Organic	1l	2.29	GOV
SY189	Organic Almond Barista Drink	1l	2.39	OV
SY190	Organic Oat Barista Drink	1l	1.99	OV
SY036	Organic Soya Barista	1l	1.99	GOV
SY194	Organic Soya Drink	1l	2.50	GOV
SY225	Pea and Oat Drink OG	1l	2.49	OV
SY223	Roast Almond Oat Drink OG	1l	2.49	OV
SY117	Tiger Nut Drink Organic	1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	1l	3.85	GOV
	SOJADE			
SY211	Barista Soya Drink	1l	1.85	GOV
SY010	Hemp Drink - Unsweetened	1l	2.85	OV
SY141	Oat Drink Organic	1l	1.99	OV
SY400	Rice Drink - Calcium enriched	1l	1.85	GOV
SY018	Soya Drink - calcium & apple	1l	1.85	GOV
SY016	Soya Drink - Unsweetened	1l	1.59	GOV
SY023	Vanilla Soya Drink	1l	1.99	GOV
	SOYA SOLEIL			
SY136	Soya Milk - Unsweetened	1l	1.35	V
	SPROUD			
SY069	Sproun Barista	1l	2.10	GSV
SY207	Sproun Chocolate Milk	1l	2.10	GSV
SY057	Sproun Original	1l	2.10	GSV
	THE BRIDGE			
SY160	Coconut Drink	1l	2.29	GOV

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SY221	Coconut Drink Original	1l	2.75	OV
SY002	Oat Drink	1l	1.95	OV
SY112	Oat Drink - Barista	1l	2.90	OV
SY560	Oat Drink - Calcium Enriched	1l	2.90	OV
SY068	Rice Drink - Cacao	250ml	0.99	OV
SY042	Rice Drink - Calcium Enriched	1l	2.50	GOV
SY487	Rice Drink - Original	1l	1.95	GOV
SY452	Rice Drink + Almond	1l	2.25	GOV
SY008	Rice Drink + Coconut	1l	2.35	GOV
	Cooking Cream			
SY188	Coconut Cream - Organic	200ml	1.55	GOV
SY187	Oat Cream - Organic	200ml	1.29	OV
SY150	Rice Cream - Organic	200ml	1.90	OV
SY186	Soya Cream - Organic	200ml	1.15	GOV
THE COCONUT COMPANY				
SY001	Coconut Milk Powder	250g	4.99	V
SY116	Coconut Milk Powder - Organic	250g	5.99	GOV
SY024	Organic Coconut Milk Powder	1kg	2.99	OV
NUT & SEED BUTTERS				
SUMA				
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
GH022	Peanut Butter, Crunchy + Salt	340g	3.99	VO
GH135	Peanut Butter, Crunchy + Salt	340g	4.25	FVO
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	4.50	OV
GH675	Tahini - light, organic	280g	4.50	OV
BIONA				
GH210	Almond Butter Smooth Organic	170g	6.90	OV
GH102	Almond Butter Smooth Organic	350g	11.85	OV
GH211	Cashew Nut Butter - og	170g	4.95	OV
GH141	ORGANIC HAZELNUT BUTTER	170g	6.90	OV
GH103	Organic Peanut Butter Crunchy	1kg	9.55	OV
GH104	Organic Peanut Butter Smooth	1kg	9.55	OV
CARLEY'S				
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	1.35	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
CLEARSPRING				
GH131	Tahini - Black Sesame	170g	3.29	OV
COCONUT MERCHANT				
GH076	Coconut Butter	300g	5.99	GOV
CYPRESSA				

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GH178	Tahini	300g	3.50	V
	MERIDIAN			
GH072	Almond Butter Smooth + salt	170g	4.49	OV
GH124	Banoffee Pie Almond Butter	170g	2.99	V
GH061	Cashew Butter Crunchy	170g	2.99	V
GH027	Cashew Butter Smooth	170g	2.99	V
GH088	Cashew Butter Smooth	1kg	16.49	V
GH081	Cashew Butter Smooth	470g	9.99	OV
GH057	Cashew Butter Smooth Organic	170g	3.69	OV
GH221	Cocoa and Hazelnut Butter	170g	3.99	V
GH220	Cocoa and Peanut Butter	280g	3.90	V
GH154	Coconut and Almond Butter	170g	2.99	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
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
GH125	Toffee Apple Almond Butter	170g	2.99	V
	100% Nuts			
GH056	Almond Butter Crunchy	170g	2.99	V
GH060	Almond Butter Smooth	170g	2.99	V
GH087	Almond Butter Smooth	1kg	16.49	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	3.90	V
GH073	Peanut Butt Rich Roast Smooth	280g	3.90	V
GH066	Peanut Butter Crunchy	280g	2.79	V
GH063	Peanut Butter Crunchy	280g	2.99	OV
GH038	Peanut Butter Crunchy	1kg	7.75	V
GH097	Peanut Butter Crunchy-Organic	1kg	8.95	OV
GH067	Peanut Butter Smooth	280g	2.79	V
GH110	Peanut Butter Smooth	280g	2.99	OV
GH040	Peanut Butter Smooth	1kg	7.75	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
	RAW HEALTH			
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
	SUNITA			
GH130	Going Nuts 4 Nut Butter	800g	11.49	V
GH127	Light Tahini	900g	7.49	V
GH080	Tahini - light	3kg	28.49	V
GH149	Tahini - light, organic	3kg	35.50	VO
GH079	Tahini - Whole	3kg	28.45	V

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GH077	Tahini - Whole	280g	2.99	V
GH996	Tahini, Whole, Organic	3kg	35.50	VO
GH078	Tahini-Light	280g	2.99	V
	Going Nuts			
GH140	4 Nut Butter	200g	3.49	V
GH134	Almond & Sesame Butter	200g	3.49	V
GH138	Cashew & Sesame Butter	200g	3.49	V
GH139	Cocoa & Sesame Butter	220g	3.49	VS
WHOLE EARTH				
GH091	Peanut Butter - smooth organic	227g	3.29	GOV
GH090	Peanut Butter -crunchy organic	227g	3.29	GOV
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
GH089	Smooth 100% Peanut Butter	227g	2.89	V
NUTS & SEEDS				
SUMA PREPACKS				
NU085	Almonds	125g	1.75	V
NU145	Almonds	250g	2.99	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	1.99	V
NU146	Brazil - broken	250g	3.65	V
NU087	Brazil - whole medium	125g	2.95	V
NU147	Brazil - whole medium	250g	5.49	V
NU089	Cashew - large pieces	125g	1.35	V
NU149	Cashew - large pieces	250g	2.29	V
NU150	Cashew - roasted & salted	125g	3.45	V
NU152	Cashew - whole	125g	2.90	V
NU153	Cashew - whole	250g	3.79	V
NU151	Chia Seeds	250g	2.29	V
NU029	Coconut - chips	150g	1.55	V
NU090	Hazelnuts	125g	1.99	V
NU157	Hazelnuts	250g	3.69	V
NU211	Linseed / Flax	250g	1.50	V
NU291	Linseed / Flax	500g	1.49	V
NU101	Macadamias	125g	4.49	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	2.50	V
NU170	Peanuts - roasted & salted	250g	2.25	V
NU171	Pecan nuts	125g	2.99	V
NU092	Pine kernels	125g	5.45	V
NU252	Pistachio - raw shelled	125g	4.69	V
NU093	Pistachio - roasted & salted	125g	2.85	V
NU175	Pistachio - roasted & salted	250g	5.29	V
NU094	Pumpkin seeds	125g	1.39	V
NU176	Pumpkin seeds	250g	2.39	V
NU099	Sesame seeds - natural	125g	1.50	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

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NU174	Walnuts - light halves	250g	3.99	V
NU185	Walnuts - light quarters	125g	1.59	V
NU186	Walnuts - light quarters	250g	2.79	V
	SUMA PREPACKS - ORGANIC			
NU217	Almonds - organic	125g	2.99	OV
NU102	Almonds - organic	250g	5.75	OV
NU159	Almonds - organic	500g	1.65	OV
NU097	Almonds, Flaked - Organic	125g	3.45	OV
NU387	Almonds, ground - organic	125g	3.35	OV
NU043	Almonds, ground - organic	250g	6.19	OV
NU344	Brazils - organic	125g	3.45	OV
NU219	Brazils - organic	250g	6.45	OV
NU033	Cashews whole - organic	125g	2.65	OV
NU255	Cashews whole - organic	250g	4.99	OV
NU120	Chia Seeds, Black - organic	250g	2.45	VO
NU041	Coconut - desiccated, organic	125g	1.35	OV
NU103	Hazelnuts - organic	125g	2.25	OV
NU258	Hazelnuts - organic	250g	4.15	OV
NU272	Hemp Seeds - organic	250g	2.39	VO
NU322	Linseed, golden - organic	250g	1.59	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	1.90	OV
NU356	Sesame seeds - organic	250g	1.99	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
	ALARA			
NU106	Milled Linseeds & Mulberries	500g	1.85	OV
NU111	Milled Linseeds Mixed Seeds	500g	3.35	OV
NU113	Milled Linseeds Superfoods Mix	500g	4.45	OV
NU098	Raw Milled Linseeds	500g	3.95	OV
	ARTISAN GRAINS			
NU148	Chia Seeds	125g	2.69	V
	BIONA			
NU304	Amaranth Seeds	500g	2.75	OV
	GOOD HEMP			
NU026	Hemp Seed Hearts	225g	5.50	V
	PEARLS OF SAMARKAND			
NU141	Og Black Sesame Seeds	330g	3.29	OV
	RAW HEALTH			
NU187	Organic Black Chia Seeds	450g	9.15	OV
NU140	Organic White Chia Seeds	450g	5.30	OV
	THE RAW CHOCOLATE CO			
NU139	Chia Seeds	230g	3.25	GOV
	ZAYTOUN			
NU045	Caramelised Almonds	140g	5.99	FVS
NU121	Chilli Almonds	140g	5.99	FVS
NU108	Palestinian Almonds	150g	5.99	FOV
	OILS & FATS			
	SUMA			
GT350	Coconut Oil - Culinary	320ml	3.49	OV

code	product	size	rrp	bfgosv
GT750	Coconut Oil - Culinary	650ml	5.99	OV
GT075	Coconut Oil - Culinary	1000ml	8.95	OV
GT320	Coconut Oil - Extra Virgin	320ml	7.20	OV
GT650	Coconut Oil - Extra Virgin	650ml	12.50	OV
GT036	Extra Virgin Rapeseed Oil	500ml	4.65	V
GT010	Extra Virgin Rapeseed Oil	5l	23.99	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
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
SUMA PREPACKS				
GT028	Gluten Free Vegetarian Suet	250g	2.25	GV
BIONA				
GT067	Coconut Bliss	250g	5.50	OV
GT096	Coconut Bliss - Salted Caramel	250g	4.95	OV
GT025	Coconut Oil Cuisine Organic	875ml	8.79	OV
VM271	Flax Seed Oil (was Linseed)	250ml	5.49	OVB
GT061	Mild / Odourless Coconut Oil	470ml	4.85	OV
GT060	Mild / Odourless Coconut Oil	610ml	5.99	OV
VF773	Virgin Coconut Oil Organic	200g	4.55	OV
VF774	Virgin Coconut Oil Organic	400g	8.90	OV
GT069	Virgin Coconut Oil Organic	800g	15.90	OV
GT071	Virgin Coconut Oil Raw	1.2kg	2.19	OV
CLEARSPRING				
GT070	Avocado Oil - Organic	250ml	8.89	OV
GT035	Flax Oil Organic	250ml	4.15	OV
GT001	Hemp Oil Organic	250ml	5.99	OV
GT204	Italian Olive Oil Organic	1l	16.89	OV
GT049	Italian Olive Oil Organic	250ml	5.19	OV
GT203	Italian Olive Oil Organic	500ml	8.89	OV
GT038	Organic Toasted Sesame Oil	500ml	7.99	OV
GT009	Rapeseed Oil Organic	500ml	4.20	OV
GT037	Sesame Oil organic	1l	12.69	GOV
GT207	Sesame Oil organic	500ml	6.79	OV
GT045	Sesame Oil Toasted	150ml	3.49	V
GT208	Sesame Oil Toasted organic	250ml	4.99	OV
GT230	Sunflower Frying Oil organic	1l	7.49	OV
GT231	Sunflower Frying Oil organic	500ml	4.49	OV
GT063	Sunflower Frying Oil Organic	2l	13.69	OV
GT202	Sunflower Oil organic	1l	5.99	OV
GT201	Sunflower Oil Organic	500ml	3.49	OV
GT209	Toasted Pumpkin Seed Oil Org	250ml	12.39	OVB
GT211	Walnut Oil Toasted, Organic	250ml	11.99	OV
COCOFINA				
GT003	Organic Coconut Oil	975ml	14.99	OV
GH074	Organic Coconut Oil - neutral	450ml	3.99	OV
COCONUT MERCHANT				
GT048	Coconut Oil with Turmeric	500ml	8.99	OV
GT029	MCT Oil with C8	500ml	16.99	V
GT013	Premium Coconut Oil	1l	16.99	OV
GT042	Raw Extra Virgin Coconut Oil	500ml	8.99	OV
DROGHERIA & ALIMENTARI				
GT081	Chilli Infused Oil	80ml	2.29	V
EQUAL EXCHANGE				

code	product	size	rrp	bfgosv
CT555	Palestinian Fairtrade Oils Olive Oil	1l	21.39	FV
	GOOD HEMP			
GT046	Hemp Oil - Original	500ml	7.50	V
GT026	Hemp Seed Oil - Extra Virgin	500ml	7.99	V
	HELLENIC			
GT008	Olive Oil - Extra Virgin	250ml	2.99	V
GT402	Olive Oil - Extra Virgin	500ml	5.50	V
GT005	Olive Oil - Extra Virgin	3l	25.30	V
GT403	Olive Oil - Extra Virgin	1l	9.90	V
GT031	Olive Oil Extra Virgin	5l	4.49	V
	HONEST TOIL			
GT040	Extra Virgin Olive Oil	5l	44.55	V
GT074	Extra Virgin Olive Oil	500ml	7.79	V
	KHYBER			
VF751	Ghee	2lb	4.25	V
	KTC			
GT135	Almond Oil	200ml	2.65	V
GT133	Coconut Oil	250ml	3.95	V
GT052	Sunflower Oil - refined	5l	13.55	V
GT050	Sunflower Oil Refined	1l	2.79	V
	LA BIO IDEA			
GT044	Italian Og Virgin Olive Oil	1l	13.89	OV
	MANI			
GT007	Og Extra Virgin Olive Oil	500ml	7.99	OV
GT002	Og Extra Virgin Olive Oil	1l	13.99	OV
	MERIDIAN			
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
	NATURES AID			
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
	SUNITA			
GT099	Olive Oil-Extra Virgin Organic	5l	69.00	VO
	WHARFE VALLEY FARMS			
GT015	Rapeseed Oil	5l	25.00	V
	ZAYTOUN			
GT056	Olive Oil - Fair Trade	500ml	15.75	FOV
GT020	Olive Oil - Organic Fairtrade	250ml	9.39	FOV
GT022	Olive Oil - Organic Fairtrade	750ml	22.85	FOV
	OLIVES			
	ATTIS GOURMET			
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
	COOKS & CO			
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
	CRESPO			
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
	CYPRESSA			
KJ867	Cypressa Pitted Green Olives	2kg	12.65	V

code	product	size	rrp	bfgosv
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
GAEA				
VF175	Kalamata Olives	300g	2.39	V
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
VF184	Tapenade - Kalamata	100g	1.75	V
MANI				
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
OLIVES ET AL				
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
ORGANICO				
KJ079	OG Black Olives	280g	3.95	OV
KJ410	Pitted Green Olives	280g	2.95	OV
SUNITA				
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
PASTA				
SUMA				
	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
SUMA / IRIS				
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
BARENAKED				
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
BIONA				
WT333	Spelt Lasagne Sheets - Organic	250g	3.50	OV
WT021	Spelt Spaghetti White Organic	500g	3.15	OV
WT025	White Spelt Fusilli	500g	3.15	OV

code	product	size	rrp	bfgosv
WT024	White Spelt Penne	500g	3.15	OV
WT334	Whole Spelt Spaghetti -Organic	500g	2.75	OV
WT331	Wholemeal Organic Spelt Penne	500g	2.75	OV
WT332	Wholewheat Spelt Fusili Org	500g	2.75	OV
CIEMME				
WT136	OG Gluten Free Gnocchi Plain	400g	3.89	GOV
CLEARSPRING				
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	3.29	GOV
WT150	Red Lentil & Brown Rice Pasta	250g	3.29	GOV
DIFATTI				
WT065	Artisan Rainbow Farfalle Pasta	400g	3.99	V
WT151	Gnocchi - Gluten Free	250g	2.15	GV
WT033	Gnocchi - Pumpkin & Quinoa GF	250g	2.49	GV
WT153	Spinach Gnocchi - gluten free	250g	2.15	GV
WT152	Tomato Gnocchi - Gluten Free	250g	2.15	GV
DOVES FARM				
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	3.90	GOV
WT166	Organic Red Lentil Penne Pasta	250g	2.99	GOV
EXPLORE CUISINE				
WT113	Black Bean Spaghetti	200g	3.15	GOV
WT145	Chickpea Fusilli	250g	3.15	GOV
WT093	Edamame & Mung Bean Fettuccine	200g	3.15	GOV
WT067	Edamame & Spirulina Spaghetti	200g	3.15	GOV
WT114	Edamame Bean Spaghetti	200g	3.15	GOV
WT066	Fava Bean Fusilli	250g	3.15	GOV
WT143	Green Lentil Penne	250g	3.15	GOV
WT012	Mung Bean Rotini	250g	2.85	GOV
LA BIO IDEA				
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	1.65	VO
WT050	Penne (Tubes) - White	500g	1.65	VO
WT049	Spaghetti - White	500g	1.65	VO
Wholewheat				
WT023	Lasagne	250g	1.99	OV
WT040	Macaroni Elbows - wholewheat	500g	1.65	VO
WT074	Penne (Tubes) - Wholewheat	500g	1.65	VO
WT041	Spaghetti - Wholewheat	500g	1.65	VO
WT046	Tagliatelle - organic	500g	1.65	VO
LA BUONA VITA				
WT027	Gluten Free Fusilli	400g	2.19	GV
WT056	Gluten Free Lasagne Sheets	250g	2.59	GV
WT026	Gluten Free Penne Pasta	400g	2.19	GV
WT028	Gluten Free Spaghetti	400g	2.19	GV
LA TERRA E IL CIELO				
WT874	Spelt Fusilli	500g	3.45	OV
WT032	Spelt Strozzapreti	500g	3.25	OV

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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
MR ORGANIC				
WT029	Tortellini / Porcini Mushrooms	250g	3.95	OV
WT031	Tortellini with Vegetables	250g	3.95	OV
WT068	Vegan Formaggio & Leek Ravioli	250g	3.99	OV
ORGRAN				
WT078	Buckwheat Pasta Spirals	250g	2.55	GV
WT105	Corn & Veg Shells	250g	2.35	GV
WT109	Rice & Corn Macaroni	250g	2.45	GV
WT080	Vegetable Rice Spirals	250g	2.55	GV
PROFUSION				
WT130	Chick Pea Fusilli	250g	3.25	GOV
WT129	Red Lentil Fusilli	250g	3.15	GOV
SEEDS OF CHANGE				
WT003	Spinach Trotolle	500g	2.59	OV
WT001	Tortiglione - og	500g	2.59	OV
PASTA (CHILLED)				
AMISA				
CV345	Gluten Free Gnocchi	350g	4.80	GOV
BIONA				
CV440	Fresh Gnocchetti with Pumpkin	400g	5.40	OV
CV181	Fresh Gnocchi	400g	4.80	OV
CV136	Sweet Potato Gnocchi	400g	5.10	OV
BONSAN				
CV532	Mezzelune Sweet Potato/Chilli	250g	4.15	OV
CV523	Tortelloni Spinach & Pine Nuts	250g	4.15	OV
PASTA SAUCES & PESTOS				
SUMA				
	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
KJ189	Pesto - Red, vegan	160g	3.15	GOV
JTS - FAIR FOOD FINE FOOD				
	Meru Herbs			
KJ293	Savoury Duo Gift Set	set	1.35	V
MERIDIAN				
VF173	Tomato & Basil Pasta Sauce	350g	2.69	GOV
VF197	Tomato & Herb - organic	440g	2.99	GVO
MR ORGANIC				
KJ087	Basilico Pasta Sauce	660g	3.65	OV
KJ238	Chilli & Garlic Passata Sauce	400g	2.90	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	2.90	OV
VF106	Parmagiana Sauce	350ml	2.95	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
MUTTI				
LJ207	Tomato Pasta Sauce - Basil	400g	3.90	VS
LJ220	Tomato Pasta Sauce - Chilli	400g	3.90	VS
LJ221	Tomato Pasta Sauce - Olive	400g	3.90	VS
LJ224	Tomato Pasta Sauce - Vegetable	400g	3.90	VS
ORGANICO				
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
SEEDS OF CHANGE				
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
SUNITA				
KJ790	Organic Pesto Genovese	130g	4.19	OV
ZEST				
VF168	Basil & Oregano Pasta Sauce	340g	2.59	V
KJ026	Basil Pesto, Vegan	165g	2.79	V
KJ452	Basil Pesto, Vegan	340g	4.85	V
PASTRY (FROZEN)				
ST JAMES				
XL106	Filo Pastry	400g	1.65	V
PATE				
SUMA				
GH048	Edamame Hummus	135g	2.59	OV
GH003	Kidney Bean & Red Pepper Pate	135g	2.59	OV
GH700	Pate - Mushroom	200g	2.75	V
GH800	Pate - Savoury Herb	200g	2.75	V
GH052	Tomato & Basil Bruschetta	135g	2.59	OV
GH016	White Bean & Mustard Pate	135g	2.59	OV
BONSAN				
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
GRANOVITA				
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
SUNITA				
KJ791	Kalamata Olive Pate	180g	3.99	OV
TARTEX				
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
PATES, DIPS & TAPAS (CHILLED)				
SUMA				
CV401	Pate - Mushroom (bombe)	200g	2.79	V
DELPHI FOODS				
CV430	Aubergine Dip	170g	2.10	V
CV271	Couscous Salad	160g	2.10	V
CV429	Lentil Salad	220g	2.10	V
CV285	Three Bean Salad	220g	2.10	V
	Houmous			
CV349	Avocado Houmous	150g	2.10	GV

code	product	size	rrp	bfgosv
CV286	Chargrill Red Pepper Houmous	170g	2.30	V
CV291	Houmous	170g	1.50	V
CV018	Lemon & Coriander Houmous	170g	1.30	V
CV290	Low Fat Houmous	170g	1.50	V
CV347	Smoky Red Lentil Houmous	170g	1.30	GV
FLORENTIN				
CV931	Houmous	200g	3.40	GOV
CV526	Houmous Extra with Pinenuts	200g	3.30	GOV
RAMONA'S				
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
THE REAL OLIVE COMPANY				
CV903	Harissa Tapenade	180g	3.20	OV
CV902	Kalamata Olive Tapenade	180g	3.20	OV
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
VBITES				
CV262	Vegideli Beanfeast Pate	150g	1.85	V
CV374	Vegideli Brussels Pate	150g	1.85	SV
PET FOODS & PET CARE				
BENEVO				
PF006	Adult Dog Original	2kg	1.85	V
PF007	Adult Dog Original	15kg	65.29	V
PF016	Biodegradable Dog Poo Bags	120 bags	6.65	V
PF019	Complete Adult Vegan Cat Food	2kg	12.85	V
PF020	Complete Vegan Puppy Dog Food	2kg	13.90	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
BIO-CATOLET				
NF970	Cat Litter	12l	7.75	V
NF971	Cat Litter	25l	14.49	V
DENZEL'S				
PF034	Dog Bites - Soft 'n' Squishy Christmas	100g	2.99	V
PF037	Christmas Dog Chew Gingerbread	75g	2.29	V
FAITH IN NATURE				
	Dog Shampoo			
PF035	Coconut Dog Shampoo	400ml	5.79	V
PF036	Coconut Dog Shampoo Bar	85g	5.79	V
V DOG				
PF100	Crunchy Nuggets (Happidog)	15kg	47.49	V
YARRAH				
PF023	Dog Biscuits - Vegan Org	500g	5.95	OV
PF501	Dogfood Vegetarian Organic	2kg	14.65	OV
PF503	Multi Dog Biscuits	250g	3.65	OV
PF040	Organic Clay Cat Litter	7kg	12.49	OV
PICKLES, CHUTNEYS & MUSTARDS				
BIONA				

code	product	size	rrp	bfgosv
KJ283	Biona Sauerkraut Golden Turmer	350g	2.19	OSVB
LJ664	Harissa Relish - prepared	125g	3.50	OV
KJ076	Mustard Medium Hot	320ml	2.75	OV
KJ377	Org Cornichons (Mini Gherkins)	330g	4.50	OSV
KJ036	Sauerkraut - Organic	360g	1.89	OVB
BIONOVA				
KJ119	Classic Mustard - Organic	180g	2.15	OV
KJ346	Gherkins - Sour	680g	3.99	VOS
KJ025	Gherkins - Sweet & Sour	330g	3.78	OV
BYODO				
KJ351	Mustard - Dijon, organic	1kg	9.79	VO
KJ354	Mustard - wholegrain, organic	1kg	7.89	VO
CULTURED FOOD COMPANY				
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
DELOUIS				
KJ001	Organic Dijon Mustard	200g	2.49	OV
KJ007	Organic Wholegrain Mustard	200g	2.49	OV
DINE				
	XMAS 2021			
KJ259	Balsamic & Plum Relish	250g	2.99	SV
KJ258	Cranberry Sauce	240g	2.85	SV
KJ272	Fig, Apple & Port Relish	255g	2.99	SV
HLTHPUNK				
KJ301	Hot Dijon Style Yellow Mustard	150g	2.99	OV
MRS DARLINGTONS				
	XMAS 2021			
KJ195	Boxing Day Chutney	312g	2.69	V
KJ032	Christmas Chutney	312g	2.65	SV
RUBIES IN THE RUBBLE				
KJ298	Apple & Cranberry Chutney	210g	3.49	SV
KJ116	Chilli Onion Relish	200g	3.49	SV
KJ294	Pear, Fig & Port Chutney	210g	3.49	SV
KJ165	Relish Gift Set	set	6.48	VS
KJ112	Spicy Tomato Relish	200g	3.49	SV
KJ103	Sweet Apple Chutney	210g	3.49	SV
SHAWS				
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
READY MEALS (FROZEN)				
AMY'S KITCHEN				
XL204	Chinese Noodles	269g	4.50	GOV
XL272	Free From Bean & Rice Burrito	156g	2.35	GV
XL285	Indian Vegetable Korma	269g	3.85	GV
XL194	Mexican Veggies & Black Beans	241g	4.50	GOV
XL197	Morrocان Vegetable Tagine	259g	4.50	GOV
XL198	Thai Veggies and Rice	227g	4.50	GOV
CLIVE'S				
	Nut Roasts			
XL199	Mushroom Nut Roast	280g	5.45	GOV
XL338	Organic Nut Roast	280g	5.45	GOSV
	Pies & Pastries			
XL019	Arabian Chickpea Pie	250g	2.99	OSV
XL021	Chestnut & Bean Pie	250g	2.99	OV
XL105	Creamy Cauliflower Pie	250g	2.99	OV

code	product	size	rrp	bfgosv
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	250g	2.99	OSV
	Puff Pastry Pies			
XL200	Beefy Ale Pie	235g	3.40	OV
XL201	Chickeny Pie	235g	3.40	OV
	Quiches			
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
	FRYS			
XL297	Country Mushroom Pies	350g	3.89	V
XL390	Curry Pies	350g	3.89	V
XL234	Sausage Rolls	400g	3.69	V
	GOODLIFE			
XL265	Falafel	280g	2.29	GV
XL365	Veggie Balls	300g	2.29	SV
	LINDA MCCARTNEY			
XL131	Deep Dish Country Pies	2 x 190g	2.50	V
	NATURLI'			
XL045	Pizza Capriciosa	350g	4.10	SV
XL040	Pizza Mexicana	350g	4.00	SV
	ONE PLANET PIZZA			
XL035	GF Three Cheeze Margherita Piz	395g	5.95	GV
XL306	Mediterranean Vegetable	355g	4.49	V
XL186	Spicy Peppernomi	302g	4.49	V
XL305	Vegan Hawaiian	350g	4.49	V
XL303	Vegan Three Cheese Margherita	320g	4.49	V
	YUTAKA			
XL343	Vegetable Gyoza Dumplings	240g	2.99	SV
	READY TO EAT FOODS (CHILLED)			
	BIONA			
CV680	Ballini Provencale	250g	4.25	OV
CV184	Beetroot Burger	150g	4.35	OV
CV377	Black Bean & Cashew Nut Burger	160g	4.35	OV
CV563	Falafel Balls	220g	4.35	OV
CV328	Falafel Balls Mint and Sesame	220g	4.45	OV
CV678	Horseradish Sauce	125g	3.50	OBV
CV063	Lucky Stars	250g	4.35	OV
CV441	Mini Energy Burgers	250g	4.35	OV
CV321	Mini Quinoa Burgers	195g	4.35	OV
CV180	Mini Vegan Spring Rolls	200g	4.50	OSV
CV188	Mushroom Burger	150g	4.35	OV
CV319	Quinoa & Broad Bean Burger	150g	4.35	OV
CV372	Red Lentil Sun Seed Burger	160g	4.35	OV
CV613	Spring Rolls	220g	4.90	OV
CV745	Sweet Potato Buckwheat Burger	160g	4.35	OV
CV422	Thai Spring Rolls	220g	4.90	OV
	EATEN ALIVE			
CV221	Classic Mild Kimchi	375g	5.99	V
CV220	Classic Spicy Kimchi	375g	5.99	V

code	product	size	rrp	bfgosv
CV623	Smoky Pink Kraut	375g	5.49	V
CV493	White Cabbage Kimchi	375g	5.49	V
FOLLOW YOUR HEART				
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 Vegenaize	340g	3.29	OSV
CV129	Original Vegenaize	340g	3.90	SV
CV097	Soya Free Vegenaize	340g	3.29	SV
CV117	Sriracha Vegenaize	340g	4.90	SV
LAURIE'S TUMMY LOVING FOODS				
CV208	Beet Kraut	300g	4.89	OV
CV320	Golden Kraut	300g	4.89	OV
CV203	Kimchi Kraut	300g	5.49	OV
CV207	Original Sauerkraut	300g	3.49	OV
LOVING FOODS				
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
PROFUSION				
CV006	Fresh Organic Sauerkraut	520g	2.75	OV
RAW HEALTH				
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
TIDEFORD ORGANIC VEGAN FOODS				
CV711	Basil & Garlic Pesto	150g	3.50	GOV
CV886	Butternut & Apricot Veg Pot	360g	2.90	OV
CV887	Mediterranean Risotto	360g	2.90	OV
CV889	Thai Green Curry Veg Pot	360g	2.90	OV
CV888	Three Bean Chilli Veg Pot	360g	2.90	OV
SALADS & SPROUTS (CHILLED)				
SKY SPROUTS				
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
SALT & SEASONINGS				
BIOFORCE				
LJ118	Herbamare	125g	3.19	V
LJ054	Herbamare	250g	4.29	V
DROGHERIA & ALIMENTARI				

code	product	size	rrp	bfgosv
LJ028	Black Peppercorns Mill	45g	1.89	V
LJ026	Himalayan Pink Salt	90g	1.79	V
GEO ORGANICS				
LJ005	Atlantic Fine Ground Sea Salt	500g	2.69	OV
LJ555	Atlantic Sea Salt Crystals	250g	1.35	OV
MALDON				
LJ004	Sea Salt - Crystals Smoked	125g	2.45	V
LJ018	Sea Salt - Flaky Crystals	1.4kg	15.45	V
LJ888	Sea Salt - Flaky Crystals	250g	2.89	V
SALT				
LJ006	Sea Salt-Flaky Crystals	570g	6.49	V
MARIGOLD				
LJ444	Liquid Aminos	250ml	3.79	GV
PINK MOUNTAIN				
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
PROFUSION				
LJ152	Pink Himalayan Salt - Coarse	500g	4.50	V
LJ153	Pink Himalayan Salt Fine	500g	4.50	V
Table Shakers				
LJ156	Pink Himalayan Salt - Fine	140g	2.39	V
TIDMANS				
LJ023	Tidmans Rock Salt	500g	1.55	V
SAUSAGES & BURGERS (FROZEN)				
FRYS				
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
XL360	Rice Protein & Quinoa Burgers	320g	4.29	GV
XL004	Traditional Burgers	320g	3.75	V
XL003	Traditional Sausages	380g	4.15	V
GOODLIFE				
XL059	Mighty Non Meaty Sausage	252g	3.90	V
XL141	Parsnip & Carrot Nut Burgers	320g	3.50	V
LINDA MCCARTNEY				
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
NATURLI'				
XL078	Vegan Burger	320g	3.90	GV
XL086	Vegan Sausages	300g	4.25	GV
OUMPH!				
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
QUORN				
XL211	Vegan Spicy Burgers	264g	3.19	V
VEGETARIANS CHOICE				
XL241	Lincolnshire Style Sausages	300g	1.76	V
XL175	Meat Free Burgers	200g	0.99	V
XL202	Meat Free Sausages	200g	0.99	V
SEA VEGETABLES				
ATLANTIC KITCHEN				
LJ106	Dulse Organic Seaweed	40g	6.99	OV
CORNISH SEAWEED COMPANY				
HE086	Mixed Flakes	40g	3.99	OV

code	product	size	rrp	bfgosv
HE040	Organic Cornish Seaweed Salt	70g	2.95	OV
HE006	Organic Dulce	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	1.93	OV
HE087	Seaweed Pepper Grinder	60g	1.80	OV
HE088	Seaweed salt grinder	100g	1.65	OV
	I SEA BACON			
LJ176	Seaweed Bacon	30g	5.79	OV
	I SEA PASTA			
LJ198	Seaweed Tagliatelle	100g	5.79	OV
	I SEA WRAPS			
LJ007	Seaweed Wraps	280g	2.79	V
	MARIVITA			
HE012	Dried & Ground Seaweed Organic	100g	7.29	OV
	SEAMORE			
LJ135	Seaweed Chips	135g	2.99	GV
LJ108	Seaweed Chips Spicy Sushi	135g	2.99	GV
LJ155	S'weed Chip Surfin Sweet Chili	135g	2.99	GV
	SNACK BARS & FLAPJACKS			
	BOUNCE			
	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	1.95	GSV
ZX592	Maple Pecan & Cashew	35g	1.95	GSV
ZX595	Peanut Butter Cacao	35g	1.95	GSV
	BRYNMOR			
	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
	CLIF BAR			
KB285	Blueberry Crisp	68g	1.59	SV
KB283	Chocolate Almond Fudge Bar	68g	1.65	SV
KB086	Chocolate Chip Bar	68g	1.65	SV
KB328	Chocolate Hazelnut Butter	50g	1.99	OSV
KB365	Chocolate Peanut Butter	50g	1.99	OSV
KB083	Peanut Butter Bar	68g	1.65	SV
KB284	White Chocolate Macadamia Bar	68g	1.65	SV
	Builder's Bars			
KB357	Choc Peanut Butter	68g	2.65	V
KB358	Chocolate	68g	2.65	SV
KB356	Chocolate Mint	68g	2.65	V
	DELICIOUSLY ELLA			
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
	DOVES FARM			
	Impulse			
KB228	Apple & Sultana Flapjack	35g	0.79	GOSV
KB230	Apricot & Chia Seed Flapjack	35g	0.79	GOSV

code	product	size	rrp	bfgosv
KB234	Chocolate Chip Flapjack Multipack	35g	0.79	GOSV
KB237	Apple & Sultana Flapjack	4 x 35g	2.89	GOSV
KB261	Apricot & Chia Seed Flapjack	4 x 35g	2.89	GOSV
KB463	Chocolate Chip Flapjack	4 x 35g	2.89	GOSV
EAT NATURAL				
WS031	Maple Syrup, Pecans & Peanuts	45g	0.89	GSV
KB171	Vegan Fruit & Nut bar	45g	0.95	GSV
GATO				
	Protein Biscuits			
KB113	Caramel - Peanut Caramel Cream	50g	2.25	GSV
KB112	Choc - Caramel Vanilla Cream	50g	2.25	GSV
KB111	Vanilla with Vanilla Cream	50g	2.25	GSV
GOOD HEMP				
KB102	Hazelnut & Hemp Heart Bar	30g	1.99	GV
KB104	Peanut & Hemp Heart Bar	30g	1.99	GV
JUST 5				
KB769	Organic F/T Apricot & Almond	40g	1.25	FOV
DR051	Organic F/T Date & Walnut	40g	1.25	FOV
KB710	Organic F/T Mango & Brazil	40g	1.25	FOV
DR037	Organic F/T Pineapple & Cashew	40g	1.25	FOV
LOVE VEGAN BY JENNIFER				
KB514	Smooth Peanut and Caramel Bar Chocolate Coated	32.5g	0.99	GV
KB279	Morello Cherry Bar	45g	1.69	GV
KB925	Orange Cacao & Cashew Bar	45g	1.69	GV
MA BAKER				
KB679	Giant Berry Bar - Wheat Free	90g	0.95	SV
KB322	Giant Fruit Bar - Wheat Free	90g	0.95	VS
KB906	Nut Mixed Case	90g	0.95	VS
KB905	Tropical Mixed Case	90g	0.95	VS
	Sugar'd Out Flapjack			
KB293	Blueberry	50g	0.79	V
KB262	Raspberry	50g	0.79	V
MERIDIAN				
KB972	Peanut & Banana Bar	40g	1.29	GV
KB975	Peanut & Cocoa Bar	40g	1.29	GV
KB721	Peanut Bar	40g	1.29	GV
MRS CRIMBLE'S				
BT382	Chocolate Oaty Bakes Vegan	160g	2.59	GV
NAIRN'S				
	Gluten Free Oat Bars			
BT330	Oat Bar Apple & Cinnamon	40g	0.99	GV
BT326	Oat Bar Cacao & Orange	40g	0.99	GSV
NAKD				
	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	3.90	GV
KB802	Banoffee Pie Multipack	4 x 35g	3.90	GV
KB029	Berry Delight Multipack	4 x 35g	3.90	GV
KB779	Blueberry Muffin Multipack	4 x 35g	3.90	GV
KB931	Cashew Cookie Multipack	4 x 35g	3.90	GV
KB031	Cocoa Delight Multipack	4 x 35g	3.90	GV
KB003	Cocoa Orange Multipack	4 x 35g	3.90	GV
KB771	Salted Caramel Multipack	4 x 35g	3.90	GV
KB799	Strawberry Sundae Multipack	4 x 35g	3.90	GV
	Nudie Bars			
KB877	Bakewell Tart Bar	35g	0.89	GV

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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	0.89	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
	NINE			
KB596	Dark Choc and Peanut	40g	0.89	GSV
KB647	Dark Choc Pistachio & Brazil	40g	0.89	GSV
KB631	Salted Caramel & Pecan	40g	0.89	GSV
KB653	White Choc & Raspberries	40g	0.89	GSV
	Multipack			
KB639	Dark Choc Pistachio & Brazil	4 x 40g	2.25	GSV
	ORGANICA			
KB525	Creamy Marzipan Dream Bar	40g	1.15	OSV
KB703	Golden Coconut Delight	40g	1.15	OSV
KB702	Hazelnut Nougat Delight	40g	1.15	OSV
	PLANET ORGANIC			
	Energy Bar			
BT070	Cacao Brazil Nut Energise Bar	30g	1.19	GOV
	PULSIN'			
	Enrobed Protein Bar			
KB110	Choc Fudge	57g	1.99	V
KB109	Cookie Dough	57g	1.99	V
	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			
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
	RAW BAKE STATION			
KB157	Chocolatey and Orangey	40g	0.93	GV
KB153	Salted Double Choc	40g	1.85	GV
KB150	Vanilla Choc Chip	40g	1.85	GV
	RUDE HEALTH FOODS			
KB581	Banana Peanut and Date Bar	35g	1.25	GV
KB578	Berry Date and Nut Bar	35g	1.25	GV
KB350	The Peanut Bar	35g	1.19	GV
	SESAME SNAPS			
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

code	product	size	rrp	bfgosv
	TREK			
KB097	Chocolate Orange	55g	1.69	GV
KB941	Salted Caramel Flapjack	50g	0.79	GSV
ZX738	Smooth Lemon	50g	0.79	GSV
	FLAPJACKS			
KB499	Cocoa and oat protein flapjack	50g	0.79	GVS
KB500	Cocoa coconut protein flapjack	50g	0.79	GVS
KB501	Morning berry protein flapjack	50g	0.79	GVS
KB505	Original oat protein flapjack	50g	0.79	GVS
	Power			
KB663	Millionaire Shortbread	55g	1.69	GV
KB662	Peanut Butter Crunch	55g	1.69	GV
	TREK BARS			
KB722	Cocoa Chaos	55g	0.79	GV
KB725	Peanut Power	55g	0.79	GV
	VIVE			
	Better Brownie			
BT409	Cherry Bakewell	35g	1.29	SV
BT410	Chocolate Orange	35g	1.29	SV
BT411	Coconut Cashew	35g	1.29	SV
	Natural Protein Bar			
BT412	Hazelnut	50g	1.89	SV
BT413	Peanut Butter Jelly	49g	1.89	SV
BT417	Salted Caramel	49g	1.89	SV
	SOFT DRINKS			
	BELVOIR			
JU628	Cucumber & Mint Presse	250ml	1.65	GSV
JU060	Elderflower & Rose Presse	250ml	1.65	GSV
JU795	Elderflower Presse	250ml	1.65	GSV
JU810	Elderflower Presse	250ml	1.75	GOSV
JU783	Freshly Squeezed Lemonade	250ml	1.65	GV
JU781	Ginger Beer	250ml	1.65	GSV
JU814	Ginger Beer	250ml	1.75	GOSV
JU136	Pink Lady	250ml	1.65	GV
JU554	Raspberry Lemonade	250ml	1.65	GSV
	750ML Bottles			
JU629	Cucumber & Mint Presse	750ml	3.39	GSV
JU236	Elderflower & Rose Presse	750ml	3.39	GSV
JU041	Elderflower Light Presse	750ml	2.99	GSV
JU674	Elderflower Presse	750ml	3.39	GSV
JU792	Elderflower Presse	750ml	3.59	GOSV
JU782	Freshly Squeezed Lemonade	750ml	3.39	GSV
JU293	Ginger and Lime Presse	750ml	3.39	SV
JU780	Ginger Beer	750ml	3.39	GSV
JU813	Ginger Beer	750ml	3.59	GOSV
JU142	Lime and Soda	750ml	3.39	GV
JU140	Pink Lady	750ml	3.39	GV
JU045	Raspberry Lemonade Light	750ml	2.99	GSV
JU351	Strawberry, Lime & Mint Presse	750ml	2.69	SV
	Christmas			
JU326	Festive Fruit Punch	750ml	4.29	SV
JU739	Mulled Winter Punch	750ml	4.29	SV
JU559	Spiced Ginger Punch	750ml	4.29	GSV
	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
	BIONA			
JU183	Coconut Water	330ml	2.55	OV
	Kombucha			

code	product	size	rrp	bfgosv
JU556	Kombucha Ginger Lime	330ml	2.99	OSV
JU523	Kombucha Original	330ml	2.99	OSV
JU551	Kombucha Sour Cherry Mint	330ml	2.99	OSV
BUMBLEZEST				
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
CANNASA				
JU149	Rose & Raspberry CBD Lemonade	275ml	2.59	SV
CAWSTON PRESS				
Cans				
JU265	Apple & Rhubarb	330ml	1.30	SV
JU238	Cloudy Apple	330ml	1.30	V
JU478	Elderflower Lemonade	330ml	1.30	V
JU477	Ginger Beer	330ml	1.30	V
JU231	Orange	330ml	1.30	SV
CHARITEA				
JU598	ChariTea Black	330ml	1.47	FOSV
JU596	ChariTea Mate	330ml	1.47	FOSV
JU595	ChariTea Red	330ml	1.47	FOSV
COCOFINA				
JU368	Cocofina Natural Coconut Water	1l	4.10	OV
DALSTON'S				
Cans				
JU163	Cherryade	330ml	1.90	GV
JU166	Fizzy Elderflower	330ml	1.90	GV
JU772	Fizzy Rhubarb	330ml	1.90	GV
JU162	Ginger Beer	330ml	1.90	GV
JU069	Lemonade	330ml	1.90	V
DASH WATER				
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
Soda Water				
JU424	Bitter Orange and Grapefruit	6 x 200ml	5.50	V
JU425	Lime and Garden Mint	6 x 200ml	5.50	V
JU429	Rhubarb and Ginger	6 x 200ml	5.50	V
DRINK 420				
JU819	CBD Infused Elderflower & Lime	250ml	2.49	V
JU003	CBD Infused Hibiscus & Ginger	250ml	2.49	V
JU818	CBD Infused Wild Berries	250ml	2.49	V
FENTIMANS				
275ML Range				
JU002	Apple & Blackberry	275ml	1.85	GSV
JU008	Cherry Cola	275ml	1.85	GSV
JU625	Curiosity Cola	275ml	1.85	GSV
JU908	Dandelion & Burdock	275ml	1.85	GSV
JU463	Gently Sparkling Elderflower	275ml	1.90	GSV
JU346	Ginger Beer	275ml	1.85	GSV
JU354	Mandarin Seville Orange Jigger	275ml	1.85	GSV
JU618	Rose Lemonade	275ml	1.90	GSV
JU312	Sparkling Raspberry	275ml	1.85	GSV
JU435	Victorian Lemonade	275ml	1.85	GSV
750ML Range				
JU333	Cherry Cola	750ml	4.90	SV
JU573	Curiosity Cola	750ml	4.90	GSV
JU281	Dandelion & Burdock	750ml	4.90	SV
JU632	Gently Sparkling Elderflower	750ml	4.90	GSV

code	product	size	rrp	bfgosv
JU280	Ginger Beer	750ml	4.90	GSV
JU437	Pink Ginger Beer	750ml	4.90	GSV
JU455	Rose Lemonade	750ml	4.90	GSV
JU306	Sparkling Raspberry Bottled 'Light' Range	750ml	4.90	GSV
JU294	Gently Sparkling Elderflower	250ml	1.35	GSV
JU279	Rose Lemonade Cans	250ml	1.35	GSV
JU278	Curiosity Cola	250ml	1.49	GSV
JU298	Gently Sparkling Elderflower	250ml	1.49	GSV
JU366	Ginger Beer	250ml	1.49	GSV
JU300	Rose Lemonade Mixer Range	250ml	1.49	GSV
JU009	Connoisseurs Tonic	500ml	3.90	GSV
JU158	Ginger Beer & Muddled Lime	500ml	3.90	GSV
JU160	Naturally Light Tonic	500ml	2.79	GSV
JU422	Oriental Yuzu Tonic	500ml	2.74	GSV
JU161	Pink Grapefruit Tonic Water	500ml	3.90	GSV
JU421	Pink Rhubarb	500ml	3.90	GSV
JU207	Premium Indian Tonic Water	500ml	2.79	GSV
JU167	Rose Lemonade	500ml	3.90	GSV
JU358	Tropical Soda	500ml	2.74	GSV
JU010	Valencian Orange Tonic	500ml	3.90	GSV
FEVERTREE				
JU387	Tonic Water	4 x 200ml	4.91	GSV
FIREFLY NATURAL DRINKS				
	Fruit Juice & Botanic Extracts			
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
GENIE LIVING DRINKS				
	Kombuchas			
JU165	Crisp Citrus	275ml	2.90	V
JU157	Dry Apple	275ml	2.90	V
JU150	Fiery Ginger Live Sodas	275ml	2.90	V
JU171	Lemon & Ginger	330ml	1.89	V
JU196	Original Orange	330ml	1.89	V
GUSTO				
JU222	Cherry Cola	275ml	2.90	OV
JU223	Fiery Ginger With Chipotle	275ml	2.90	FOV
JU148	Lemon Energy	250ml	1.99	OV
JU376	Naturally Slim Cola	275ml	2.90	FGV
JU353	Organic Real Cola	275ml	2.90	FGOV
JU147	Original Energy	250ml	2.90	OV
JU224	Sicilian Blood Orange	275ml	2.90	FOV
JU159	Sicilian Lemon with Fresh Yuzu Super DC	275ml	2.15	FOV
JU274	Blackcurrant & Elderberry	250ml	1.99	V
JU270	Blood Orange	250ml	1.99	V
HEARTH				
	Yerba Mate Energy Drinks			
JU220	Lemon and Hibiscus	250ml	1.19	V
JU218	Passion Fruit	250ml	1.19	V
HIP POP				
JU364	Apple Elderflower Kombucha	300ml	2.90	OV
JU360	Blueberry Ginger Kombucha	300ml	2.90	OV
JU363	Ginger Yuzu Kombucha	300ml	2.90	OV
JU365	Strawberry Pineapple Kombucha	300ml	2.90	OV
JAX COCO				

code	product	size	rrp	bfgosv
JU743	Coconut Water With Pulp Tetrapacks	6 x 330ml	1.79	VG
JU742	Coconut Water Pure	1l	3.85	V
KARMA DRINKS				
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	FSOV
JU420	Razza Raspberry Lemonade Glass Bottles	250ml	1.15	FOSV
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
JU418	Razza Raspberry Lemonade	300ml	1.69	FOVS
JU302	Summer Orangeade	300ml	1.99	FOSV
KOMBUCHA KAT				
JU072	Blueberry	250ml	1.69	OSV
JU056	Ginger	250ml	1.69	OSV
JU083	Original	250ml	1.69	OSV
LEMONAID BEVERAGES				
JU592	Lemonaid Blood Orange	330ml	1.91	FOSV
JU068	Lemonaid Ginger	330ml	1.91	FOSV
JU587	Lemonaid Lime	330ml	1.91	OSV
JU589	Lemonaid Passion Fruit	330ml	1.91	FOSV
LUSCOMBE DRINKS				
JU584	Cool Ginger Beer	270ml	1.82	OSV
JU482	Damascene Rose Bubbly	270ml	1.89	OV
JU586	Hot Ginger Beer	270ml	1.82	OV
JU145	Raspberry 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
MINOR FIGURES				
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 Drink	200ml	1.99	V
JU788	Mocha Coffee Drink	200ml	1.99	V
PIP ORGANIC				
JU399	Sparkling Apple	250ml	2.19	OV
JU405	Sparkling Lemon	250ml	2.19	OV
POPABALL				
Christmas				
JU121	Bubbles for Gin Party Pack	4 x 125g	6.25	SV
JU123	Bubbles for Prosecco PartyPack	4 x 125g	6.25	SV
REBEL KITCHEN				
JU178	Chocolate Mylk	250ml	1.65	GOV
SIMPLEE ALOE				
JU708	Aloe Water with Pulp	500ml	1.49	V
SOMETHING AND NOTHING				
JU332	Cucumber Seltzer	330ml	1.49	V
JU337	Hibiscus & Rose Seltzer	330ml	1.49	V
JU335	Yuzu Seltzer	330ml	1.49	V
VITA COCO				
1L				
JU433	Choc-o-lot 1L	1l	3.49	V
JU239	Pressed Coconut Water Organic	1l	4.19	OV

code	product	size	rrp	bfgosv
JU118	Pure Coconut Water	1l	3.49	SV
JU221	Pure Coconut Water Organic	1l	4.19	OV
JU117	Pure Pressed Coconut Water	1l	3.49	SV
	330ML			
JU436	Choc-o-lot	330ml	1.69	V
JU111	Pure Coconut Water	330ml	1.69	SV
JU113	Pure Pressed Coconut Water	330ml	1.69	SV
	WHOLE EARTH			
JU311	Apple	330ml	1.29	OSV
JU946	Cola	330ml	1.29	OSV
JU935	Lemonaid	330ml	1.29	OSV
JU947	Mountain Cranberry	330ml	1.29	OSV
JU310	Orange & Lemonade	330ml	1.29	OSV
JU189	Sparkling Elderflower	330ml	1.29	OV
JU186	Sparkling Ginger	330ml	1.29	OV
	SOUPS			
	SUMA			
VF345	Italian Tomato & Basil Soup	400g	1.75	OSV
VF390	Minestrone Soup	400g	1.75	OV
VF655	Organic Mushroom Soup	400g	2.90	OV
VF595	Organic Pea Soup	400g	2.90	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
	AMY'S KITCHEN			
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
	ESSENTIAL TRADING			
VF085	Lentil & Pumpkin Soup	680g	2.95	OV
VF375	Pea Soup	680g	2.95	OV
	FREE & EASY			
VF302	Broccoli & Kale	400g	1.95	GOV
VF096	Butternut Squash & Ginger - Og	400g	1.95	GOV
VF297	Butternut,Sweet Potato,Turmerc	400g	1.95	GOV
VF124	Carrot & Coconut Soup	400g	1.95	GOV
VF720	Lentil & Red Pepper Soup - Org	400g	1.95	GOV
VF086	Pea & Mint Soup - Org	400g	1.95	GOV
VF097	Sweet Potato & Chia Soup - Org	400g	1.95	GOV
VF301	Sweet Potato & Quinoa	400g	1.95	GOV
VF083	Tomato Soup - Org	400g	1.95	GOV
	SOUPS (CHILLED)			
	TIDEFORD ORGANIC VEGAN FOODS			
CV883	Carrot & Ginger Soup	600g	3.50	OV
CV619	Country Veg, Rosemary & Thyme	600g	3.50	OV
CV882	Creamy Mushroom Soup	600g	3.50	OV
CV884	Jamaican Spicy Jackfruit Soup	600g	3.50	OV
CV782	Lentil and Spinach Dahl	600g	3.50	GOV
CV357	Minestrone Soup	600g	3.50	OV
CV617	Moroccan Soup	600g	3.50	GOV
CV644	Pea Soup	600g	3.50	OV
CV383	Red Lentil Soup	600g	3.50	OV
CV587	Smoky Tomato & Lentil Soup	600g	3.50	GOV
CV783	Spiced Parsnip Soup	600g	3.50	GOV

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CV699	Spiced Sweet Potato Soup	600g	3.50	OV
CV819	Super Greens Soup	600g	3.50	OV
CV606	Thai Spinach Soup	600g	3.50	GOV
CV885	Tomato & Butterbean Soup	600g	3.50	OV
CV734	Tomato, Basil & Red Pepper	600g	3.50	GOV
SPIRITS & LIQUEURS				
WN017	Cognac Distilerie du Peyrat	70cl	36.69	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 Jordoes	75cl	28.10	OV
WN049	Utkins Single Estate Vodka	70cl	28.85	GOV
SUGARS & SYRUPS				
SUMA				
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
SUMA PREPACKS				
LJ090	Golden Granulated Sugar	500g	3.50	FV
SUMA PREPACKS - ORGANIC				
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
ATKINS & POTTS				
LJ194	Rosehip Syrup	200g	3.50	SV
BILLINGTONS				
LJ063	Barista Sugar	400g	2.55	V
LJ037	Barista Sugar Crystals	400g	2.55	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
BIONA				
LJ083	Coconut Blossom Nectar	350g	6.79	OV
LJ011	Coconut Palm Sugar - Organic	250g	3.50	OV
LJ014	Coconut Palm Sugar - Organic	500g	5.59	OV
LJ182	Dark Agave Syrup	250ml	3.75	OV
HY026	Organic Brown Rice Syrup	350g	3.65	OV
HY020	Organic Date Syrup	350g	4.45	OV
HY022	Organic Maple Agave Syrup	350g	5.49	OV
LJ181	Rapadura / Sucanat Sugar	500g	4.25	OV
CLEARSPRING				
JP123	Barley Malt Syrup	300g	3.29	OV
JP126	Coconut Blossom Syrup	300g	4.99	OV
JP125	Date Syrup	300g	3.49	OV
JP124	Oat Syrup	300g	3.79	OV
HY210	Rice Malt Syrup - organic	330g	3.39	OV
EQUAL EXCHANGE				
LJ500	Raw Cane Sugar - organic	500g	2.39	FOV
HILLTOP HONEY				
HY054	Maple Grade A Dark	230g	3.99	V
HY055	Maple Syrup Grade A Amber	230g	3.99	V

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HY015	Maple Syrup Grade A Amber	640g	9.99	V
HY050	Maple Syrup Grade A Dark	640g	9.99	V
	HONEA			
HY089	Elderflower Honea - Vegan	230ml	4.99	SV
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
	MARIGOLD			
LJ179	Pomegranate Molasses	150ml	4.19	V
	MERIDIAN			
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
	RAYNERS			
LJ901	Black Treacle - organic	340g	3.15	GOV
HY088	Blackstrap Molasses	340g	2.55	V
LJ587	Fairtrade Organic Golden Syrup	340g	4.50	FVO
LJ704	Golden Syrup - Organic	5kg	42.49	FOV
LJ900	Malt Extract - Organic	340g	3.99	OV
LJ589	Malt Extract - Organic	5kg	32.50	OV
	SHADY MAPLE FARMS			
HY025	Maple Syrup - organic	250ml	7.99	OV
	ST LAWRENCE GOLD			
HY009	Maple Syrup Grade A Amber	250ml	5.90	V
HY053	Og Maple Syrup Grade A Amber	250ml	5.45	OV
HY056	Og Maple Syrup Grade a Amber	1l	19.65	OV
HY042	Og Maple Syrup Grade A Dark	250ml	5.45	OV
	SWEET FREEDOM			
LJ157	Caramel Syrup	350g	3.89	V
LJ041	Natural Sweetness - Original	350g	3.49	V
LJ154	Vanilla Syrup	350g	3.89	V
	TOTAL SWEET			
LJ124	Total Sweet	225g	2.99	V
LJ125	Total Sweet	1kg	11.15	V
	TRAIDCRAFT			
LJ515	Brown Sugar Sticks	3g	12.19	FV
LJ889	Caster Sugar - Golden Caster	500g	1.89	FSV
LJ990	Sugar - Demerara	500g	1.89	FSV
LJ132	Sugar - Raw Cane	500g	1.89	FSV
LJ514	White Sugar Sticks	3g	6.10	FV
	TRUVIA			
LJ086	Sweetener from the Stevia Leaf	270g	5.49	V
	XYLITOL UK			
LJ051	Xylitol Sweetener	250g	3.90	V
LJ047	Xylitol Sweetener	1kg	11.39	V
	SUPERFOODS & SPORTS NUTRITION			
	BEET IT			
	From James White			
JU199	Beet It Sport Pro Elite Shot	70ml	1.59	V
JU201	Beet It Stamina Shot	70ml	1.45	OV
	BIONA			
MD736	Cracked Linseed Gold Organic	500g	5.50	OV
	BUMBLEZEST			
JU768	Calm & Comfort Shot	60ml	2.74	V
JU769	Detox & Defend Shot	60ml	2.57	V
JU770	Mind & Mood Shot	60ml	2.57	V
JU767	Propel & Protect Shot	60ml	2.57	V

code	product	size	rrp	bfgosv
	CHIA BIA			
MD068	Whole Chia Seed	200g	3.49	V
MD073	Whole Chia Seed	400g	6.59	V
	GRANOVITA			
GT300	Flax Oil - Organic	260ml	11.75	GOV
GT302	Hemp Oil - Organic	260ml	8.45	GOV
	LINWOODS			
MD113	Chia Seed	200g	6.19	GOV
MD109	Flax,Almond,Brazil,Walnut,Q10	360g	6.25	GV
MD104	Flax,Sun,Pum,Chia,Goji Berries	425g	5.99	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	425g	6.50	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
	NATURES AID			
VM003	MCT Oil	500ml	18.95	FGV
	NATURYA			
MD058	Cognition Functional Blend	250g	14.99	GOSV
MD040	Greens Blend Organic	250g	12.99	FGOV
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
	PREWETT'S			
VM020	Organic Ground Flaxseed	175g	2.54	GOV
	PULSIN'			
VM258	Chocolate Pea Protein Powder	250g	14.99	GV
VM093	Hemp Protein Powder	250g	8.39	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
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
	SUPPLEMENTS & REMEDIES			
	SUMA PREPACKS			
HE250	Psyllium Husk	200g	6.69	V
	ALOE PURA			
VM193	Aloe + Arnica Cream	50ml	5.99	V
VM192	Aloe + Calendula Cream	50ml	5.99	V
VM194	Aloe + Devils Claw Gel	50ml	5.99	V
MD030	Colax Tablets	60	1.99	V
	ALOE PURA JUICE			
MD095	Aloe Vera Juice	500ml	7.99	V
MD094	Aloe Vera Juice	1l	13.99	V
	BETTER YOU			

code	product	size	rrp	bfgosv
VM181	Madeleine Shaw Range Skin, Hair & Nails Formula Magnesium Range	25ml	19.95	GV
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
VM164	Magnesium Oil - Original	100ml	12.95	V
VM166	Magnesium Oil - Sensitive	100ml	12.95	V
VM105	Magnesium Sleep Flakes Vitamins & Minerals	1kg	9.95	V
VM171	Boost B12 Oral Spray	25ml	11.95	GV
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
VM262	Vitamin K2	25ml	17.95	V
FLORADIX				
MD016	Floradix Vitamin B Complex	250ml	13.89	GV
MD173	Floravital Formula - Yeastfree	250ml	12.15	V
MD172	Floravital Formula - Yeastfree	500ml	19.99	V
MD079	Immune Support Formula	250ml	12.75	V
MD075	Kids Iron & Vitamin Formula	250ml	13.15	V
MD006	Kindervital Children's Fruity	250ml	11.65	GV
MD033	Neuro Balance with Ashwagandha	250ml	13.85	GV
HIGHER NATURE				
VM035	Active Silver High Stability	100ml	18.75	V
VM028	Ashwagandha & Rhodiola Complex	30 capsules	14.99	GV
VM303	Citricidal	45ml	12.99	V
MD043	High Strength B Complex	90	19.99	V
VM255	MSM Glucosamine Joint Complex	90	11.60	V
MD017	Serotone 5HTP 100mg	90	32.70	V
VM153	Super Magnesium 300mg	30	7.25	V
VM154	Super Magnesium 300mg	90	16.15	V
MD070	VisualEyes Daily Nutrients	90	29.70	V
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 Effervescent	28	19.99	V
MD003	Fizzy C Effervescent Vitamin C	20 tablets	4.95	V
MD010	Magnesium Effervescent	20	5.99	V
LOVE CBD				
VM135	CBD Entourage Capsules	30 capsules	18.99	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
NATURES AID				
VM185	Evening Primrose Oil Organic	90 capsules	15.45	OV
VM089	Inulin Powder	250g	11.45	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	1.45	GV
VM292	Turmeric Capsules	60 capsules	18.45	GV

code	product	size	rrp	bfgosv
VM295	Vitamin D3 1000iu	60 tablets	5.95	GV
VM182	Vitamin E Oil - high strength	50ml	1.45	V
	CBD Range			
VM147	CBD Oil 5% Spray	10ml	34.99	GV
	Traditional Herbal Remedies			
VM210	DigestEeze	60 tablets	9.95	V
VM211	Echineeze	90 tablets	8.45	V
VM214	SleepEezy	60 tablets	8.95	V
	NATURE'S GREATEST SECRET			
VM266	Colloidal Silver 20PPM Dropper	100ml	12.95	V
VM141	Colloidal Silver 20PPM Refill	300ml	21.95	V
VM008	Colloidal Silver 20PPM Spray	50ml	1.95	V
VM270	Colloidal Silver 20PPM Spray	100ml	12.95	V
VM162	Colloidal Silver Travel Gel	50g	5.48	V
	NATURES OWN			
	B Vitamins			
VM197	Methylfolate	30 capsules	6.99	GV
VM157	Vit B Complex + Vit C	50 tablets	18.30	V
	C Vitamins			
VM196	Acerola Complex	60 capsules	1.90	GV
VM023	Cherry-C: Vit C from Acerola	60 capsules	17.20	V
	D Vitamins			
VM252	Vitamin D3 Vegan	60 tablets	8.30	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			
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
VM199	Brain Health	60 capsules	15.89	GV
VM200	Eye Support	30 capsules	9.19	GV
	Omeegas			
VM202	Borage Oil	90 capsules	13.39	GV
VM176	Omega 3 Vegan	60 capsules	26.30	V
VM201	Sea Buckthorn	60 capsules	2.49	GV
	Organic Range			
VM126	Organic Kelp	60 capsules	11.80	OV
	OPTIMA			
MD118	Sour Cherry Juice	500ml	17.15	V
	PUKKA			
MD011	Ashwaganda - Wholistic	60 capsules	24.99	OV
MD202	Castor Oil	250ml	9.95	OV
MD015	Inner Peace	60 capsules	24.99	OV
MD014	Mind Focus	60 capsules	24.99	OV
MD143	Natural Vitamin C	60 capsules	19.99	OV
MD002	Night Time	60 capsules	19.99	OV
MD117	Organic Aloe Vera Juice	500ml	1.35	OV
MD056	Organic Aloe Vera Juice	1l	17.32	OV
MD062	Power Immune	60 capsules	24.99	OV
MD018	Wholistic Turmeric	30 capsules	15.99	OV
	SIMPLEE ALOE			
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV
MD025	Aloe Juice Health Supplement	1l	15.99	GOV
	SPATONE			
MD175	Iron-Plus	28 x 25	12.89	V
MD005	Liquid Iron - Apple Flavour	28 x 25	13.65	V
	TAKA			
TE317	Joint Care Capsules	90 capsules	16.99	OV

code	product	size	rrp	bfgosv
TE311	Turmeric Blk Pepper Capsules	60 capsules	9.99	OV
TE315	Turmeric Blk Pepper Capsules	120 CAP	16.99	OV
TOGETHER HEALTH				
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
VM026	Curcumin & Turmeric	30	9.99	GV
VM033	Gentle Iron	30	7.99	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
VEGA				
	B Vitamins			
VM004	Vitamin B12 1000ug	30	5.85	V
	Multi Formulas			
VM140	Co-Enzyme Q10	30 capsules	12.55	V
	Probiotics & Digestive Aids			
VM138	Acidophilus & Bifidus Complex	60 capsules	9.55	V
VEGAN SOCIETY				
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
WELEDA				
	Anthroposophic Medicines			
DY155	Arnica Massage Balm	100ml	13.50	V
DY456	Arnica Massage Balm	200ml	2.75	V
WILD EARTH				
VM203	Gentle Iron Complex	30 capsules	8.99	GV
VM204	Gentle Magnesium	30 capsules	9.99	GV
VM205	Immune Support Complex	30 capsules	19.99	GV
VM206	Multivits & Minerals for Men	30 capsules	16.99	GV
VM207	Organic Evening Primrose Oil	30 capsules	9.99	GOV
VM208	Organic Turmeric	30 capsules	19.99	GOV
VM209	Vegan Vitamin D3 1000iu	30 capsules	8.99	GV
SWEET SNACKS				
ANANDA FOODS				
	EASTER 2022			
ZX733	Easter Marshmallow Gift Box	240g	12.15	SV
KB570	Easter Pancake Marshmallow	80g	4.25	VSG
BEAR				
ZX529	Yoyo Pure Fruit Rolls - Mango	20g	0.59	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	20g	0.59	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	20g	0.59	GV

code	product	size	rrp	bfgosv
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
ZX511	Mango & Apple	20g	0.59	GV
ZX448	Strawberry & Apple Yoyos in multipacks	20g	0.59	GV
ZX009	Yoyo-Blueberry&Banana Smoothie	5 x 20g	2.59	FV
ZX050	Yoyos - Apple Multipack	5 x 20g	2.59	FV
ZX020	Yoyos - Blackcurrant Multipack	5 x 20g	2.59	GV
ZX014	Yoyos - Mango Multipack	5 x 20g	2.59	GV
ZX013	Yoyos - Raspberry Multipack	5 x 20g	2.59	GV
ZX012	Yoyos - Strawberry Multipack	5 x 20g	2.59	GV
ZX015	Yoyos -Peach & Banana Smoothie	5 x 20g	2.59	FV
BIONA				
ZX002	Berry Burst Sweets - Organic	75g	1.85	GOSV
ZX662	Cola Bottle Sweets - Organic	75g	1.85	OSV
ZX446	Fizzy Peaches	75g	1.85	OSV
ZX441	Jelly Dino Sweets - Organic	75g	1.85	GOSV
ZX911	Mini Fruit Bears	75g	1.85	GOSV
ZX443	Pomegranate Heart Sweets - Org	75g	1.85	GOSV
ZX576	Sour Snakes	75g	1.85	OSV
ZX367	Tutti Frutti Gums	75g	1.85	OSV
CANDY KITTENS				
ZX599	Sour Watermelon	125g	2.49	SGV
ZX344	Tropical Mango	125g	2.49	GSV
ZX113	Very Cherry	125g	2.49	SV
ZX622	Wild Strawberry Gourmies	125g	2.49	SGV
ZX138	Blood Orange & Pomegranate	125g	2.49	SV
ZX056	Orchard Apple & Dragonfruit	125g	2.49	SV
ZX052	Sweet Raspberry & Guava Small Bags	125g	2.49	SV
ZX645	Sour Watermelon	54g	1.25	SVG
ZX035	Tropical Mango	54g	1.25	GSV
ZX116	Wild Strawberry	54g	1.25	SV
CHEWSY				
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
COTSWOLD FUDGE CO				
ZX064	Vegan Btterscotch Fudge	150g	3.29	FGSV
WS202	Vegan Caramel & Sea Salt Fudge	150g	3.29	GSV
ZX463	Vegan Chocolate Fudge	150g	3.29	FGSV
ZX464	Vegan Seasalt Fudge	150g	3.29	FGSV
ZX465	Vegan Vanilla Fudge	150g	3.29	FGSV
WS203	Vegan Vanilla Fudge Gift Box XMAS 2021	250g	6.39	SV
ZX380	Vegan Gingerbread Fudge	150g	3.25	FGSV
CYPRESSA				
ZX778	Almond Halva	250g	2.99	SV
FABULOUS FREE FROM FACTORY				
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

code	product	size	rrp	bfgosv
ZX432	Dairy Free Fudge	200g	3.29	GSV
ZX627	Dairy Free Fudgee Bites	75g	1.69	GSV
ZX982	F&F's	55g	1.75	GSV
ZX628	Raspberry Ice Bites	75g	1.49	GSV
FREE FROM FELLOWS				
ZX065	Cola Bottles	100g	1.99	GV
ZX060	Gummy Bears	100g	1.99	GV
ZX072	Midget Gems	100g	1.99	GV
ZX744	Wine Gums	100g	1.99	V
	Boiled Sweets			
ZX321	Cola & Strawberry Lollipops	60g	1.99	VG
ZX324	Rhubarb and Custard	70g	1.99	VG
	Vegan Mallows			
ZX173	Mini Pink and White Vanilla	105g	1.89	SV
ZX323	Strawberry Mallows	105g	1.89	SV
ZX243	Vanilla Mallows	105g	1.89	SV
FREEDOM CONFECTIONERY				
KB911	Mallow Out Bar Strawberry	35g	1.89	GV
KB910	Mallow Out Bar Vanilla	35g	1.89	GV
FRUTINA				
KB325	Fruit Snack - Variety Pack	15g	0.55	V
GATO				
	Caramel Biscuits			
ZX122	Chocolate cream	42g	1.75	GSV
	Chocolate Biscuits			
ZX110	Choc hazelnut cream	42g	1.75	GSV
ZX115	Peanut butter cream	42g	1.75	GSV
ZX119	Vanilla cream	42g	1.75	GSV
	Mini Bites			
ZX042	Hazelnut double choc cookie	33g	1.59	GSV
ZX104	Peanut choc chip cookie	33g	1.59	GSV
ZX103	Raspberry cookie	33g	1.59	GSV
JEALOUS SWEETS				
	40g Bags			
ZX231	Fizzy Friends	40g	1.49	SVG
ZX238	Grizzly Bears	40g	1.49	GVS
ZX678	Happy Bears	40g	1.49	GV
ZX675	Love Bears	40g	1.49	GV
ZX229	Tangy Worms	40g	1.49	SVG
ZX233	Tropical Wonder	40g	1.49	SGV
	Share Bags			
WS047	Berry Foams	125g	2.99	GSV
ZX999	Berry Sours	125g	2.99	GSV
ZX480	Fizzy Friends Share Bags	125g	2.99	GSV
ZX466	Grizzly Bears Share Bags	125g	2.99	GSV
WS044	Juicy Foams	125g	2.99	GSV
ZX472	Tangy Worms Share Bags	125g	2.99	GSV
WS039	Zingy Sours	125g	2.99	GSV
	Shot Bags			
ZX948	Grizzly Bears Shot Bags	24g	0.89	GSV
ZX950	Happy Bears Shot Bags	24g	0.89	GV
ZX955	Love Bears Shot Bags	24g	0.89	GV
ZX949	Tangy Worms Shot Bags	24g	0.89	GSV
JUST WHOLEFOODS				
ZX573	Froty Fruits, Organic, Vegan	70g	1.99	OSV
ZX209	Vegebears, Organic, Vegan	70g	1.99	OSV
ZX571	Vegebears, Organic, Vegan	70g	1.99	SOV
ZX876	VegeHogs	70g	1.99	OSV
KEATS				
	EASTER 2022			
ZX062	Carrot Shaped Vegan Sweets	150g	3.99	SV

code	product	size	rrp	bfgosv
	XMAS 2021			
ZX889	Cherry Lips	150g	5.99	SV
ZX882	Fruit Jellies	150g	5.99	SV
ZX888	Wine Gums	150g	3.00	SV
	MALLOW PUFFS			
WS036	Salted Caramel Mallow Bar	30g	1.65	SV
WS035	Vanilla Bean Mallow Bar	30g	1.65	SV
	Vegan Marshmallows			
KB739	Raspberry Mallows	100g	3.59	SV
KB075	Salted Caramel Mallows	100g	3.59	SV
KB070	Vanilla Bean Mallows	100g	3.59	SV
	MALLOW TREE			
	XMAS 2021			
ZX962	Belgian Dark Choc Rice Balls	35g	1.33	SV
ZX974	Vanilla Fudge - Vegan	70g	1.88	SV
	NOT GUILTY			
KB141	Hipster Bean	90g	1.99	OSGV
KB149	Hug Me Please Sour Gummy	100g	1.99	SOGV
KB142	Kiss me Softly Sour Gummy	100g	1.99	OSGV
KB130	Marilyn Mallow	80g	2.19	GSOV
	PANDA			
ZX078	All Natural 4 Bar Pack	128g	2.29	SV
ZX071	All Natural Liquorice Bar	32g	0.69	VS
ZX402	All Natural Liquorice Bears	125g	1.65	VS
ZX676	All Natural Raspberry Bar	32g	0.69	VS
ZX674	Liquorice Cuts Bag	240g	2.75	VS
ZX435	Liquorice Torpedos	100g	1.69	SV
ZX409	Raspberry Liquorice	200g	2.69	SV
	PANDORA BELL			
	XMAS 2021			
ZX082	Blackberry & Champagne Sweets	180g	2.33	SV
ZX117	Lemon & Elderflower Sweets	180g	2.33	VS
	PEPPERSMITH			
	Big Packs			
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
	RICOLA			
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
	SO SWEET COUTURE			
	Cool Candy			
ZX069	Vegan Fizzy Dummies	105g	2.18	VS
ZX655	Vegan Giant Strawberries	130g	2.18	VS
	SUNITA			
ZX587	Grape Juice & Sultana Halva OG	75g	1.69	OV
	TABLE SAUCES			
	BIONA			
KJ228	Balsamic Glaze Organic	150ml	3.95	OV
KJ225	BBQ Sauce Organic	250ml	2.95	OSV
KJ082	Brown Sauce Organic	270g	3.65	OV
KJ106	Classic Tomato Ketchup Squeezy	560g	3.45	GOSV
KJ226	Sweet Chilli Sauce Organic	250ml	2.95	OSV

code	product	size	rrp	bfgosv
KJ232	Tomato Ketchup, Organic	340g	2.55	OV
KJ463	Worcester Sauce	140ml	3.75	GOSV
	BONSAN			
KJ085	Hot & Fiery Chilli Sauce	140ml	3.55	OSV
	CHOLULA			
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
	EATEN ALIVE			
KJ287	Jalapeno & Lime Hot Sauce	150ml	3.99	SV
KJ146	Preserved Lemon Hot Sauce	150ml	3.99	SV
KJ286	Raw Kimchi Hot Sauce	150ml	3.99	VS
KJ148	Scotch Bonnet Hot Sauce	150ml	3.99	SV
KJ144	Smoked Sriracha Hot Sauce	150ml	3.99	SV
	GEO ORGANICS			
KJ212	Worcestershire Sauce - organic	150ml	3.15	OSV
	HLTHPUNK			
KJ303	UFO Impos Awesome Burger Sauce	150g	4.99	OV
	JOCK'S HOT SAUCE			
KJ066	Smoked Habanero Chilli Sauce	150ml	4.65	SV
	JTS - FAIR FOOD FINE FOOD			
	Eswatini			
KJ292	Spicy Trio Gift Set	set	6.33	FV
	Ukuva iAfrica			
KJ291	Garlic Hot Drop/Cape Herb Set	set	5.18	FV
KJ289	Zulu Fire & Lemon Pepper Set	set	1.35	V
	MERIDIAN			
KJ621	Tomato Ketchup - organic	285g	2.49	GOSV
	MR ORGANIC			
KJ050	Italian Organic Ketchup	480g	2.65	OSV
KJ496	Naturally sweetened Ketchup	480g	3.59	GOV
	MRS DARLINGTONS			
	XMAS 2021			
KJ035	Cranberry Sauce With Port	200g	2.35	SV
	RUBIES IN THE RUBBLE			
KJ279	Banana Ketchup	300g	3.49	V
KJ102	Tomato Ketchup	300g	2.99	GSV
	STUBB'S			
KJ073	Hickory Liquid Smoke	148ml	2.59	GSV
	TEAS			
	BREW TEA			
	Bags			
TE362	CO2 Decaffeinated	15 bags	5.59	V
TE361	Earl Grey	15 bags	4.59	V
TE360	English Breakfast	15 bags	4.59	V
	Loose Tea			
TE358	CO2 Decaffeinated	113g	6.49	V
TE357	Earl Grey	113g	5.49	V
TE356	English Breakfast	113g	5.49	V
	CAFEDIRECT			
TE690	Everyday Tea	80 bags	3.45	FV
TE388	Everyday Tea	440 bags	14.49	FV
	CLEARSPRING			
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
TE236	Japanese Oolong Tea (bags)	36g	3.69	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

code	product	size	rrp	bfgosv
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	1.99	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
JP019	Sencha Traditional Green Tea	90g	7.49	OV
	CLIPPER			
TE983	Assam - organic	50 bags	2.53	FOV
TE628	White Tea with Peppermint	26 bags	1.90	OV
	FOOD SERVICE RANGE			
TE178	Fairtrade Everyday	100 bags	5.69	FV
TE726	Fairtrade One Cup Teabags	440 bags	14.72	FV
	Food Service Range - 6 X 25's			
TE150	Earl Grey - og	25 bags	2.53	FOV
TE635	Everyday Decaffeinated - og	25 bags	2.53	FOV
TE161	Green Tea - og	25 bags	2.53	FOV
	Green Tea 20's			
TE486	Citrus Green Tea + Echinacea	20 bags	1.89	OFV
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
	Looseleaf Tea			
TE982	Assam - organic	125g	2.53	FOV
TE897	English Breakfast Organic	125g	2.53	FOV
TE877	Green Tea - og	100g	2.69	FOV
	Pack 40			
TE154	Decaffeinated Green	40 bags	3.49	FOV
TE151	Decaffeinated Tea	40 bags	3.49	FOV
TE158	Earl Grey Decaff	40 bags	3.49	FOV
TE172	FT OG English Breakfast Tea	40 bags	2.69	FGOV
TE177	FT Organic Earl Grey	40 bags	2.69	FGOV
TE168	FT Organic Everyday Tea	40 bags	2.69	FGOV
TE182	FT Organic Green Tea	40 bags	2.69	FGOV
TE183	FT Organic White Tea	40 bags	2.69	FGOV
	Pack 80			
TE164	Decaffeinated Tea	80 bags	5.99	FOV
TE053	Earl Grey - organic	80 bags	3.99	FOV
TE507	English Breakfast Organic	80 bags	3.99	FGOV
TE189	FT Organic Everyday Tea	80 bags	3.99	FGOV
TE190	FT Organic Green Tea	80 bags	3.99	FGOV
	ENGLISH TEA SHOP			
	Christmas			
TE173	Advent Calendar Puzzle -White	25 bags	5.00	FOV
TE140	Book Style Advent Calendar-Red	25 bags	5.50	FOV
TE116	Book Style Advent Calndr-Night	25 bags	5.50	FOV
TE143	Book Style Advent Calndr-White	25 bags	5.50	FOV
TE280	Holiday Collection Gift Tin	72 bags	8.00	OV
TE282	Holiday White Prism	12 bags	2.50	FOV
	HAMPSTEAD TEA			
TE369	Assam	20 bags	2.79	OV
TE939	Clean Green	20 bags	2.79	FOV
TE936	Divine Earl Grey	20 bags	2.79	FOV
TE932	English Breakfast	20 bags	2.79	FOV
TE935	Pure Darjeeling	20 bags	2.79	FOV
	Looseleaf			
TE249	Darjeeling Tea - og	100g	5.99	BOV
TE251	Earl Grey Tea - og	100g	5.99	OVB
TE677	English Breakfast Tea - og	100g	5.99	GOVB

code	product	size	rrp	bfgosv
TE392	First Flush Darjeeling - og	100g	9.96	OVB
TE255	Green Tea - og Selection Box	100g	5.99	BOV
TE365	Black Tea Selection	20 bags	2.99	OV
TE364	Green Tea Selection	20 bags	2.99	OV
PUKKA				
TE213	Elegant English Breakfast	20 bags	3.29	FOV
TE214	Gorgeous Earl Grey	20 bags	3.29	FOV
QI				
TE308	Decaffeinated Green Tea	20 bags	2.75	OV
TE582	Fairtrade Ginger Green Tea	25 bags	2.90	OV
TE585	Fairtrade Ginkgo Green Tea	25 bags	2.90	OV
TE485	Fairtrade Green Tea	25 bags	1.94	FOV
TE114	Fairtrade White Tea	25 bags	2.17	FOV
TE257	Green Tea and Matcha	20 bags	2.90	OV
TE260	Green Tea, Turmeric & Matcha	20 bags	2.90	OV
TE112	Jasmine Green Tea	25 bags	2.17	FOV
TE310	Matcha Green Tea Powder Looseleaf	40g	19.99	OV
TE819	Fairtrade Chun Mee Tea	100g	2.75	FOV
RUDE HEALTH FOODS				
Hot Drinks				
TE100	Hot Chocolate - Organic	1l	2.39	OV
TE157	Turmeric Latte - Organic	1l	2.39	OV
WILLIAMSON TEA				
TE081	Duchess Grey	50 bags	3.50	V
TE098	Traditional Afternoon	50 bags	3.50	V
TOFU & TEMPEH (CHILLED)				
BETTER NATURE				
CV763	BBQ Tempeh Strips	180g	2.99	V
CV764	Curry Tempeh Bites	180g	2.99	V
CV201	Organic Tempeh	200g	2.99	OV
CV247	Smoked Tempeh	170g	3.29	OV
CV767	Sweet & Smoky Rashers	150g	2.49	V
CV153	Tempeh Mince	180g	2.99	V
CV257	Tempeh Mince	170g	3.29	OV
CV281	Tempeh Rashers	120g	3.29	OV
CV766	Tender Roast Bites	180g	2.99	V
CAULDRON				
CV562	Organic Marinated Tofu Pieces	160g	3.10	SOV
CV561	Organic Tofu	396g	2.90	OV
CLEAR SPOT				
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
CV777	Scrambled Tofu	200g	3.10	GOV
CV913	Silken Tofu	250g	1.99	GOV
CV249	Smoked Tofu	225g	2.75	OV
CV074	Tempeh	200g	3.69	OV
CV214	Tofu Sea Cakes	190g	2.15	OV
DRAGONFLY				
CV431	Org Medium Natural Tofu	300g	2.75	GOV
CV394	Org Natural Tofu	300g	2.75	GOV
CV393	Org Premium Marinated Tofu	200g	3.20	GOV
CV395	Org Smoked Tofu	300g	3.20	GOV
IMPULSE FOODS				
CV537	Classic Original Tempeh	200g	3.00	OV
CV543	Tempeh with Hemp Seeds	200g	3.20	OV
CV544	Tempeh with Sea Vegetables	200g	3.15	OV
CV890	Tempeh with Sunflower Seeds	200g	3.35	OV

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	NATUREMADE OASIS			
CV582	Marinated Tofu	200g	2.45	OV
	TAIFUN			
CV007	Almond/Ses Tofu Slice	200g	4.25	OV
CV835	Basil Tofu with Fresh Herbs	200g	4.25	OVB
CV716	Curcuma Turmeric Tofu	200g	4.25	OV
CV635	Feto Natural Tofu	200g	4.10	OV
CV684	Firm Tofu - Natural	200g	2.45	OV
CV833	Smoked Tofu- Eat hot or cold.	200g	3.75	OV
CV841	Tofu Fillet - Japanese Style	160g	3.55	OVB
CV840	Tofu Fillet - Mild Wild Garlic	160g	3.85	OVB
CV832	Tofu Rosso - Taste of the Med	200g	4.25	OVB
	VIANA			
	Demeter Organic Standard			
CV408	Real Smoked Firm Tofu	250g	3.30	OV
	TOMATOES & TOMATO PRODUCTS			
	SUMA			
LJ660	Organic Basil Passata	690g	1.99	VO
LJ560	Organic Passata	690g	1.95	VO
LJ088	Tomato Puree - organic Canned	200g	1.29	VO
LJ075	Cherry Tomatoes - organic	400g	1.39	OV
LJ750	Chopped Tomatoes with Basil	400g	1.15	VO
LJ080	Tomatoes - chopped, organic	400g	1.90	OV
LJ123	Tomatoes - chopped, organic	2.5kg	5.35	OV
LJ081	Tomatoes - peeled, whole OG	400g	1.90	VO
	SUMA PREPACKS - ORGANIC			
	Dried			
LJ602	Sundried Tomatoes - organic	125g	1.85	OV
	MR ORGANIC			
KJ071	Italian Tomato Puree	200g	1.75	OV
	MUTTI			
LJ142	Baby Roma Tomatoes	400g	2.90	V
LJ140	Classic Pizza Sauce	400g	1.79	V
LJ129	Finely Chopped Tomatoes	400g	1.25	V
LJ128	Flavoured Pizza Sauce	400g	1.79	V
LJ141	Passata	500g	1.65	V
LJ134	Passata (Bottled)	400g	1.69	V
LJ127	Tomato Puree in Tubes	130g	1.35	V
LJ093	Triple Conc' Tomato Puree	200g	1.89	V
LJ133	Whole Peeled Tomatoes	400g	1.25	V
	ORGANICO			
KJ010	Sundried Tomatoes - og	190g	4.85	OV
	ZEST			
LJ042	Sun-dried Tomato Paste	170g	2.80	V
	TOOTH CARE			
	ALOE DENT			
DY511	Aloe Vera Charcoal Toothpaste	100ml	3.99	V
DY852	Aloe Vera Childrens Toothpaste	50ml	3.20	V
DY516	Aloe Vera Coconut Toothpaste	100ml	3.99	V
DY864	Aloe Vera Mouthwash	250ml	3.99	V
DY849	Aloe Vera Sensitive Toothpaste	100ml	3.99	V
DY836	Aloe Vera Whitening Toothpaste	100ml	4.99	V
DY326	Enamel & Cavity Toothpaste	75ml	4.99	V
DY528	Triple Action Toothpaste	100ml	3.99	V
	BEN & ANNA			
DY300	Mouthwash - Sensitive	500ml	1.95	OV
DY302	Toothpaste - Charcoal	100ml	8.95	OV
DY293	Toothpaste - Sensitive	100ml	8.95	OV
DY291	Toothpaste - Whitening	100ml	8.95	OV

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DY246	Toothpaste Tablets Toothpaste Tablets- Mint	36g	8.95	VO
	BIOMED			
DY363	Mouthwash - Citrusfresh	500ml	4.59	V
DY362	Mouthwash - Superwhite	500ml	4.59	V
DY292	Mouthwash - Well Gum	500ml	4.59	V
DY298	Mouthwash Sensitive	500ml	4.59	V
DY974	Toothpaste - Charcoal	100g	2.95	V
DY336	Toothpaste - Sensitive	100g	2.95	V
DY976	Toothpaste - Superwhite	100g	2.95	V
	DR BRONNER'S			
DY544	Peppermint Toothpaste	105ml	7.49	FV
DY629	Spearmint Toothpaste	105ml	7.49	FV
	ECOLIVING			
DY425	Plant-Based Dental Floss	50m	2.60	V
DY426	Plant-Based Dental Floss Twin	100m	3.25	V
	ECOTOOTHBRUSH			
NF356	Adult - Medium	1	3.29	V
NF355	Adult - Soft	1	3.29	V
NF357	Child - Soft	1	3.29	V
	ENVIRONMENTAL TOOTHBRUSH			
NF616	The Environmental Toothbrush	1	3.15	V
NF642	The Environmental Toothbrush	1	3.15	V
NF660	The Environmental Toothbrush	1	3.15	V
	GREEN PEOPLE			
DY256	Childrens Mandarin	50ml	4.65	VO
DY014	Childrens Spearmint&AloeVera	50ml	4.65	VO
DY216	Minty Cool	50ml	4.65	V
DY255	Peppermint	50ml	4.65	V
	HUMBLE			
	Dental Floss			
DY467	Charcoal Floss Picks	50	4.99	V
DY468	Dental Floss - Fresh Mint	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 Tablets			
DY412	Fresh Mint Tabs + Fluoride	60	5.99	V
	KINGFISHER			
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
	SARAKAN			
DY035	Mouthfresh Rinse	300ml	4.90	V
DY113	Toothpaste	50ml	2.89	V
	WELEDA			
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
	YAWECO			
DY015	Adult Toothbrush - Medium	1	3.49	V

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DY332	Medium Refill Heads	1 x 4PK	6.45	V
	VEGETABLES			
	SUMA			
	Canned from Fresh			
VF111	Fresh Peas - Organic	340g	1.39	OV
LJ800	Supersweet Sweetcorn - Organic	340g	1.39	OV
LJ270	Supersweet Sweetcorn - Organic	160g	1.90	OV
LJ550	Sweetcorn - Organic	340g	1.39	OV
	AMAIZIN			
KJ117	Jalapeno Peppers	150g	2.49	OV
	BIONA			
LJ243	Capers In Olive Oil	120g	4.25	OV
	BIONOVA			
VF040	Sauerkraut	360g	2.69	VO
VF030	Sweetcorn - organic	340g	2.90	VO
	CLEARSPRING			
	Bio Kitchen			
VF339	Sauerkraut	360g	1.69	OVB
	COOKS & CO			
KJ020	Artichoke Bottoms in Brine	390g	2.49	V
KJ088	Artichoke Hearts in Brine	390g	2.70	V
KJ284	Dried Morel Mushrooms	30g	11.35	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
KJ093	Mixed Forest Mushrooms	40g	3.10	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	280g	2.79	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
	CYPRESSA			
VF051	Marinated Sun-Dried Tomatoes	280g	2.55	V
VF964	Roasted Red Peppers	465g	2.31	SV
VF214	Stuffed Vineleaves	280g	1.95	V
	MANI			
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
	MERCHANT GOURMET			
VF145	Chestnut Puree	200g	2.90	V
VF146	Whole Chestnuts	180g	3.15	V
	ORGANICO			
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
	ST DALFOUR			
VF112	Whole Chestnuts	200g	2.89	GV
	TROPICAL WHOLEFOODS			
VF164	Ceps / Porcini Mushrooms	30g	3.30	V
VF514	Shiitake Mushrooms	50g	3.49	V
	VEGETABLES (FROZEN)			
	BIO INSIDE			
XL155	Organic Garden peas	300g	1.55	GOV
XL153	Organic Sweetcorn	300g	1.85	GOV

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	NATURAL COOL			
XL183	Broccoli	300g	2.30	GOVB
XL156	Chips - Oven or Fry	1.25kg	5.80	GOVB
XL221	Chips - Oven or Fry	600g	2.90	BGOV
XL176	Cut Green Beans	450g	2.10	OVV
XL177	Leaf Spinach Portions	450g	2.15	OVV
XL178	Peas	450g	2.70	GOV
XL098	Potato Wedges	450g	2.65	BGOV
XL181	Sweetcorn	450g	2.90	GOV
XL134	Vegetable Mix	450g	2.40	BGOV
	STRONG ROOTS			
XL164	Cauliflower Hash Browns	375g	3.80	V
XL165	Mixed Root Vegetable Fries	500g	3.80	GV
XL166	Proper Potato Chips	650g	3.80	GV
XL162	Sweet Potato Fries	500g	3.80	GV
	YUTAKA			
XL047	Shelled Edamame Beans	500g	2.20	V
	VINEGARS			
	SUMA			
KJ290	Apple Cider Vinegar Og	5l	14.29	OV
KJ304	Apple Cider Vinegar Organic	500ml	2.59	OV
KJ335	Apple Cider Vinegar Organic	750ml	3.10	OV
KJ151	OG Balsamic Vinegar - oak aged	250ml	3.89	OV
KJ153	Org Balsamic 5 Litre	5l	37.90	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
	ASPALL			
KJ480	Apple Balsamic Vinegar	350ml	3.89	V
KJ382	Balsamic Vinegar - og	5l	48.25	OV
KJ478	Balsamic Vinegar - organic	350ml	3.89	OV
KJ477	Cyder Vinegar	350ml	1.89	V
KJ067	Cyder Vinegar	5l	15.79	V
KJ481	Cyder Vinegar - organic	350ml	1.99	VO
KJ069	Cyder Vinegar - organic	500ml	2.49	VO
KJ205	Cyder Vinegar - organic	5l	19.45	OV
KJ381	Malt Vinegar	5l	13.75	V
KJ395	Raw Unfiltered Cyder Vinegar	500ml	2.95	OV
KJ321	Raw Unfiltered Cyder Vinegar	5l	2.79	OV
KJ479	Red Wine Vinegar	350ml	1.89	V
KJ353	Red Wine Vinegar	5l	15.79	V
KJ475	Red Wine Vinegar - organic	350ml	1.95	OV
KJ476	White Wine Vinegar	350ml	1.89	V
KJ356	White Wine Vinegar	5l	15.79	V
KJ474	White Wine Vinegar - organic	350ml	1.95	OV
KJ210	White Wine Vinegar - organic	5l	21.49	OV
	BIONA			
KJ130	Cider Vinegar with `Mother`	500ml	2.75	OV
KJ311	Cider Vinegar with `Mother`	75cl	3.35	OV
KJ131	Cider Vinegar with `Mother`	5l	15.79	OV
	BOOSTCHA			
KJ277	Black Tea Kombucha Vinegar	250ml	5.45	OSV
KJ278	Green Tea Kombucha Vinegar	250ml	5.45	OSV
	BRAGG			
KJ325	Apple Cider Vinegar w/Mother	473ml	5.99	GOV
KJ324	Apple Cider Vinegar w/Mother	946ml	1.49	GOV
	HIGHER NATURE			
VM062	Apple Cider Vinegar - OG	500ml	9.90	OV
	MR ORGANIC			
KJ492	Organic Apple Cider Vinegar	500ml	3.35	GOV

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RAW HEALTH				
KJ008	ACV Infusion Turmeric Ginger	500ml	3.15	OV
KJ489	Apple Cider Vinegar	1 l	4.35	OV
KJ129	Raw Organic Cider vinegar	500ml	3.50	OV
RAYNERS				
KJ500	Apple Cider Vinegar	500ml	3.59	OV
KJ505	Coconut Aminos	250ml	5.49	OV
KJ502	White Wine Vinegar With Mother	500ml	1.43	OV
WATERS				
BOTTLE UP				
	Re-Usable Sugar Cane Bottle			
WA002	Still Spring Water	500ml	2.99	V
WA004	Still Spring Water	500ml	2.99	V
CAN O WATER				
WA003	Sparkling Spring Water	330ml	0.89	V
WA008	Still Water	330ml	0.89	V
HARROGATE SPRING WATER				
	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
ONE WATER				
WA001	Natural Still Spring Water	500ml	2.79	V
JU446	Natural Still Water - Carton	500ml	1.29	V
THIRSTY PLANET				
	Glass Bottles			
WA018	Spring Water - Sparkling	330ml	0.63	V
WA016	Spring Water - Still	330ml	0.59	V
WINES				
RED WINE				
	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	9.49	V
	France			
WN006	Merlot - La Marouette	75cl	12.75	OV
	Italy			
WN063	Era Nero d'Avola	75cl	13.15	OV
WN058	Nero d'Avola	75cl	9.93	OV
WN140	Nero d'Avola - Fedele	75cl	12.29	OV
WN094	Vino Rosso - Fedele	75cl	11.29	OV
	Lebanon			
WN033	Coteaux Les Cedres Du Liban	75cl	2.39	FV
	South Africa			
WN114	Cab Sauvignon - Running Duck	75cl	1.45	FOV
WN197	Merlot - Running Duck	75cl	1.19	FOV
WN138	Merlot - Stellar	75cl	1.75	FOV
WN196	Pinotage - Running Duck	75cl	1.59	FOV
WN116	Shiraz - Running Duck	75cl	1.19	FOV
	Spain			
WN232	Camino Tinto Tempranillo	75cl	9.99	OV
WN207	Cuesta Colora Tempranillo	75cl	12.65	OV
WN103	Rioja Garnacha Crianza	75cl	17.00	OV
ROSE WINE				
	Bulgaria			
WN174	Merlot Rose Deer Point	75cl	8.60	V

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WN043	Chile Proudly Vegan Rose	75cl	9.49	V
WN229	France Grenache Rose - La Marouette	75cl	12.69	OV
WN118	South Africa Shiraz Rose - Running Duck	75cl	1.19	FOV
	SPARKLING WINE			
WN075	Italy Prosecco - Proudly Vegan	75cl	13.95	V
WN133	Prosecco - Proverbio	75cl	16.65	OV
WN009	Prosecco Col di Manza Perlage	75cl	21.85	OV
WN015	Prosecco Spumante Era	75cl	15.96	OV
	WHITE WINE			
WN012	Bulgaria Chardonnay Deer Point	75cl	8.60	V
WN034	Chile Proudly Vegan Sauvignon Blanc	75cl	1.25	V
WN032	Sauvignon Blanc Semillon	75cl	9.12	FV
WN226	France Sauvignon - La Marouette	75cl	13.15	OV
WN095	Italy Bianco - Fedele	75cl	11.29	OV
WN141	Catarratto Pinot Grigio Fedele	75cl	12.29	OV
WN029	Gavi Spinola cas. Tassarolo	75cl	18.65	OV
WN057	Pinot Grigio	75cl	9.93	OV
WN008	South Africa Chenin Blanc - Running Duck	75cl	1.19	FOV
WN115	Chenin Sauv Blanc - R/Duck	75cl	1.19	FOV
WN136	Dig This! Chenin Sauv Blanc	75cl	1.19	FOV
WN019	Sauvignon Blanc - Stellar	75cl	1.19	FOV
	YEAST EXTRACTS			
	ESSENTIAL TRADING			
GH059	Yeast Extract	125g	4.35	V
GH058	Yeast Extract	250g	7.30	V
	MERIDIAN			
GH160	Yeast Extract + B12 and salt	340g	4.49	V
GH098	Yeast Extract +B12, no salt	340g	4.49	V
	NATEX			
GH055	Yeast Extract - Reduced Salt	225g	4.50	V
	YOGHURT, NON-DAIRY (CHILLED)			
	ALPRO			
CV574	Almond Soya Yoghurt	500g	1.70	GV
CV575	Coconut Soya Yoghurt	500g	1.70	GV
CV576	Soya Blueberry Cherry Yoghurt	4 x 125g	2.00	GSV
CV572	Soya Blueberry Yoghurt	500g	1.70	GSV
CV579	Soya Greek Style	400g	1.70	GV
CV589	Soya Strwb/Bana/Peach Yoghurt	4 x 125g	2.00	GSV
	COCOS			
CV892	Mango & Passionfruit	125g	2.50	GOV
CV893	Mixed Berry Coconut Yoghurt	125g	2.50	GOV
CV899	Natural Coconut Milk Yoghurt	400g	5.15	GOV
CV891	Natural Coconut Yoghurt	125g	2.50	GOV
CV897	Natural Coconut Yoghurt	250g	3.65	GOV
CV894	Strawberry Coconut Yoghurt	125g	2.50	GOV
CV900	Strawberry Coconut Yoghurt	400g	5.15	GOV
CV895	Vanilla Coconut Yoghurt	125g	2.50	GOV
CV901	Vanilla Coconut Yoghurt	400g	5.15	GOV
	KOKO DAIRY FREE			
CV042	Coconut Yoghurts Coconut & Lemon Yoghurt	2 x 125g	1.65	GSV

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CV229	Greek Style Yoghurt	400g	2.20	GV
CV032	Peach & Passionfruit Yoghurt	2 x 125g	1.65	GSV
CV020	Plain Yoghurt Alternative	500g	2.20	GSV
CV031	Raspberry Yoghurt Alternative	2 x 125g	1.65	GSV
CV029	Strawberry Yoghurt Alternative	2 x 125g	1.65	GSV
CV243	Unsweetened Yoghurt	500g	2.20	GV
CV300	Vanilla Yoghurt Alternative	450g	2.20	GSV
NUSH				
	Almond Milk Dairy-Free Yoghurt			
CV326	Blueberry Yoghurt	120g	1.69	V
CV170	Blueberry Yoghurt	350g	3.25	V
CV796	Mango & Passionfruit	350g	3.25	GV
CV533	Natural Yoghurt	350g	3.25	V
CV808	Org Mixed Berry	350g	4.15	GOV
CV834	Org Natural Yoghurt	350g	4.15	GOV
CV515	Raspberry Yoghurt	350g	3.25	V
CV853	Strawberry Yoghurt	120g	1.69	V
CV169	Strawberry Yoghurt	350g	3.25	V
OATLY				
CV654	Oatgurt Greek	400g	2.70	V
CV650	Oatgurt Plain	400g	2.30	V
CV651	Oatgurt Strawberry	400g	2.60	SV
SOJADE				
	150g Pots			
CV916	Blueberry Yoghurt	150g	1.00	GOV
CV918	Mango Yoghurt	150g	1.00	GOV
CV919	Natural Yoghurt	150g	0.70	GOV
CV915	Peach and Mango Yoghurt	150g	1.00	GOV
CV917	Strawberry Yoghurt	150g	1.00	GOV
	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	2.80	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
THE COCONUT COLLABORATIVE				
CV500	Blueberry Yoghurt	120g	1.90	GV
CV909	Greek Style Yoghurt	350g	3.29	V
CV502	Mango & Passion Fruit Yoghurt	120g	1.90	GV
CV508	Mango-Passion Compote Yoghurt	360g	3.45	GV
CV495	Natural Yoghurt	350g	3.30	GV
CV914	Overnight Oats	100g	2.10	SV
CV270	Raspberry Yoghurt	350g	3.45	SV
CV497	Vanilla Yoghurt	350g	3.30	GV

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Lacy Way, Lowfields Business Park, HX5 9DB

Email: sales@suma.coop

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