

# Suma

CO-OPERATIVE SINCE 1977

**ORGANIC**

MAR - APR 2022

# ORGANIC

A bit more about it..

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

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

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



## Key BFGSOV

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

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

code	product	size	rrp	bfgosv
<b>ALCOHOL FREE BEVERAGES</b>				
<b>GIMBER</b>				
JU283	Gimber - ginger concentrate	500ml	2.99	OSV
JU284	Gimber - ginger concentrate	200ml	13.99	OSV
<b>ORGANICO</b>				
JU367	Blueberry Sparkle	750ml	5.95	OV
JU369	Raspberry Fizz	750ml	5.95	OV
<b>ST PETER'S</b>				
RT026	Alcohol Free Beers St Peter's Without - Organic	500ml	2.19	OV
<b>BABY &amp; CHILD FOOD</b>				
<b>ANNABEL KARMEL</b>				
BB092	Baby Pasta Shapes	250g	1.89	OV
<b>ELLA'S KITCHEN</b>				
Breakfast				
BB109	Baby Brekkie - Banana	100g	1.35	O
BB199	Baby Brekkie - Blueberry/Pear	100g	1.35	O
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 Stage 1	5 x 25g	2.90	OV
BB196	Apple & Pear Baby Rice	120g	1.39	OV
BB001	Apples & Bananas	120g	1.39	OV
BB198	Banana & Apricot Baby Rice	120g	1.39	OV
BB003	Broccoli, Pear & Peas	120g	1.39	OV
BB049	Butternut Squash, Carrot	120g	1.39	OV
BB006	Carrot, Apple & Parsnip	120g	1.39	OV
BB233	First Taste Mango Mango Mango	70g	1.29	OV
BB231	First Taste Pears Pears Pears	70g	1.29	OV
BB012	First Taste Prunes Prunes	70g	1.29	OV
BB137	Greek Yoghurt & Berries	90g	1.35	O
BB138	Greek Yoghurt & Strawberries	90g	1.35	O
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
BB229	Big Smiles Cheesy Pie	130g	1.97	O
BB127	Four Bean Feast	130g	1.97	O
BB058	Kitchen Vegetable Bake	130g	1.97	OV
<b>LITTLE PASTA ORGANICS</b>				
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
<b>ORGANIX</b>				
Cereals - Stage 2				
BB052	Banana & Plum Porridge	200g	2.95	OV
BB053	Multigrain Porridge	200g	2.95	OV

code	product	size	rrp	bfgosv
	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
BB248	Cheese & Herb Curly Puffs	15g	0.49	O
BB094	Mini Cheese Crackers	4 x 20g	2.85	O
	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
	Gruffalo Snacks			
BB073	Gruffalo Cocoa & Vanilla	5 x 20g	3.39	O
	<b>BABY CARE</b>			
	<b>BEAMING BABY</b>			
	Wipes			
NF688	Organic Baby Wipes Sensitive	72	4.69	OV
NF103	Organic Baby Wipes Unscented	72	4.69	OV
	<b>EARTH FRIENDLY BABY</b>			
DY545	Organic Chamomile Shampoo	250ml	4.90	OV
DY524	Organic Lavender Bubble Bath	300ml	5.39	OV
DY558	Organic Lavender Shampoo	250ml	4.90	OV
	<b>NATRACARE</b>			
NF099	Organic Cotton Baby Wipes	50	4.15	OV
	<b>NURSING PADS</b>			
NF370	Natural Nursing Pads	16	2.99	OV
	<b>BAGS, BOXES AND BASKETS</b>			
	<b>SUMA BRANDED BAGS</b>			
	Suma Branded Bags			
NF554	Lg- organic cotton produce bag	bag	3.49	OV
NF553	Med-organic cotton produce bag	bag	2.95	OV
	<b>BAKING SUNDRIES</b>			
	<b>BREAD MATTERS</b>			
LJ218	Original Sourdough Starter	10g	4.99	OV
	<b>CLEARSPRING</b>			
LJ138	Agar Agar Flakes Gelling Agent	30g	5.79	OV
	<b>COCOA LOCO</b>			
KB139	Dark Chocolate Couverture	1.5kg	22.99	FOSV
	<b>DOVES FARM</b>			
LJ203	Cornflour Organic	110g	1.79	GOV
	<b>ENGEVITA</b>			
LJ144	Organic Yeast Flakes	125g	5.99	GOV
	<b>GREEN &amp; BLACKS</b>			
	Cooks Chocolate			
KB058	Dark Cooking Chocolate-Organic	150g	2.85	FOS
KB429	Milk Cooks Chocolate - organic	150g	2.85	OS

code	product	size	rrp	bfgosv
	<b>MONTEZUMA'S</b>			
	Cooking Chocolate			
KB052	Dark Couverture	3kg	59.70	GOSV
KB060	Milk Couverture	3kg	59.70	GOS
	<b>PLAMIL</b>			
	Drops in 1kg bags			
KB652	Organic Baking Chocolate	1kg	13.59	GOSV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
	<b>STEENBERGS</b>			
LJ117	Orange Flower Water Organic	100ml	3.79	OV
LJ085	Rose Water Organic	100ml	3.79	OV
	<b>TAYLOR &amp; COLLEDGE</b>			
LJ115	Vanilla Bean Extract	100ml	9.25	FOV
LJ113	Vanilla Bean Paste	65g	6.65	SOV
LJ036	Vanilla Pods	4g	9.95	OV
	<b>THE RAW CHOCOLATE CO</b>			
WS183	Cacao Butter Buttons	200g	6.99	OV
	Chocolate Making Ingredients			
KB051	Raw Cacao Powder	180g	3.75	GOV
	<b>VEGO</b>			
KB072	Hazelnut Chocolate Melts	180g	4.95	OFVS
	<b>VIVANI ORGANIC CHOCOLATE</b>			
KB408	Dark Cooking Chocolate	200g	3.65	OSV
	<b>BEANS &amp; PULSES - CANNED</b>			
	<b>SUMA</b>			
VF675	Aduki Beans - organic	400g	1.90	OV
VF800	Baked Beans - Low Sugar	400g	1.29	OV
VF550	Baked Beans - Organic	400g	1.29	OSV
VF900	Black Beans - Organic	2.6kg	4.29	OV
VF625	Black Beans - organic	400g	1.90	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
VF630	Borlotti Beans - organic	400g	1.90	OV
VF645	Butter Beans - organic	400g	1.90	VO
VF395	Cannellini Beans - organic	400g	1.90	OV
VF785	Chickpeas - organic	2.6kg	4.29	OV
VF642	Chickpeas - organic	400g	1.90	VO
VF647	Green Lentils - organic	400g	1.90	VO
VF644	Haricot Beans - organic	400g	1.90	VO
VF649	Mixed Beans - organic	400g	1.90	VO
VF255	Pinto Beans - organic	400g	1.90	OV
VF643	Red Kidney Beans - organic	400g	1.90	VO
	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
VF950	Fresh Edamame Soybeans - Org	200g	1.49	OV
VF350	Fresh Flageolet Beans - Org	200g	1.25	OV
	<b>BIONA</b>			
VF222	Baked Beans - Organic	400g	1.29	OVS
LJ167	Brown Lentil Curry	400g	1.49	OV
VF042	Chilli Beans - Organic	395g	1.49	OSV
VF227	Chilli Black Beans - Organic	400g	1.39	OV
VF306	Edamame Beans	200g	1.79	OV
	<b>BIONOVA</b>			
VF495	Baked Beans - organic	340g	1.55	OSV
	<b>HODMEDOD'S</b>			
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

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	<b>MR ORGANIC</b>			
VF215	BBQ Baked Beans	400g	1.29	OV
VF216	Chilli Mixed Beans	400g	1.49	OV
	<b>WHOLE EARTH</b>			
VF161	Baked Beans - organic	400g	1.19	GOV
	<b>BEANS &amp; PULSES - DRIED</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
PU202	Aduki Beans - Organic	500g	3.95	VO
PU222	Bean Mix - organic	500g	2.99	OV
PU034	Black Turtle Beans	500g	2.25	OV
PU004	Broth Mix - Organic	500g	2.25	OV
PU345	Butter Beans - organic	500g	3.99	VO
PU225	Cannellini Beans - organic	500g	2.99	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	2.79	VO
PU167	Lentils - Dark Speckled, org	500g	3.25	OV
PU129	Lentils - Green, organic	500g	2.59	VO
PU294	Lentils - Red split organic	750g	3.45	OV
PU267	Lentils - Red split, organic	500g	2.45	VO
PU151	Mung Beans - organic	500g	3.79	VO
PU136	Pinto Beans - organic	500g	2.75	OV
PU156	Red Kidney Beans - organic	500g	3.50	OV
PU146	Soya Beans - organic	500g	2.15	OV
PU166	Yellow Split Peas - organic	500g	2.19	OV
	<b>HODMEDOD'S</b>			
PU008	Carlin Peas Organic	500g	2.19	OV
PU029	Fava Beans Organic - whole	500g	1.99	OV
	<b>BEERS</b>			
	<b>BUDELS</b>			
RT131	Budels Lager	330ml	2.21	OV
	<b>SAM SMITHS</b>			
RT009	Chocolate Stout	550ml	4.00	OV
RT008	Organic Pale Ale	550ml	3.59	OV
RT120	Pure Brewed Organic Lager	550ml	3.59	OV
	<b>STROUD BREWERY</b>			
RT063	Alederflower	440ml	3.30	OV
RT058	Big Cat	440ml	3.00	OV
RT055	Budding	440ml	3.45	OV
RT060	IPA	440ml	3.95	OV
RT059	Premium Organic	440ml	3.80	OV
RT056	Tom Long	440ml	3.35	OV
	River Cottage			
RT047	River Cottage Hemptathy	440ml	3.60	OV
RT061	River Cottage Hopful	440ml	3.75	OV
RT046	River Cottage Stinger	440ml	3.50	OV
	<b>BISCUITS CRACKERS &amp; CRISPREAD</b>			
	<b>AMISA</b>			
BT560	Chestnut Crispbread	100g	2.39	GO
BT119	Chickpea Crispbread	100g	1.99	GOV
BT185	Crispbread - Buckwheat W/grain	120g	2.95	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
	<b>BIONA</b>			
BT336	Blueberry Filled Cookies	175g	2.55	OS
BT167	Caramel Syrup Waffles	175g	2.85	OS

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BT166	Hazelnut Syrup Waffles	175g	2.75	OSV
BT157	Honey Waffles	175g	2.55	OS
BT343	Rye Knaecke Original Crispbread	200g	1.39	OV
BT342	Rye Knaecke Sesame Crispbread	200g	1.59	OV
<b>CLEARSPRING</b>				
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
<b>DOVES FARM</b>				
BT295	Choc Chip Cookies	180g	2.29	GOSV
BT010	Digestives	200g	1.49	OSV
BT271	Double Chocolate Cookies - GF	180g	2.29	GOSV
BT202	Fruity Oat Digestives	200g	1.79	OSV
BT269	Lemon Zest Cookies - GF	150g	1.59	GOSV
BT092	Organic Digestive Biscuits	400g	2.39	OSV
BT029	Organic Ginger Oat Biscuits	200g	2.90	OSV
BT008	Stem Ginger Cookies - GF	150g	1.59	GOSV
<b>DR KARG</b>				
BT001	3 Grains & 3 Seeds Crispbreads	200g	2.89	OV
BT812	Classic 3 Seed Crispbread	200g	2.69	OV
BT815	Emmental Cheese & Pumpkin Seed	200g	2.99	O
BT813	Seeded Spelt Crispbread	200g	2.95	O
BT550	Spelt with Emmental Cheese	200g	3.15	O
<b>HONEYROSE</b>				
BT292	All Butter Lemon Shortbread	125g	2.89	GOS
BT249	All Butter Oat & Raisin Cookie	115g	2.89	GOS
BT232	All Butter Shortbread	125g	2.89	GOS
BT227	Date & Walnut Toast	110g	3.59	GOSV
BT228	Hazelnut & Agen Plum Toast	110g	3.59	GOSV
BT230	Kale & Spiced Nut Toast	110g	3.59	GOSV
BT235	Triple Chocolate Cookie	115g	2.89	GOS
<b>ISLAND BAKERY ORGANICS</b>				
BT121	Apple Crumbles Organic Biscuit	125g	3.90	OS
BT252	Blonde Chocaccinos	133g	3.79	OS
BT163	Chocolate Gingers	133g	3.69	OS
BT164	Lemon Melts	133g	3.65	OS
BT006	Lime Melts	133g	3.65	OS
BT162	Oat Crumbles	125g	2.45	OS
BT253	Orange Melts	135g	3.79	OS
BT406	Peanut/Toffee/Choc Shortbr Tin	215g	7.85	O
BT165	Shortbread Biscuits	125g	2.45	OS
	Oatcakes			
BT351	Black Pepper Oatcakes	135g	2.45	VOS
BT355	Original Oatcakes	135g	2.19	OS
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

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<b>KALLO</b>				
BT045	Ancient Grain Corn Cakes	150g	2.19	GOV
BT184	Corn Cakes OG	130g	1.99	GOV
	Rice Cakes			
BT810	Milk Chocolate Rice Cakes OG	90g	2.29	GO
BT034	Original Organic Wholegrain	130g	1.89	GVO
BT036	Thick Slice Sesame Rice Cake	130g	1.65	GOV
BT240	Thin Slice No Salt - organic	130g	1.79	GVO
BT338	Thin Slice Rice Cake Dark Choc	90g	2.25	GO
<b>KOOKIE CAT</b>				
BT565	Cacao Nib & Walnut Cookie	50g	1.49	GOV
BT567	Chia & Lemon Cookie	50g	1.49	GOV
BT566	Hemp & Cacao Cookie	50g	1.49	GOV
BT563	Pineapple & Orange Cookie	50g	1.49	GOV
BT105	Protein Dark Chocolate	50g	1.49	GOSV
BT131	Salted Caramel Almond	50g	1.49	GOSV
BT564	Vanilla & Choc Chip Cookie	50g	1.49	GOV
BT132	Wild Berries & White Chocolate	50g	1.49	GOSV
<b>LE PAIN DES FLEURS</b>				
BT094	Buckwheat Crispbread	150g	3.29	GOV
BT189	Buckwheat Crispbread no Salt	150g	3.29	GOV
BT095	Chestnut Crispbread	150g	3.99	GOV
BT093	Quinoa Crispbread	150g	3.99	GOV
<b>MR ORGANIC</b>				
BT354	Breadstick Classic	150g	2.69	OV
BT361	Breadstick with Olives	130g	2.69	OV
BT030	Chocolate Chip Digestive	250g	2.59	OSV
ZX221	Cocoa Biscuits	250g	2.19	OSV
BT350	Flatbread Classic	150g	2.69	OV
BT345	Flatbread with Rosemary	150g	2.69	OV
BT057	Flax & Chia seed Biscuits	250g	2.19	OSV
BT047	Ginger Biscuits with Lemon	250g	2.19	OSV
ZX222	Multigrain Biscuits	250g	2.19	OSV
ZX219	Orange Biscuits/Cocoa Beans	250g	2.79	OSV
BT066	Tomato & Oregano Biscuits	250g	2.19	OSV
<b>NAIRN'S</b>				
BT273	Oatcakes - Organic	250g	1.69	OV
BT386	Oatcakes -Organic Super Seeded	200g	1.95	OV
<b>ORGANICO</b>				
	Rustic Breadsticks			
BT065	Classic Grissini - og	120g	1.95	OV
BT061	Omega Grissini - og	120g	1.95	OV
BT068	Sesame Grissini - og	120g	2.15	OV
BT067	Spelt Grissini - og	120g	2.50	OV
<b>RHYTHM 108</b>				
	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
<b>RUDE HEALTH FOODS</b>				
BT244	Black Rice & Turmeric Crackers	100g	2.99	GOV
BT505	Buckwheat & Chia Crackers	150g	3.25	GOV
BT144	Buckwheat &Black Bean Crackers	120g	2.99	GOV
BT147	Chickpea & Lentil Crackers	120g	2.99	GOV
BT054	Corn Crackers	130g	2.75	GOV
BT395	Multigrain Thins	160g	2.75	GOV



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<b>BODY CARE</b>				
<b>ALTER/NATIVE BY SUMA</b>				
Accessories				
DY110	Organic Cotton Soap Bag	bag	1.95	OV
<b>BADGER</b>				
DY286	Aftersun Balm	56g	1.45	O
DY331	Sunscreen Baby SPF30	87ml	18.99	O
DY340	Sunscreen Clear Zinc SPF30	87ml	2.45	FO
<b>BADGER BALM</b>				
MD850	Hardworking Hands Balm	21g	6.99	O
DY411	Lip Balm Sticks - Blue Pack	sticks	14.99	O
DY417	Lip Balm Sticks - Green Pack	sticks	14.99	O
MD874	Sleep Balm - Mini	21g	6.99	O
<b>BEN &amp; ANNA</b>				
Deodorant Stick in Paper Tube				
DY065	Soda Deodorant - Coco Mania	40g	6.95	OV
DY076	Soda Deodorant - Green Fusion	40g	6.95	OV
DY083	Soda Deodorant - Mint	40g	6.95	OV
DY185	Soda Deodorant - Persian Lime	40g	6.95	OV
DY077	Soda Deodorant - Urban Black	40g	6.95	OV
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
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
DY795	Soda Deodorant-Vanilla Orchid	60g	9.95	OV
<b>DR BRONNER'S</b>				
DY191	Almond Castile liquid Soap	473ml	12.75	FOV
DY208	Almond Castile Liquid Soap	946ml	2.99	FOV
DY198	Baby Castile Liquid Soap	473ml	12.75	FOV
DY209	Baby Castile Liquid Soap	946ml	2.99	FOV
DY443	Lavender - Pump Soap	355ml	11.25	FOV
DY183	Lavender Castile Liquid Soap	237ml	8.49	FOV
DY205	Lavender Castile Liquid Soap	473ml	12.75	FOV
DY213	Lavender Castile Liquid Soap	946ml	2.99	FOV
DY338	Lavender Castile Liquid Soap	3.8l	67.49	FGOVB
DY201	Orange Castile Liquid Soap	473ml	12.75	FOV
DY207	Peppermint Castile Liquid Soap	473ml	12.75	FOV
DY214	Peppermint Castile Liquid Soap	946ml	2.99	FOV
Bar Soap				
DY117	Almond Pure Castile Bar Soap	140g	5.49	FOV
DY118	Baby Castile Bar Soap	140g	5.49	FOV
DY123	Lavender Castile Bar Soap	140g	5.49	FOV
DY119	Orange Castile Bar Soap	140g	5.49	FOV
DY138	Peppermint Castile Bar Soap	140g	5.49	FOV
Hand Sanitiser				
DY455	Hand Sanitiser - Lavender	60ml	5.19	FOV
DY479	Hand Sanitiser - Peppermint	60ml	5.19	FOV
<b>GREEN PEOPLE</b>				
Organic Skincare				
DY072	Day Solution SPF15	50ml	24.50	OV
Sun Care				
DY004	Childrens Sun Lotion SPF 30	150ml	21.50	O
<b>HEAVENLY ORGANICS SKIN CARE</b>				
Chamomile				
DY348	Eye & Face Cream Chamomile	25g	8.99	VO

code	product	size	rrp	bfgosv
	Lip Balm			
DY605	Lip Balm Lemon & Lime	12g	3.99	OV
DY594	Lip Balm Orange	12g	3.99	OV
	Orange & Grapefruit			
DY582	Facial Scrub Orange & G/Fruit	80g	9.59	VO
	Rose Geranium			
DY584	Body Butter Rose Geranium	100g	8.99	OV
DY062	Eye & Face Cream Rose Geranium	25g	1.99	OV
DY059	Facial Oil Rose Geranium	50	1.99	OV
DY346	Facial Scrub Rose Geranium	80g	9.59	OV
	<b>LAVERA</b>			
	Basis			
DY963	All-Round Cream	150ml	7.95	O
DY202	Deodorant- Roll On	75ml	9.95	OV
DY589	Hand Cream	75ml	4.95	OV
DY583	Lip Balm Sensitive	4.5g	3.95	OG
DY581	Moisturising Face Cream	50ml	11.95	OV
	<b>PATCH</b>			
	Biodegradable Bamboo Plasters			
NF547	Bamboo Kids Plasters - Coconut	1	6.99	OV
NF546	Bamboo Plasters - Aloe Vera	1	6.99	OV
NF548	Bamboo Plasters - Charcoal	1	6.99	OV
NF545	Bamboo Plasters - Natural	1	6.99	OV
	<b>SIMPLY GENTLE</b>			
DY097	Cotton Buds - organic	200	2.25	VO
DY098	Organic Cotton Wool Balls	100	2.25	O
DY099	Organic Cotton Wool Pads	100	2.15	O
DY100	Organic Cotton Wool Pleats	100g	2.25	O
	<b>URTEKRAM</b>			
DY725	Lime Crystal Roll On Deodorant	50ml	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
	<b>BREADS &amp; BREAD MIXES</b>			
	<b>AMAIZIN</b>			
BT268	Og Tortilla Wraps Extra Fibre	240g	2.45	OV
BT329	Organic Tortilla Wraps	240g	2.45	OV
	<b>AMISA</b>			
BT125	Olive Ciabatta	180g	3.35	GOV
	<b>BIONA</b>			
BT465	Millet Bread - Organic	250g	3.75	O
BT135	Pizza Base - 2 Per Retail Pack	300g	3.50	OV
BT440	Pumpnickel Bread	500g	2.19	OV
BT461	Rice Bread with Sunflower Seed	500g	4.75	GOV
BT464	Rye Bread - Amaranth & Quinoa	500g	2.29	OV
BT073	Rye Bread - Chia & Flax	500g	2.45	OV
BT438	Rye Bread - Hemp Seed	500g	2.45	OV
BT206	Rye Bread - Omega 3	500g	2.19	OV
BT207	Rye Bread - Pumpkin Seed	500g	2.45	OV
BT210	Rye Bread - Sunflower Seed	500g	2.19	OV
BT439	Rye Bread - Vitality	500g	2.29	OV
BT145	Rye Bread - Wholegrain	500g	2.19	OV
BT422	Spelt Pizza Base - Organic	300g	4.25	OV
	<b>EVERFRESH NATURAL FOODS</b>			
BT048	Malt & Raisin Loaf	330g	2.15	OV
BT934	Sprouted Rye Bread	400g	2.19	OV
BT935	Sprouted Spelt Bread	400g	2.99	OV
BT086	Sprouted Wheat Bread	400g	2.19	OV
	<b>FLORENTIN</b>			
BT552	Pitta Bread - spelt	260g	2.40	OV
BT360	Pitta Bread - white	260g	2.00	OV

code	product	size	rrp	bfgosv
BT376	Pitta Bread - wholemeal	280g	2.00	OV
	<b>PROFUSION</b>			
BT405	Protein Bread - Rye / Flax	250g	2.95	O
	<b>SCHNITZER</b>			
BT016	Bread Less	350g	3.55	GOV
	<b>SCHNITZER GLUTEN FREE</b>			
BT467	Baguette Classic	360g	3.69	GOV
BT466	Baguette Grainy Linseed/Sesame	320g	3.69	GOV
BT225	Baguette onion & chive	320g	4.45	GOSV
BT349	Baguettini Rustic GF OG	200g	2.39	GO
BT220	Black Forest Teff Loaf	500g	4.59	GOV
BT021	Bread'n Toast white	400g	3.99	GOS
BT160	Burger Bun	250g	3.59	GOS
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
BT083	Panini Bianco	250g	3.90	GO
BT516	Pizza Base	100g	1.49	GOSV
BT517	Quinoa Bread with Chia	500g	4.59	GOV
BT471	Rustico GF Bread with Amaranth	500g	4.45	GOV
	<b>BURGERS SAUSAGES &amp; TVP MIXES</b>			
	<b>CLEARSPRING</b>			
SY074	Organic Soya Chunks	200g	3.29	GOV
SY071	Organic Soya Mince	300g	3.79	GOV
	<b>JUST WHOLEFOODS</b>			
VF706	Vegetarian Banger Mix -organic	125g	2.39	OV
VF705	Vegetarian Burger Mix	125g	2.39	OV
	<b>PROFUSION</b>			
SY092	Protein Chunks Pea & Fava	125g	2.75	GOV
SY095	Protein Mince Pea & Fava	125g	2.75	GOV
	<b>BUTTER, CREAM &amp; MILK (CHILLED)</b>			
	<b>CALON WEN</b>			
	The Farmers Co-op			
CV277	Lightly Salted Welsh Butter	250g	3.20	GO
CV174	Spreadable Butter	250g	2.95	GO
CV204	Unsalted Welsh Butter	250g	3.20	GO
	<b>LYE CROSS FARM</b>			
CV085	Slightly Salted Organic Butter	250g	3.45	O
	<b>VRAI</b>			
	Minimum 4 days shelf life			
CV632	Creme Fraiche	200g	1.90	O
	<b>YEO VALLEY</b>			
CV304	Slightly Salted Organic Butter	250g	3.50	O
CV292	Spreadable Butter	500g	5.90	O
CV726	Unsalted Organic Butter	250g	3.50	O
	Minimum 4 days shelf life			
CV101	Double Cream	220ml	1.70	GO
CV309	Half Fat Creme Fraiche	200g	1.30	O
	<b>CAKES</b>			
	<b>EVERFRESH NATURAL FOODS</b>			
BT246	Sprouted Banana & Walnut Cake	300g	3.89	OV
BT242	Sprouted Carrot & Raisin Cake	350g	3.49	OV
BT366	Sprouted Chocolate Cake	350g	3.59	OV
BT241	Sprouted Date & Pecan Cake	350g	4.19	OV
BT365	Sprouted Fig & Orange Cake	400g	3.59	OV
BT089	Sprouted Fruit Cake	350g	3.49	OV
BT238	Sprouted Ginger Cake	350g	4.19	OV
BT368	Sprouted Rye Ginger Cake	350g	4.19	OV
	<b>JUST WHOLEFOODS</b>			
FG087	Brownie Mix	318g	4.99	OSV
FG088	Pancake Mix	185g	3.49	OSV

code	product	size	rrp	bfgosv
<b>CEREALS &amp; MUESLIS</b>				
<b>ALARA</b>				
MX082	Bircher Apple and Cinnamon	650g	3.29	OV
MX123	Classic Apple Bircher	450g	3.49	OV
MX084	Crispy Fruit Muesli	550g	3.29	OV
MX099	Everyday Muesli	550g	2.99	OV
MX085	Fruits and Seeds Muesli	650g	3.29	OV
MX049	Muesli Super Foods	500g	3.99	OV
MX047	Muesli Super Fruits	500g	3.99	OV
MX083	Original Muesli	650g	3.29	OV
	Everyday Range			
MX023	Gluten Free Muesli - organic	250g	3.29	GOV
MX031	Rich Muesli - organic	500g	2.99	OV
	Into The Garden			
MX236	Active Muesli	250g	3.99	GOV
<b>AMISA</b>				
FX016	Organic Porridge Oats	325g	2.75	GOV
MX007	Spelt Crispy Flakes - Organic	250g	3.50	O
MX029	Spelt Puffs - Organic	200g	2.39	OV
<b>BIOFAIR</b>				
FX018	Quinoa Flakes Organic	400g	5.49	FOV
MX009	Quinoa Pops Organic, FT	120g	5.50	GFO
<b>BIONA</b>				
MX198	Choco Coco Granola - Organic	375g	4.45	OS
MX199	Honey Hazel Granola - Organic	375g	5.29	O
MX201	Wild Berry Granola - Organic	375g	5.85	OS
<b>DOVES FARM</b>				
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
<b>GLEBE FARM</b>				
MX111	Granola Org Oats GF	325g	2.99	GOS
MX106	Porridge Oats GF	450g	2.79	GOV
<b>KALLO</b>				
MX124	Puffed Rice Cereal - Natural	225g	3.35	GOV
<b>LIZI'S</b>				
MX011	Organic Granola	400g	4.59	OSV
<b>NATURES PATH ORGANIC</b>				
MX602	Gorilla Munch	300g	3.99	GOVS
MX136	Granola - Berry	312g	4.89	GOS
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
<b>PLANET ORGANIC</b>				
MX165	Super Berry Paleo Granola	350g	6.99	GOSV
<b>PRIMROSE'S KITCHEN</b>				
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
<b>RUDE HEALTH FOODS</b>				
	Children's			
MX232	Honey Puffed Spelt Granola	175g	3.49	O

code	product	size	rrp	bfgosv
MX108	Crunchy Berry Granola	400g	4.99	OSV
MX135	Ultimate Granola Muesli	400g	4.99	OS
MX060	Ultimate Muesli Porridge	400g	4.99	OSV
MX208	Gluten Free Sprouted Porridge	400g	4.99	GOV
	<b>SHARPHAM PARK</b>			
MX022	Millers Muesli	450g	3.89	OV
	<b>WHOLE EARTH</b>			
MX172	Classic Cornflakes - organic	375g	2.49	GOSV
MX158	Cocoa Crunch	375g	2.99	OSV
MX174	Maple Frosted Flakes - og	375g	3.29	GOSV
MX155	Organic Muesli	750g	4.99	O
MX162	Red Fruit Crunch	450g	3.59	OSV
	<b>CHEESE, DAIRY (CHILLED)</b>			
	<b>BERGERIE</b>			
CV583	Fresh Goat Cheese Organic	100g	1.99	GO
CV590	Organic Sheeps Cheese Fresh	100g	1.95	O
	<b>CALON WEN</b>			
	Organic Welsh Cheese			
CV397	Extra Mature Cheddar	200g	2.85	O
CV398	Mellow Cheddar	200g	2.80	O
CV624	Rossett Red	200g	2.95	O
	<b>CYPRESSA</b>			
CV761	Organic Feta	200g	3.29	O
CV760	Organic Halloumi	200g	3.55	O
	<b>HIGH WEALD DAIRY</b>			
CV067	Duddleswell Sheeps Cheese	125g	5.00	O
CV443	Mixed Case Soft Sheeps Cheese	100g	3.45	O
CV047	Org Brighton Blue Cheese	150g	4.20	O
CV082	Org Cow & Sheeps Milk Halloumi	150g	4.65	O
CV051	Saint Giles Soft Cheese	150g	3.85	O
	<b>LYE CROSS FARM</b>			
CV591	100% Grass-Fed Cheddar	200g	3.35	O
CV049	Double Gloucester	245g	3.75	O
CV506	Mature Cheddar	245g	3.90	O
CV332	Mature Cheddar Slices	200g	3.25	O
CV166	Medium Cheddar	245g	3.75	O
CV477	Mild Cheddar	245g	3.60	O
CV105	Red Leicester	245g	3.75	O
CV522	Vintage Cheddar	245g	4.10	O
CV478	Wensleydale Grated	245g	3.75	O
CV323	Organic Mature Grated Cheddar	180g	2.65	O
	<b>SOSTER</b>			
CV003	Organic Italian Hard Cheese	200g each	5.99	O
	<b>WOODLANDS DAIRY</b>			
CV298	Organic Sheeps Milk Cheese	140g	4.99	O
	<b>CHEESE, NON DAIRY (CHILLED)</b>			
	<b>BONSAN</b>			
CV490	Almond Spread - Plain	125g	3.50	OV
CV492	Almond Spread - Toms & Pepper	125g	3.50	OV
CV527	Almond Spread - Wild Garlic	125g	3.15	OV
	<b>MOUSE'S FAVORITE</b>			
CV080	Aged Classic	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
	<b>MOZZARISELLA</b>			
CV858	Classic Vegan Cheese	200g	4.65	OV
CV027	MascaRice Vegan Mascarpone	150g	3.65	GOV

code	product	size	rrp	bfgosv
<b>CHOCOLATE</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
KB137	Cacao Nibs - Organic	100g	1.85	OV
<b>BOOJA-BOOJA</b>				
ZX869	Almond Salted Caramel	92g	5.21	GOSV
ZX871	Around Midnight Espresso	92g	5.21	GOSV
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	92g	5.21	GOSV
Artist's Collection Gift Boxes				
KB927	Fine De Champagne Truffles	185g	22.95	GFOSV
KB929	Hazelnut Truffles	185g	22.95	GFOSV
EASTER 2022				
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	184g	1.49	VSOOG
Four Corners				
KB655	The Gourmet Selection	230g	18.75	GOSV
Gift Boxes				
KB815	Award-winning Selection	184g	1.49	GOSV
KB656	Champagne Truffles	138g	9.95	GOSV
KB793	The Signature Collection	184g	1.43	GOSV
Gift Range				
KB623	Hazelnut Truffles	138g	14.50	GOSV
KB624	Truffle Selection 1	138g	14.50	GOSV
KB873	Truffle Selection 2	138g	14.50	GOSV
Two Packs				
KB507	Almond Salted Caramel Truffles	23g	1.34	GOSV
KB513	Hazelnut Crunch Truffles	23g	1.34	GOSV
<b>CHOCOLATE AND LOVE</b>				
WS082	Creamy Dark 55% Chocolate	80g	3.29	FOS
WS004	Milk Chocolate, Hazelnut	80g	3.29	OS
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
WS080	Sea Salt 55% Chocolate	80g	3.29	FOS
<b>COCOA LOCO</b>				
EASTER 2022				
ZX353	73% Dark Choc Mini Eggs	140g	6.99	FOSV
KB218	Dark Chocolate Easter Egg 73%	225g	12.99	FOSV
KB320	Marbled Chocolate Egg	225g	12.99	FOS
KB300	Marbled Chocolate Rabbit	200g	11.99	FSO
KB363	Milk Choc Mini Eggs	140g	6.99	FOS
KB306	Mini Eggs White Choc Raspberry	140g	6.99	FOS
<b>COCOCARAVAN</b>				
EASTER 2022				
ZX140	Vegan Caramel Mini Easter Eggs	80g	5.99	OV
<b>CONSCIOUS CHOCOLATE</b>				
ZX483	Chia & Coconut Raw Bar	60g	2.79	GOSV
ZX485	Citrus Zest Raw Bar	60g	2.79	GOSV
ZX487	Dark Side 75% Raw Bar	60g	2.79	GOSV
ZX488	Dark Side 85% Raw Bar	60g	2.79	GOSV
ZX491	Four Nuts Raw Bar	60g	2.79	GOSV
ZX492	Goji & Coconut Raw Bar	60g	2.79	GOSV

code	product	size	rrp	bfgosv
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
	<b>DIVINE ORGANIC</b>			
ZX629	85% Dark Chocolate	80g	3.45	SVO
ZX630	85% Dark Chocolate	80g	3.45	OSV
ZX643	95% Dark Chocolate	80g	3.45	SVO
	<b>ENJOY!</b>			
	Chocolate Buttons			
KB402	Dark 70% Chocolate Buttons	96g	4.99	OSCV
KB392	Mint Filled Buttons	96g	4.99	OSCV
KB401	Orange Caramel Filled Buttons	96g	4.99	OSCV
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	OSCV
KB388	Vanilla Caramel Filled Bar	70g	2.99	VSGO
	<b>EQUAL EXCHANGE</b>			
KB659	55% Dark Caramel & Sea Salt	100g	2.79	FOS
KB698	65% Organic Dark Orange	100g	2.79	FOSV
KB654	71% Organic Very Dark	100g	2.79	FOSV
KB977	Dark 55% Choc with Almond	100g	2.79	FOS
KB640	Lemon, Ginger & Pepper	100g	2.79	OSV
	<b>GREEN &amp; BLACKS</b>			
	90g Bars			
KB116	70% Dark Chocolate	90g	2.65	FOS
KB034	85% Dark Chocolate	90g	2.65	FOSV
KB796	Dark Choc Hazelnut & Currant	90g	2.65	FOS
KB132	Dark Chocolate & Ginger	90g	2.65	FOS
ZX251	Maya Gold Dark Chocolate	90g	2.65	FSOV
KB908	Milk Choc & Chopped Almonds	90g	2.65	FOS
ZX239	Milk Chocolate	90g	2.65	FOS
KB133	Milk Chocolate & Butterscotch	90g	2.65	FOS
WS091	Milk Chocolate & Sea Salt	90g	2.65	FOS
KB370	White Chocolate	90g	2.65	FOS
	EASTER 2022			
KB688	Dark Medium Easter Egg	165g	7.59	OS
KB768	Large Dark Easter Egg	345g	12.65	OS
KB715	Milk Medium Easter Egg	165g	7.59	OS
	Gift Range			
KB746	Miniature Collection,Original	180g	7.99	FOS
	Minibars			
KB199	70% Dark Chocolate	35g	1.50	FOS
KB198	Milk Chocolate	35g	1.50	OS
KB136	Milk Chocolate & Butterscotch	35g	1.50	OS
KB177	White Chocolate	35g	1.50	FOS
	<b>GREGORY'S TREE</b>			
WS207	Fruit Twists Blue&Rasp Flvr OG	18g	0.79	GOV
WS212	Strawberry Flvr Fruit Twist OG	18g	0.79	GOV
	<b>MONTEZUMA'S</b>			
	EASTER 2022			
KB205	Clucky Chick With Buttons	100g	5.99	OS

code	product	size	rrp	bfgosv
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
KB287	The 3 Chicklateers - Milk	225g	1.25	OS
KB268	The 3 Chicklateers - No Udder Giant Buttons	225g	1.25	OSV
KB005	Dark Chocolate Giant Buttons	180g	3.99	OVS
KB271	Milk Chocolate Button Bags	180g	3.99	O
KB270	White Chocolate Button Bag Like No Udder	180g	3.99	OS
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
KB186	Darkside 51% Milk Chocolate	90g	2.49	OS
KB196	FitzRoy Very Dark Chocolate	90g	2.49	OSV
KB254	Happy Hippy	90g	2.49	OSV
KB616	Hot Pickle Milk Chocolate	90g	2.49	OS
ZX779	Royal Mint Organic Dark W'Mint	90g	2.49	GOSV
KB191	Smooth Operator Milk Chocolate	90g	2.49	OS
KB617	Spotlch Milk Chocolate Bar	90g	2.49	OS
	<b>MOO FREE</b>			
	EASTER 2022			
WS167	Premium Milk Chocolate Egg Premium Bar	185g	5.99	GOSV
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
	<b>OMBAR RAW CHOCOLATE</b>			
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 70g Bars	35g	2.50	OV
ZX952	Coco Almonds Raw Chocolate	70g	3.39	GOV
ZX953	Coco Mylk	70g	3.39	GOV
ZX639	Coconut & Vanilla Centre	70g	3.39	GOSV
ZX184	Fruit & Nut	70g	2.99	FOSV
ZX187	Hazelnut	70g	2.99	FOSV
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
ZX155	Salted Caramel Truffle	70g	2.99	FOSV
ZX192	Smooth & Creamy Buttons	70g	2.99	FOSV
ZX661	Dark 72% Chocolate Buttons	25g	1.55	OV
	<b>ORGANIC SEED &amp; BEAN COMPANY</b>			
	Large Bars			
KB152	37% Milk Choc,Hazels & Almonds	85g	2.99	FOS



code	product	size	rrp	bfgosv
KB733	37% Milk Chocolate	85g	2.99	FOS
KB970	58% Dark Choc & Espresso	85g	2.99	FOS
KB155	58% Dark Choc & Hazelnuts	85g	2.99	FOSV
KB979	58% Dark Choc, Lemon & Cardamon	85g	2.99	FOS
KB188	58% Dark Saled Caramel	80g	2.99	FOSV
WS117	58% Dark Salted Caramel	85g	2.99	OSV
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
KB184	Coffee	75g	2.99	FOSV
ZX313	Raspberry & Vanilla White Bar	85g	2.99	FOS
KB181	Salted Caramel	75g	2.99	FOSV
KB183	Sea Salt & Orange	75g	2.99	FOSV
ZX126	Sea Salt & Tropical Lime	85g	2.99	FOS
KB742	White Choc, Lemon & Poppy Seed	85g	2.99	FOS
<b>PLAYIN CHOC</b>				
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
<b>RAW HALO</b>				
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
<b>RHYTHM 108</b>				
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
KB168	Roasted Almond Butter	100g	4.25	OSV
EASTER 2022				
KB173	Swiss Chocolate Truffle Eggs	36g	2.19	OSV
KB169	Truffle Egg Selection	144g	7.49	OSV
Multi-Packs				
KB515	Hazelnut Praline Chocolate Bar	3 x 33g	4.99	GOSV
KB522	Sweet N Salty Almond Choc Bar	3 x 33g	4.99	GOSV
<b>SO FREE</b>				
Organic Large Bars				
ZX921	Extra Dark 87% Chocolate	80g	2.75	OSVG
ZX920	F/trade Milk Choc Alternative	80g	2.75	OGVS
ZX926	White Chocolate	70g	2.75	GSOV
<b>THE RAW CHOCOLATE CO</b>				
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

code	product	size	rrp	bfgosv
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
	<b>VEGO</b>			
KB821	Mini Whole Hazel Chocolate Bar	65g	2.25	FGOSV
WS003	Vego Dark Nuts & Berries	85g	2.85	FOVS
WS059	Vego White - Almond Bliss	50g	2.25	FOVS
KB943	Vegolino Pralines	180g	5.95	FOSV
KB489	Whole Hazelnut Chocolate Bar	150g	3.99	FGOSV
	<b>VIVANI ORGANIC CHOCOLATE</b>			
KB485	71% Dark Chocolate	100g	2.39	OSV
KB851	Dark Choc & Almonds	100g	2.75	OS
KB486	Dark Choc & Cassis Filling	100g	2.75	OS
KB693	Dark Choc & Nougat	100g	2.75	OSV
KB487	Dark Choc & Peppermint Filling	100g	2.75	OS
KB849	Dark Choc & Whole Hazelnuts	100g	2.75	OSV
KB484	Dark Chocolate & Orange	100g	2.39	OSV
KB243	Dark Marzipan Amaretto	100g	2.75	OS
KB488	Milk & White Cappuccino Choc	100g	2.39	OS
KB480	Milk Choc & Praline Filling	100g	2.75	OS
KB479	Milk Chocolate	100g	2.39	OS
	Premium Large Bars			
KB919	62% Dark Caramel Chocolate	80g	2.99	OSV
KB632	85% Dark Chocolate	100g	2.99	OSV
KB407	92% Dark Choc Panama Estate	80g	2.99	OSV
KB901	Dark 75% Chocolate	80g	2.99	OSV
KB909	Dark 75% Mallorca Flor de Sal	80g	2.99	OSV
KB048	Dark Choc & Cranberry	100g	2.99	OSV
KB036	Dark Ginger Turmeric Chocolate	80g	2.99	OSV
KB042	Superior Dark 100% Cocoa	80g	2.99	OV
KB035	Superior Dark 89% Chocolate	80g	2.99	OSV
	Snack Size			
KB420	Almond Orange Rice Chocolate	35g	1.19	OSV
KB430	Black Cherry	35g	1.19	OSV
KB447	Creamy Caramel	40g	1.19	OS
KB049	Crunchy Coconut Chocolate Bars	35g	1.19	OSV
KB475	Dark Nougat Croccante	35g	1.19	OSV
KB452	Espresso Biscotti	40g	1.19	OS
KB476	White Nougat Crisp	35g	1.19	OSV
	Vivani iChoc			
KB897	Almond & Orange	80g	2.39	OSV
KB882	Choco Cookie	80g	2.39	OSV
KB922	Classic Chocolate	80g	2.39	VOS
KB738	Super Nut	80g	2.39	VOS
KB881	White Nougat Crisp	80g	2.39	OSV
KB898	White Vanilla	80g	2.39	OSV
	<b>CHOCOLATE &amp; SWEET SPREADS</b>			
	<b>BIONA</b>			
GH043	Carbio - Carob Spread	350g	4.95	OSV
GH112	CocoBella Spread Organic	250g	5.29	OSV

code	product	size	rrp	bfgosv
GH840	Dark Chocolate Spread - org	350g	3.65	OSV
GH010	Milk Choc Hazel Spread - org	350g	4.55	OS
<b>BONSAN</b>				
GH129	Mylk Hazelnut Cocoa Spread	350g	4.65	OV
GH123	Plain Choco Spread	350g	3.65	OSV
<b>COCOFINA</b>				
GH136	Hazelnut Chocolate Spread -Org	200g	4.99	GOSV
<b>COCONUT MERCHANT</b>				
GH071	Organic Coconut Jam	330g	5.99	OV
<b>ESSENTIAL TRADING</b>				
GH092	Dark Chocolate Spread	400g	3.55	OSV
<b>FABALOUS</b>				
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
<b>SO FREE</b>				
GH223	Milk Choc Spread (Dairy Free)	275g	3.15	OSCV
GH225	Rich Dark Chocolate Spread	275g	3.15	OVGS
<b>VEGO</b>				
GH075	Hazelnut Chocolate Spread	200g	3.55	SVO
<b>CHOCOLATES (CHILLED)</b>				
<b>BOOJA-BOOJA</b>				
Chilled Chocolate				
CV194	Almond Caramel Truffles	69g	3.99	GOSV
CV179	Dark Ecuadorian Truffles	69g	5.29	GOSV
CV196	Hazelnut Crunch Truffles	69g	3.99	GOSV
CV190	Raspberry Truffles	69g	5.29	GOSV
CV192	Toffee Strudel Truffle	69g	3.99	GSOV
Two Packs				
CV212	Almond Salted Caramel Truffles	2 pack	1.36	GOV
CV219	Hazelnut Crunch Truffles	2 pack	1.35	GOV
<b>CIDERS</b>				
<b>ASPALL</b>				
RT023	Aspall Organic Suffolk Cyder	500ml	3.69	OSV
<b>DUNKERTONS</b>				
RT045	Dabinett Single Variety Cider	500ml	3.79	GOSV
RT054	Organic Craft Cider	500ml	3.49	GOSV
RT053	Premium Reserve Organic Cider	500ml	3.49	GOSV
BOOM AWARD WINNER 2021				
RT041	Black Fox Organic Cider	500ml	3.49	GOSV
<b>WESTONS</b>				
RT006	Wylldwood Organic Cider	500ml	3.49	OV
<b>COCOA</b>				
<b>SUMA PREPACKS</b>				
LJ189	Cocoa Powder - Organic	250g	3.25	FOV
<b>EQUAL EXCHANGE</b>				
TE491	Hispaniola Cocoa Powder - og	250g	4.49	FOV
<b>GREEN &amp; BLACKS</b>				
TE453	Cocoa Powder - organic	125g	2.73	FOV
TE131	Hot Chocolate	300g	4.75	FO
<b>MONTEZUMA'S</b>				
KB190	Dark Drinking Chocolate	300g	8.15	FOSV
<b>COFFEE</b>				
<b>SUMA</b>				
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 Beans	1kg	21.99	FOV
TE106	Peru Cepicafe Beans	1kg	19.99	FOV

code	product	size	rrp	bfgosv
TE107	Sumatra Gayo Highlands Beans	1kg	24.79	FOV
TE113	Swiss Water Decaff Beans Roast and Ground Coffees	1kg	25.39	FOV
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 Roast Whole Bean Coffees	227g	6.39	FOV
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
<b>CAFEDIRECT</b>				
	Instant Coffees			
TE949	Decaf Organic Instant Roast Wholebean Coffees	100g	5.55	FOV
TE901	Machu Picchu Organic Beans	227g	5.90	FOV
TE229	Machu Picchu Organic Beans Single Origin - Roast & Ground	750g	13.49	FOV
TE952	Machu Picchu Organic Ground	227g	4.99	FOV
<b>CAFEDIRECT (LONDON FIELDS)</b>				
	Roast & Ground Coffees			
TE202	Honduras	200g	4.89	FOV
TE207	Peru	200g	4.99	FOV
TE216	Roaster's Choice Roast Wholebean Coffees	200g	5.50	FOV
TE206	Peru	200g	4.89	FOV
TE212	Roaster's Choice	200g	5.50	FOV
<b>CLIPPER</b>				
	Food Service Range			
TE724	Instant - Fairtrade & Organic	500g	26.79	FOV
TE526	Instant Organic Decaff Instant Coffees	500g	29.99	FOV
TE879	Fairtrade Org Decaf Instant	100g	6.45	FOV
TE076	Fairtrade Organic Instant	100g	5.79	FOV
TE422	Fairtrade Organic Instant	100g	5.79	FOV
TE739	Fairtrade Organic Instant Roast and Ground Coffees	100g	5.79	FOV
TE845	Decaffeinated Ground Coffee	227g	5.39	FOV
TE849	Italian Style Ground Coffee	227g	4.59	FOV
TE705	Papua New Guinea Ground Coffee	227g	4.59	FOV
<b>EQUAL EXCHANGE</b>				
	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 Roast Wholebean Coffees 1kg	227g	5.29	FOV
TE898	Anytime Medium Roast	1kg	2.49	FOV
TE896	Espresso	1kg	2.49	FOV
TE008	Italian Blend	1kg	2.49	FOV

code	product	size	rrp	bfgosv
	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
	<b>GRUMPY MULE</b>			
	Roast & Ground Coffees			
TE286	Colombia Cafe Equidad	227g	5.39	FOV
TE136	Cool Ground	227g	5.49	FOV
TE289	Decaf Ground Swiss Water	227g	6.19	FOV
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
	<b>PERCOL</b>			
	Roast & Ground Coffees			
TE632	Rich Americano Fairtrade Org	200g	4.75	FOV
TE634	Smooth Colombian Fairtrade Org	200g	4.75	FOV
	<b>COFFEE SUBSTITUTES</b>			
	<b>BARLEYCUP</b>			
TE480	Chicory Cup Organic	100g	4.45	OV
TE698	Instant Cereal Drink Organic	100g	4.29	OV
	<b>PREWETT'S</b>			
TE589	Chicory Drink - Organic	100g	4.49	GOV
	<b>WHOLE EARTH</b>			
TE389	No Caf Coffee Alternative	100g	3.19	VO
	<b>CONVENIENCE FOODS</b>			
	<b>SUMA</b>			
VF179	Ravioli with Mushroom Sauce	400g	2.95	O
VF181	Ravioli with Tomato & Ricotta	400g	2.95	OS
VF172	Ravioli with Vegetable Sauce	400g	2.85	OSV
	<b>FREE &amp; EASY</b>			
VF125	Bean Cassoulet - og	400g	2.75	GOV
VF116	Chickpea & Bean Tagine	400g	2.75	GOV
VF006	Chickpea / Vegetable Curry	400g	2.75	GOV
VF132	Middle Eastern Casserole	400g	2.75	GOV
VF141	Sweet Pot/Kale/Coconut Curry	400g	2.75	GOV
VF014	Three Bean Chilli - og	400g	2.75	GOV
VF127	Vegetable Balti - og	400g	2.75	GOV
VF128	Vegetable Hotpot - og	400g	2.75	GOV
	<b>GEO ORGANICS</b>			
KJ182	Chickpea & Apricot Tagine	400g	2.45	OSV
KJ183	Moroccan Chickpea Tagine	400g	2.55	OV
VF074	Organic Bombay Potatoes	400g	2.89	OSV
	Dahl			
VF148	Coconut & Kale	400g	2.59	OV
VF079	Organic Chickpea & Lentil Dahl	400g	2.45	OV
VF149	Tadka Dahl	400g	2.45	OV
	<b>SUNITA</b>			
FG601	Polenta - organic	500g	2.15	OV
	<b>CRISPS &amp; SNACKS</b>			
	<b>AMAIZIN</b>			
ZX544	Bio Corn Chips Chilli	75g	1.39	OV
ZX589	Bio Corn Chips Nachos	150g	2.45	GOS
ZX543	Bio Corn Chips Natural	150g	1.89	OV

code	product	size	rrp	bfgosv
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
ZX406	Tomato Corn Rolls	100g	1.65	OS
	<b>BIONA</b>			
ZX424	Potato Chips - Lightly Salted	100g	2.15	OV
	<b>CLEARSPRING</b>			
ZX226	Tamari Roast Sicilian Almonds	30g	1.99	GOV
	<b>EAT REAL</b>			
	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
	<b>REBEL KITCHEN</b>			
ZX252	Caramel Bytes	26g	1.79	GOSV
ZX240	Chocolate Bytes	26g	1.79	GOSV
	<b>RW GARCIA</b>			
	Crackers			
ZX329	Crackers - The Bagel Sharing Bag	155g	5.90	GOV
ZX461	Blue Corn Tortilla Chips - Org	150g	2.79	OVG
	<b>TRAF0</b>			
ZX626	Virgin Olive Oil Crisps Flips	100g	2.70	OV
ZX359	Chickpea Flips Mild Curry	75g	2.45	GOV
ZX343	Pea Flips Lightly Salted	75g	2.45	GOV
ZX299	Rosemary Lentil Flips	75g	2.45	GOV
	Handcooked Baked Crisps			
ZX755	Hand Cook Cheese & Onion	40g	1.50	O
ZX460	Hand Cooked Crisps Seasalt	40g	1.50	O
ZX473	Rosemary & Himalaya Salt Hummus Chips	40g	1.50	OV
ZX932	Hummus Chips - Paprika	75g	1.99	OV
ZX934	Hummus Chips - Rosemary	75g	1.99	OV
ZX933	Hummus Chips - Sea Salt Lentil Chips	75g	1.99	GOV
ZX739	Lentil Chips Arabian Spices	75g	2.55	OV
ZX732	Lentil Chips Sea Salted Light Baked Crisps	75g	1.99	OV
ZX759	Coconut Oil Baked Crisps	40g	1.29	OV
ZX625	Coconut Oil Baked Crisps	100g	2.70	OV
ZX758	Vegetable Chips	40g	1.69	OV
ZX624	Vegetable Chips	75g	2.65	OV
ZX575	Vegetable Chips Sweet Potato Potato Crisps Fried	80g	2.95	OV
ZX053	Paprika Crisps - organic	40g	1.50	OV
ZX055	Salted Crisps - organic Snacks	40g	1.50	OV
ZX401	Corn Peanuts	75g	1.59	OV
BT075	Pretzel Sticks Tortilla Chips	100g	1.39	OV
VF218	Tortilla Chips - Chilli	75g	1.15	VO
VF226	Tortilla Chips - Natural	75g	1.15	VO
ZX136	Tortilla Chips - Natural	200g	1.99	OV
VF048	Tortilla Chips - Stoneground Tortilla Chips - Natural	100g	1.89	OV
	<b>DESSERTS</b>			
	<b>BIONA</b>			
SY192	Coconut Whipping Cream	400ml	2.95	OV

code	product	size	rrp	bfgosv
<b>PROVAMEL</b>				
SY040	Soya alternative to Cream	250ml	1.25	GOV
SY780	Soya Dessert - Chocolate	4 x 125g	2.15	GOSV
SY195	Soya Dessert - Vanilla	4 x 125g	2.15	GOSV
<b>SOJADE</b>				
SY099	Chocolate Soya Dessert	530g	1.59	GOSV
SY017	Cuisine- Organic Soya Cream	200ml	1.50	OV
SY107	Vanilla Soya Dessert	530ml	1.59	GOSV
<b>DESSERTS &amp; PUDDINGS (CHILLED)</b>				
<b>VRAI</b>				
CV627	Rice Pudding with Vanilla	110g	1.20	GOS
CV634	Sheep's Milk Chocolate Dessert	110g	1.20	OS
<b>DESSERTS, DAIRY (FROZEN)</b>				
<b>ROSKILLYS</b>				
XL219	Caramel Crunch Ice Cream	500ml	4.70	OS
XL174	Caramel Crunch Ice Cream	120ml	1.70	OS
XL325	Chocolate Ice Cream	500ml	4.70	OS
XL171	Chocolate Ice Cream	120ml	1.70	OS
XL170	Clotted Cream Vanilla Ice	120ml	1.70	OS
XL326	Mint Choc Chip Ice Cream	500ml	4.70	OS
XL173	Mint Choc Chip Ice Cream	120ml	1.70	OS
XL327	Strawberry Ice Cream	500ml	4.70	OS
XL172	Strawberry Ice Cream	120ml	1.70	OS
XL220	Vanilla Ice Cream	500ml	4.20	OS
<b>YEO VALLEY</b>				
XL159	Blueberry Kefir Ice Cream	480ml	4.55	OS
XL347	Mint Chocolate Chip Ice Cream	500ml	4.55	OS
XL248	Sea Salted Caramel Ice Cream	500ml	4.55	OS
XL158	Strawberry Kefir Ice Cream	480ml	4.55	OS
XL246	Vanilla Ice Cream	500ml	4.55	OS
<b>DESSERTS, NON-DAIRY (FROZEN)</b>				
<b>BOOJA-BOOJA</b>				
	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
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
<b>DRINKS (CHILLED)</b>				
<b>BIOTIFUL DAIRY</b>				
CV437	Kefir Drink Peach	250ml	1.95	GO
CV342	Org Kefir Milk Drink	500ml	2.90	GO
CV361	Org Kefir Milk Drink	250ml	1.75	GO
CV359	Org Riazhenka Milk Drink	500ml	2.90	GO
<b>COCOS</b>				
CV898	Natural Coconut Milk Kefir	500ml	3.95	GOV
CV896	Strawberry Kefir	200ml	2.95	GOV
<b>EQUINOX</b>				
CV736	Kombucha Ginger	275ml	2.15	OSV
CV830	Kombucha Grapefruit & Guava OG	275ml	2.15	OSV
CV737	Kombucha Original OG	275ml	2.15	OSV

code	product	size	rrp	bfgosv
CV741	Kombucha Raspberry & Elderflow	275ml	2.15	OSV
CV742	Kombucha Wild Berry OG	275ml	2.15	OSV
<b>JARR KOMBUCHA</b>				
CV053	Ginger Kombucha	240ml	2.25	GOV
CV062	Original Kombucha	240ml	2.25	GOV
CV064	Passion Fruit Kombucha	240ml	2.25	GOV
CV070	Raspberry Kombucha	240ml	2.25	GOV
<b>KARMA</b>				
	Kefir			
CV753	Kefruit Elderflower & Hibisc.	500ml	3.40	FOVB
CV752	Kefruit Fig and Lemon	500ml	3.40	FOVB
CV756	Kefruit Ginger Kombucha	500ml	3.40	FOVB
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
<b>LOVING FOODS</b>				
CV176	Blueberry & Lavender Kombucha	330ml	2.99	OSV
CV173	Hibiscus & Lime Jun Kombucha	330ml	2.99	OS
CV231	Jun Kombucha	330ml	2.99	OSV
CV205	Lemon & Ginger Jun Kombucha	330ml	2.99	OSV
CV233	Matcha & Mint Kombucha	330ml	2.99	OSV
CV244	Raspberry & Tulsi Kombucha	330ml	2.99	OSV
<b>SOJADE</b>				
CV264	Blueberry & Cherry Soya Kefir	250ml	1.85	GOV
CV268	Natural Organic Soya Kefir	250ml	1.80	GOV
<b>SUUR</b>				
	Live Shots			
CV312	Beet Kvass Shot	100ml	2.49	OSV
CV313	Garlic & Dill Shot	100ml	2.49	OSV
CV354	Golden Ginger Shot	100ml	2.49	OSV
CV362	Kimchi Shot	100ml	2.49	OSV
<b>EGGS</b>				
<b>THE ORGANIC EGG COMPANY</b>				
	Minimum 5 days shelf-life			
CV794	Organic Free Range Eggs	per dozen	3.89	O
<b>ESSENTIAL OILS</b>				
<b>AQUA OLEUM</b>				
	Organic Essential Oils			
AR006	Eucalyptus	10ml	5.19	OV
AR021	Frankincense Organic	10ml	18.29	OV
AR010	Geranium Organic	10ml	13.19	VO
AR241	Lavender Organic	10ml	8.00	VO
AR012	Patchouli Organic	10ml	9.19	VO
AR025	Peppermint Organic	10ml	6.69	OV
AR016	Tea Tree Organic	10ml	5.89	VO
<b>FAR EASTERN FOOD</b>				
<b>SUMA</b>				
VF007	Coconut Cream	400ml	2.19	OV
LJ350	Coconut Milk Organic	400ml	1.99	OV
LJ400	Creamed Coconut Organic	200g	2.15	OV
<b>AMAIZIN</b>				
LJ025	Coconut Whipping Cream	400g	3.49	OV
<b>BIONA</b>				
WT071	Asia Noodles Organic	250g	2.65	OV
KJ094	Coconut Aminos Original	250ml	4.50	OSV



code	product	size	rrp	bfgosv
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
<b>BONSAN</b>				
JP028	Sunflower Ghee	200g	5.50	OV
<b>CLEARSPRING</b>				
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
JP100	Rice Mirin	250ml	5.49	OV
JP066	Shiitake Mushrooms - Organic	40g	7.49	OV
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
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
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
JP213	Miso - Hatcho	300g	5.59	OV
JP057	Miso Ramen Noodles/Miso Soup	210g	4.49	OV
JP086	Sweet White Miso - Organic	250g	4.99	OV
Noodles				
JP056	All Buckwheat Soba Noodles	200g	3.99	GOV
JP053	Brown Rice Noodles - GF	200g	2.89	GOV
JP037	Brown Rice Udon Noodles	200g	3.49	OV
JP054	Brown Rice Wide Noodles - GF	200g	3.15	GOV
JP036	Skinny Soba Somen Noodles	200g	2.99	OV
JP038	Soba Noodles	200g	2.99	OV
JP039	Udon Noodles	200g	2.89	OV
JP040	Wide Udon Noodles	200g	2.89	OV
Sea Veg				
JP003	Dulse - Atlantic Coast Organic	25g	4.59	OV
JP082	Seaveg Crispies - Original	4g	0.99	GOV

code	product	size	rrp	bfgosv
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
JP092	Wakame Organic Soya Sauce	25g	3.99	OV
JP605	Shoyu	2.5l	25.59	OV
JP129	Shoyu Soya Sauce	150ml	2.69	VO
JP500	Shoyu Soya Sauce	500ml	5.49	VO
JP679	Soya Sauce	150ml	2.29	OV
JP130	Tamari Soy Sauce Double Strnth	150ml	3.59	GOV
JP098	Tamari Soya Sauce	150ml	2.69	GOV
JP099	Tamari Soya Sauce	250ml	3.69	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	GOV
JP501	Tamari Soya Sauce	500ml	9.79	GOV
JP110	Tamari Soya Sauce	1l	17.99	GOV
<b>COCOFINA</b>				
KJ319	Coconut Amino Sauce	250ml	5.99	OV
<b>GEO ORGANICS</b>				
VF228	Indonesian Rendang Curry Paste	180g	2.90	OV
VF229	Indonesian Satay Curry Paste	180g	2.89	OV
VF738	Thai Green Curry Paste OG	180g	2.70	OV
VF739	Thai Red Curry Paste OG	180g	2.70	OV
VF247	Thai Yellow Curry Paste	180g	2.70	OV
<b>KIKKOMAN</b>				
JP051	Organic Soy Sauce	250ml	3.99	OV
<b>KING SOBA</b>				
WT210	100% Buckwheat Noodles	250g	2.59	OV
WT954	Black Rice Noodles	250g	2.59	OV
WT037	Brown Rice Noodles	250g	2.59	OV
WT952	Brown Rice Wakame Noodles	250g	2.59	OV
WT953	Buckwheat & Sweet Potato	250g	2.59	OV
WT212	Millet & Brown Rice Noodles	250g	2.59	OV
WT057	Miso Soup Edamame Soya Bean	60g	3.50	OV
WT123	Og Basmati White Rice Noodles	250g	2.59	OFV
WT058	Og Miso Soup Pumpkin & Veg	60g	3.50	OV
WT059	Og Miso Soup Tofu & Ginger	60g	3.50	OV
WT099	Organic Brown Rice Ramen	280g	3.19	OV
WT097	Organic Buckwheat Ramen	280g	3.19	OV
WT054	Organic Chilli Miso Ramen Cup	85g	2.39	OV
WT055	Organic Classic Miso Ramen	85g	2.39	OV
WT069	Organic Edame Miso Ramen	80g	2.15	OV
WT088	Organic Vermicelli Noodles	250g	2.59	OV
WT087	Pad Thai Noodles Fairtrade	250g	2.59	FOV
WT951	Pumpkin Ginger & Rice Noodles	250g	2.59	OV
WT217	Thai Rice Noodles	250g	2.59	OV
<b>KING SOBA NOODLE CULTURE</b>				
WT034	Buckwheat Ramen Noodle Kit	190g	3.49	GOV
<b>SANCHI</b>				
JP670	Tamari - organic	150ml	3.95	OV
<b>SEEDS OF CHANGE</b>				
VF063	Sweet & Sour Cooking Sauce	350g	2.99	OSV
<b>YAKSO</b>				
JP012	Coconut Aminos	250ml	7.25	GOV
WT164	Egg Noodles - organic	250g	2.39	O
JP088	Chee	300g	1.75	O
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

code	product	size	rrp	bfgosv
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
	<b>YUTAKA</b>			
JP005	Miso Paste - Organic	300g	5.15	OV
	<b>FLAKES, BRANS &amp; WHEATGERM</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
FX067	Bran Sticks - organic	250g	1.75	OV
FX024	Buckwheat Flakes - organic	500g	3.99	OV
QS124	Oat Groats - Organic	500g	2.19	VO
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	1.79	OV
FX656	Quinoa Flakes - organic	500g	4.99	OV
FX032	Rice Flakes Brown - organic	500g	3.95	OV
FX093	Rye Flakes - organic	500g	1.79	OV
FX213	Toasted Malted Wheat Flakes OG	400g	2.25	OV
	<b>ALARA</b>			
FX026	Gluten Free Scottish Porridge	500g	3.99	GOV
	<b>PIMHILL</b>			
FX006	Oats - jumbo, organic	850g	2.55	OV
FX005	Oats - porridge, organic	850g	2.55	OV
	<b>FLOURS &amp; BREAD MIXES</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
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
	<b>AMISA</b>			
FG085	Chestnut Flour - Organic	350g	5.99	GOV
FG065	Chickpea Flour	400g	3.45	GOV
FG013	Quinoa Flour	375g	4.85	GOV
	<b>BACHELDRE</b>			
FG165	Stoneground Malted Blend Flour	1.5kg	2.59	OV
FG187	Stoneground Plain White Flour	1.5kg	2.45	OV
FG175	Stoneground Rye Flour	1.5kg	2.59	OV
FG179	Stoneground Spelt Flour	1.5kg	3.69	OV
FG160	Stoneground Strong White Flour	1.5kg	2.45	OV
FG162	Strong 100% Wholemeal Flour	1.5kg	2.45	OV
	<b>BIONA</b>			
FG163	Coconut Flour - Organic	500g	3.50	GOV
	<b>CLEARSPRING</b>			
FG180	Breadcrumbs - Brown Rice, GF	250g	4.49	GOV
	<b>COCONUT MERCHANT</b>			
FG073	Organic Coconut Flour	500g	4.99	OV
	<b>DOVES FARM</b>			
FG097	Chickpea Flour	260g	2.45	GOV
FG069	Fine Plain White Flour	1kg	1.65	OV
FG010	Fine Plain Wholemeal Flour	1kg	1.49	VO
FG103	Heritage Seeded Bread Flour	1kg	3.49	OV
FG004	Malthouse Bread Flour	1kg	1.79	OV
FG096	OAT FLOUR	450g	4.19	GOV
FG047	Organic Coconut Flour	500g	3.95	GOV
FG098	Quinoa Flour	310g	3.99	GOV
FG101	Seeded Bread Flour	1kg	3.19	OV
FG115	Self Raising Wholemeal Flour	1kg	1.49	OV
FG997	Speciality Pasta Flour	1kg	1.99	OV
FG072	Strong White Bread Flour	1.5kg	2.15	OV
FG008	Strong Wholemeal Bread Flour	1.5kg	2.90	OV

code	product	size	rrp	bfgosv
FG070	White Self Raising Flour	1kg	1.65	OV
	Artisan Flour			
FG028	Buckwheat Wholegrain Flour	1kg	4.75	OV
FG082	Einkorn Flour	1kg	3.69	OV
FG011	Khorasan Flour Wholegrain	1kg	4.79	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
	<b>GILCHESTERS ORGANICS</b>			
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
	<b>HODMEDOD'S</b>			
FG099	YQ Population Wheat Flour	1.5kg	2.99	OV
	<b>LITTLE SALKELD WATERMILL</b>			
FG804	Barley Flour - organic	500g	2.44	OVB
	<b>SHARPHAM PARK</b>			
FG091	Organic White Spelt Flour	1kg	4.90	OV
	Organic Heritage Flours			
FG090	Spelt, Emmer & Einkorn Flour	1kg	4.39	OV
	<b>SHIPTON MILL</b>			
FG899	3 Malts/Sunflower Brown Flour	1kg	1.79	OV
FG133	Light Rye 997 Flour Organic	1kg	1.89	OV
FG136	Soft Cake & Pastry White Flour	1kg	1.55	OV
FG190	Spelt Flour - White, Organic	1kg	2.89	OV
FG189	Spelt Flour - Wholemeal, Org	1kg	2.59	OV
FG898	White Flour - Organic	1kg	1.55	OV
FG876	White Strong Organic Flour	2.5kg	3.69	OV
FG077	Wholemeal Flour - Organic	1kg	1.55	OV
FG079	Wholemeal Organic Flour	2.5kg	3.69	OV
	Specialist Flour			
FG080	Chestnut Flour	500g	6.95	GOV
	<b>FRUIT - CANNED &amp; JARRED</b>			
	<b>SUMA</b>			
KJ700	Organic Young Jackfruit Chunks	400g	2.79	OV
	<b>BIONA</b>			
VF134	Apple Puree Organic	700g	2.85	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
	<b>CLEARSPRING</b>			
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
	<b>ESSENTIAL TRADING</b>			
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
	<b>FRUIT - DRIED</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
DR063	Apricots - organic	250g	3.25	OV
DR250	Apricots - organic	500g	6.50	OV

code	product	size	rrp	bfgosv
DR655	Banana Chips - Organic	250g	2.55	OS
DR132	Cherries sour - Organic	125g	3.19	OV
DR325	Cranberries - organic	125g	1.79	OSV
DR057	Cranberries - organic	250g	3.25	OSV
DR073	Currants - organic	250g	2.15	OV
DR251	Currants - organic	500g	3.69	OV
DR159	Dates - Medjool Organic	250g	4.25	OV
DR074	Dates - pitted organic	250g	2.39	OV
DR252	Dates - pitted organic	500g	4.15	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	1.99	OSV
DR020	Ginger - crystallised organic	250g	3.49	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	1.99	OV
DR255	Raisins - organic	500g	3.15	OV
DR066	Sultanas - organic	250g	1.99	OV
DR256	Sultanas - organic	500g	3.15	OV
DR365	Vine Fruit Mix - organic	500g	3.99	OV
<b>CRAZY JACK</b>				
DR030	Organic Soft Apricots	200g	3.19	OV
DR031	Organic Soft Dates	200g	2.15	OV
DR034	Organic Soft Figs	200g	2.29	OV
DR356	Organic Soft Prunes	200g	4.25	OV
<b>PEARLS OF SAMARKAND</b>				
DR217	Sour Cherries	100g	3.35	OV
DR232	Sweet Cherries	100g	3.29	OV
<b>THE RAW CHOCOLATE CO</b>				
DR188	Goji Berries	150g	5.59	GOV
<b>TROPICAL WHOLEFOODS</b>				
DR200	Fairtrade Organic Mango	100g	2.85	FOV
DR233	Sun Dried Banana Chips	150g	2.45	FOV
DR234	Sun Dried Pineapple	100g	2.99	FOV
<b>FRUIT &amp; VEGETABLE JUICES</b>				
<b>SUMA</b>				
JU251	Lemon Juice - organic	1l	6.99	OV
JU245	Lemon Juice - organic	250ml	2.16	OV
JU282	Lime Juice - organic	250ml	2.16	OV
<b>BEET IT</b>				
	From James White			
JU453	Beetroot Juice	750ml	3.55	OV
JU454	Beetroot Juice	250ml	1.79	OV
JU719	Beetroot Juice with Apple	1l	4.39	OV
JU204	Beetroot Juice with Ginger	750ml	3.69	OV
<b>BIONA</b>				
JU703	Ginger Juice - Organic	200ml	4.99	OV
JU702	Lemon Juice - Organic	200ml	2.55	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	4.25	OV
JU181	Pomegranate	1l	5.89	OV
JU130	Tart Cherry Juice	1l	5.89	OV
	750ml Glass			
JU289	Pressed Tomato Juice Organic	750ml	2.99	OV
	Glass Bottles			

code	product	size	rrp	bfgosv
JU521	Cranberry Fruit Drink	750ml	5.69	OV
JU182	Pomegranate Juice Superjuice	200ml	2.15	OV
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 Tetrapacks	330ml	4.29	OV
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	2.35	OV
JU151	Carrot Juice	500ml	2.25	OV
JU185	Vegetable Juice	500ml	2.25	OV
<b>JAMES WHITE</b>				
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
JU599	Pear Juice Glass Bottles 750ml	250ml	1.59	OV
JU864	Apple & Ginger	750ml	3.55	OV
JU095	Apple Juice	750ml	3.45	OV
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
JU431	Tomato	750ml	3.55	OV
JU324	Vegetable Juice	750ml	3.55	OV
<b>PIP ORGANIC</b>				
Fruit Juice				
JU670	Cloudy Apple	4 x 180ml	4.99	OV
JU696	Strawberry & Blackcurrant Fruit Juice with Spring Water	4 x 180ml	4.99	OV
JU698	Blackcurrant, Raspberry, Apple	4 x 180ml	4.99	OV
JU699	Mango, Orange & Apple Smoothies	4 x 180ml	4.99	OV
JU697	Pineapple & Mango Smoothie	4 x 180ml	4.99	OV
JU065	Strawberry & Banana Smoothie	4 x 180ml	4.99	OV
<b>SUNITA</b>				
JU671	Lemon Juice - organic	250ml	2.79	OV
JU672	Lemon Juice - organic	1l	8.99	OV
JU129	Orange Juice - organic	1l	5.55	OV
<b>ZINGER</b>				
JU647	Extra Ginger Zinger Shot	70ml	1.79	OV
JU571	Ginger Zinger Shot	70ml	1.69	OV
<b>FRUIT (FROZEN)</b>				
<b>NATURAL COOL</b>				
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
<b>GRAINS</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
QS068	Buckwheat - unroasted organic	500g	2.75	OV
QS300	Bulgar wheat - organic	500g	1.99	OV
QS150	Corn Couscous - Organic	500g	3.89	OV
QS301	Couscous - wholemeal, organic	500g	2.39	OV
QS322	Millet - organic	500g	2.45	VO

code	product	size	rrp	bfgosv
QS165	Pearl barley, organic	500g	1.55	OV
QS070	Popcorn - organic	500g	2.29	OV
QS065	Quinoa, Red - Organic	500g	2.99	OV
QS075	Quinoa, Tricolour - Organic	500g	3.49	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
<b>BIOFAIR</b>				
QS024	Organic Fairtrade Quinoa Tri	500g	5.50	FOV
<b>BIONA</b>				
QS013	Fonio	350g	4.75	OV
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
<b>MR ORGANIC</b>				
QS020	Red Lentil Rice	250g	3.65	GOV
<b>SHARPHAM PARK</b>				
QS058	Pearled Spelt Organic	500g	3.29	OV
QS148	Spelt Grain Organic	500g	2.55	OV
<b>ZAYTOUN</b>				
QS014	Maftoul Giant Couscous	200g	3.49	FOV
<b>GRAVY, STOCK &amp; BOUILLON</b>				
<b>SUMA</b>				
LJ650	Organic Bouillon	150g	2.39	GOV
<b>KALLO</b>				
LJ102	French Onion Stock Cubes	66g	1.75	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.75	GOVS
LJ248	Garlic stock paste	100g	2.89	OV
LJ034	Low Salt Org Gravy Granules	160g	3.29	OSV
LJ171	Low Salt Vegetable Stock Cubes	60g	1.75	GOVS
LJ122	Mushroom Stock Cubes	66g	1.75	GOVS
LJ001	Paprika Stock Cubes	66g	1.75	GOV
LJ232	Sriracha Stock Cubes	66g	1.69	GOV
LJ101	Tomato & Herb Stock Cubes	66g	1.75	GOVS
LJ205	Umami Stock Cubes	66g	1.69	GOV
LJ120	Vegetable Stock Cubes	66g	1.75	GOV
LJ249	Vegetable Stock Paste	100g	2.89	OV
<b>MARIGOLD</b>				
LJ211	Bouillon Cubes	8	1.29	GOV
LJ073	Bouillon Powder - Organic	150g	2.35	GOV
LJ238	Bouillon Powder - Organic	500g	7.15	GOV
LJ177	Bouillon Powder - Organic	900g	12.85	OV
LJ326	Gravy Powder - Organic	110g	2.39	OVS
LJ212	Low Salt Bouillon Cubes	8	1.49	GOV
LJ074	Organic Bouillon Reduced Salt	140g	2.49	GOV
LJ193	Organic Bouillon Reduced Salt	500g	7.15	OV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.39	GOV
<b>NINE MEALS FROM ANARCHY</b>				
LJ210	Real Veg Stock - Garden Herb	105g	3.49	OV
LJ033	Real Veg Stock - Original	105g	3.49	OV
LJ213	Real Veg Stock - Umami	105g	3.49	OV

code	product	size	rrp	bfgosv
<b>HERB &amp; FRUIT TEA INFUSIONS</b>				
<b>CELESTIAL SEASONINGS</b>				
TE987	Cinnamon & Cardamom	20 bags	3.29	OV
TE986	Ginger & Turmeric	20 bags	3.29	OV
<b>CLIPPER</b>				
TE011	Rooibos	80 bags	3.99	OV
TE147	Rooibos	40 bags	3.49	OV
	Everyday Infusions			
TE788	Chamomile	20 bags	2.20	OV
TE963	Dandelion	20 bags	2.20	OV
TE694	Fennel	20 bags	2.20	OV
TE035	Indian Chai	20 bags	2.19	FGOV
TE960	Lemon & Ginger	20 bags	2.20	OV
TE942	Liquorice	20 bags	2.20	OV
TE959	Nettle	20 bags	2.20	OV
TE629	Organic Detox	20 bags	2.20	OV
TE631	Organic Sleep Easy	20 bags	2.20	OV
TE789	Peppermint	20 bags	2.20	OV
TE307	Raspberry Leaf	20 bags	2.20	OV
	Food Service Range			
TE148	Chamomile	25 bags	2.99	FOV
TE455	Lemon & Ginger	25 bags	3.35	OV
TE166	Peppermint	25 bags	2.99	FOV
TE454	Wild Berry	25 bags	3.35	OV
	Mood Infusions			
TE118	After Dinner Mints	20 bags	2.49	OV
TE264	Groovy Ginger	20 bags	2.99	OV
TE070	Karma Mama	20 bags	2.99	OV
TE352	Restoring Roots	20 bags	2.49	OV
TE127	Snore & Peace	20 bags	2.49	OV
<b>DRAGONFLY TEA</b>				
TE440	Cape Malay Rooibos Chai	20 bags	2.59	OV
TE588	Cape Rooibos & Honeybush Tea	20 bags	2.59	OV
TE569	Golden Balance Turmeric Tea	20 bags	2.69	OV
TE813	Good Dragon Pu'er Tea	20 bags	2.59	OV
TE139	Happy Times Tulsi	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
TE234	Swirling Mist White Tea	20 bags	2.69	OV
TE145	True Clarity Ginger	20 bags	2.69	OV
	Rooibos Teas			
TE363	Rooibos	40 bags	3.10	OV
TE367	Rooibos Earl Grey	40 bags	3.10	OV
TE376	Rooibos Vanilla	40 bags	3.10	OV
<b>ELEVEN O'CLOCK</b>				
TE381	Rooibos	40 bags	2.59	OV
TE382	Rooibos	80 bags	5.90	OV
<b>ESSENTIAL</b>				
TE271	Camomile Herbal Infusion	20 bags	2.19	OV
TE279	Peppermint Herbal Infusion	20 bags	2.19	OV
<b>FLORADIX</b>				
TE126	Hawthorn	15 bags	2.35	OV
TE457	Sage	15 bags	2.35	VO
<b>HAMPSTEAD TEA</b>				
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



code	product	size	rrp	bfgosv
TE556	Peppermint Spearmint	20 bags	2.79	FOVB
TE557	Rosehip Hibiscus Wellness Teas	20 bags	2.79	FOVB
TE184	Matcha Green Tea with Nettle	20 bags	2.99	OVB
TE220	Rooibos	20 bags	2.99	OVB
TE180	Sleep Well	20 bags	2.99	OVB
TE227	Turmeric with Cinnamon	20 bags	2.99	OVB
<b>HEATH AND HEATHER</b>				
	Botanicals			
TE295	Morning Time	20 bags	2.99	OV
TE296	Night Time Tea	20 bags	2.99	OV
TE297	Slim Tea	20 bags	2.99	OV
TE594	Turmeric Root Brew Infusions	20 bags	2.99	GOV
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
TE685	Nettle	20 bags	2.49	OV
TE662	Peppermint	20 bags	2.49	OV
TE682	Raspberry Leaf Organics	20 bags	2.49	OV
TE274	Wild Rosehip	20 bags	2.49	OV
<b>JUST T</b>				
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
<b>PUKKA</b>				
TE438	After Dinner Tea	20 bags	3.29	OV
TE927	Blackcurrant Beauty	20 bags	3.29	OV
TE719	Chamomile Vanilla Manuka Hon	20 bags	3.29	O
TE421	Clean Matcha Green	20 bags	3.29	FOV
TE568	Cleanse	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
TE318	Joy	20 bags	3.29	OV
TE334	Lemon Ginger & Manuka Honey	20 bags	3.29	O
TE481	Lemongrass and Ginger	20 bags	3.29	OV
TE478	Licorice and Cinnamon	20 bags	3.29	OV
TE393	Love	20 bags	3.29	OV
TE490	Mint Matcha Green	20 bags	3.29	FOV
TE165	Mint Refresh	20 bags	3.29	OV
TE246	Night Time	20 bags	3.29	OV
TE231	Night Time Berry	20 bags	3.29	OV
TE095	Original (Black Spice) Chai	20 bags	3.29	FOV
TE102	Peace	20 bags	3.29	OV
TE043	Peppermint and Licorice	20 bags	3.29	OV
TE170	Relax	20 bags	3.29	OV
TE171	Revitalising	20 bags	3.29	OV
TE542	Supreme Green Matcha	20 bags	3.29	FOV
TE811	Three Chamomile	20 bags	3.29	OV
TE328	Three Cinnamon	20 bags	3.29	OV
TE602	Three Fennel	20 bags	3.29	OV

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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	3.29	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
	Aqua Herbs			
TE288	Chamomile Relax	30ml	4.79	O
TE294	Citrus Zing	30ml	4.79	O
TE301	Turmeric Active	30ml	4.79	O
	Collections			
TE509	Day To Night Collection	20 bags	3.59	OV
TE678	Green Collection	20 bags	3.59	OV
TE721	Herbal Collection	20 bags	3.59	O
	Gift Range			
TE185	Days of Christmas Calendar2020	1	5.99	O
TE322	Pukka Calm Collection	30 sachet	9.99	O
TE335	Pukka Discovery Collection	42	24.99	OV
TE230	Tea Selection Box	1	14.99	O
	<b>TAKA</b>			
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
	<b>TICK TOCK</b>			
	40 Bags			
TE431	Green Rooibos - organic	40 bags	2.79	OV
TE430	Rooibos - organic	40 bags	2.59	OV
	80 Bags			
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
	<b>YOGI TEA</b>			
TE593	Alkaline Herbs	17 bags	2.59	GOV
TE553	Bedtime	17 bags	2.59	OV
TE250	Bedtime Rooibos Vanilla	17 bags	2.59	OV
TE067	Bee Happy	17 bags	2.59	GOV
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

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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	2.59	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	2.59	GOV
TE263	Natural Energy	17 bags	2.59	GOV
TE129	Natural Wellbeing	20 bags	2.59	GOV
TE618	Peaceful Moment	20 bags	2.25	GOV
TE625	Pure Freshness	20 bags	2.59	GOV
TE610	Pure Happiness	20 bags	2.59	GOV
	Loose Tea			
TE620	Classic Chai	90g	2.95	OV
TE341	Turmeric Chai	90g	2.95	OV
	<b>YOGI TEAS</b>			
	Gift Range			
TE265	Yogi Tea Selection Box	1	11.99	GOV
	<b>HERBS &amp; SPICES - PREPACKED</b>			
	<b>SUMA ORGANIC</b>			
	Herbs - organic			
HE365	Basil - organic	20g	1.59	OV
HE366	Bay Leaves - organic	10g	1.59	OV
HE377	Dill Herb - organic	15g	1.59	OV
HE378	Garlic Granules - organic	20g	1.59	OV
HE380	Mixed Herbs - organic	20g	1.59	OV
HE385	Oregano - organic	20g	1.59	OV
HE387	Parsley - organic	15g	1.59	OV
HE390	Rosemary - organic	20g	1.59	OV
HE391	Sage - organic	25g	1.59	OV
HE393	Thyme - Organic	25g	1.59	OV
	Milled Spices - organic			
HE371	Chilli powder - organic	25g	1.59	OV
HE370	Cinnamon - organic	30g	1.59	OV
HE374	Coriander - organic	40g	1.59	OV
HE376	Cumin Ground - organic	25g	1.59	OV
HE379	Ginger - organic	30g	1.59	OV
HE381	Mixed Spice - organic	25g	1.59	OV
HE384	Nutmeg, organic	20g	1.59	OV
HE386	Paprika - organic	25g	1.59	OV
HE394	Turmeric - organic	30g	1.59	OV
	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

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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
<b>HONEY</b>				
<b>EQUAL EXCHANGE</b>				
HY005	Organic Raw Clear	500g	5.90	FO
HY004	Organic Raw Set	500g	5.90	FO
<b>HILLTOP HONEY</b>				
HY075	Organic Acacia Honey	370g	4.49	O
HY036	Organic Brazilian Mountain	340g	6.75	O
HY076	Organic Multi Flower Honey	370g	4.25	OG
<b>LITTLEOVER APIARIES</b>				
HY037	Organic Acacia Honey	340g	5.69	O
HY040	Organic Clear Wildflower Honey	340g	3.99	O
HY052	Organic Forest Honey	340g	8.29	O
HY041	Organic Wildflower Set Honey	340g	3.99	O
<b>RAW HEALTH</b>				
HY013	Acacia Honey	350g	6.90	O
HY016	Tropical Honey	350g	6.79	O
<b>ROWSE</b>				
HY263	Organic Honey - Clear	340g	4.35	O
HY264	Organic Honey - Set	340g	4.35	O
HY267	Squeezable Organic Honey	340g	4.35	O
<b>WAINWRIGHT'S</b>				
HY100	Organic Forest Honey - Clear	380g	4.79	FO
HY099	Organic Forest Honey - Set	380g	4.79	FO
<b>HOUSEHOLD CLEANING PRODUCTS</b>				
<b>GREEN FROG BOTANIC</b>				
HJ190	Laundry Soap Nuts - 1kg	1kg	15.49	OV
HJ189	Laundry Soap Nuts - 250g Bag	250g	5.29	OV
HJ183	Laundry Soap Nuts - 500g Bag	500g	9.19	OV
<b>HOUSEHOLD PRODUCTS</b>				
<b>WAFI ROOM FRAGRANCE</b>				
NF527	Lavender Air Freshener	100ml	5.99	OV
NF528	Lemongrass Room Fragrance	100ml	5.99	OV
<b>WAX WRAP</b>				
NF360	Beeswax Cotton Food Bags	3	22.50	O
	Reusable Cotton Roll			
NF249	Beeswax Cotton Food Roll - Lrg	1	19.99	O
NF247	Beeswax Cotton Food Roll - Med	1	15.99	O
<b>INDIAN FOOD</b>				
<b>GEO ORGANICS</b>				
VF740	Balti Paste OG	180g	2.75	OV
VF249	Bhuna Curry Paste	180g	2.69	OV
VF743	Korma Paste OG	180g	2.49	OV
VF742	Madras Curry Paste OG	180g	2.75	OV
KJ573	Mango Chutney OG Fairtrade	300g	3.50	FOSV
VF744	Tikka Masala Paste OG	180g	2.55	OV
<b>SEEDS OF CHANGE</b>				
VF064	Tikka Masala Sauce - OG	350g	2.99	OS
<b>INTIMATE CARE</b>				
<b>HERE WE FLO</b>				
	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
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code	product	size	rrp	bfgosv
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
<b>NATRACARE</b>				
	Pads			
NF048	Organic Cotton Panty Liners	22	2.17	OV
	Tampons			
NF826	Applicator Tampon - Super	16	3.15	OV
NF823	Applicator Tampons - Regular	16	3.50	OV
NF085	Tampons Regular - Organic	20	2.75	VO
NF086	Tampons Super - Organic	20	2.85	OV
NF087	Tampons Super Plus - OG	20	2.95	VO
	Wipes			
NF204	Organic Cotton Intimate Wipes	12	2.35	OV
<b>ORGANYC</b>				
NF227	Pads - Heavy Flow	10	3.99	OV
NF199	Pads - Moderate Flow	10	3.79	OV
<b>JAMS &amp; FRUIT SPREADS</b>				
<b>BIONA</b>				
JS039	Organic Strawberry Spread	250g	3.35	OV
JS001	Pear & Apple Spread - organic	450g	5.29	OV
<b>BIONOVA</b>				
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
<b>FRUIT TREE</b>				
KJ200	Summer Berries Fruit Spread	250g	3.99	OV
<b>FRUTETO ITALIA</b>				
KJ197	Apricot Fruit Spread	250g	3.99	OV
KJ201	Blueberry Fruit Spread	250g	3.99	OV
KJ227	Cherry Fruit Spread	250g	3.99	OV
KJ204	Mango Fruit Spread OG	250g	3.99	OV
KJ198	Peach Fruit Spread	250g	3.99	OV
KJ199	Raspberry Fruit Spread	250g	3.99	OV
KJ196	Strawberry Fruit Spread	250g	3.99	OV
<b>MERIDIAN</b>				
JS018	Apricot Spread - organic	284g	3.89	VO
JS019	Blackcurrant Spread - organic	284g	3.89	VO
JS304	Cherries & Berries Spread - og	284g	3.89	OV
JS020	Morello Cherry Spread -organic	284g	3.89	VO
JS245	Raspberry Spread - organic	284g	4.89	OV
JS017	Seville Orange Spread -organic	284g	3.89	VO
JS021	Strawberry Spread - organic	284g	3.89	VO
JS100	Wild Blueberry Spread - og	284g	4.39	OV
<b>TRAIDCRAFT</b>				
GH165	Organic Orange Marmalade	340g	3.29	FOVS
GH166	Organic Strawberry Jam	340g	3.69	FOVS
<b>JUICE CONCENTRATES &amp; CORDIALS</b>				
<b>SUMA</b>				
JU241	Apple & Blackcurrant	400ml	6.29	OV
JU240	Apple Juice	400ml	5.69	OV
	Chilled products			
JU243	Apple Juice Concentrate	5l	5.99	OV
<b>BELVOIR</b>				
JU275	Organic Elderflower Cordial	500ml	5.89	GOSV
JU359	Organic Elderflower Rose Cord	500ml	5.89	GOSV
JU276	Organic Ginger Cordial	500ml	5.89	GOSV
JU355	Organic Lemon & Mint Cordial	500ml	5.89	GOSV
<b>ROCKS</b>				
JU426	Blackcurrant Squash - organic	740ml	3.69	OSV
JU427	Lemon Squash - organic	740ml	3.69	OSV

code	product	size	rrp	bfgosv
JU428	Orange Squash - organic	740ml	3.69	OSV
<b>MARGARINES &amp; SPREADS (CHILLED)</b>				
<b>SUMA</b>				
MA065	Sunflower Spread Organic	500g	3.75	VO
<b>BIONA</b>				
MA468	Extra Olive Spread	250g	3.75	OV
MA061	Vegetable Margarine	250g	3.50	OV
MA030	Vegetable Margarine	500g	4.80	OV
<b>NATURLI'</b>				
CV879	Spreadable Vegan Butter	225g	2.00	GOV
CV735	Spreadable Vegan Butter	450g	3.85	GOV
CV880	Vegan Butter Block	200g	2.00	GOV
<b>MAYONNAISE &amp; SALAD DRESSINGS</b>				
<b>SUMA</b>				
KJ080	Organic Mayonnaise	300g	2.95	O
<b>BIONA</b>				
KJ401	Mayo - Egg & Soya Free	230g	2.65	OV
KJ013	Original Squeezy Mayonnaise	270g	3.75	OS
<b>BONSAN</b>				
KJ176	Caesar Dressing	310ml	3.35	OSV
KJ181	Vegan Aioli	235ml	2.75	OSV
<b>GEO ORGANICS</b>				
KJ333	Organic Mayo, Vegan	232g	2.55	OV
<b>HLTHPUNK</b>				
KJ299	Bionnaise Plant Based Mayo OG	135g	3.99	OV
<b>KITE</b>				
KJ536	Mayonnaise organic	150g	2.19	O
<b>MR ORGANIC</b>				
KJ498	Egg Free Garlic Mayo	180g	2.79	GOSV
KJ055	Egg Free Mayo	180g	2.79	OSV
<b>SIMPLY DELICIOUS</b>				
KJ366	Garlic Mayonnaise	300ml	3.29	OS
KJ368	Plain Mayonnaise	300ml	3.29	O
<b>MEAT FREE ALTERNATIVES(FROZEN)</b>				
<b>IMPULSE FOODS</b>				
XL109	Organic Garlic & Herb Tempeh	227g	3.00	OV
XL107	Organic Tempeh	227g	3.00	OV
<b>THE TOFOO COMPANY</b>				
XL169	Crispy Spicy Bites	280g	2.85	OV
XL184	Original Crispy Bites	280g	2.85	OV
XL072	Original Crispy Chunkies	200g	2.85	OV
<b>MEATLESS SUBSTITUTES (CHILLED)</b>				
<b>BONSAN</b>				
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
<b>CLEAR SPOT</b>				
CV017	Cumberland Sausages	250g	3.49	OV
CV015	Lincolnshire Sausages	250g	3.49	OV
CV525	Smoked Sausages	250g	3.49	OV
CV528	Spicy Tomato Sausages	250g	3.49	OV
CV358	Tofu and Bean Burger	250g	2.55	OV
<b>FLORENTIN</b>				
CV930	Falafel	240g	4.10	GOV
CV571	Sweet Potato Falafel	240g	4.10	GOV
CV944	Tamruc Falafel	240g	4.25	GOV
<b>TAIFUN</b>				
CV011	Grill Sausages	250g	4.80	OV
CV010	Weiner/Frankfurters	300g	5.70	OV

code	product	size	rrp	bfgosv
	<b>VIANA</b>			
CV404	Bonanza Veggie Steaks	210g	3.90	OSV
CV414	Real Jumbo Frankfurters	275g	4.30	SOV
	<b>WHEATY</b>			
CV683	Chorizo Grande	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
	Spacebars			
CV691	Chorizo	40g	1.35	OV
CV303	Red Hot Chilli Peppers	40g	1.30	OV
	<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>			
	<b>AMISA</b>			
KJ105	Falafel Mix	160g	1.99	GOV
	<b>CARLEY'S</b>			
KJ240	Preserved Lemon - Organic	700g	5.19	OV
	<b>HLTHPUNK</b>			
KJ300	Harissa Chilli Paste Organic	150g	4.99	OV
	<b>JUST WHOLEFOODS</b>			
VF183	Falafel Mix - organic	120g	2.39	OV
	<b>MILK - NON DAIRY</b>			
	<b>ABBOT KINNEYS</b>			
SY106	Best of Plants - Barista Milk	1l	2.29	OV
SY103	Best of Plants - Chocolate	1l	2.49	OSV
SY100	Best of Plants Milk - Mild	1l	2.19	OV
	<b>ALPRO</b>			
SY047	Organic Almond Drink	1l	1.39	GOV
SY049	Organic Coconut Drink	1l	1.39	GOV
SY081	Organic Oat Drink	1l	1.49	OV
SY050	Organic Soya Drink	1l	1.29	GOV
	<b>BIONA</b>			
VF103	Coconut Milk Powder	150g	4.50	OV
VF324	Condensed Coconut Milk	210ml	2.39	OSV
	<b>COCONUT MERCHANT</b>			
VF082	Coconut Milk Powder	250g	5.99	OV
SY105	Organic Coconut Milk	330ml	2.29	OV
	<b>DREAM</b>			
JU361	Rice Dream - Original	1l	2.15	VO
	<b>ECOMIL</b>			
SY139	Almond Barista Drink	1l	2.49	OSV
SY275	Almond Drink	1l	2.99	OV
SY012	Almond Drink Powder	400g	12.99	GOV
SY030	Cuisine - Almond Cream	200ml	1.39	GOV
SY137	Cuisine - Cashew Cream	200ml	1.39	GOV
SY059	Cuisine - Coconut Milk	200ml	1.49	GOV
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
SY279	Soya Drink Powder (sweetened)	400g	9.99	OV
	<b>MINOR FIGURES</b>			
SY196	Organic Barista Oat Milk	1l	2.19	OV
	<b>OATLY</b>			
SY019	Cream - Dairy Free	250ml	1.90	VO
JU377	Oatly Oat Drink Organic	1l	1.85	OV

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	<b>PLAMIL</b>			
SY009	Organic Soya Milk Heritage	1l	2.25	VOG
	<b>PLENISH</b>			
SY119	Almond M*lk	1l	2.95	OV
SY120	Cashew M*lk	1l	2.95	OV
SY118	Coconut M*lk	1l	2.95	GOV
SY121	Hazelnut M*lk	1l	2.95	OV
SY170	Oat M*lk - Gluten Free	1l	2.35	GOV
SY191	Soya M*lk	1l	2.39	OV
	<b>PROVAMEL</b>			
SY090	Almond Drink - Organic	1l	2.69	OV
SY094	Almond Drink - Unsweetened	1l	2.69	GOV
SY011	Coconut & Rice Drink	1l	2.50	GOV
SY203	Oat Barista	1l	2.29	OSV
SY185	Oat Drink - Unsweetened	1l	2.50	OV
SY007	Rice Drink - organic	1l	1.99	GVO
SY080	Soya Milk - sweetened	1l	1.99	GOV
SY025	Soya Milk - Unsweetened	1l	1.99	GOV
	<b>REBEL KITCHEN</b>			
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
	<b>RUDE HEALTH FOODS</b>			
SY004	Almond Drink - Organic	250ml	1.50	GOV
SY129	Almond Drink - Organic	1l	2.49	GOV
SY130	Brown Rice Drink - Organic	1l	2.29	GOV
SY085	Cashew Drink - Organic	1l	3.50	GOV
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
	<b>SHARPHAM PARK</b>			
SY144	Barista Drink	1l	2.59	OV
SY135	Naked Oats Drink	1l	2.29	OV
	<b>SOJADE</b>			
SY211	Barista Soya Drink	1l	1.89	GOV
SY010	Hemp Drink - Unsweetened	1l	2.89	OV
SY141	Oat Drink Organic	1l	2.50	OV
SY400	Rice Drink - Calcium enriched	1l	1.89	GOV
SY018	Soya Drink - calcium & apple	1l	1.95	GOV
SY016	Soya Drink - Unsweetened	1l	1.65	GOV
SY023	Vanilla Soya Drink	1l	2.50	GOV
	<b>THE BRIDGE</b>			
SY160	Coconut Drink	1l	2.29	GOV
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



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	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
	<b>THE COCONUT COMPANY</b>			
SY116	Coconut Milk Powder - Organic	250g	6.99	GOV
SY024	Organic Coconut Milk Powder	1kg	2.99	OV
	<b>MILK (LONGLIFE)</b>			
	<b>MOO</b>			
MJ011	Semi Skimmed Milk - Organic	1l	2.90	O
	<b>NUT &amp; SEED BUTTERS</b>			
	<b>SUMA</b>			
GH047	Peanut Butter Crunchy + Salt	700g	8.90	VO
GH022	Peanut Butter, Crunchy + Salt	340g	4.90	VO
GH135	Peanut Butter, Crunchy + Salt	340g	4.34	FVO
GH256	Peanut Butter, Crunchy No Salt	340g	4.90	VO
GH248	Peanut Butter, Crunchy No Salt	700g	8.90	VO
GH023	Peanut Butter, Smooth + Salt	340g	4.90	OV
GH051	Peanut Butter, Smooth + Salt	700g	8.90	VO
GH257	Peanut Butter, Smooth No Salt	340g	4.90	VO
GH096	Peanut Butter, Smooth No Salt	700g	8.90	VO
GH950	Tahini - dark, organic	280g	4.50	OV
GH675	Tahini - light, organic	280g	4.50	OV
	<b>BIONA</b>			
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	1.50	OV
GH104	Organic Peanut Butter Smooth	1kg	1.50	OV
	<b>CARLEY'S</b>			
GH024	Almond Butter- Organic	170g	4.65	OV
GH025	Cashew Butter- Organic	170g	4.45	OV
GH034	Pumpkinseed Butter - og	250g	3.79	OV
GH215	Raw Almond Butter	250g	6.35	OV
GH216	Raw Almond Butter	425g	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
	<b>CLEARSPRING</b>			
GH131	Tahini - Black Sesame	170g	3.29	OV
	<b>COCONUT MERCHANT</b>			
GH076	Coconut Butter	300g	5.99	GOV
	<b>MERIDIAN</b>			
GH072	Almond Butter Smooth + salt	170g	5.89	OV
GH081	Cashew Butter Smooth	470g	1.49	OV
GH057	Cashew Butter Smooth Organic	170g	3.99	OV
GH128	Organic Crunchy Peanut Butter	470g	5.49	OV
GH009	Organic Dark Tahini	470g	5.19	OV
GH205	Organic Light Tahini	470g	5.19	OV
GH169	Organic Smooth Almond Butter	470g	14.79	OV
GH200	Organic Smooth Peanut Butter	470g	5.49	OV
GH028	Peanut Butter Crunchy + Salt	280g	3.39	OV
GH109	Peanut Butter Smooth-org +salt	280g	3.39	OV
GH064	Tahini - dark, organic	270g	3.49	OV
GH020	Tahini - light, organic	270g	3.49	OV
	100% Nuts			

code	product	size	rrp	bfgosv
GH094	Almond Butter Smooth Organic	170g	5.89	OV
GH063	Peanut Butter Crunchy	280g	3.39	OV
GH097	Peanut Butter Crunchy-Organic	1kg	1.75	OV
GH110	Peanut Butter Smooth	280g	3.39	OV
GH069	Peanut Butter Smooth-Organic	1kg	1.75	OV
	100% Seeds			
GH046	Pumpkin Seed Butter - og	170g	4.45	OV
	<b>RAW HEALTH</b>			
GH011	Whole Raw Almond Butter - og	170g	6.49	OV
GH086	Whole Raw Hazelnut Butter	170g	6.39	OV
GH017	Whole Raw Tahini	170g	3.25	OV
	<b>SUNITA</b>			
GH149	Tahini - light, organic	3kg	35.50	VO
GH996	Tahini, Whole, Organic	3kg	35.50	VO
	<b>WHOLE EARTH</b>			
GH091	Peanut Butter - smooth organic	227g	3.29	GOV
GH090	Peanut Butter -crunchy organic	227g	3.29	GOV
GH151	Peanut Butter-100% Nuts,Crunch	227g	3.15	GOV
	<b>NUTS &amp; SEEDS</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
NU217	Almonds - organic	125g	2.99	OV
NU102	Almonds - organic	250g	5.49	OV
NU159	Almonds - organic	500g	1.49	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	2.75	VO
NU041	Coconut - desiccated, organic	125g	1.35	OV
NU103	Hazelnuts - organic	125g	2.25	OV
NU258	Hazelnuts - organic	250g	3.95	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	1.29	OV
NU218	Peanuts - organic	500g	3.75	OV
NU545	Pine Kernels - organic	125g	6.85	OV
NU212	Pumpkin seeds - organic	125g	1.65	OV
NU323	Pumpkin seeds - organic	250g	2.89	OV
NU261	Pumpkin seeds - organic	500g	5.19	OV
NU213	Sesame seeds - organic	125g	1.19	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
	<b>ALARA</b>			
NU111	Milled Linseeds Mixed Seeds	500g	4.45	OV
NU113	Milled Linseeds Superfoods Mix	500g	4.45	OV
NU098	Raw Milled Linseeds	500g	3.95	OV
	<b>BIONA</b>			
NU304	Amaranth Seeds	500g	2.75	OV
	<b>PEARLS OF SAMARKAND</b>			
NU141	Og Black Sesame Seeds	330g	3.29	OV
	<b>RAW HEALTH</b>			
NU187	Organic Black Chia Seeds	450g	9.15	OV

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	<b>ZAYTOUN</b>			
NU108	Palestinian Almonds	150g	5.99	FOV
	<b>OILS &amp; FATS</b>			
	<b>SUMA</b>			
GT350	Coconut Oil - Culinary	320ml	3.49	OV
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
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
GT085	Olive Oil-Extra Virgin,organic	500ml	6.79	VO
GT087	Olive Oil-Extra Virgin,organic	5l	54.35	VO
GT080	Sunflower Oil - organic	500ml	3.59	VO
GT091	Sunflower Oil - organic	5l	24.50	VO
	<b>BIONA</b>			
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
	<b>CLEARSPRING</b>			
GT070	Avocado Oil - Organic	250ml	8.89	OV
GT035	Flax Oil Organic	250ml	4.15	OV
GT001	Hemp Oil Organic	250ml	5.99	OV
GT049	Italian Olive Oil Organic	250ml	5.19	OV
GT203	Italian Olive Oil Organic	500ml	8.89	OV
GT204	Italian Olive Oil Organic	1l	16.89	OV
GT038	Organic Toasted Sesame Oil	500ml	7.99	OV
GT009	Rapeseed Oil Organic	500ml	4.20	OV
GT207	Sesame Oil organic	500ml	6.79	OV
GT037	Sesame Oil organic	1l	12.69	GOV
GT208	Sesame Oil Toasted organic	250ml	4.99	OV
GT231	Sunflower Frying Oil organic	500ml	4.49	OV
GT230	Sunflower Frying Oil organic	1l	7.49	OV
GT063	Sunflower Frying Oil Organic	2l	13.69	OV
GT201	Sunflower Oil Organic	500ml	3.49	OV
GT202	Sunflower Oil organic	1l	5.99	OV
GT209	Toasted Pumpkin Seed Oil Org	250ml	12.39	OVB
GT211	Walnut Oil Toasted, Organic	250ml	11.99	OV
	<b>COCOFINA</b>			
GT003	Organic Coconut Oil	975ml	14.99	OV
GH074	Organic Coconut Oil - neutral	450ml	3.99	OV
	<b>COCONUT MERCHANT</b>			
GT048	Coconut Oil with Turmeric	500ml	8.99	OV
GT013	Premium Coconut Oil	1l	16.99	OV
GT042	Raw Extra Virgin Coconut Oil	500ml	8.99	OV
	<b>HAPPY BUTTER</b>			
VF204	Organic Ghee	300g	8.50	O
VF202	Organic Ghee	150g	4.99	O
	<b>LA BIO IDEA</b>			
GT044	Italian Og Virgin Olive Oil	1l	13.89	OV
	<b>MANI</b>			
GT007	Og Extra Virgin Olive Oil	500ml	7.99	OV
GT002	Og Extra Virgin Olive Oil	1l	13.99	OV

code	product	size	rrp	bfgosv
<b>MERIDIAN</b>				
GT012	Olive Oil-Extra Virgin,organic	500ml	11.19	VO
GT034	Sesame Oil - og	500ml	1.75	OV
GT016	Sunflower Oil - organic	500ml	5.95	VO
GT033	Toasted Sesame Oil - og	500ml	13.89	OV
<b>NATURES AID</b>				
GT077	Avocado Oil Organic	250ml	9.45	OV
GT076	Pumpkin Seed Oil Organic	250ml	9.45	OV
<b>SUNITA</b>				
GT099	Olive Oil-Extra Virgin Organic	5l	69.00	VO
<b>ZAYTOUN</b>				
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
<b>OLIVES</b>				
<b>GAEA</b>				
VF121	Kalamata Olives - organic	300g	2.95	OV
VF070	Mixed Marinated Olives-organic	300g	2.59	OV
<b>MANI</b>				
KJ432	Og Green & Kalamata Olives	175g	3.69	OV
KJ251	Og Green Olives al Naturale	205g	3.75	OV
KJ424	Og Green Olives al Naturel	205g	3.69	OV
KJ430	Og Kalamata Olives al Naturale	205g	3.69	OV
KJ425	Og Kalamata Olives in OliveOil	280g	4.69	GOV
KJ250	Og Mixed Olives al Naturale	205g	3.75	OV
<b>ORGANICO</b>				
KJ079	OG Black Olives	280g	3.95	OV
KJ410	Pitted Green Olives	280g	2.95	OV
<b>SUNITA</b>				
KJ494	Green Olives Organic	360g	2.99	OV
KJ555	Kalamon Olives - organic	360g	3.90	VO
<b>PASTA</b>				
<b>SUMA</b>				
	Gluten Free			
WT011	Brown rice Fusilli Pasta - Org	500g	3.25	GOV
WT013	Brown Rice Penne Pasta - Org	500g	3.25	GOV
WT008	Corn Rice Fusilli Pasta - Org	500g	2.89	GOV
WT009	Corn Rice Penne Pasta - Org	500g	2.89	GOV
<b>SUMA / IRIS</b>				
WT018	Organic Tricolore Spirals	500g	1.95	OV
WT075	Organic White Fusilli	500g	1.59	OV
WT016	Organic White Macaroni	500g	1.59	OV
WT085	Organic White Penne	500g	1.59	OV
WT090	Organic White Spaghetti	500g	1.59	OV
WT125	Organic Wholewheat Fusilli	500g	1.59	OV
WT095	Organic Wholewheat Penne	500g	1.59	OV
WT120	Organic Wholewheat Spaghetti	500g	1.59	OV
<b>BIONA</b>				
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
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 Fusilli Org	500g	2.75	OV
<b>CIEMME</b>				
WT136	OG Gluten Free Gnocchi Plain	400g	3.89	GOV
<b>CLEARSPRING</b>				
WT148	Brown Rice Penne - Gluten Free	250g	2.99	GOV
WT052	Gluten Free Buckwheat Pasta	250g	2.79	GOV
WT149	Green Pea & Quinoa Fusilli	250g	3.29	GOV
WT150	Red Lentil & Brown Rice Pasta	250g	3.29	GOV

code	product	size	rrp	bfgosv
<b>DOVES FARM</b>				
WT038	Organic Brown Rice Fusilli	500g	3.90	GOV
WT047	Organic Brown Rice Penne Pasta	500g	3.90	GOV
WT036	Organic Brown Rice Spaghetti	500g	3.90	GOV
WT133	Organic Buckwheat Pasta	500g	4.19	GOV
WT167	Organic Green Pea Penne Pasta	250g	3.50	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	3.50	GOV
<b>EXPLORE CUISINE</b>				
WT113	Black Bean Spaghetti	200g	4.90	GOV
WT145	Chickpea Fusilli	250g	4.90	GOV
WT093	Edamame & Mung Bean Fettuccine	200g	4.90	GOV
WT067	Edamame & Spirulina Spaghetti	200g	4.90	GOV
WT114	Edamame Bean Spaghetti	200g	4.90	GOV
WT066	Fava Bean Fusilli	250g	4.90	GOV
WT143	Green Lentil Penne	250g	4.90	GOV
WT012	Mung Bean Rotini	250g	2.85	GOV
<b>LA BIO IDEA</b>				
WT103	Tagliatelle Egg Pasta Speciality	250g	2.39	O
WT232	Lasagne green White	250g	1.99	OV
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 Wholewheat	500g	1.65	VO
WT023	Lasagne	250g	1.99	OV
WT040	Macaroni Elbows - wholewheat	500g	1.65	VO
WT074	Penne (Tubes) - Wholewheat	500g	1.65	VO
WT046	Tagliatelle - organic	500g	1.65	VO
<b>LA TERRA E IL CIELO</b>				
WT874	Spelt Fusilli	500g	3.45	OV
WT899	White Pappardelle Nest White	500g	3.15	OV
WT990	Cavatappi - spirals	500g	2.59	OV
WT982	Fusilli with Spinach - organic Wholewheat	500g	2.69	OV
WT978	Spelt Spaghetti - organic	500g	3.45	OV
<b>MR ORGANIC</b>				
WT029	Tortellini / Porcini Mushrooms	250g	3.95	OV
WT031	Tortellini with Vegetables	250g	3.95	OV
WT068	Vegan Formaggio & Leek Ravioli	250g	3.99	OV
<b>PROFUSION</b>				
WT130	Chick Pea Fusilli	250g	3.25	GOV
WT129	Red Lentil Fusilli	250g	3.15	GOV
<b>SEEDS OF CHANGE</b>				
WT003	Spinach Trotolle	500g	2.59	OV
WT001	Tortiglione - og	500g	2.59	OV
<b>PASTA (CHILLED)</b>				
<b>BIONA</b>				
CV440	Fresh Gnocchetti with Pumpkin	400g	5.40	OV
CV181	Fresh Gnocchi	400g	4.80	OV
CV059	Fresh Green Tortellini	250g	4.10	O
CV136	Sweet Potato Gnocchi	400g	5.10	OV
CV649	Tortelloni with Ricotta	250g	4.15	O
<b>BONSAN</b>				
CV532	Mezzelune Sweet Potato/Chilli	250g	4.15	OV

code	product	size	rrp	bfgosv
CV523	Tortelloni Spinach & Pine Nuts	250g	4.15	OV
<b>PASTA SAUCES &amp; PESTOS</b>				
<b>SUMA</b>				
	Organic Pasta Sauces			
VF201	Organic Arrabbiata Sauce	350g	2.69	OV
VF191	Organic Bolognese Sauce	340g	2.69	OV
VF192	Organic Napoletana Sauce	350g	2.69	OV
	Organic Pestos			
KJ162	Organic Pesto Alla Genovese	190g	3.99	O
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
<b>MERIDIAN</b>				
VF173	Tomato & Basil Pasta Sauce	350g	3.29	GOV
VF197	Tomato & Herb - organic	440g	3.39	GVO
<b>MR ORGANIC</b>				
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
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
<b>ORGANICO</b>				
VF043	Olive, Chilli & Garlic - og	360g	3.69	OSV
VF055	Red Wine and Porcini	360g	3.55	OSV
KJ416	Vegan Pesto	120g	4.55	OV
VF032	Vegetable Bolognese - og	360g	3.35	OSV
<b>SEEDS OF CHANGE</b>				
VF072	Bolognese Sauce OG	500g	2.99	OSV
VF038	Sundried Tom & Basil Stir in	195g	3.49	OSV
VF194	Tomato & Basil Pasta Sauce	350g	2.89	OV
VF076	Tomato and Basil - og	500g	3.10	OSV
<b>SUNITA</b>				
KJ790	Organic Pesto Genovese	130g	4.19	OV
<b>PATE</b>				
<b>SUMA</b>				
GH052	Bruschetta - Tomato & Basil	140g	2.59	OV
GH048	Hummus - Edamame	135g	2.59	OV
GH016	Pate - Bean & Mustard	140g	2.59	OV
GH003	Pate - Kidney Bean, Red Pepper	140g	2.59	OV
<b>BONSAN</b>				
GH095	Beetroot & Horseradish Pate	130g	2.75	OV
GH100	Cashew & Bell Pepper Pate	130g	2.75	OV
GH105	Lentil & Turmeric Pate	140g	2.75	OSV
GH085	Tomato & Lupin Pate	140g	2.95	OV
<b>GRANOVITA</b>				
GH651	Ready Spreadable Pate - Mushroom	200g	3.35	GOV
GH168	Spicy Mexican Pate - organic	200g	3.35	GOV
<b>SUNITA</b>				
KJ791	Kalamata Olive Pate	180g	3.99	OV
<b>TARTEX</b>				
GH001	Classic Pate - og	200g	2.79	GOV
GH012	Herb & Garlic Pate - og	200g	2.79	OV
GH006	Herb Pate - og	200g	2.79	OV
GH007	Mushroom pate - og	200g	2.79	OV

code	product	size	rrp	bfgosv
<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>				
<b>FLORENTIN</b>				
CV931	Houmous	200g	3.40	GOV
CV526	Houmous Extra with Pinenuts	200g	3.30	GOV
<b>THE REAL OLIVE COMPANY</b>				
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
<b>PET FOODS &amp; PET CARE</b>				
<b>YARRAH</b>				
PF023	Dog Biscuits - Vegan Org	500g	5.95	OV
PF501	Dogfood Vegetarian Organic	2kg	14.65	O
PF502	Dogfood Vegetarian Organic	10kg	7.49	O
PF503	Multi Dog Biscuits	250g	3.65	OV
PF040	Organic Clay Cat Litter	7kg	12.49	OV
<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>				
<b>BIONA</b>				
KJ283	Biona Sauerkraut Golden Turmer	350g	2.29	OSVB
KJ052	Gherkin Slices	350g	3.85	OSV
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	1.99	OVB
<b>BIONOVA</b>				
KJ119	Classic Mustard - Organic	180g	2.15	OV
KJ346	Gherkins - Sour	680g	3.99	VOS
KJ025	Gherkins - Sweet & Sour	330g	3.78	OV
<b>BYODO</b>				
KJ351	Mustard - Dijon, organic	1kg	9.79	VO
KJ354	Mustard - wholegrain, organic	1kg	8.30	VO
<b>CULTURED FOOD COMPANY</b>				
KJ510	Raw Carrot & Fennel Sauerkraut	400g	5.35	OV
KJ512	Raw Juniper Berry Sauerkraut	400g	5.35	OV
KJ513	Raw Ruby Red Sauerkraut	400g	5.35	OV
KJ514	Raw Sauerkraut	400g	5.35	OV
<b>DELOUIS</b>				
KJ001	Organic Dijon Mustard	200g	2.49	OV
KJ007	Organic Wholegrain Mustard	200g	2.49	OV
<b>HLTHPUNK</b>				
KJ301	Hot Dijon Style Yellow Mustard	150g	2.99	OV
<b>READY MEALS (FROZEN)</b>				
<b>AMY'S KITCHEN</b>				
XL194	Mexican Veggies & Black Beans	241g	4.50	GOV
XL197	Moroccan Vegetable Tagine	259g	4.50	GOV
XL198	Thai Veggies and Rice	227g	4.50	GOV
<b>CLIVE'S</b>				
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	3.15	OSV
XL021	Chestnut & Bean Pie	250g	3.15	OV
XL105	Creamy Cauliflower Pie	250g	3.15	OV
XL028	Gltn Free French Cassoulet Pie	250g	3.25	GOSV
XL026	Gluten Free Aloo Gobi Pie	250g	3.25	GOSV
XL030	Gluten Free Chickpea Tagine	250g	3.25	GOSV
XL032	Gluten Free Mexican Chilli Pie	250g	3.25	GOSV
XL029	Gluten Free Olive & Lentil Pie	250g	3.25	GOSV

code	product	size	rrp	bfgosv
XL025	Mushroom Pie	250g	3.15	OSV
XL114	Org G/F Mushroom & Leek Pie	235g	3.25	GOV
XL020	Saag Aloo Curry Pie	250g	3.15	OSV
	Puff Pastry Pies			
XL200	Beefy Ale Pie	235g	3.40	OV
XL201	Chicken 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

## READY TO EAT FOODS (CHILLED)

### BIONA

CV577	Ballini Mediterranean Style	250g	4.25	O
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

### FOLLOW YOUR HEART

	Dressings			
CV672	Caesar Salad Dressing	355ml	4.15	OV
	Veganaise			
CV137	Organic Garlic Veganaise	340g	3.29	OV
CV127	Organic Vegenaise	340g	3.29	OSV

### 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
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### 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

### SUUR

Hot Sauces



code	product	size	rrp	bfgosv
CV280	Green Salsa Hot Sauce	160ml	4.99	OSV
CV287	Lemon Sriracha Hot Sauce	160ml	4.99	OSV
CV301	Sriracha Hot Sauce	160ml	4.99	OSV
	Krauts			
CV251	Beetroot and Ginger Kraut	270g	3.99	OV
CV252	Classic Kraut	270g	2.99	OV
CV253	Garlic & Pepper Kraut	270g	3.99	OV
CV254	Kimchi Style Kraut	270g	3.99	OV
CV263	Turmeric & Curry Kraut	270g	3.99	OV
<b>TIDEFORD ORGANIC VEGAN FOODS</b>				
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
<b>SALADS &amp; SPROUTS (CHILLED)</b>				
<b>SKY SPROUTS</b>				
	Minimum 4 days shelf life			
CV479	Alfalfa & Broccoli Sprouts	100g	1.90	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	1.90	OV
CV476	Alfalfa & Radish Sprouts	100g	1.90	OV
CV475	Alfalfa Sprouts	100g	1.80	OV
CV721	Broccoli Sprouts	100g	1.95	OV
CV504	Mixed Bean Sprouts	227g	1.95	OV
CV503	Mung Bean Sprouts	200g	1.90	OV
CV510	Organic Sprouts Multi Pack	160g	2.70	OV
CV121	Organic Sprouts Protein Pack	175g	2.70	OV
CV131	Organic Sprouts Superfood Pack	110g	2.70	OV
CV509	Radish Sprout	100g	1.90	OV
<b>SALT &amp; SEASONINGS</b>				
<b>GEO ORGANICS</b>				
LJ005	Atlantic Fine Ground Sea Salt	500g	2.69	OV
LJ555	Atlantic Sea Salt Crystals	250g	1.35	OV
<b>PINK MOUNTAIN</b>				
LJ170	Pink Himalayan Coarse Salt	300g	2.79	OV
LJ174	Pink Himalayan Coarse Salt	1kg	6.69	OV
LJ169	Pink Himalayan Fine Salt	300g	2.79	OV
LJ172	Pink Himalayan Fine Salt	1kg	6.69	OV
<b>SEA VEGETABLES</b>				
<b>ATLANTIC KITCHEN</b>				
LJ106	Dulse Organic Seaweed	40g	6.99	OV
<b>CORNISH SEAWEED COMPANY</b>				
HE086	Mixed Flakes	40g	3.99	OV
HE040	Organic Cornish Seaweed Salt	70g	2.95	OV
HE006	Organic Dulse	20g	4.39	OV
HE014	Organic Mixed Seaweed Flakes	60g	5.29	OV
HE048	Organic sea Salad	30g	5.29	OV
HE043	Organic Sea Spaghetti	40g	4.39	OV
<b>I SEA BACON</b>				
LJ176	Seaweed Bacon	30g	5.79	OV
<b>I SEA PASTA</b>				
LJ198	Seaweed Tagliatelle	100g	5.79	OV
<b>MARIVITA</b>				
HE012	Dried & Ground Seaweed Organic	100g	7.29	OV
<b>SNACK BARS &amp; FLAPJACKS</b>				
<b>CLIF BAR</b>				
KB328	Chocolate Hazelnut Butter	50g	1.99	OSV
KB365	Chocolate Peanut Butter	50g	1.99	OSV
<b>DOVES FARM</b>				
	Impulse			
KB228	Apple & Sultana Flapjack	35g	0.79	GOSV

code	product	size	rrp	bfgosv
KB230	Apricot & Chia Seed Flapjack	35g	0.79	GOSV
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
<b>ORGANICA</b>				
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
<b>PLANET ORGANIC</b>				
Energy Bar				
BT070	Cacao Brazil Nut Energise Bar	30g	1.19	GOV
<b>PROPER</b>				
KB115	Hazelnut Praline Popcorn Bar	26g	1.69	FGOS
<b>SUNITA</b>				
KB998	Sesame & Honey Bar - organic	30g	0.99	O
<b>TROPICAL WHOLEFOODS</b>				
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
<b>SOFT DRINKS</b>				
<b>BELVOIR</b>				
JU810	Elderflower Presse	250ml	1.79	GOSV
JU814	Ginger Beer	250ml	1.79	GOSV
JU811	Handmade Lemonade	250ml	1.79	GOS
750ML Bottles				
JU792	Elderflower Presse	750ml	3.80	GOSV
JU813	Ginger Beer	750ml	3.80	GOSV
<b>BIONA</b>				
JU183	Coconut Water	330ml	2.55	OV
Kombucha				
JU556	Kombucha Ginger Lime	330ml	2.99	OSV
JU523	Kombucha Original	330ml	2.99	OSV
JU551	Kombucha Sour Cherry Mint	330ml	2.99	OSV
<b>CHARITEA</b>				
JU598	ChariTea Black	330ml	1.47	FOSV
JU597	ChariTea Green	330ml	1.47	FOS
JU596	ChariTea Mate	330ml	1.47	FOSV
JU595	ChariTea Red	330ml	1.47	FOSV
<b>COCOFINA</b>				
JU368	Cocofina Natural Coconut Water	1l	4.10	OV
<b>DAIONI</b>				
JU080	Banana Flavour Milk	200ml	1.90	OS
JU081	Chocolate Flavour Milk	200ml	1.90	OS
JU082	Strawberry Flavour Milk	200ml	1.90	OS
<b>GUSTO</b>				
JU222	Cherry Cola	275ml	2.90	OV
JU223	Fiery Ginger With Chipotle	275ml	2.90	FOV
JU148	Lemon Energy	250ml	1.99	OV
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	275ml	2.15	FOV
<b>HIP POP</b>				
JU364	Apple Elderflower Kombucha	330ml	2.90	OV
JU360	Blueberry Ginger Kombucha	330ml	2.90	OV
JU363	Ginger Yuzu Kombucha	330ml	2.90	OV
JU365	Strawberry Pineapple Kombucha	330ml	2.90	OV

code	product	size	rrp	bfgosv
<b>KARMA DRINKS</b>				
	Cans			
JU617	Gingerella Ginger Ale	250ml	1.35	FOSV
JU616	Karma Cola	250ml	1.35	FOSV
JU800	Karma Orangeade	250ml	1.35	FOSV
JU615	Lemony Lemon	250ml	1.35	FOSV
JU420	Razza Raspberry Lemonade	250ml	1.15	FOSV
	Glass Bottles			
JU073	Gingerella Ginger Ale	300ml	1.99	FOVS
JU075	Karma Cola	300ml	1.99	FOSV
JU750	Karma Cola - Sugar Free	300ml	1.99	FOV
JU078	Lemony Lemon	300ml	1.99	FOSV
JU418	Razza Raspberry Lemonade	300ml	1.69	FOVS
JU302	Summer Orangeade	300ml	1.99	FOSV
<b>KOMBUCHA KAT</b>				
JU072	Blueberry	250ml	1.69	OSV
JU056	Ginger	250ml	1.69	OSV
JU083	Original	250ml	1.69	OSV
<b>LEMONAID BEVERAGES</b>				
JU592	Lemonaid Blood Orange	330ml	1.91	FOSV
JU068	Lemonaid Ginger	330ml	1.91	FOSV
JU587	Lemonaid Lime	330ml	1.91	OSV
JU589	Lemonaid Passion Fruit	330ml	1.91	FOSV
<b>LUSCOMBE DRINKS</b>				
JU584	Cool Ginger Beer	270ml	1.95	OSV
JU586	Hot Ginger Beer	270ml	1.95	OV
JU145	Raspberry Crush	270ml	1.95	OSV
JU583	Sicilian Lemonade	270ml	1.95	OSV
JU439	St Clements	270ml	1.95	OSV
<b>PIP ORGANIC</b>				
JU399	Sparkling Apple	250ml	1.89	OV
JU405	Sparkling Lemon	250ml	1.89	OV
<b>REBEL KITCHEN</b>				
JU059	Banana Mylk	250ml	1.65	GOV
JU178	Chocolate Mylk	250ml	1.65	GOV
<b>VITA COCO</b>				
	1L			
JU239	Pressed Coconut Water Organic	1l	4.19	OV
JU221	Pure Coconut Water Organic	1l	4.19	OV
<b>WHOLE EARTH</b>				
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
<b>SOUPS</b>				
<b>SUMA</b>				
VF345	Italian Tomato & Basil Soup	400g	1.75	OSV
VF390	Minestrone Soup	400g	1.75	OV
VF655	Organic Mushroom Soup	400g	2.90	OV
VF595	Organic Pea Soup	400g	2.90	OV
VF600	Organic Tomato Soup	400g	1.75	OV
VF525	Rustic Vegetable Soup	400g	1.75	OV
VF365	Spicy Lentil Soup	400g	1.75	OV
VF685	Tuscan Bean Soup	400g	1.75	OV
<b>AMY'S KITCHEN</b>				
VF252	Chunky Tomato Soup	400g	2.25	GO
VF260	Lentil Soup	400g	2.25	GOV
VF265	Lentil Vegetable Soup	400g	2.25	GOV
VF268	Split Pea Soup	400g	2.25	GOV

code	product	size	rrp	bfgosv
	Hearty Soup			
VF054	French Country Vegetable	408g	2.79	GOV
VF267	Quinoa Kale & Red Lentil Soup	408g	2.79	GOV
VF057	Rustic Italian Vegetable	397g	2.79	GOV
<b>ESSENTIAL TRADING</b>				
VF085	Lentil & Pumpkin Soup	680g	2.95	OV
VF375	Pea Soup	680g	2.95	OV
<b>FREE &amp; EASY</b>				
VF302	Broccoli & Kale	400g	2.90	GOV
VF096	Butternut Squash & Ginger - Org	400g	2.90	GOV
VF297	Butternut, Sweet Potato, Turmeric	400g	2.90	GOV
VF124	Carrot & Coconut Soup	400g	2.90	GOV
VF720	Lentil & Red Pepper Soup - Org	400g	2.90	GOV
VF086	Pea & Mint Soup - Org	400g	2.90	GOV
VF097	Sweet Potato & Chia Soup - Org	400g	2.90	GOV
VF301	Sweet Potato & Quinoa	400g	2.90	GOV
VF083	Tomato Soup - Org	400g	2.90	GOV
<b>SOUPS (CHILLED)</b>				
<b>TIDEFORD ORGANIC VEGAN FOODS</b>				
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
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
<b>SPIRITS &amp; LIQUEURS</b>				
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 Jordoos	75cl	29.99	OV
WN049	Utkins Single Estate Vodka	70cl	28.85	GOV
<b>SUGARS &amp; SYRUPS</b>				
<b>SUMA</b>				
LJ099	Agave Syrup - organic	240ml	3.99	OV
LJ121	Agave Syrup - organic	500ml	7.99	OV
LJ260	Barley Malt Extract - Organic	340g	2.99	OV
LJ300	Coconut Blossom Syrup Organic	350g	5.89	OV
<b>SUMA PREPACKS - ORGANIC</b>				
LJ100	Coconut Palm Sugar, Organic	500g	4.89	OV
LJ261	Demerara Sugar - organic	500g	2.99	OV
LJ255	Icing Sugar - organic	500g	3.99	OV
LJ251	Raw Cane Sugar - organic	500g	2.95	OV
<b>BILLINGTONS</b>				
LJ999	Granulated Sugar - organic	500g	2.35	VO
LJ190	Organic Natural Caster	500g	2.75	OV
<b>BIONA</b>				
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

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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
<b>CLEARSPRING</b>				
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	300g	3.29	OV
<b>EQUAL EXCHANGE</b>				
LJ500	Raw Cane Sugar - organic	500g	2.39	FOV
<b>MERIDIAN</b>				
HY006	Barley Malt Extract - og	370g	3.29	OV
HY300	Blackstrap Molasses - Organic	350g	2.29	FOV
HY012	Blackstrap Molasses - Organic	600g	2.79	FOV
HY250	Maple Syrup - organic	330g	8.99	OV
<b>RAYNERS</b>				
LJ901	Black Treacle - organic	340g	3.15	GOV
LJ704	Golden Syrup - Organic	5kg	42.59	FOV
LJ900	Malt Extract - Organic	340g	4.50	OV
LJ589	Malt Extract - Organic	5kg	32.50	OV
LJ587	Organic Golden Syrup	340g	4.50	OV
<b>SHADY MAPLE FARMS</b>				
HY025	Maple Syrup - organic	250ml	7.99	OV
<b>ST LAWRENCE GOLD</b>				
HY053	Og Maple Syrup Grade A Amber	250ml	6.79	OV
HY056	Og Maple Syrup Grade a Amber	1l	24.29	OV
HY042	Og Maple Syrup Grade A Dark	250ml	6.79	OV
<b>SUPERFOODS &amp; SPORTS NUTRITION</b>				
<b>BEE T IT</b>				
	From James White			
JU201	Beet It Stamina Shot	70ml	1.45	OV
<b>BIONA</b>				
MD736	Cracked Linseed Gold Organic	500g	5.50	OV
<b>GRANOVITA</b>				
GT300	Flax Oil - Organic	260ml	11.75	GOV
GT302	Hemp Oil - Organic	260ml	8.85	GOV
<b>LINWOODS</b>				
MD113	Chia Seed	200g	6.49	GOV
MD104	Flax,Sun,Pum,Chia,Goji Berries	425g	5.99	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	425g	6.35	GOV
MD114	Flaxseed	200g	3.49	GOV
MD102	Flaxseed	425g	5.49	GOV
MD115	Flaxseed & Goji Berries	200g	3.55	GOV
MD053	Hemp with Flax & Chia seeds	200g	4.49	GOV
MD048	Milled Hemp	200g	4.49	GOV
	Organic Sprouted Range			
VM263	Sprouted Flaxseed	360g	7.35	GOV
<b>NATURYA</b>				
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	FCVO
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

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MD154	Organic Wheatgrass Powder	200g	7.99	GOV
VM020	<b>PREWETT'S</b> Organic Ground Flaxseed	175g	3.90	GOV
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>NATURES AID</b>				
VM185	Evening Primrose Oil Organic	90 capsules	15.45	OV
VM030	Mushroom Complex Organic	60 capsules	19.45	OV
<b>NATURES OWN</b>				
VM126	Organic Range Organic Kelp	60 capsules	11.80	OV
<b>PUKKA</b>				
MD011	Ashwaganda - Wholistic	60 capsules	24.99	OV
MD063	Ashwagandha - Wholistic	60 capsules	29.95	O
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
MD160	Organic Elderberry Syrup	100ml	14.99	OS
MD062	Power Immune	60 capsules	24.99	OV
MD018	Wholistic Turmeric	30 capsules	15.99	OV
<b>SIMPLEE ALOE</b>				
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV
MD025	Aloe Juice Health Supplement	1l	15.99	GOV
<b>TAKA</b>				
TE317	Joint Care Capsules	90 capsules	16.99	OV
TE311	Turmeric Blk Pepper Capsules	60 capsules	9.99	OV
TE315	Turmeric Blk Pepper Capsules	120 CAP	16.99	OV
<b>TOGETHER HEALTH</b>				
VM032	Ashwagandha Complex	30	9.99	GOV
VM102	Iodine	30	6.99	GOV
VM150	Zinc	30	9.99	OV
<b>WILD EARTH BY NATURES AID</b>				
VM207	Organic Evening Primrose Oil	30 capsules	9.99	GOV
VM208	Organic Turmeric	30 capsules	19.99	GOV
<b>SWEET SNACKS</b>				
<b>BIONA</b>				
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
<b>JUST WHOLEFOODS</b>				
ZX573	Frooty 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
<b>NOT GUILTY</b>				
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	OSVG
KB130	Marilyn Mallow	80g	2.19	GSOV
<b>SUNITA</b>				
ZX587	Grape Juice & Sultana Halva OG	75g	1.69	OV
ZX850	Honey Halva - organic	75g	1.75	O
ZX588	Honey Halva with Almonds OG	75g	2.25	O
ZX099	Og Halva with Coconut	75g	1.80	O

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ZX524	Organic Honey Halva with Cocoa	75g	2.90	O
<b>TABLE SAUCES</b>				
<b>BIONA</b>				
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
KJ232	Tomato Ketchup, Organic	340g	2.65	OV
KJ463	Worcester Sauce	140ml	3.75	GOSV
<b>BONSAN</b>				
KJ085	Hot & Fiery Chilli Sauce	140ml	3.55	OSV
<b>GEO ORGANICS</b>				
KJ212	Worcestershire Sauce - organic	150ml	3.15	OSV
<b>HLTHPUNK</b>				
KJ303	UFO Impos Awesome Burger Sauce	150g	4.99	OV
<b>MERIDIAN</b>				
KJ621	Tomato Ketchup - organic	285g	2.79	GOSV
<b>MR ORGANIC</b>				
KJ050	Italian Organic Ketchup	480g	2.65	OSV
KJ496	Naturally sweetened Ketchup	480g	3.59	GOV
<b>TEAS</b>				
<b>CLEARSPRING</b>				
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
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
<b>CLIPPER</b>				
TE983	Assam	50 bags	2.53	FOV
TE628	White Tea with Peppermint	26 bags	1.90	OV
Food Service Range - 250's				
TE152	Earl Grey	250 bags	23.99	FOV
TE451	Speciality English Breakfast	250 bags	23.99	FOV
Food Service Range - 6 X 25's				
TE150	Earl Grey	25 bags	2.89	FOV
TE161	Green Tea	25 bags	2.89	FOV
Green Tea 20's				
TE486	Citrus Green Tea + Echinacea	20 bags	1.89	OFV
TE991	Green Tea and Mint Organic	20 bags	2.45	OFV
TE990	Green Tea with Lemon Organic	20 bags	2.45	OFV
TE989	Organic Pure Green Tea	20 bags	2.45	OFV
Looseleaf Tea				
TE982	Assam	125g	2.99	FOV
TE897	English Breakfast Organic	125g	2.99	FOV
TE877	Green Tea	100g	2.99	FOV
Pack 40				
TE154	Decaffeinated Green	40 bags	3.49	FOV
TE151	Decaffeinated Tea	40 bags	3.49	FOV

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TE158	Earl Grey Decaff	40 bags	3.49	FOV
TE172	English Breakfast Tea Organic	40 bags	2.89	FGOV
TE177	FT Organic Earl Grey	40 bags	2.89	FGOV
TE168	FT Organic Everyday Tea	40 bags	2.89	FGOV
TE182	FT Organic Green Tea	40 bags	2.89	FGOV
TE183	FT Organic White Tea	40 bags	2.89	FGOV
	Pack 80			
TE164	Decaffeinated Tea	80 bags	5.99	FOV
TE053	Earl Grey	80 bags	3.99	FOV
TE507	English Breakfast Organic	80 bags	3.99	FGOV
TE189	FT Organic Everyday Tea	80 bags	3.85	FGOV
TE190	FT Organic Green Tea	80 bags	3.99	FGOV
TE179	Green and Mint	80 bags	3.99	FOV
	<b>ENGLISH TEA SHOP</b>			
	Christmas			
TE280	Holiday Collection Gift Tin	72 bags	6.00	OV
	<b>HAMPSTEAD TEA</b>			
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	100g	5.99	BOV
TE251	Earl Grey	100g	5.99	OVV
TE677	English Breakfast	100g	5.99	GOVB
TE255	Green Tea	100g	5.99	BOV
	Selection Box			
TE365	Black Tea Selection	20 bags	2.99	OV
TE364	Green Tea Selection	20 bags	2.99	OV
	<b>PUKKA</b>			
TE213	Elegant English Breakfast	20 bags	3.29	FOV
TE214	Gorgeous Earl Grey	20 bags	3.29	FOV
	<b>QI</b>			
TE308	Decaffeinated Green Tea	20 bags	2.75	OV
TE485	Fairtrade Green Tea	25 bags	1.94	FOV
TE114	Fairtrade White Tea	25 bags	2.17	FOV
TE112	Jasmine Green Tea	25 bags	2.17	FOV
TE310	Matcha Green Tea Powder	40g	19.99	OV
	Looseleaf			
TE819	Fairtrade Chun Mee Tea	100g	2.75	FOV
	<b>RUDE HEALTH FOODS</b>			
	Hot Drinks			
TE100	Hot Chocolate - Organic	1l	2.39	OV
TE157	Turmeric Latte - Organic	1l	2.39	OV
	<b>TOFU &amp; TEMPEH (CHILLED)</b>			
	<b>BETTER NATURE</b>			
CV201	Organic Tempeh	200g	2.99	OV
CV247	Smoked Tempeh	170g	3.29	OV
	<b>CAULDRON</b>			
CV562	Organic Marinated Tofu Pieces	160g	3.10	SOV
CV561	Organic Tofu	396g	2.90	OV
	<b>CLEAR SPOT</b>			
CV209	Marinated Tofu	190g	2.45	OV
CV612	Oriental Tofu	225g	2.89	OV
CV206	Plain Tofu	280g	1.99	OV
CV272	Plain Tofu	450g	3.15	OV
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



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	<b>DRAGONFLY</b>			
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
	<b>IMPULSE FOODS</b>			
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
	<b>NATUREMADE OASIS</b>			
CV582	Marinated Tofu	200g	2.45	OV
	<b>TAIFUN</b>			
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
	<b>VIANA</b>			
CV408	Demeter Organic Standard Real Smoked Firm Tofu	250g	3.30	OV
	<b>TOMATOES &amp; TOMATO PRODUCTS</b>			
	<b>SUMA</b>			
LJ660	Organic Basil Passata	690g	1.99	VO
LJ560	Organic Passata	690g	1.95	VO
LJ088	Tomato Puree - organic 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
	<b>SUMA PREPACKS - ORGANIC</b>			
LJ602	Dried Sundried Tomatoes - organic	125g	1.85	OV
	<b>MR ORGANIC</b>			
KJ071	Italian Tomato Puree	200g	1.75	OV
	<b>ORGANICO</b>			
KJ010	Sundried Tomatoes - og	190g	4.85	OV
	<b>TOOTH CARE</b>			
	<b>BEN &amp; ANNA</b>			
DY300	Mouthwash - Sensitive	500ml	1.95	OV
DY302	Toothpaste - Charcoal	100ml	8.95	OV
DY293	Toothpaste - Sensitive	100ml	8.95	OV
DY291	Toothpaste - Whitening	100ml	8.95	OV
DY246	Toothpaste Tablets Toothpaste Tablets- Mint	36g	8.95	VO
	<b>GREEN PEOPLE</b>			
DY256	Childrens Mandarin	50ml	4.99	VO
DY014	Childrens Spearmint&AloeVera	50ml	4.99	VO
	<b>VEGETABLES</b>			
	<b>SUMA</b>			
VF111	Canned from Fresh 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

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	<b>AMAIZIN</b>			
KJ117	Jalapeno Peppers	150g	2.49	OV
	<b>BIONA</b>			
LJ243	Capers In Olive Oil	120g	4.55	OV
	<b>BIONOVA</b>			
VF039	Garden Peas	350g	2.90	O
VF040	Sauerkraut	360g	2.69	VO
VF030	Sweetcorn - organic	340g	2.90	VO
	<b>CLEARSPRING</b>			
	Bio Kitchen			
VF339	Sauerkraut	360g	1.69	OVB
	<b>MANI</b>			
KJ440	Og Capers in Olive Oil	180g	3.79	OV
KJ434	Og Kalamata Olive Paste	180g	3.69	OV
KJ437	Og Sun Dried Tomato Paste	180g	3.69	OV
	<b>ORGANICO</b>			
KJ016	Artichoke Hearts - og	190g	4.85	OV
KJ428	Capers	100g	1.95	OV
KJ429	Capers	250g	3.15	OV
VF088	French Chestnuts in box - og	200g	5.29	OV
	<b>VEGETABLES (FROZEN)</b>			
	<b>BIO INSIDE</b>			
XL155	Organic Garden peas	300g	1.55	GOV
XL153	Organic Sweetcorn	300g	1.85	GOV
	<b>NATURAL COOL</b>			
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	OVB
XL177	Leaf Spinach Portions	450g	2.15	OVB
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
	<b>VINEGARS</b>			
	<b>SUMA</b>			
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
	<b>ASPALL</b>			
KJ382	Balsamic Vinegar - og	5l	48.25	OV
KJ478	Balsamic Vinegar - organic	350ml	3.89	OV
KJ481	Cyder Vinegar - organic	350ml	1.99	VO
KJ069	Cyder Vinegar - organic	500ml	2.49	VO
KJ205	Cyder Vinegar - organic	5l	19.45	OV
KJ395	Raw Unfiltered Cyder Vinegar	500ml	2.95	OV
KJ321	Raw Unfiltered Cyder Vinegar	5l	2.79	OV
KJ475	Red Wine Vinegar - organic	350ml	1.95	OV
KJ474	White Wine Vinegar - organic	350ml	1.95	OV
KJ210	White Wine Vinegar - organic	5l	21.49	OV
	<b>BIONA</b>			
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
	<b>BOOSTCHA</b>			
KJ277	Black Tea Kombucha Vinegar	250ml	5.45	OSV

code	product	size	rrp	bfgo5v
KJ278	Green Tea Kombucha Vinegar	250ml	5.45	OSV
	<b>BRAGG</b>			
KJ325	Apple Cider Vinegar w/Mother	473ml	5.99	GOV
KJ324	Apple Cider Vinegar w/Mother	946ml	1.49	GOV
	<b>HIGHER NATURE</b>			
VM062	Apple Cider Vinegar - OG	500ml	9.90	OV
	<b>MR ORGANIC</b>			
KJ492	Organic Apple Cider Vinegar	500ml	3.35	GOV
	<b>RAW HEALTH</b>			
KJ008	ACV Infusion Turmeric Ginger	500ml	3.15	OV
KJ489	Apple Cider Vinegar	1 l	4.35	OV
KJ490	Apple Cider Vinegar With Honey	500ml	4.35	O
KJ129	Raw Organic Cider vinegar	500ml	3.50	OV
	<b>RAYNERS</b>			
KJ500	Apple Cider Vinegar	500ml	3.59	OV
KJ505	Coconut Aminos	250ml	5.49	OV
	<b>WINES</b>			
	<b>RED WINE</b>			
	Argentina			
WN119	Made in Mendoza Malbec	75cl	11.15	OV
	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
	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
	<b>ROSE WINE</b>			
	France			
WN229	Grenache Rose - La Marouette	75cl	12.69	OV
	South Africa			
WN118	Shiraz Rose - Running Duck	75cl	1.19	FOV
	<b>SPARKLING WINE</b>			
	Italy			
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
	<b>WHITE WINE</b>			
	France			
WN226	Sauvignon - La Marouette	75cl	13.15	OV
	Italy			
WN095	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
	South Africa			
WN008	Chenin Blanc - Running Duck	75cl	1.19	FOV
WN115	Chenin Sauv Blanc - R/Duck	75cl	1.19	FOV
WN019	Sauvignon Blanc - Stellar	75cl	1.19	FOV

code	product	size	rrp	bfgosv
<b>YOGHURT, DAIRY (CHILLED)</b>				
<b>BERGERIE</b>				
CV581	Goat Milk Yoghurt Natural Org	125g	0.75	GO
CV084	Natural Goat Milk Yoghurt	400g	3.10	O
CV585	Sheep Milk Yoghurt Greek Style	250g	1.65	GO
CV621	Sheep's Milk Yoghurt Natural	125g	0.80	O
CV625	Sheep's Milk Yoghurt Natural	400g	3.50	O
<b>WOODLANDS DAIRY</b>				
CV420	Natural Sheeps Yoghurt	450g	3.59	O
<b>YEO VALLEY</b>				
	Kefir Yoghurt			
CV863	Mango & Passionfruit	350g	1.50	GOS
CV864	Natural	350g	1.50	GOS
CV862	Strawberry	350g	1.50	GOS
	Minimum 4 days shelf life			
CV366	Apricot & Peach Yoghurt	450g	1.90	OS
CV709	Blueberry Yoghurt	450g	1.90	O
CV746	Fat Free Natural Yoghurt	500g	1.90	OS
CV403	Greek Style Natural	450g	2.20	O
CV604	Lemon Curd Yoghurt	450g	1.90	OS
CV360	Natural Yoghurt	500g	1.90	O
CV365	Raspberry Yoghurt	450g	1.90	OS
CV363	Strawberry Yoghurt	450g	1.90	OS
	Multipack Range			
CV603	Fruity Favourites	4 x 120g	2.20	OS
<b>YOGHURT, NON-DAIRY (CHILLED)</b>				
<b>COCOS</b>				
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
<b>NUSH</b>				
	Almond Milk Dairy-Free Yoghurt			
CV808	Org Mixed Berry	350g	4.15	GOV
CV834	Org Natural Yoghurt	350g	4.15	GOV
<b>SOJADE</b>				
	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	2.20	GOSV
CV269	Banana & Passion Yoghurt	400g	2.75	GOV
CV289	Blueberry Cherry Yoghurt	400g	2.75	GOV
CV486	Blueberry Yoghurt	400g	2.20	GOSV
CV731	Coconut Yoghurt	400g	2.40	GOV
CV461	Greek Style Hazelnut Yoghurt	400g	2.90	GOSV
CV730	Greek Style Raspberry Yoghurt	400g	2.90	GOV
CV463	Greek Style Vanilla Yoghurt	400g	2.90	GOSV
CV876	Greek Style Yoghurt	400g	2.20	GOV
CV724	Lemon Yoghurt	400g	2.20	GOSV
CV494	Mango & Peach Yoghurt	400g	2.20	GOSV
CV483	Natural Yoghurt	400g	1.40	GOV

<b>code</b>	<b>product</b>	<b>size</b>	<b>rrp</b>	<b>bfgosv</b>
CV266	Sojade Natural Yoghurt	250g	1.00	GOV
CV723	Vanilla Yoghurt	400g	2.20	GOSV

# Suma

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