

# Suma

CO-OPERATIVE SINCE 1977

**GLUTEN FREE**

MAY - JUNE 2022

# Gluten Free

A bit more about it..

Since the very beginning, Suma has always aimed to cater for special dietary requirements. Our gluten-free range contains over 2000 different products. From every day essentials to special treats.

A gluten-free diet is essential for people with coeliac disease. Coeliac disease is caused by a reaction of the immune system to gluten—a protein found in wheat, barley and rye. Sales in this area have never been bigger with many non-coeliacs reporting a range of health benefits after adopting a gluten-free diet. Many basic foods are naturally gluten-free. Foods which require substituting with a gluten-free alternative are bread, pasta, cereals, biscuits, cakes, pies and sauces.

It is generally accepted that the term gluten-free refers to a harmless level of gluten, rather than to a food being 100% free of gluten. Food products labelled gluten-free may have been contaminated with gluten somewhere between being harvested and delivered to us.



## 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>BELVOIR</b>			
JU315	Alcohol Free Cocktails Juniper and Tonic - J&T	750ml	3.59	GSV
	<b>ALCOHOLIC DRINKS</b>			
	<b>HOLLOWS</b>			
RT017	From Fentimans Superior Alcoholic Ginger Beer	500ml	3.79	GVS
	<b>BABY &amp; CHILD FOOD</b>			
	<b>BEAR</b>			
ZX523	Paws- Raspberry & Blueberry	20g	0.59	GV
ZX520	Paws- Strawberry & Apple	20g	0.59	GV
	Paws in multipacks			
ZX189	Paws- Raspberry & Blueberry	5 x 20g	2.69	GV
ZX245	Paws- Strawberry & Apple	5 x 20g	2.69	GV
	<b>CHEEKY MONKEY</b>			
BB024	Peanut Butter Puffs	60g	2.49	FGOV
	<b>LITTLE PASTA ORGANICS</b>			
	Pasta			
BB151	Gluten Free Mini Gnocchi	250g	2.39	GOV
BB043	Red Lentil Dinosaur Pasta	250g	3.55	GOV
	<b>BAKING SUNDRIES</b>			
	<b>SUMA</b>			
LJ039	Baking Powder - Gluten Free	200g	2.19	GV
LJ040	G/Free Bicarbonate of Soda	200g	1.89	GV
LJ223	Gluten Free Xanthan Gum	100g	3.45	GV
	<b>BARKAT</b>			
LJ002	Gluten Free Baking Powder	100g	1.55	GV
	<b>DOVES FARM</b>			
LJ206	Baking Powder	130g	1.55	GV
LJ202	Bicarbonate of Soda	200g	1.39	GV
LJ228	Choc Chip Cookie Mix	350g	3.25	GSV
LJ234	Chocolate Brownie Mix	350g	2.95	GS
LJ203	Cornflour Organic	110g	1.79	GOV
BT528	Gluten Free Sponge Mix	350g	2.49	GS
LJ233	Pancake Mix	300g	2.35	G
LJ423	Quick Yeast	8 x 125g	1.35	GV
LJ191	Vitamin C	120g	2.20	GV
	<b>ENGEVITA</b>			
LJ144	Organic Yeast Flakes	125g	5.99	GOV
LJ148	Super Yeast Flakes Vit D & B12	100g	4.90	GV
LJ143	Yeast Flakes	125g	3.35	GV
LJ024	Yeast Flakes - Iron & Vit D	125g	3.99	GV
LJ020	Yeast Flakes with Vitamin B12	125g	3.75	GV
	<b>FREE &amp; EASY</b>			
LJ009	Cheese Flavour Sauce Mix	130g	2.39	GSV
LJ016	Egg Replacer	135g	2.55	GV
	<b>MONTEZUMA'S</b>			
	Cooking Chocolate			
KB052	Dark Couverture	3kg	59.70	GOSV
KB060	Milk Couverture	3kg	59.70	GOS
	<b>NIELSEN MASSEY</b>			
LJ242	Madagascan Vanilla Extract	1l	135.00	GV
LJ244	Vanilla Extract	60ml	1.85	GV
	<b>ORGRAN</b>			
LJ656	Egg Replacer	200g	2.95	GV
LJ077	Vegan Easy Egg	250g	4.25	GSV
	<b>PLAMIL</b>			
	Drops in 1kg bags			
KB651	Baking Chocolate	1kg	11.99	GSV
KB652	Organic Baking Chocolate	1kg	13.59	GOSV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
	<b>THE RAW CHOCOLATE CO</b>			
	Chocolate Making Ingredients			
KB051	Raw Cacao Powder	180g	3.75	GOV
	<b>BEANS &amp; PULSES - CANNED</b>			
	<b>WHOLE EARTH</b>			
VF161	Baked Beans - organic	400g	1.19	GOV

code	product	size	rrp	bfgosv
<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
BT291	Crispbread - Veggie Garden GF	100g	1.69	GOV
BT159	Protein Lentil Crispbread	100g	2.90	GOV
BT383	Rice & Corn GF Crispbread OG	120g	2.90	GOV
<b>CLEARSPRING</b>				
BT229	Brown Rice Cakes	120g	1.49	GOV
BT261	Brown Rice Cakes	120g	1.49	GOV
BT270	Brown Rice Cakes	120g	1.59	GOV
BT276	Brown Rice Cakes	120g	1.59	GOV
BT277	Brown Rice Cakes	120g	1.59	GOV
BT129	Brown Rice Crackers-Blk Sesame	40g	2.19	GOV
BT317	Organic Corncakes	130g	1.35	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	130g	1.35	GOV
BT630	Rice Cakes - Lightly Salted	130g	1.35	GOV
BT629	Rice Cakes - No Added Salt,Org	130g	1.35	GOV
<b>DOVES FARM</b>				
BT295	Choc Chip Cookies	180g	2.29	GOSV
BT271	Double Chocolate Cookies - GF	180g	2.29	GOSV
BT269	Lemon Zest Cookies - GF	150g	1.59	GOSV
BT008	Stem Ginger Cookies - GF	150g	1.59	GOSV
<b>EASY BEAN</b>				
	Crackers			
BT304	Fava Bean & Poppy Seed	160g	3.50	GV
BT305	Greenpea & Chia Seed	160g	3.50	GV
BT303	Red Lentil & Poppy Seed	160g	3.50	GV
BT279	Turmeric & Nigella Seed	160g	3.50	GV
BT285	Yellow Pea & Sunflower Seed	160g	3.50	GV
	Crispbreads			
BT078	Chickpea Crispbread - Cheddar	110g	3.25	G
BT204	Chickpea Crispbread - Moroccan	110g	3.25	G
BT076	Chickpea Crispbread - Seaweed	110g	3.25	G
BT208	Chickpea Crispbread with Seeds	110g	3.25	G
<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>				
	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
<b>KALLO</b>				
BT045	Ancient Grain Corn Cakes	150g	2.19	GOV
BT152	Blueberry/Van Rice/Corn Cakes	131g	2.39	GSV
BT184	Corn Cakes OG	130g	1.99	GOV
	Lentil Cakes			
BT578	Protein Lentil Cake	100g	2.19	GV
	Rice Cakes			
BT810	Milk Chocolate Rice Cakes OG	90g	2.29	GO
BT034	Original Organic Wholegrain	130g	1.89	GVO
BT036	Thin 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
BT132	Wild Berries & White Chocolate	50g	1.49	GOSV
<b>LAZY DAY</b>				
BT188	Chocolate Chip Oaties	150g	2.45	GSV

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BT214	Dark Belgian Chocolate Gingers	125g	3.25	GV
BT197	Free From Shortbread	150g	2.75	GV
BT140	Ginger Tiffin	150g	2.89	GVS
BT199	Golden Syrup Oaties	150g	2.45	GSV
BT316	Millionaires Shortbread	150g	2.89	GSV
BT180	Stem Ginger Oaties	150g	2.45	GSV
BT538	Tiffin Gift Selection Box	360g	5.99	GSV
<b>LE PAIN DES FLEURS</b>				
BT094	Buckwheat Crispbread	150g	3.29	GOV
BT189	Buckwheat Crispbread no Salt	150g	3.29	GOV
BT095	Chestnut Crispbread	150g	3.99	GOV
BT093	Quinoa Crispbread	150g	3.99	GOV
<b>MRS CRIMBLES</b>				
BT245	Chocolate Macaroons	195g	1.99	GSV
BT288	Coconut Macaroon	180g	1.79	GSV
<b>NAIRN'S</b>				
BT149	Caramelised Onion Flatbreads	150g	2.19	GS
BT156	Cheese Cracker	137g	2.19	GS
ZX338	Original Flatbread	150g	2.19	GS
<b>Biscuit Breaks</b>				
BT425	Salted Caramel Oat Biscuit Gluten Free	160g	2.49	GS
BT558	Cracked Black Pepper Cracker	137g	2.19	GS
BT200	GF Apple&Cinnamon Chunky Bisc	160g	2.45	GSV
BT324	GF Biscuit Breaks Choc Chip	160g	2.45	GS
BT108	GF Biscuit Breaks Oat & Fruit	160g	2.45	GSV
BT109	GF Biscuit Breaks Oat & Syrup	160g	2.45	GSV
BT267	GF Biscuit Breaks Stem Ginger	160g	2.45	GSV
BT571	GF Blueb&Rasp Chunky Biscuits	160g	2.45	GSV
BT347	GF BREAKS CHOC CHIP & MINT	160g	2.45	GS
BT572	GF Dark Choc&C'nut Chunky Bisc	160g	2.45	GS
BT549	GF Super Seeded Oatcake	180g	2.35	GV
BT420	Gluten Free Oatcakes	213g	2.35	GV
BT424	Gluten Free Oatcakes - Cheese	180g	2.35	G
BT559	W/Grain Super Seeded Cracker	137g	2.19	GS
BT557	Wholegrain Cracker	160g	2.19	GS
<b>ORIGIN EARTH</b>				
BT390	Gluten Free Crackers	150g	2.99	GV
BT389	Gluten Free Crackers Fennel	150g	2.99	GV
BT387	Gluten Free Crackers Sesame	150g	2.99	GV
<b>PREWETT'S</b>				
BT260	Dark Chocolate & Ginger	150g	3.65	GS
BT280	Jammy Wheels	160g	2.25	GSV
BT258	Milk Chocolate Digestives	165g	2.49	GS
BT526	Rich Quadruple Choc Cookies	150g	3.59	GS
<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
<b>RUDE HEALTH FOODS</b>				
BT505	Buckwheat & Chia Crackers	150g	3.25	GOV
BT144	Buckwheat &Black Bean Crackers	120g	2.99	GOV
BT300	Buckwheat Crackers	100g	2.49	GOV
BT309	Buckwheat Crackers	100g	2.49	GOV
BT147	Chickpea & Lentil Crackers	120g	2.39	GOV
BT372	Chickpea Triangles	80g	1.85	GOV
BT054	Corn Crackers	130g	2.19	GOV
BT371	Corn Triangles	100g	1.85	GOV
BT313	High Protein Lentil Triangles	70g	1.85	GV
BT395	Multigrain Thins	160g	2.75	GOV
<b>VEGAN BAKERY</b>				
BT069	Cookie N' Cream	200g	2.99	GSV
<b>BODY CARE</b>				
<b>DR BRONNER'S</b>				
DY338	Lavender Castile Liquid Soap	3.8l	69.99	FGOVB
<b>FAITH IN NATURE</b>				
Body Wash				
DY351	Body Wash - Avocado Conditioner	400ml	5.79	GV

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DY354	Conditioner - Blueberry	400ml	6.50	GV
	<b>GREEN PEOPLE</b>			
DY258	Organic Skincare Prebiotic Foot Cream	50ml	14.00	GOV
DY259	Scent Free and Organic Anti-Ageing 24 Hour Cream	50ml	22.00	GOV
DY262	Anti-Ageing Eye Cream	10ml	16.00	GOV
DY273	Cleanser and Make-up Remover	150ml	23.00	GOV
DY278	Day Moisturiser	50ml	22.00	GOV
DY275	Hydrating Calming Serum	50ml	23.00	GOV
	<b>LAVERA</b>			
DY583	Basis Lip Balm Sensitive	4.5g	3.95	OG
	<b>BREADS &amp; BREAD MIXES</b>			
	<b>AMISA</b>			
BT125	Olive Ciabatta	180g	3.35	GOV
	<b>BIONA</b>			
BT461	Rice Bread with Sunflower Seed	500g	4.75	GOV
	<b>FREE &amp; EASY</b>			
FG059	Afternoon Tea Scone Mix	350g	3.65	GSV
FG056	Middle Eastern Flatbread Mix	250g	3.90	CV
FG057	Yorkshire Pudding Mix	155g	2.65	GV
	<b>ISABEL'S NATURALLY FREE FROM</b>			
FG186	Baked Donut Mix Gluten Free	100g	3.15	GV
BT203	Gluten & Wheat Free Pizza Mix	300g	3.95	G
BT311	Thin Crust Pizza Base Mix	150g	3.15	GV
FG084	Yorkshire Pudding Mix - G/Free	100g	3.15	G
	<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
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>SUMA PREPACKS</b>			
VF154	Nut Roast Mix - Gluten Free	340g	3.49	GVS
	<b>ARTISAN NATURES KITCHEN</b>			
VF205	Moroccan Spiced GF Burger Mix	200g	2.89	GSV
VF206	Sweet Chilli GF Burger Mix	200g	2.89	GSV
	<b>CLEARSPRING</b>			
SY074	Organic Soya Chunks	200g	3.29	GOV
SY071	Organic Soya Mince	300g	3.79	GOV
	<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>			
CV277	The Farmers Co-op Lightly Salted Welsh Butter	250g	3.20	GO
CV174	Spreadable Butter	250g	2.95	GO
CV204	Unsalted Welsh Butter	250g	3.20	GO
	<b>YEO VALLEY</b>			
CV101	Minimum 4 days shelf life Double Cream	220ml	1.85	GO
	<b>CAKES</b>			
	<b>FREE &amp; EASY</b>			
FG031	Breakfast Pancake Gluten & Dairy Free	230g	3.90	GSV
BT072	Chocolate Brownie Mix	350g	4.90	GSV

code	product	size	rrp	bfgosv
FG017	<b>MRS CRIMBLES</b> Pancake and Batter Mix	200g	1.99	GV
	<b>CEREALS &amp; MUESLIS</b>			
	<b>ALARA</b>			
MX023	Everyday Range Gluten Free Muesli - organic Into The Garden	250g	3.29	GOV
MX236	Active Muesli	250g	3.99	GOV
	<b>AMISA</b>			
FX016	Organic Porridge Oats	325g	2.75	GOV
	<b>BIO &amp; ME</b>			
MX050	Seed & Nut Gluten Free Granola	350g	4.69	GV
	<b>BIOFAIR</b>			
MX009	Quinoa Pops Organic, FT	120g	5.50	GFO
	<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>EAT NATURAL</b>			
MX241	breakfast gluten free granola	425g	4.25	G
MX148	Toasted Muesli - Buckwheat	500g	4.25	G
	<b>GLEBE FARM</b>			
MX111	Granola Org Oats GF	325g	2.99	GOS
FX037	Porridge Oats GF	450g	2.65	GV
MX106	Porridge Oats GF	450g	2.79	GOV
	<b>KALLO</b>			
MX124	Puffed Rice Cereal - Natural	225g	3.35	GOV
	<b>LIZI'S</b>			
MX181	Gluten Free Granola	400g	4.59	GV
	<b>NAIRN'S</b>			
MX152	Gluten Free Porridge Oats	450g	2.79	GV
MX154	Muesli - Gluten Free Oats Your Way	450g	3.25	GSV
MX094	Porridge - Blueberry	375g	3.19	GV
	<b>NATURES PATH</b>			
MX136	Mixed Berry Granola	300g	4.95	OG
	<b>NATURES PATH ORGANIC</b>			
MX602	Gorilla Munch	300g	3.99	GOVS
MX194	Maple Sunrise	332g	4.19	GOSV
MX885	Mesa Sunrise	355g	4.35	GOSV
MX079	Envirokidz 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
MX100	Sour Cherry & Apple Bircher OG	300g	4.49	GOV
	<b>RUDE HEALTH FOODS</b>			
	Muesli			
MX065	Coconut Muesli Porridge	400g	3.49	GV
MX208	Gluten Free Sprouted Porridge Puffs	400g	4.99	GOV
MX164	Honey Puffed Oats	240g	4.25	G
MX120	Puffed Brown Rice	225g	2.39	GV
	<b>WHOLE EARTH</b>			
MX172	Classic Cornflakes - organic	375g	2.49	GOSV
MX174	Maple Frosted Flakes - og	375g	3.29	GOSV
	<b>CHEESE, DAIRY (CHILLED)</b>			
	<b>BERGERIE</b>			
CV583	Fresh Goat Cheese Organic	100g	1.99	GO

code	product	size	rrp	bfgosv
	<b>CHEESE, NON DAIRY (CHILLED)</b>			
	<b>APPLEWOOD</b>			
CV615	Smoked Cheese Block	200g	2.80	GSV
CV618	Smoked Cheese Slices	200g	3.10	GV
	<b>BUTE ISLAND FOODS</b>			
CV141	Blue Style Wedge	200g	2.70	GV
CV597	Cheddar w' Caramelised Onion	200g	2.70	GV
CV820	Garlic & Chive	200g	2.70	GV
CV016	Greek Style	200g	2.45	GV
CV191	Mature Cheddar Style	200g	2.45	GV
CV187	Mild Cheddar Style	200g	2.45	GV
CV755	Red Leicester Style	200g	2.70	GV
CV294	Smoked Cheddar	200g	2.70	GV
CV288	Strong Cheddar Wedge	200g	2.65	GV
CV596	Wensleydale Style	200g	2.70	GV
	Creamy Sheese			
CV302	Creamy Cheddar Spread	255g	2.65	GSV
CV307	Creamy Chive Spread	255g	2.65	GSV
CV308	Creamy Garlic and Herb Spread	255g	2.65	GSV
CV284	Creamy Onion & Black Pepper	255g	2.65	GSV
CV315	Creamy Original Spread	255g	2.65	GSV
CV024	Creamy Sweet Chilli Spread	255g	2.65	GV
	Grated Sheese			
CV165	Grated Mature Cheddar Style	200g	3.10	GV
CV186	Grated Mild Cheddar Style	200g	3.10	GV
CV183	Grated Mozzarella Style	200g	3.10	GV
	Sliced Sheese			
CV542	Mozzarella Style Slices	180g	2.65	GV
	<b>KOKO DAIRY FREE</b>			
CV688	Cheddar Cheese Alternative	200g	2.49	GV
	<b>MEXICANA</b>			
CV535	Spicy Mexican Cheddar Style	200g	2.80	GV
	<b>MOZZARISELLA</b>			
CV027	MascaRice Vegan Mascarpone	150g	3.65	GOV
	<b>VIOLIFE</b>			
	Grated			
CV904	Grated Tex-Mex Cheese	180g	3.40	GSV
	Specialities			
CV905	Camembert	150g	3.70	GV
	<b>CHOCOLATE</b>			
	<b>ANANDA FOODS</b>			
	AVERAGE 6-8 WEEKS SHELF LIFE			
KB330	Gluten Free Round UP	75g	3.50	GSV
	<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
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
	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>CAROBOO</b>			
	Carob Bars			
ZX522	Raspberry & Honeycomb Crunch	32g	1.69	GSV
ZX516	Salted Caramel Nutty Bars	32g	1.69	GV



code	product	size	rrp	bfgosv
ZX985	Smooth & Creamy Coconut Bars	35g	1.69	GSV
ZX990	Smooth & Creamy Mint Bars	35g	1.69	GSV
ZX987	Smooth & Creamy Orange Bars	35g	1.69	GSV
<b>CONSCIOUS CHOCOLATE</b>				
ZX483	Chia & Coconut Raw Bar	60g	2.79	GOSV
ZX485	Citrus Zest Raw Bar	60g	2.79	GOSV
ZX487	Dark Side 75% Raw Bar	60g	2.79	GOSV
ZX488	Dark Side 85% Raw Bar	60g	2.79	GOSV
ZX491	Four Nuts Raw Bar	60g	2.79	GOSV
ZX492	Goji & Coconut Raw Bar	60g	2.79	GOSV
ZX493	Love Potion No 9 Raw Bar	60g	2.79	GOSV
ZX497	Orange & Tangerine Raw Bar	60g	2.79	GOSV
ZX501	Peppermint Raw Bar	60g	2.79	GOSV
ZX366	Pure Dark 100% Cacao Bar	60g	2.79	GOV
ZX505	Sour Cherry Raw Bar	60g	2.79	GOSV
Chocolate Coated Snacks				
ZX339	Chocolate Coated Brazils	50g	2.49	GOSV
ZX340	Chocolate Orange Coated Figs	50g	2.49	GOSV
ZX364	Salted Chocolate Coated Dates	50g	2.49	GOSV
<b>DELICIOUSLY ELLA</b>				
ZX150	Chocolate Orange Dipped Almons	30g	1.19	GV
ZX151	Peanut Butter Cup	36g	1.69	GV
ZX152	Salted Caramel Cup	36g	1.69	GV
ZX144	Salted Chocolate Dipped Almons	30g	1.19	GV
<b>ENJOY!</b>				
Chocolate Buttons				
KB402	Dark 70% Chocolate Buttons	96g	4.99	OSGV
KB392	Mint Filled Buttons	96g	4.99	OSGV
KB401	Orange Caramel Filled Buttons	96g	4.99	OSGV
KB391	Salted Caramel Filled Buttons	96g	4.99	SGOV
Filled Bars				
KB593	Mint Caramel Filled Bar	70g	2.99	GOSV
KB603	Orange Caramel Filled Bar	70g	2.99	GOSV
KB389	Salted Caramel Filled Bar	70g	2.99	OSGV
KB388	Vanilla Caramel Filled Bar	70g	2.99	VSGO
<b>FELLOW CREATURES</b>				
70g Bars				
KB073	Creamy Hazelnut Chocolate	70g	3.90	GSV
KB068	Creamy Milkless Chocolate	70g	3.90	GSV
KB098	Matcha White Choccy	70g	3.90	GSV
KB095	Raspberry White Choccy	70g	3.90	GSV
KB089	Salted Caramel Choccy	70g	3.90	GSV
<b>GO MAX GO</b>				
Vegan Alt to Popular Classics				
ZX992	Ma-Jor Bar	43g	2.90	GSV
<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>HIP - HAPPINESS IN PLANTS</b>				
25g Bars				
KB105	Original - Creamy & Smooth	25g	1.25	GSV
KB106	Salted Caramel	25g	1.25	GSV
70g Bars				
KB607	Original - Creamy & Smooth	70g	2.95	GSV
KB606	Salted Caramel	70g	2.95	GSV
KB100	Salted Honeycomb	70g	2.95	GSV
<b>HAPPI</b>				
80g Bars				
KB953	Cacao Nibs Crunch	80g	2.95	GSV
KB988	Orange	80g	2.95	GSV
KB951	Plain Milk	80g	2.95	GSV
KB950	Salted Caramel	80g	2.95	GSV
KB996	White Chocolate	80g	2.95	GSV
ZX983	White Chocolate & Raspberry	80g	2.95	GSV
Chocolate Buttons				
ZX986	Oat Milk Chocolate Buttons	100g	3.49	GSV
<b>LOVERAW</b>				
Peanut Butter Cups				
KB127	Milk Chocolate PNB Cups	34g	1.75	GSV
KB131	White Chocolate PNB Cups	34g	1.75	GSV
Vegan Milk Chocolate Bar				
KB126	Caramel Milk Chocolate	30g	1.75	GSV

code	product	size	rrp	bfgosv
KB124	Orange M:lk Chocolate	30g	1.75	GSV
KB121	Smooth Milk Chocolate	30g	1.75	GSV
<b>MONTEZUMA'S</b>				
ZX770	Absolute Black Range Absolute Black with Mint Giant Buttons	90g	2.49	GV
ZX775	Absolute Black Giant Buttons Like No Udder	180g	3.99	GV
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
ZX779	Royal Mint Organic Dark W'Mint	90g	2.49	GOSV
<b>MOO FREE</b>				
KB010	Moofreesas Buttons	35g	1.25	GSV
KB348	Buttons - Original	25g	0.75	GSV
KB349	Buttons - White Everyday Bars	25g	0.75	GSV
KB008	Bunnycomb Bars	80g	1.79	GSV
KB353	Orange Crunch Bars	80g	1.79	GSV
KB354	Original Bars	80g	1.79	GSV
KB009	White Chocolate Bars Everyday Bars - 35g	80g	1.79	GSV
KB013	Bunnycomb Crunch Bars Mini Moos	35g	1.25	GSV
KB324	Bunnycomb Bars	20g	0.60	GSV
KB326	Caramel Bars	20g	0.60	GSV
KB327	Mint Bars	20g	0.60	GSV
KB332	Orange Bars	20g	0.60	GSV
KB337	Original Bars	20g	0.60	GSV
KB343	Strawberry Bars	20g	0.60	GSV
KB345	White Chocolate Bars Premium Bar	20g	0.60	GSV
ZX636	Cinder Toffee Bar	80g	2.19	GSVO
WS050	Cocoa Chocolate Bar	80g	2.19	GSOV
WS051	Sea Salt & Caramel Bar	80g	2.19	GSOV
<b>MUMMY MEAGZ</b>				
ZX704	Vegan Rocky Road Bars Original Rocky Road Bar	55g	1.79	SVG
WS053	Sea Salt & Honeycomb Rocky Road	55g	1.79	GVS
<b>OMBAR RAW CHOCOLATE</b>				
ZX397	Hazelnut Centre 70g Bars	35g	2.50	FGOSV
ZX952	Coco Almonds Raw Chocolate	70g	3.39	GOV
ZX953	Coco Mylk	70g	3.39	GOV
ZX639	Coconut & Vanilla Centre	70g	3.39	GOSV
ZX403	Hazelnut Centre	70g	3.39	FGOSV
ZX641	Pistachio Centre	70g	3.39	GOSV
ZX644	Raspberry & Coconut	70g	3.39	GOSV
ZX951	Raw Cacao 72%	70g	3.39	GOV
ZX975	Salt and Nibs Buttons	70g	3.39	VOG
KB492	Coco Mylk Chocolate Buttons	25g	1.55	FGOSV
<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
<b>RAW HALO</b>				
KB002	70g Bars 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

code	product	size	rrp	bfgosv
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
	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>SIESTA CAROB</b>			
KB714	Carob Bar Luxury - Mixed	50g	1.25	GV
KB711	Carob Bar Luxury - Natural	50g	1.25	GV
	<b>SO FREE</b>			
	Bags - Plastic Free			
ZX792	Salted Caramel Cocoa Bites	108g	2.89	GSV
ZX795	Smooth Orange Cocoa Bites	108g	2.89	GSV
ZX799	Strawberry White Cocoa Bites	108g	2.89	GSV
ZX800	White Cocoa Bites	108g	2.89	GSV
	No Added Sugar Large Bars			
ZX915	No Added Sugar 72% Dark Choc	80g	2.75	GV
ZX919	No Added Sugar Mint Dark Choc	80g	2.75	GV
	Oat Milk Chocolate Bars			
ZX561	No Added Sugar Vegan Oat Milk	70g	2.89	GV
ZX547	Vegan Caramilk	70g	2.89	GSV
ZX563	Vegan Oat Milk	70g	2.89	GSV
	Organic Large Bars			
ZX921	Extra Dark 87% Chocolate	80g	2.75	OSVG
ZX920	F/trade Milk Choc Alternative	80g	2.75	OGVS
ZX926	White Chocolate	70g	2.75	GSOV
	<b>THE RAW CHOCOLATE CO</b>			
KB307	Cacao Nibs	150g	3.75	GOV
	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>TONY'S CHOLONELY</b>			
	Small Bars			
ZX114	Milk Chocolate 32% Hazelnut	47g	1.49	FGS
	<b>VEGO</b>			
KB821	Mini Whole Hazel Chocolate Bar	65g	2.25	FGOSV
KB489	Whole Hazelnut Chocolate Bar	150g	3.99	FGOSV
	<b>CHOCOLATE &amp; SWEET SPREADS</b>			
	<b>COCOFINA</b>			
GH136	Hazelnut Chocolate Spread -Org	200g	4.99	GOSV
	<b>SO FREE</b>			
GH223	Milk Choc Spread (Dairy Free)	275g	3.15	OSGV
GH225	Rich Dark Chocolate Spread	275g	3.15	OVGS
	<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>DUNKERTONS</b>			
RT045	Dabinett Single Variety Cider	500ml	3.99	GOSV
RT054	Organic Craft Cider	500ml	3.79	GOSV
RT053	Premium Reserve Organic Cider	500ml	3.79	GOSV
	BOOM AWARD WINNER 2021			
RT041	Black Fox Organic Cider	500ml	3.79	GOSV

code	product	size	rrp	bfgo
<b>COFFEE SUBSTITUTES</b>				
<b>PREWETT'S</b>				
TE728	Chicory Drink - Cocoa	125g	4.90	GV
TE589	Chicory Drink - Organic	100g	4.49	GOV
<b>CONVENIENCE FOODS</b>				
<b>ARTISAN GRAINS</b>				
VF080	Falafel - Beetroot & Chilli	150g	1.89	GV
VF071	Falafel - Pumpkin & Quinoa	150g	1.89	GV
VF037	Falafel - Super Greens	150g	1.89	GV
VF213	Nut Roast - Cashew & Cranberry	200g	2.99	VG
<b>FREE &amp; EASY</b>				
VF125	Bean Cassoulet - og	400g	2.75	GOV
VF006	Chickpea / Vegetable Curry	400g	2.75	GOV
VF116	Chickpea & Bean Tagine	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>FUTURE FARM</b>				
VF001	Future Tvna	150g	3.35	GV
<b>GRANOVITA</b>				
VF036	Nut Luncheon	400g	2.99	GV
<b>LOMA LINDA</b>				
VF035	Tuno - In Spring Water	142g	1.79	GV
VF026	Tuno - Thai Sweet Chilli	142g	1.79	GSV
VF022	Tuno Mayo	142g	1.80	GSV
	Ready Meals			
VF027	Spicy Pad Thai	284g	3.99	GSV
VF028	Thai Green Curry	284g	3.99	GSV
VF016	Tikka Masala	284g	3.99	GSV
<b>MARIGOLD</b>				
SY154	Tempeh - Cans	280g	3.49	GV
<b>MIRACLE NOODLE</b>				
	Ready To Eat Meals			
VF142	Green Curry	280g	2.99	GSV
VF156	Japanese Curry	280g	2.99	GSV
VF144	Pad Thai	280g	2.99	GSV
VF163	Spaghetti Marinara	280g	2.99	GV
VF147	Thai Tom Yum Noodle Soup	280g	2.99	GSV
<b>CRISPS &amp; SNACKS</b>				
<b>AMAIZIN</b>				
ZX589	Bio Corn Chips Nachos	150g	2.45	GOS
<b>APE SNACKS</b>				
ZX504	Coconut Bites Chocolate	26g	2.90	GSV
<b>BROWN BAG CRISPS</b>				
	Impulse			
ZX266	Lightly Salted	40g	0.79	GV
ZX268	Oak Smoked Chilli	40g	0.79	GSV
ZX206	Rosemary & Sea Salt	40g	0.79	GSV
ZX267	Sea Salt and Vinegar	40g	0.79	GS
ZX265	West Country Cheddar & Onion	40g	0.79	GS
	Sharing			
ZX270	Lightly Salted	150g	2.90	GV
ZX108	Rosemary & Sea Salt	150g	2.90	GSV
	Vegetable Crisps			
ZX833	Vegetable Chips - Hand Cooked	40g	1.19	GV
<b>CLEARSPRING</b>				
ZX226	Tamari Roast Sicilian Almonds	30g	1.99	GOV
<b>EAT REAL</b>				
	Hummus Chips - Impulse			
ZX242	Hummus Chilli Cheez Chips	45g	0.89	GSV
ZX198	Hummus Sour Cream Chips	45g	0.89	GSV
ZX162	Humus Chilli & Lemon Chips	45g	0.89	GV
ZX163	Humus Creamy Dill Chips	45g	0.89	GSV
ZX161	Humus Sea Salted Chips	45g	0.89	GV
ZX160	Humus Tomato & Basil Chips	45g	0.89	GSV
	Hummus Chips - Sharing			
ZX237	Hummus Chilli Cheez	135g	1.99	GSV
ZX326	Hummus Sour Cream Chips	135g	1.99	GSV

code	product	size	rrp	bfgosv
ZX125	Humus Chilli Lemon Chips	135g	1.99	GV
ZX127	Humus Creamy Dill Chips	135g	1.99	GSV
ZX124	Humus Sea Salt Chips	135g	1.99	GV
ZX121	Humus Tomato & Basil Chips	135g	1.99	GSV
	Kale - Sharing			
ZX057	Veggie & Kale Straws	113g	2.90	GSV
	Lentil Chips - Impulse			
ZX169	Lentil Chilli & Lemon Chips	40g	0.89	GV
ZX740	Lentil Chips Mango & Mint	40g	0.89	GSV
ZX170	Lentil Creamy Dill Chips	40g	0.89	GSV
ZX165	Lentil Sea Salted Chips	40g	0.89	GV
ZX168	Lentil Tomato & Basil Chips	40g	0.89	GSV
	Lentil Chips - Sharing			
ZX135	Lentil Chips Chilli Lemon	113g	1.99	GV
ZX883	Lentil Chips Creamy Dill	113g	1.99	GSV
ZX737	Lentil Chips Mango & Mint	113g	1.99	GSV
ZX128	Lentil Chips Sea Salt	113g	1.99	GV
ZX130	Lentil Chips Tomato Basil 113g	113g	1.99	GSV
	Multi Pack			
ZX027	Hummus, Lentil, Quinoa Multi	116g	2.65	GVS
	Organic - Sharing			
ZX215	Hummus Sea Salt Chips - Org	100g	2.49	GOV
ZX214	Lentil Sea Salt Chips - Org	100g	2.49	GOV
ZX213	Veggie Straws - Organic	100g	2.49	GOSV
	Potato Straws			
ZX109	Potato Cheez Straws	45g	0.59	GSV
ZX190	Potato Cheez Straws	113g	2.90	GSV
	Quinoa Chips - Impulse			
ZX041	Quinoa Chilli & Lime Chips	30g	0.89	GSV
ZX007	Quinoa Cream & Chive Chips	30g	0.89	GSV
	Quinoa Chips - Sharing			
ZX311	Quinoa Chips Chilli Lime	80g	1.99	GSV
ZX315	Quinoa Chips Cream & Chives	80g	1.99	GSV
ZX314	Quinoa Chips Tomato & Garlic	80g	1.99	GSV
ZX264	Quinoa Paprika Chips	80g	1.99	GSV
	<b>EMILY CRISPS</b>			
ZX186	Garden Greens Veg Crisps	23g	1.19	GV
ZX183	Rainbow Roots	30g	1.19	GV
ZX234	Sour Cream & Onion Thins	85g	1.99	GV
ZX235	Sour Cream & Onion Thins	23g	0.99	GV
ZX197	Veg Thins - Chipotle BBQ	80g	1.89	GV
ZX174	Vegetable Sticks - Thai Chilli	35g	1.90	GV
	<b>HIPPEAS</b>			
	Large Bags			
ZX188	Cheesy Puffs	78g	2.39	GV
ZX600	Salt & Vinegar Puffs	78g	2.39	GV
ZX166	Sweet & Smokin' Puffs	78g	2.39	GSV
ZX070	Sweet Chilli Puffs	78g	2.39	GV
	Tortilla			
WS208	Rockin Ranch - Share Bag	130g	1.25	GV
WS215	Tortilla Cheesy Nacho Vibes	40g	0.55	GV
WS214	Tortilla Chilli Kicks	40g	0.55	GV
WS213	Tortilla Rockin' Ranch	40g	0.55	GV
WS216	Tortilla Sea Salt	40g	0.55	GV
WS211	Tortilla Sea Salt	130g	1.25	GV
	<b>KETTLE CHIPS</b>			
	Sharing Bags			
ZX248	Lightly Salted	150g	2.89	GV
ZX427	Sheese & Red Onion - Vegan	135g	2.89	GV
	<b>LOVE CORN</b>			
ZX849	Crunchy Corn - BBQ	115g	2.29	GV
ZX957	Crunchy Corn - Cheese & Onion	115g	2.29	GV
ZX956	Crunchy Corn - Cheese & Onion	45g	1.19	GV
ZX607	Crunchy Corn - Habanero	115g	2.29	G
ZX852	Crunchy Corn - Salt & Vinegar	115g	2.29	GV
ZX610	Milk Chocolate & Sea Salt	90g	2.89	GS
ZX608	Sea Salt	115g	2.29	G
	<b>MANOMASA</b>			
ZX535	Tortilla - Chilli & Honey	160g	2.90	G
ZX462	Tortilla - Chipotle & Lime	160g	2.90	GV
ZX603	Tortilla - Lemon & Peppercorn	160g	2.90	GV
ZX455	Tortilla - Manchego & Olive	160g	2.90	G

code	product	size	rrp	bfgosv
ZX613	Tortilla - Tomatillo Salsa	160g	2.90	GV
	<b>NAIRN'S</b>			
ZX335	Sea Salt & Rosemary Flatbread	150g	2.19	GS
ZX210	Snackers - Cheese	23g	0.69	G
	<b>PIPERS CRISPS</b>			
	Impulse Bag			
ZX292	Anglesey Sea Salt	40g	0.85	GV
ZX293	Arreton Tomato Potato Crisps	40g	0.85	GSV
ZX295	Karnataka Bl Pepp & Sea Salt	40g	0.85	GSV
ZX297	Lye Cross Cheddar & Onion	40g	0.85	GS
ZX296	Somerset Cider Vinegar/Salt	40g	0.85	GS
ZX434	Wild Thyme & Rosemary Sharing Bag	40g	0.85	GSV
ZX291	Anglesey Sea Salt	150g	2.19	GV
ZX289	Lye Cross Cheddar & Onion	150g	2.19	GS
ZX283	Sea Salt & Somerset Cider V'gr	150g	2.19	GS
ZX436	Wild Thyme & Rosemary	150g	2.19	GSV
	<b>PROPERCHIPS</b>			
ZX725	Barbecue	20g	0.85	GSV
ZX726	Sea Salt	20g	0.85	GSV
ZX727	Sweet Sriracha Chilli Sharing Bag	20g	0.85	GSV
ZX426	Barbecue Chips	85g	2.19	GSV
ZX467	Salt & Vinegar Chips	85g	2.19	GSV
ZX430	Sea Salt Chips	85g	2.19	GSV
ZX474	Sriracha Chilli Chips	85g	2.19	GSV
	<b>PROPERCORN</b>			
	Sharing Bag			
ZX861	Popcorn - Lightly Sea Salted	70g	1.95	GV
ZX862	Popcorn - Salted Caramel	90g	1.95	GSV
ZX860	Popcorn - Sweet & Salty	90g	1.95	GSV
	<b>PURELY PLANTAIN</b>			
ZX961	Plantain Chips - Nice & Spicy	75g	1.99	GV
ZX959	Plantain Chips - Sea Salt	75g	1.99	GV
ZX960	Plantain Chips - Wild Garlic	75g	1.99	GV
	<b>REBEL KITCHEN</b>			
ZX252	Caramel Bytes	26g	1.79	GOSV
ZX240	Chocolate Bytes	26g	1.79	GOSV
	<b>RW GARCIA</b>			
	Crackers			
ZX760	Crackers - Kale	180g	5.90	GV
ZX761	Crackers - Sweet Potato	180g	5.90	GV
ZX329	Crackers - The Bagel	155g	5.90	GOV
ZX859	Lentil & Turmeric Crackers Sharing Bag	155g	5.90	GSV
ZX461	Blue Corn Tortilla Chips - Org	150g	3.35	OVG
ZX200	Veggie Mix Tortilla	150g	3.35	GV
	<b>SOURCE OF THE EARTH</b>			
ZX640	Lentil Chips - Coconut Curry	24g	0.99	GV
ZX717	Lentil Chips - Cream & Chive	24g	0.99	GV
ZX702	Lentil Chips Paprika & Chilli	24g	0.99	GV
	<b>TEN ACRE CRISPS</b>			
ZX556	Cheese & Onion Crisps	40g	0.85	GV
ZX559	Hickory BBQ Crisps	40g	0.85	GV
ZX554	Ready Salted Crisps	40g	0.85	GV
ZX557	Salt & Vinegar Crisps	40g	0.85	GV
ZX566	Sweet Chilli Crisps	40g	0.85	GV
	<b>TRAFU</b>			
	Flips			
ZX359	Chickpea Flips Mild Curry	75g	2.45	GOV
ZX343	Pea Flips Lightly Salted	75g	2.45	GOV
ZX299	Rosemary Lentil Flips Hummus Chips	75g	2.45	GOV
ZX933	Hummus Chips - Sea Salt	75g	2.15	GOV
	<b>TYRRELLS</b>			
	Potato Chips - Furrows Sharing Sea Salt and Cider Vinegar	150g	2.59	GS
	Potato Chips - Impulse Cheddar Cheese and Chives	40g	1.50	GS
	Potato Chips - Sharing			
ZX978	Black Truffle & Sea Salt	150g	2.55	GVS
ZX018	Cider Vinegar and Sea Salt	150g	2.55	GS

code	product	size	rrp	bfgosv
ZX022	Lightly Sea Salted	150g	2.55	GV
ZX024	Sea Salt & Black Pepper	150g	2.55	GV
ZX021	Sweet Chilli & Red Pepper	150g	2.55	GSV
	Vegetable Chips			
ZX658	Mixed Roots	40g	1.65	GV
ZX388	Mixed Roots	125g	3.59	GV
	<b>WELL &amp; TRULY</b>			
ZX965	Crunchies Banging BBQ	100g	2.00	G
ZX970	Crunchies Punchy Pickle	100g	2.00	G
ZX964	Crunchies Really Cheesy	100g	2.00	G
ZX967	Crunchies Sea Salt & Vinegar	100g	2.00	G
ZX966	Crunchies Smokey Paprika	100g	2.00	G
ZX971	Crunchies Sour Cream & Onion	100g	2.00	G
	<b>DESSERTS</b>			
	<b>BARKAT</b>			
VF135	GF Waffle Ice Cream Cones	150g	4.19	GS
	<b>NATURE'S CHARM</b>			
SY079	Coconut Caramel Sauce	200g	3.79	GSV
	<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
SY107	Vanilla Soya Dessert	530ml	1.59	GOSV
	<b>WE CAN VEGAN</b>			
SY060	Vegan Chocolate Custard	400g	1.85	GSV
SY015	Vegan Rice Pudding	400g	1.85	GSV
SY065	Vegan Strawberry Custard	400g	1.85	GSV
SY006	Vegan Vanilla Custard	400g	1.85	GSV
	<b>DESSERTS &amp; PUDDINGS (CHILLED)</b>			
	<b>NUSH</b>			
CV795	Almond Milk Choc Fudge Pots	2 x 75g	3.25	GV
CV729	Almond Milk Choc Orange Pots	2 x 75g	3.25	GV
	<b>ORIGIN KITCHEN</b>			
	Creamed Cashew Desserts			
CV789	Chocolate	85g	2.30	GSV
CV780	Forest Berry	85g	2.30	GSV
CV778	Mango & Passionfruit	85g	2.30	GSV
CV792	White Chocolate	85g	2.30	GSV
	<b>THE COCONUT COLLABORATIVE</b>			
CV507	Little Choc Pots	4 x 45g	3.30	GSV
CV511	Salted Caramel Pots	4 x 45g	3.30	GSV
CV464	Vanilla Rice Pudding	2 x 125g	3.30	GSV
	<b>VRAI</b>			
CV627	Rice Pudding with Vanilla	110g	1.20	GOS
	<b>DESSERTS, NON-DAIRY (FROZEN)</b>			
	<b>BEAU'S GELATO</b>			
XL095	Chocolate Chip	450ml	5.60	GSV
XL094	Mint Chocolate Chip	450ml	5.60	GSV
XL093	Pistachio	450ml	5.60	GSV
XL092	Raspberry	450ml	5.60	GSV
XL099	Strawberry	450ml	5.60	GSV
	<b>FOOD HEAVEN</b>			
	Dairy-Free Desserts			
XL401	Chocolate Ice Cream	900ml	4.50	GSV
XL400	Cool Vanilla Ice Cream	900ml	4.50	GSV
	<b>NATURLI'</b>			
	Cones			
XL149	Dark and Creamy Ice Cones	4 x 130m	5.25	GSV
XL150	Salted Caramel Ice Cream Cones	4 x 130m	5.25	GSV
	<b>NORTHERN BLOC</b>			
	Indulgent Vegan Ice Cream			
XL110	Caramel Chocolate Multipack	4 x 100m	6.25	GSV
XL367	Chocolate & Blood Orange	100ml	1.55	GSV
XL118	Chocolate & Blood Orange	500ml	5.49	GSV
XL103	Chocolate Collection Multipack	4 x 100m	6.25	GSV

code	product	size	rrp	bfgosv
<b>DRINKS (CHILLED)</b>				
<b>BIOTIFUL DAIRY</b>				
CV867	Honey & Ginger Kefir Smoothie	250ml	1.69	G
CV373	Kefir Cherry Smoothie	250ml	1.69	G
CV359	Org Baked Milk Drink	500ml	2.90	GO
CV342	Org Kefir Milk Drink	500ml	2.90	GO
CV361	Org Kefir Milk Drink	250ml	1.75	GO
	Oat Kefir			
CV908	Mango Plant-Based Kefir	250ml	2.15	GV
CV906	Original Plant Based Kefir	250ml	2.15	GV
CV907	Strawberry Plant Based Kefir	250ml	2.15	GV
<b>CALIFIA FARMS</b>				
CV824	Chocolate Coconut Almond Milk	750ml	2.50	GSV
CV822	Cocoa Noir Cold Brew Coffee	310ml	1.99	GSV
CV826	Cold Brew Mocha	750ml	2.99	GSV
CV823	Unsweetened Almond Milk	750ml	2.50	GSV
CV821	XX Espresso Cold Brew Coffee	310ml	1.99	GSV
<b>COCOS</b>				
CV898	Natural Coconut Milk Kefir	500ml	3.95	GOV
CV896	Strawberry Kefir	200ml	2.95	GOV
<b>JARR KOMBUCHA</b>				
CV053	Ginger Kombucha	240ml	2.29	GOV
CV062	Original Kombucha	240ml	2.29	GOV
CV064	Passion Fruit Kombucha	240ml	2.29	GOV
CV070	Raspberry Kombucha	240ml	2.29	GOV
<b>KOKO DAIRY FREE</b>				
CV021	Koko Dairy Free Original	1l	1.90	GSV
<b>LA BREWERY</b>				
CV138	Ginger Kombucha	300ml	2.99	GV
CV164	Lemongrass Kombucha	300ml	2.99	GV
CV155	Strawberry & Pepper Kombucha	300ml	2.99	GV
<b>FAR EASTERN FOOD</b>				
<b>CLEARSPRING</b>				
JP103	Teriyaki Sauce - Organic & GF	150ml	4.29	GOV
JP026	Tofu	300g	2.10	GOV
	Miso Products			
JP048	Creamy Sesame Miso Soup	4 x 15g	2.99	GOV
JP049	Ginger & Turmeric Miso Soup	4 x 15g	2.99	GOV
JP047	Hot & Spicy Miso Soup Paste	4 x 15g	2.99	GOV
	Noodles			
JP056	All Buckwheat Soba Noodles	200g	4.49	GOV
JP053	Brown Rice Noodles - GF	200g	3.89	GOV
JP054	Brown Rice Wide Noodles - GF	200g	3.89	GOV
	Sea Veg			
JP082	Seaveg Crispies - Original	4g	1.19	GOV
JP104	Seaveg Crispies - Original	8g	1.75	GOV
JP035	Seaveg Crispies - Turmeric	4g	1.19	GOV
JP083	Seaveg Crispies Multipack-Orig	3 x 4g	2.89	GOV
JP085	Seaveg Crispies Multipk-Chilli	3 x 4g	2.89	GOV
	Soya Sauce			
JP130	Tamari Soy Sauce Double Strnth	150ml	3.79	GOV
JP098	Tamari Soya Sauce	150ml	2.79	GOV
JP099	Tamari Soya Sauce	250ml	3.79	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	GOV
JP501	Tamari Soya Sauce	500ml	1.00	GOV
JP110	Tamari Soya Sauce	1l	18.39	GOV
<b>KIKKOMAN</b>				
JP067	Tamari Gluten Free Soy Sauce	150ml	2.69	GV
<b>KING SOBA NOODLE CULTURE</b>				
WT034	Buckwheat Ramen Noodle Kit	190g	3.49	GOV
<b>MEKHALA</b>				
VF234	Green Curry Paste	100g	3.99	GOV
VF241	Lemongrass Turmeric Paste	100g	3.99	GOV
VF238	Miso Ginger Paste	100g	3.99	GOV
VF235	Red Curry Paste	100g	3.99	GOV
VF237	Tom Yum Paste	100g	3.99	GOV
VF236	Yellow Curry Paste	100g	3.99	GOV
<b>MERIDIAN</b>				
JP058	Tamari	5l	38.29	GV
JP309	Tamari	150ml	3.29	GV
JP310	Tamari	500ml	6.89	GV



code	product	size	rrp	bfgosv
	<b>THAI TASTE</b>			
VF174	Galangal	114g	1.79	GV
VF319	Green Curry Paste	114g	1.99	GV
VF171	Red Curry Paste	114g	1.99	GV
VF258	Sriracha Chilli Sauce	450ml	2.39	GSV
VF199	Tamarind Paste	130g	1.79	GSV
VF159	Vegan 'Fish' Sauce	180ml	2.15	GSV
	<b>YAKSO</b>			
JP012	Coconut Aminos	250ml	7.25	GOV
JP002	Tamari - organic	125ml	2.25	GOV
JP113	Tamari - organic	250ml	3.95	GOV
	<b>FLAKES, BRANS &amp; WHEATGERM</b>			
	<b>SUMA PREPACKS</b>			
FX046	Oats - Jumbo & Gluten Free	750g	3.59	GV
FX045	Oats - Porridge & Gluten Free	750g	3.59	GV
	<b>SUMA PREPACKS - ORGANIC</b>			
FX042	Oats - Jumbo Gluten Free	750g	3.99	GOV
FX044	Oats - Porridge & Gluten Free	750g	3.99	GOV
	<b>ALARA</b>			
FX026	Gluten Free Scottish Porridge	500g	3.19	GOV
	<b>FLOURS &amp; BREAD MIXES</b>			
	<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>BIONA</b>			
FG163	Coconut Flour - Organic	500g	3.50	GOV
	<b>CLEARSPRING</b>			
FG180	Breadcrumbs - Brown Rice, GF	250g	4.49	GOV
	<b>DOVES FARM</b>			
FG097	Chickpea Flour	260g	2.45	GOV
FG039	GF Buckwheat Flour	1kg	4.75	GV
FG522	Gluten Free Brown Bread Flour	1kg	2.65	GV
FG700	Gluten Free Plain White Flour	1kg	2.65	GV
FG520	Gluten Free White Bread Flour	1kg	2.65	GV
FG096	OAT FLOUR	450g	4.19	GOV
FG047	Organic Coconut Flour	500g	3.95	GOV
FG098	Quinoa Flour	310g	3.99	GOV
FG117	Rice Flour	1kg	2.90	GV
FG116	Stoneground Gram Flour	1kg	2.69	GV
FG701	White Self Raising Flour GF	1kg	2.65	GV
	<b>GLEBE FARM</b>			
FG177	Gluten Free Self Raising Flour	1kg	2.35	GV
FG113	Oat Flour Wheat/Gluten Free	300g	2.79	GSV
	<b>ORGRAN</b>			
FG061	Gluten Free Mixes Buckwheat Pancake Mix	375g	3.69	GV
	<b>SHIPTON MILL</b>			
FG080	Specialist Flour Chestnut Flour	500g	6.95	GOV
	<b>FRUIT - DRIED</b>			
	<b>THE RAW CHOCOLATE CO</b>			
DR188	Goji Berries	150g	5.59	GOV
	<b>URBAN FRUIT</b>			
DR192	Mango	100g	2.65	GV
DR201	Pineapple	100g	2.65	GV
DR263	Snack Pack - Mango	35g	0.99	GV
DR002	Snack Pack - Strawberry	35g	0.99	GV
DR144	Snack Pack Pineapple	35g	0.99	VG
DR266	Strawberries	90g	2.65	GV
DR009	Tumbled Mango & Passionfruit	85g	2.65	GV
	<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

code	product	size	rrp	bfgosv
<b>FRUIT &amp; VEGETABLE JUICES</b>				
<b>BERRY COMPANY</b>				
	1L Tetrapack			
JU063	Goji Berry Juice	1l	2.69	GV
JU061	Superberries Purple Juice	1l	2.69	GV
JU050	Superberries Red Juice	1l	2.69	GV
JU736	White Tea and Peach Juice	1l	2.69	GV
<b>FLAWSOME!</b>				
	Not from concentrate juices			
JU823	Apple & Orange Juice	250ml	1.99	GV
JU825	Apple & Strawberry Juice	250ml	1.99	GV
JU826	Apple & Superberry Juice	250ml	1.99	GV
JU820	Orange Juice	250ml	1.99	GV
JU821	Sweet & Sour Apple Juice	250ml	1.99	GV
<b>GRAINS</b>				
<b>MR ORGANIC</b>				
QS020	Red Lentil Rice	250g	3.65	GOV
<b>GRAVY, STOCK &amp; BOUILLON</b>				
<b>SUMA ORGANIC</b>				
LJ650	Organic Bouillon	150g	2.55	GOV
<b>FREE &amp; EASY</b>				
LJ008	Gravy Sauce Mix	130g	2.90	GV
<b>KALLO</b>				
LJ102	French Onion Stock Cubes	66g	1.75	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.75	GOVS
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
LJ147	Yeast Free Veg.Stock Cubes	6 x 10g	1.75	GV
<b>MARIGOLD</b>				
LJ211	Bouillon Cubes	8	1.29	GOV
LJ046	Bouillon Powder	1kg	11.65	G
LJ043	Bouillon Powder	150g	2.24	G
LJ044	Bouillon Powder	500g	6.35	G
LJ073	Bouillon Powder - Organic	150g	2.35	GOV
LJ238	Bouillon Powder - Organic	500g	7.15	GOV
LJ164	Bouillon Powder - Reduced Salt	1kg	11.65	GV
LJ070	Bouillon Powder - Reduced Salt	150g	2.90	GV
LJ237	Bouillon Powder - Reduced Salt	500g	6.35	GV
LJ178	Bouillon Reduced Salt	2kg	2.95	FGV
LJ062	Gravy Granules - Instant	170g	1.79	GSV
LJ212	Low Salt Bouillon Cubes	8	1.49	GOV
LJ208	Organic Bouillon	2kg	22.15	FGOV
LJ074	Organic Bouillon Reduced Salt	140g	2.49	GOV
LJ253	Organic Reduced Salt Bouillon	2kg	23.59	FGOV
LJ139	Original Bouillon	2kg	19.19	FGV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.39	GOV
<b>ORGRAN</b>				
LJ158	Gravy Mix	200g	2.89	GV
<b>HERB &amp; FRUIT TEA INFUSIONS</b>				
<b>CLIPPER</b>				
	Everyday Infusions			
TE035	Indian Chai	20 bags	2.19	FGOV
<b>HEATH AND HEATHER</b>				
	Botanicals			
TE594	Turmeric Root Brew	20 bags	3.55	GOV
<b>PUKKA</b>				
TE058	Turmeric Active	20 bags	3.29	GOV
<b>YOGI TEA</b>				
TE593	Alkaline Herbs	17 bags	2.59	GOV
TE067	Bee Happy	17 bags	2.59	GOV
TE630	Detox Dandelion with Lemon	17 bags	2.59	GOV
TE591	Finest Selection	18 bags	2.79	GOV
	For The Senses			
TE625	Fresh Inspiration	17 bags	2.59	GOV

code	product	size	rrp	bfgosv
TE615	Good Night	17 bags	2.59	GOV
TE263	Natural Energy	17 bags	2.59	GOV
TE129	Natural Wellbeing	17 bags	2.59	GOV
TE610	Pure Happiness Gift Range	17 bags	2.59	GOV
TE265	Yogi Tea Selection Box	1	11.99	GOV
<b>HONEY</b>				
<b>HILLTOP HONEY</b>				
HY097	Lavender Honey, Spanish	277g	5.95	G
HY076	Organic Multi Flower Honey	370g	4.25	OG
<b>HOUSEHOLD CLEANING PRODUCTS</b>				
<b>ECOZONE</b>				
HJ044	Appliance Descaler	500ml	4.69	GV
<b>HOUSEHOLD PRODUCTS</b>				
<b>TRADCRAFT</b>				
NF181	Fair Trade Rubber Gloves	1 pairs	1.45	GFV
<b>INDIAN FOOD</b>				
<b>MERIDIAN</b>				
VF019	Korma Sauce	350g	2.89	GSV
VF025	Tikka Masala Sauce	350g	2.89	GSV
<b>PATAKS</b>				
	Curry Pastes			
KJ222	Korma Curry Paste	290g	2.89	G
KJ054	Madras Curry Paste	283g	2.89	GV
KJ152	Rogan Josh Curry Paste	283g	2.99	GSV
KJ246	Tikka Masala Curry Paste	283g	2.89	GS
KJ059	Vindaloo Curry Paste	283g	2.89	GV
	Pickles			
KJ040	Aubergine Pickle (Was Bringal)	312g	2.59	GSV
KJ041	Chilli Pickle	283g	2.55	GV
KJ045	Lime Pickle - Medium/Hot	283g	2.55	GV
KJ047	Mango Pickle - Medium	283g	2.65	GV
KJ049	Mixed Pickle	283g	2.55	GV
<b>PUNJABAN</b>				
	Bases (Sauce Concentrate)			
KJ374	Authentic Curry Base - Medium	350g	3.50	GV
KJ373	Authentic Curry Base - Mild	350g	3.50	GV
KJ379	Butter 'Chicken' Base	350g	3.50	GV
KJ383	Tasty Tamarind Curry Base	350g	3.50	GV
KJ083	Tikka Masala Curry Base Sauce	350g	3.50	GV
<b>JAMS &amp; FRUIT SPREADS</b>				
<b>ST DALFOUR</b>				
JS051	Apricot Spread	284g	2.75	GV
JS064	Black Cherry Spread	284g	2.75	GV
JS063	Blackberry Spread	284g	2.75	GV
JS062	Blackcurrant Spread	284g	2.75	GV
JS009	Cranberry & Blueberry	284g	2.75	GV
JS068	Fig Spread	284g	2.75	GV
JS067	Four Fruits Spread	284g	2.75	GV
JS066	Mirabelle Plum Spread	284g	2.75	GV
JS120	Orange and Ginger Spread	284g	2.75	GV
JS046	Raspberry & Pomegranate Spread	284g	2.75	GV
JS049	Raspberry Spread	284g	2.75	GV
JS050	Strawberry Spread	284g	2.75	GV
JS061	Thick Cut Orange Spread	284g	2.75	GV
JS060	Wild Blueberry Spread	284g	2.75	GV
<b>JUICE CONCENTRATES &amp; CORDIALS</b>				
<b>BELVOIR</b>				
JU234	Blueberry Blackcurrant Cordial	500ml	5.35	GSV
JU516	Elderflower & Rose Cordial	500ml	5.35	GSV
JU578	Elderflower Cordial	500ml	5.35	GSV
JU577	Ginger Cordial	500ml	5.35	GSV
JU197	Honey, Lemon & Ginger Cordial	500ml	5.35	GS
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
JU043	Raspberry & Lemon Cordial	500ml	5.35	GV

code	product	size	rrp	bfgovs
JU339	Family Size Blackcurrant Cordial	750ml	5.29	GSV
JU338	Orange Cordial	750ml	5.29	GSV
<b>MARGARINES &amp; SPREADS (CHILLED)</b>				
<b>KOKO DAIRY FREE</b>				
CV317	Koko Dairy Free Spread	500ml	2.19	GV
<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>INSPIRED VEGAN</b>				
KJ247	Vegan Bearnaise Style Sauce	205g	2.39	GSV
KJ249	Vegan Dill Mustard Sauce	200g	2.39	GSV
KJ270	Vegan Hollandaise Style Sauce	205g	2.39	GSV
KJ048	Vegan Honei Mustard Dressing	265g	2.99	GSV
KJ271	Vegan Horseradish Sauce	210g	2.69	GSV
KJ245	Vegan Marie Rose Sauce	210g	2.39	GSV
KJ261	Vegan Tartare Sauce	210g	2.69	GSV
<b>MR ORGANIC</b>				
KJ498	Egg Free Garlic Mayo	180g	2.79	GOSV
<b>MEAT FREE ALTERNATIVES(FROZEN)</b>				
<b>BEYOND MEAT</b>				
XL053	Burgers	226g	5.20	GV
XL091	Meatballs	200g	5.20	GV
XL088	Mince	300g	5.20	GV
XL063	Sausages	200g	5.20	GV
<b>FUTURE FARM</b>				
XL076	Burgers	230g	4.00	GV
XL185	Chicken	160g	4.00	GV
XL079	Meatballs	250g	4.00	GV
XL077	Mince	250g	4.00	GV
XL080	Sausages	250g	4.00	GV
<b>NATURLI'</b>				
XL065	Schnitzel	300g	4.25	GV
XL071	Vegan Balls	300g	3.50	GV
XL101	Vegan Mince	325g	3.35	GSV
<b>THE VEGILANTES</b>				
XL120	Spiced Indian Bhaji Baskets	350g	4.50	GV
<b>MEATLESS SUBSTITUTES (CHILLED)</b>				
<b>BONSAN</b>				
CV837	Kofu Fishfree fillet	150g	4.50	GOSV
CV843	Kofu Ragu Chunks	150g	3.95	GOSV
<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>HEURA</b>				
CV142	Chorizo	216g	3.69	GV
CV115	Mediterranean Chunks	160g	3.69	GV
CV119	Original Burger	220g	4.30	GV
CV116	Original Chunks	160g	3.69	GV
CV124	Original Nuggets	180g	3.69	GV
CV128	Original Sausages	216g	3.69	GV
CV145	Original Strips	160g	3.69	GV
<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>				
<b>AL'FEZ</b>				
KJ548	Apricot & Coriander Sauce 450g	450g	2.65	G
<b>AMISA</b>				
KJ105	Falafel Mix	160g	2.45	GOV
<b>MILK - NON DAIRY</b>				
<b>ALPRO</b>				
TE004	Almond for Professionals	1l	2.25	GSV
TE083	Oat for Professionals	1l	1.99	GV
SY047	Organic Almond Drink	1l	1.39	GOV
SY049	Organic Coconut Drink	1l	1.39	GOV
SY050	Organic Soya Drink	1l	1.29	GOV

code	product	size	rrp	bfgo
	<b>BLUE DIAMOND</b>			
SY101	Almond Breeze - Barista Blend	1l	2.50	GV
SY061	Almond Breeze - Original	1l	1.79	GSV
SY066	Almond Breeze - Unsweetened	1l	1.79	GV
	<b>DREAM</b>			
JU540	Rice Dream - Calcium	1l	2.15	GV
	<b>DUG</b>			
SY134	Potato Milk - Barista	1l	1.99	GV
SY127	Potato Milk - Original	1l	1.99	GV
SY128	Potato Milk - Unsweetened	1l	1.99	GV
	<b>ECOMIL</b>			
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
	<b>FOOD HEAVEN</b>			
SY003	Cooking Cream - Unsweetened	1l	3.50	GV
SY168	Heavenly Whipped Spray Cream	200ml	2.29	GSV
	<b>GLEBE FARM</b>			
SY140	Barista Style Oat Drink	1l	1.99	GV
	<b>KOKO DAIRY FREE</b>			
SY149	Barista Coconut Milk Drink	1l	1.99	GSV
SY038	Coconut Milk Drink	1l	1.95	GSV
SY122	Coconut Milk Drink Unsweetened	1l	1.95	GV
SY167	Coconut Super Milk	1l	2.35	GSV
SY222	Koko Life!	1l	1.00	GV
	<b>MIGHTY</b>			
SY124	Pea Milk - Original	1l	1.95	GSV
SY197	Pea Milk - Unsweetened	1l	1.95	GV
	<b>NATURE'S CHARM</b>			
SY077	Condensed Coconut Milk	320g	3.49	GSV
SY078	Evaporated Coconut Milk	360ml	3.90	GSV
	<b>PLAMIL</b>			
SY009	Organic Soya Milk Heritage	1l	2.25	VOG
	<b>PLENISH</b>			
SY118	Coconut M*lk	1l	2.95	GOV
SY170	Oat M*lk - Gluten Free	1l	2.35	GOV
	<b>PROVAMEL</b>			
SY094	Almond Drink - Unsweetened	1l	2.69	GOV
SY007	Rice Drink - organic	1l	1.99	GVO
SY025	Soya Milk - Unsweetened	1l	1.99	GOV
	<b>REBEL KITCHEN</b>			
SY181	Dairy Free Semi Skimmed Mylk	1l	2.55	GOV
SY214	Dairy Free Whole Mylk	1l	2.55	GOV
	<b>RUDE HEALTH FOODS</b>			
SY129	Almond Drink - Organic	1l	2.49	GOV
SY004	Almond Drink - Organic	250ml	1.19	GOV
SY130	Brown Rice Drink - Organic	1l	2.29	GOV
SY085	Cashew Drink - Organic	1l	3.50	GOV
SY044	Coconut Drink Organic	1l	2.99	GOV
SY148	Hazelnut Drink - Organic	1l	2.99	GOV
SY115	Hazelnut/Chocolate Drink	1l	3.49	GOV
SY037	Oat Drink - Organic	1l	2.29	GOV
SY036	Organic Soya Barista	1l	2.49	GOV
SY194	Organic Soya Drink	1l	2.50	GOV
SY117	Tiger Nut Drink Organic	1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	1l	3.85	GOV
	<b>SOJADE</b>			
SY211	Barista Soya Drink	1l	1.89	GOV
SY147	Chocolate Soya Drink	1l	2.45	GOSV
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>SPROUD</b>			
SY069	Sproud Barista	1l	2.10	GSV
SY207	Sproud Chocolate Milk	1l	2.10	GSV
SY057	Sproud Original	1l	2.10	GSV
	<b>THE BRIDGE</b>			
SY160	Coconut Drink	1l	2.29	GOV
SY042	Rice Drink - Calcium Enriched	1l	2.50	GOV
SY487	Rice Drink - Original	1l	1.95	GOV

code	product	size	rrp	bfgosv
SY452	Rice Drink + Almond	1l	2.25	GOV
SY008	Rice Drink + Coconut	1l	2.35	GOV
	Cooking Cream			
SY188	Coconut Cream - Organic	200ml	1.55	GOV
SY186	Soya Cream - Organic	200ml	1.15	GOV
<b>THE COCONUT COMPANY</b>				
SY116	Coconut Milk Powder - Organic	250g	6.99	GOV
<b>NUT &amp; SEED BUTTERS</b>				
<b>BIONA</b>				
GH132	Cocoa Hazel Peanut Butter	250g	3.75	GOSV
<b>COCONUT MERCHANT</b>				
GH076	Coconut Butter	300g	5.99	GOV
<b>WHOLE EARTH</b>				
GH091	Peanut Butter - smooth organic	227g	3.29	GOV
GH090	Peanut Butter -crunchy organic	227g	3.29	GOV
GH113	Peanut Butter -smooth original	1kg	7.45	GV
GH084	Peanut Butter -smooth original	340g	3.59	GV
GH151	Peanut Butter-100% Nuts,Crunchy	227g	3.15	GOV
GH115	Peanut Butter-crunchy original	1kg	7.45	GV
GH082	Peanut Butter-crunchy original	340g	3.59	GV
<b>OILS &amp; FATS</b>				
<b>SUMA PREPACKS</b>				
GT028	Gluten Free Vegetarian Suet	250g	2.25	GV
<b>CLEARSPRING</b>				
GT037	Sesame Oil organic	1l	13.49	GOV
<b>OLIVES</b>				
<b>MANI</b>				
KJ425	Og Kalamata Olives in OliveOil	280g	4.69	GOV
<b>PASTA</b>				
<b>SUMA ORGANIC</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>BARENAKED</b>				
WT162	Barenaked Noodles	250g	2.29	GV
WT163	Barenaked Rice	250g	2.29	GV
WT172	Barenaked Spaghetti	250g	2.29	GV
WT004	Protein Noodles	250g	2.29	GV
<b>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
<b>DIFATTI</b>				
WT015	Gluten Free Egg Tagliatelle	250g	3.79	G
WT151	Gnocchi - Gluten Free	250g	2.15	GV
WT033	Gnocchi - Pumpkin & Quinoa GF	250g	2.49	GV
WT153	Spinach Gnocchi - gluten free	250g	2.15	GV
WT152	Tomato Gnocchi - Gluten Free	250g	2.15	GV
<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

code	product	size	rrp	bfgosv
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 BUONA VITA</b>				
WT027	Gluten Free Fusilli	400g	2.19	GV
WT056	Gluten Free Lasagne Sheets	250g	2.59	CV
WT026	Gluten Free Penne Pasta	400g	2.19	GV
WT028	Gluten Free Spaghetti	400g	2.19	GV
<b>ORGRAN</b>				
WT078	Buckwheat Pasta Spirals	250g	2.55	GV
WT105	Corn & Veg Shells	250g	2.35	GV
WT109	Rice & Corn Macaroni	250g	2.45	GV
WT080	Vegetable Rice Spirals	250g	2.55	GV
<b>PROFUSION</b>				
WT130	Chick Pea Fusilli	250g	3.25	GOV
WT129	Red Lentil Fusilli	250g	3.15	GOV
<b>PASTA SAUCES &amp; PESTOS</b>				
<b>SUMA ORGANIC</b>				
	Organic Pestos			
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>				
KJ328	Chilli & Garlic Pesto	130g	2.99	GOV
KJ331	Grilled Aubergine Add-in	190g	2.69	GOV
VF106	Parmagiana Sauce	350ml	2.95	GOV
KJ327	Red Pepper Pesto (vegan)	130g	2.99	GOV
KJ216	Soya Pasta Sauce	350g	2.69	GOVS
<b>PATE</b>				
<b>GRANOVITA</b>				
GH143	Mushroom Pate	125g	1.99	GV
GH651	Mushroom Pate - organic	200g	3.35	GOV
GH015	Olive Pate	125g	1.99	CV
GH168	Spicy Mexican Pate - organic	200g	3.35	GOV
GH144	Vegetable Pate	125g	1.99	GV
<b>TARTEX</b>				
GH001	Classic Pate - og	200g	2.79	GOV
<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>				
<b>DELPHI FOODS</b>				
CV346	Bombay Potato Salad	220g	1.70	G
CV352	Tzatziki	170g	1.20	G
	Houmous			
CV349	Avocado Houmous	150g	2.10	GV
CV347	Smoky Red Lentil Houmous	170g	1.30	GV
<b>FLORENTIN</b>				
CV931	Houmous	200g	3.40	GOV
CV526	Houmous Extra with Pinenuts	200g	3.30	GOV
<b>RAMONA'S</b>				
CV848	Coriander Houmous	250g	1.99	GSV
CV847	Japapeno Houmous	250g	1.99	GV
CV845	Original Houmous	250g	1.99	GV
CV728	Original Houmous	500g	3.45	GV
CV846	Red Pepper Houmous	250g	1.99	GSV
<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>				
<b>SHAWS</b>				
KJ175	Beetroot & Horseradish Chutney	290g	2.55	GSV
KJ174	Caramelised Red Onion Chutney	195g	2.55	GSV
KJ185	Fig & Honey Chutney	195g	2.55	GS
KJ028	Mango Chutney - Chunky	300g	1.79	GSV
KJ179	Picalilli	280g	2.55	GSV
KJ203	Spiced Apricot Ginger Chutney	200g	2.55	GSV
<b>READY MEALS (FROZEN)</b>				
<b>AMY'S KITCHEN</b>				
XL435	Broccoli and Cheddar Bake	270g	4.50	G

code	product	size	rrp	bfgosv
XL275	Gluten Free Vegetable Lasagne	255g	3.40	G
XL194	Mexican Veggies & Black Beans	241g	4.50	GOV
XL197	Moroccan Vegetable Tagine	259g	4.50	GOV
XL274	Rice Macaroni Cheese	255g	3.25	G
XL198	Thai Veggies and Rice	227g	4.50	GOV
<b>CLIVE'S</b>				
	Nut Roasts			
XL199	Mushroom Nut Roast	280g	5.70	GOV
XL338	Organic Nut Roast	280g	5.70	GOSV
	Pies & Pastries			
XL028	Gltn Free French Cassoulet Pie	250g	3.35	GOSV
XL026	Gluten Free Aloo Gobi Pie	250g	3.35	GOSV
XL030	Gluten Free Chickpea Tagine	250g	3.35	GOSV
XL032	Gluten Free Mexican Chilli Pie	250g	3.35	GOSV
XL029	Gluten Free Olive & Lentil Pie	250g	3.35	GOSV
XL114	Org G/F Mushroom & Leek Pie	235g	3.35	GOV
	Tarts			
XL323	Bombay Curry Tart	195g	3.70	GOSV
XL324	Lentil and Kale Tart	195g	3.70	GOSV
XL336	Tomato and Olive Tart	195g	3.70	GOSV
<b>GOODLIFE</b>				
XL265	Falafel	280g	2.50	GV
<b>ONE PLANET PIZZA</b>				
XL035	GF Three Cheeze Margherita Piz	395g	5.95	GV
<b>READY TO EAT FOODS (CHILLED)</b>				
<b>LOVING FOODS</b>				
	Raw, Organic, Vegan & UK made			
CV316	Hot 'N' Smoky Kimchi	500g	6.89	GOV
CV802	Kimchi	500g	6.85	GOV
CV801	Sauerkraut	500g	6.35	GOV
CV314	Spicy Cortido Kraut	500g	6.89	GOV
CV803	Turmeric & Black Pepper Kimchi	500g	6.85	GOV
<b>TIDEFORD ORGANIC VEGAN FOODS</b>				
CV711	Basil & Garlic Pesto	150g	3.49	GOV
<b>SALT &amp; SEASONINGS</b>				
<b>MARIGOLD</b>				
LJ444	Liquid Aminos	250ml	3.79	GV
<b>SAUSAGES &amp; BURGERS (FROZEN)</b>				
<b>FRYS</b>				
XL360	Rice Protein & Quinoa Burgers	320g	4.50	GV
<b>NATURLI'</b>				
XL078	Vegan Burger	320g	3.90	GV
XL086	Vegan Sausages	300g	4.30	GV
<b>SEA VEGETABLES</b>				
<b>OCEAN'S HALO</b>				
HE046	Korean BBQ Seaweed	4g	0.75	GV
HE055	Maui Onion Seaweed	4g	0.75	GV
HE007	Sea Salt Seaweed	4g	0.75	GV
HE013	Wasabi Seaweed	4g	0.75	GV
<b>SEAMORE</b>				
LJ155	S'weed Chip Surfin Sweet Chili	135g	2.99	GV
LJ135	Seaweed Chips	135g	2.99	GV
LJ108	Seaweed Chips Spicy Sushi	135g	2.99	GV
<b>SNACK BARS &amp; FLAPJACKS</b>				
<b>ADONIS</b>				
	Keto			
KB379	Chocolate Orange Bar	35g	1.79	GV
KB351	Pecan, Hazelnut & Cocoa Bar	35g	1.79	GV
KB371	Vanilla & Coconut Bar	35g	1.79	GV
<b>BOUNCE</b>				
	Dipped			
KB599	Dipped Caramel Millionaire	40g	2.50	GSV
KB598	Dipped Choc Brownie Protein	40g	2.50	GSV
KB600	Dipped Hazelnut Praline	40g	2.50	GSV
	Filled			
ZX671	Filled almond protein	35g	1.95	GS
ZX651	Filled Coconut & Macadamia	35g	1.95	GS
ZX672	Filled Peanut Butter Cacao	35g	1.95	GS



code	product	size	rrp	bfgosv
ZX706	Filled peanut protein	35g	1.95	GS
ZX711	Filled salted caramel Vegan	35g	1.95	GS
ZX593	Almond	35g	1.95	GSV
ZX592	Maple Pecan & Cashew	35g	1.95	GSV
<b>BRYNMOR</b>				
	Flapjack			
KB559	Apricot & Almond	80g	0.69	GSV
KB562	Caramel Fudge	80g	0.79	GS
KB541	Cashew & Coconut	80g	0.69	GSV
KB575	Dark Chocolate & Ginger	80g	0.79	GS
KB543	Summer Berry	80g	0.69	GSV
<b>DELICIOUSLY ELLA</b>				
KB435	Cacao & Almond Ball Nut Butter Filled	40g	1.99	GV
WS071	Almond Butter Ball	36g	1.99	GV
WS072	Hazelnut Nut Butter Ball	36g	1.99	GV
WS006	Raspberry & Cashew Butter Ball	36g	1.99	GV
<b>DOVES FARM</b>				
	Impulse			
KB228	Apple & Sultana Flapjack	35g	0.79	GOSV
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>EAT NATURAL</b>				
KB464	Almond, Apricot & Yoghurt	50g	0.89	GS
WS028	Apple, ginger & dark chocolate	45g	0.99	GS
KB082	Assorted Chocolate Recipes	45g	0.99	GS
KB084	Assorted Nuts & Fruit Bar	45g	0.99	GS
KB470	Blueberry & Cashew Bar	45g	0.99	GS
KB460	Cranberry & Macadamia Bar	45g	0.99	GS
KB547	Dark 70% Choc,Brazils,Apricots	45g	0.99	GS
KB465	Date, Walnut & Pumpkin Seed	45g	0.99	GS
WS031	Maple Syrup, Pecans & Peanuts	45g	0.99	GSV
KB939	Peanuts and Chocolate	45g	0.99	GS
KB171	Vegan Fruit & Nut bar	45g	0.99	GSV
<b>GATO</b>				
	Protein Biscuits			
KB113	Caramel - Peanut Caramel Cream	50g	2.25	GSV
KB112	Choc - Caramel Vanilla Cream	50g	2.25	GSV
KB111	Vanilla with Vanilla Cream	50g	2.25	GSV
<b>LOVE VEGAN BY JENNIFER</b>				
KB514	Smooth Peanut and Caramel Bar Chocolate Coated	32.5g	0.99	GV
KB279	Morello Cherry Bar	45g	1.69	GV
KB925	Orange Cacao & Cashew Bar	45g	1.69	GV
<b>MERIDIAN</b>				
KB972	Peanut & Banana Bar	40g	1.39	GV
KB975	Peanut & Cocoa Bar	40g	1.39	GV
KB721	Peanut Bar	40g	1.39	GV
<b>MRS CRIMBLE'S</b>				
BT382	Chocolate Oaty Bakes Vegan	160g	2.59	GV
<b>NAIRN'S</b>				
	Gluten Free Oat Bars			
BT330	Oat Bar Apple & Cinnamon	40g	0.99	GV
BT326	Oat Bar Cacao & Orange	40g	0.99	GSV
<b>NAKD</b>				
	Chocolish			
ZX756	Double Chocolish Big Bite	50g	1.59	GV
ZX766	Peanut Chocolish Big Bite	50g	1.59	GV
ZX768	Raspberry Chocolish Big Bite Multi Packs	50g	1.59	GV
WS045	Apple Danish Multipacks	4 x 30g	3.90	GV
KB802	Banoffee Pie Multipack	4 x 35g	3.90	GV
KB029	Berry Delight Multipack	4 x 35g	3.90	GV
KB779	Blueberry Muffin Multipack	4 x 35g	3.90	GV
KB931	Cashew Cookie Multipack	4 x 35g	3.90	GV
KB031	Cocoa Delight Multipack	4 x 35g	3.90	GV
KB003	Cocoa Orange Multipack	4 x 35g	3.90	GV

code	product	size	rrp	bfgosv
KB771	Salted Caramel Multipack	4 x 35g	3.90	GV
KB799	Strawberry Sundae Multipack	4 x 35g	3.90	GV
KB877	Nudie Bars			
	Bakewell Tart Bar	35g	0.89	GV
KB686	Banoffee Pie Bar	35g	0.89	GV
KB756	Berry Delight Bar	35g	0.89	GV
KB532	Blueberry Muffin	35g	0.89	GV
KB526	Carrot Cake	35g	0.89	GV
KB554	Cashew Cookie Bar	35g	0.89	GV
KB757	Cocoa Delight Bar	35g	0.89	GV
KB556	Cocoa Orange Bar	35g	0.89	GV
KB995	Coffee & Walnut	35g	0.89	GV
KB163	Lemon Drizzle Bar	35g	0.89	GV
WS021	Peanut Delight	35g	0.89	GV
ZX609	Salted Caramel	35g	0.89	GV
KB691	Strawberry Sundae Bar	35g	0.89	GV
	Oaties			
WS041	Apple Danish	30g	0.89	GV
WS043	Banana Bread Bars	30g	0.89	GV
	<b>NINE</b>			
KB596	Dark Choc and Peanut	40g	0.89	GSV
KB647	Dark Choc Pistachio & Brazil	40g	0.89	GSV
KB631	Salted Caramel & Pecan	40g	0.89	GSV
KB653	White Choc & Raspberries	40g	0.89	GSV
	<b>PLANET ORGANIC</b>			
	Energy Bar			
BT070	Cacao Brazil Nut Energise Bar	30g	1.19	GOV
	<b>PRIMAL PANTRY</b>			
KB394	Almond & Cashew Brownie Bar	45g	1.65	GV
KB421	Cocoa Brownie Protein Bar	55g	2.29	GV
KB386	Coconut & Macadamia Brownie Bar	45g	1.65	GV
KB397	Hazelnut & Cocoa Brownie Bar	45g	1.65	GV
KB415	Lemon & Poppy Seed Brownie Bar	45g	1.65	GV
	<b>PROPER</b>			
KB115	Hazelnut Praline Popcorn Bar	26g	1.69	FGOS
	Popcorn Bars			
KB114	Salted Caramel Popcorn Bar	26g	1.69	GS
	<b>PULSIN'</b>			
WS040	Brownie Double Choc Dream	35g	1.29	GSV
WS049	Double Choc Fudge Brownie	35g	1.29	GSV
	Keto Bars			
KB784	Choc Fudge & Peanut Keto Bar	50g	1.99	GV
KB483	Choc Mint & Peanut Keto Bar	50g	1.99	GV
KB490	Choc Orange & Peanut Keto Bar	50g	1.99	GV
	Protein Boosters			
KB090	Maple & Peanut Protein Bar	50g	1.79	GV
KB148	Peanut Choc Protein Bar	50g	1.79	GV
KB706	Vanilla Choc Chip Protein Bar	50g	1.79	GV
	Raw Choc Brownie			
WS056	Peanut Choc Chip Raw Brownie	35g	1.19	GSV
WS058	Salted Caramel Raw Choc Browne	35g	1.19	GV
	<b>RAW BAKE STATION</b>			
KB153	Salted Double Choc	40g	1.85	GV
KB150	Vanilla Choc Chip	40g	1.85	GV
	<b>RUDE HEALTH FOODS</b>			
KB581	Banana Peanut and Date Bar	35g	1.25	GV
KB578	Berry Date and Nut Bar	35g	1.25	GV
KB350	The Peanut Bar	35g	1.25	GV
	<b>SQUIRREL SISTERS</b>			
KB434	Cacao Brownie Share Bag	80g	2.49	GV
KB422	Cacao Brownie Snack Bars	40g	1.49	GV
KB442	Cacao Orange Share Bag	80g	2.49	GV
KB424	Cacao Orange Snack Bars	40g	1.49	GV
KB426	Peanut Caramel Snack Bar	40g	1.79	GV
KB432	Peanut Raspberry Snack Bar	40g	1.79	GV
	<b>TREK</b>			
KB097	Chocolate Orange	55g	2.90	GV
KB941	Salted Caramel Flapjack	50g	0.99	GSV
ZX738	Smooth Lemon	50g	0.99	GSV
	FLAPJACKS			
KB499	Cocoa and oat protein flapjack	50g	0.99	GVS
KB500	Cocoa coconut protein flapjack	50g	0.99	GVS

code	product	size	rrp	bfgosv
KB501	Morning berry protein flapjack	50g	0.99	GSV
KB505	Original oat protein flapjack	50g	0.99	GSV
	Power			
KB663	Millionaire Shortbread	55g	2.90	GV
KB662	Peanut Butter Crunch	55g	2.90	GV
	TREK BARS			
KB722	Cocoa Chaos	55g	0.99	GV
KB725	Peanut Power	55g	0.99	GV

## SOFT DRINKS

### BELVOIR

JU628	Cucumber & Mint Presse	250ml	1.75	GSV
JU060	Elderflower & Rose Presse	250ml	1.75	GSV
JU795	Elderflower Presse	250ml	1.75	GSV
JU810	Elderflower Presse	250ml	1.79	GOSV
JU783	Freshly Squeezed Lemonade	250ml	1.75	GV
JU781	Ginger Beer	250ml	1.75	GSV
JU814	Ginger Beer	250ml	1.79	GOSV
JU811	Handmade Lemonade	250ml	1.79	GOS
JU136	Pink Lady	250ml	1.20	GV
JU554	Raspberry Lemonade	250ml	1.75	GSV
	750ML Bottles			
JU629	Cucumber & Mint Presse	750ml	3.59	GSV
JU236	Elderflower & Rose Presse	750ml	3.59	GSV
JU041	Elderflower Light Presse	750ml	3.25	GSV
JU674	Elderflower Presse	750ml	3.59	GSV
JU792	Elderflower Presse	750ml	3.80	GOSV
JU782	Freshly Squeezed Lemonade	750ml	3.59	GSV
JU780	Ginger Beer	750ml	3.59	GSV
JU813	Ginger Beer	750ml	3.80	GOSV
JU142	Lime and Soda	750ml	3.39	GV
JU140	Pink Lady	750ml	3.39	GV
	Presses in Cans			
JU340	Elderflower Presse	250ml	1.50	GSV
JU345	Ginger Beer Presse	250ml	1.50	GSV
JU341	Raspberry Lemonade	250ml	1.50	GSV

### BUMBLEZEST

	Sparkling Botanical Water			
JU138	Flourish & Flow	250ml	1.61	GV
JU143	Fuel & Focus	250ml	1.61	GV
JU137	Refresh & Relax	250ml	1.77	GV

### DALSTON'S

	Cans			
JU163	Cherryade	330ml	1.90	GV
JU166	Fizzy Elderflower	330ml	1.90	GV
JU772	Fizzy Rhubarb	330ml	1.90	GV
JU162	Ginger Beer	330ml	1.90	GV

### DASH WATER

JU110	Sparkling Peach	330ml	1.29	GV
	Multipack			
JU026	Sparkling Blackcurrant	4 x 330ml	4.69	VG
JU039	Sparkling Cucumber	4 x 330ml	4.69	VG
JU040	Sparkling Lemon	4 x 330ml	4.69	VG
JU033	Sparkling Peach	4 x 330ml	4.69	VG
JU042	Sparkling Raspberry	4 x 330ml	4.69	VG

### FENTIMANS

	275ML Range			
JU002	Apple & Blackberry	275ml	1.85	GSV
JU008	Cherry Cola	275ml	1.85	GSV
JU625	Curiosity Cola	275ml	1.85	GSV
JU908	Dandelion & Burdock	275ml	1.85	GSV
JU463	Gently Sparkling Elderflower	275ml	1.90	GSV
JU346	Ginger Beer	275ml	1.85	GSV
JU354	Mandarin Seville Orange Jigger	275ml	1.85	GS
JU618	Rose Lemonade	275ml	1.90	GSV
JU312	Sparkling Raspberry	275ml	1.85	GSV
JU435	Victorian Lemonade	275ml	1.85	GSV
	750ML Range			
JU573	Curiosity Cola	750ml	4.90	GSV
JU632	Gently Sparkling Elderflower	750ml	4.90	GSV
JU280	Ginger Beer	750ml	4.90	GSV
JU437	Pink Ginger Beer	750ml	4.90	GSV

code	product	size	rrp	bfgosv
JU455	Rose Lemonade	750ml	4.90	GSV
JU306	Sparkling Raspberry Bottled 'Light' Range	750ml	4.90	GSV
JU294	Gently Sparkling Elderflower	250ml	1.89	GSV
JU279	Rose Lemonade Cans	250ml	1.89	GSV
JU278	Curiosity Cola	250ml	1.49	GSV
JU298	Gently Sparkling Elderflower	250ml	1.49	GSV
JU366	Ginger Beer	250ml	1.49	GSV
JU300	Rose Lemonade Mixer Range	250ml	1.49	GSV
JU009	Connoisseurs Tonic	500ml	3.90	GSV
JU158	Ginger Beer & Muddled Lime	500ml	3.90	GSV
JU160	Naturally Light Tonic	500ml	2.79	GSV
JU422	Oriental Yuzu Tonic	500ml	2.74	GSV
JU161	Pink Grapefruit Tonic Water	500ml	3.90	GSV
JU421	Pink Rhubarb	500ml	3.90	GSV
JU207	Premium Indian Tonic Water	500ml	2.79	GSV
JU167	Rose Lemonade	500ml	3.90	GSV
JU010	Valencian Orange Tonic	500ml	3.90	GSV
<b>FEVERTREE</b>				
JU387	Tonic Water	4 x 200ml	4.91	GSV
<b>FROBISHERS</b>				
JU093	Apple and Elderflower	250ml	1.50	GV
JU092	Raspberry and Rhubarb	250ml	1.50	GV
JU091	Sicilian Lemonade	250ml	1.50	GSV
<b>GUSTO</b>				
JU376	Naturally Slim Cola	275ml	2.90	FGV
JU353	Organic Real Cola	275ml	2.90	FGOV
<b>JAX COCO</b>				
JU100	Coconut Water Pure	6 x 330ml	1.90	VG
<b>REBEL KITCHEN</b>				
JU059	Banana Mylk	250ml	1.65	GOV
JU178	Chocolate Mylk	250ml	1.65	GOV
<b>SOUPS</b>				
<b>AMY'S KITCHEN</b>				
VF252	Chunky Tomato Soup	400g	2.25	GO
VF265	Lentil Vegetable Soup	400g	2.25	GOV
VF268	Split Pea Soup	400g	2.25	GOV
	Hearty Soup			
VF054	French Country Vegetable	408g	2.79	GOV
VF267	Quinoa Kale & Red Lentil Soup	408g	2.79	GOV
VF057	Rustic Italian Vegetable	397g	2.79	GOV
<b>FREE &amp; EASY</b>				
VF302	Broccoli & Kale	400g	2.90	GOV
VF096	Butternut Squash & Ginger - Og	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>				
CV782	Lentil and Spinach Dahl	600g	3.49	GOV
CV617	Moroccan Soup	600g	3.49	GOV
CV587	Smoky Tomato & Lentil Soup	600g	3.49	GOV
CV783	Spiced Parsnip Soup	600g	3.49	GOV
CV734	Tomato, Basil & Red Pepper	600g	3.49	GOV
<b>SPIRITS &amp; LIQUEURS</b>				
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
WN049	Utkins Single Estate Vodka	70cl	28.85	GOV
<b>SUGARS &amp; SYRUPS</b>				
<b>RAYNERS</b>				
LJ901	Black Treacle - organic	340g	3.15	GOV

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<b>SUPERFOODS &amp; SPORTS NUTRITION</b>				
<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
MD109	Flax,Almond,Brazil,Walnut,Q10	360g	6.55	GV
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
MD112	Flaxseed,Bio Cultures & Vit D	360g	6.55	GV
MD053	Hemp with Flax & Chia seeds	200g	4.49	GOV
MD110	Linwoods Shelled Hemp	200g	7.35	GV
MD048	Milled Hemp	200g	4.49	GOV
VM263	Organic Sprouted Range Sprouted Flaxseed	360g	7.35	GOV
<b>NATURES AID</b>				
VM003	MCT Oil	500ml	18.95	FGV
<b>NATURYA</b>				
MD040	Greens Blend Organic	250g	12.99	FGOV
MD158	Organic Acai Powder	125g	19.99	GOV
MD157	Organic Barleygrass Powder	200g	7.99	GOV
MD216	Organic Cacao Powder F/trade	250g	6.99	FGVO
MD111	Organic Chia Seeds	300g	5.99	GOV
MD156	Organic Chlorella Powder	200g	12.49	GOV
MD153	Organic Cocoa Nibs	300g	7.99	GOV
MD152	Organic Hemp Protein Powder	300g	9.99	GOV
MD155	Organic Spirulina Powder	200g	8.99	GOV
MD067	Organic Turmeric Superblend	250g	7.99	GOV
MD154	Organic Wheatgrass Powder	200g	7.99	GOV
<b>PREWETT'S</b>				
VM020	Organic Ground Flaxseed	175g	3.90	GOV
<b>PULSIN'</b>				
VM258	Chocolate Pea Protein Powder	250g	14.99	GV
VM093	Hemp Protein Powder	250g	8.39	GV
VM027	Pea Protein Isolate	1kg	28.15	GV
VM092	Pea Protein Powder	250g	8.39	GV
VM024	Rice Protein Powder	250g	9.99	GV
VM095	Soya Protein Powder	250g	5.99	GV
VM155	Vanilla Faba Bean Powder	250g	14.99	GV
VM090	Vanilla Keto Protein Powder	252g	24.99	VG
VM260	Vanilla Whey Protein Powder Supershakes	250g	14.99	G
VM304	Cacao & Maca Energy Supershake	300g	17.59	GV
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>BETTER YOU</b>				
Kids Vitamins				
VM216	Immune Health Kids Spray	25ml	11.95	G
VM212	Vitamin D + K2	15ml	11.95	G
Vitamins & Minerals				
VM005	Air Defence Oral Spray	25ml	11.95	G
VM171	Boost B12 Oral Spray	25ml	11.95	GV
VM051	DLux 1000 Vegan Vitamin D	15ml	9.95	GV
VM016	Immune Health Oral Spray	50ml	12.95	GV
VM106	Iron 10	25ml	14.95	GV
VM060	Selenium + ACE Oral Spray	50ml	14.95	GV
VM002	Zinc Oral Spray	50ml	12.95	G
<b>FLORADIX</b>				
MD016	Floradix Vitamin B Complex	250ml	13.89	GV
MD006	Kindervital Children's Fruity	250ml	11.65	GV
MD187	Magnesium Liquid	250ml	1.15	G
MD033	Neuro Balance with Ashwagandha	250ml	13.85	GV
MD280	Saludynam Calcium/Magnesium/Zn	250ml	12.75	G
<b>HIGHER NATURE</b>				
VM028	Ashwagandha & Rhodiola Complex	30 capsules	14.99	GV
VM128	Balance For Nerves	30 capsules	8.55	GV
VM133	Balance For Nerves	90 capsules	22.35	GV
VM179	Serotone 5-HTP (100mg)	30 capsules	12.10	GV

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	<b>NATURES AID</b>			
VM291	Turmeric Capsules	30 capsules	1.45	GV
VM292	Turmeric Capsules	60 capsules	18.45	GV
VM295	Vitamin D3 1000iu	60 tablets	5.95	GV
	<b>NATURES OWN</b>			
	B Vitamins			
VM197	Methylfolate Nutritional Support	30 capsules	6.99	GV
VM199	Brain Health	60 capsules	15.89	GV
VM200	Eye Support Omegas	30 capsules	9.19	GV
VM202	Borage Oil	90 capsules	13.39	GV
VM201	Sea Buckthorn	60 capsules	2.49	GV
	<b>RICOLA</b>			
	Soothe & Clear			
MD001	Honey Herb Bag	75g	1.65	SG
MD009	Honey, Lemon & Echinacea	75g	1.65	GS
	<b>SIMPLEE ALOE</b>			
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV
MD025	Aloe Juice Health Supplement	1l	15.99	GOV
	<b>TOGETHER HEALTH</b>			
VM032	Ashwagandha Complex	30	9.99	GOV
VM022	Beautiful	60	14.99	GV
VM013	Bio CoQ10	30	13.99	GV
VM103	Bone Aid	60	13.99	GV
VM018	Calcium - from seaweed	60	9.99	GV
VM026	Curcumin & Turmeric	30	9.99	GV
VM033	Gentle Iron	30	7.99	GV
VM014	Immune	30	11.99	GV
VM102	Iodine	30	6.99	GOV
VM119	Magnesium	30	6.99	GV
VM112	Multi Vitamin & Mineral	30	9.49	GV
VM019	Multibiotic	30	14.99	GV
VM052	Night Time Marine Magnesium	60	12.99	GV
VM121	Omega 3 - Algae	30	13.99	GV
VM025	Pregnancy - Multi Vit & Mins	60	14.99	GV
VM050	Stress Aid Vitamin & Mineral	30	9.99	GV
VM017	Vegan Multi Vitamin & Mineral	60	12.99	GV
VM021	Vegan Vitamin D3	30	6.99	GV
VM111	Vitamin B Complex	30	9.25	GV
VM113	Vitamin C with Bioflavonoids	30	7.99	GV
VM319	Vitamin K2	30	8.99	GV
VM054	Womens Multivit	30	9.99	GV
	<b>WILD EARTH BY NATURES AID</b>			
VM203	Gentle Iron Complex	30 capsules	8.99	GV
VM204	Gentle Magnesium	30 capsules	9.99	GV
VM205	Immune Support Complex	30 capsules	19.99	GV
VM206	Multivits & Minerals for Men	30 capsules	16.99	GV
VM207	Organic Evening Primrose Oil	30 capsules	9.99	GOV
VM208	Organic Turmeric	30 capsules	19.99	GOV
VM209	Vegan Vitamin D3 1000iu	30 capsules	8.99	GV
	<b>SWEET SNACKS</b>			
	<b>BEAR</b>			
ZX529	Yoyo Pure Fruit Rolls - Mango	20g	0.65	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	20g	0.65	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	20g	0.65	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry Bites	20g	0.65	GV
ZX336	Blackcurrant and Beetroot	5 x 18g	2.95	GV
ZX333	Strawberry and Butternut Giant Yoyo	5 x 18g	2.95	GV
ZX063	Giant Yoyo -Strawberry/Mango	5 x 20g	3.19	GV
ZX067	Giant Yoyo-Apple/Blackcurrant Yoyo Sours	5 x 20g	3.19	VG
ZX448	Strawberry & Apple Yoyos in multipacks	20g	0.65	GV
ZX570	Yoyos - Banana Multipack	5 x 20g	2.85	GV
ZX020	Yoyos - Blackcurrant Multipack	5 x 20g	2.85	GV
ZX014	Yoyos - Mango Multipack	5 x 20g	2.85	GV
ZX013	Yoyos - Raspberry Multipack	5 x 20g	2.85	GV
ZX012	Yoyos - Strawberry Multipack	5 x 20g	2.85	GV

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<b>BIONA</b>				
ZX002	Berry Burst Sweets - Organic	75g	1.85	GOSV
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
<b>CANDY KITTENS</b>				
ZX599	Sour Watermelon	125g	2.49	SGV
ZX344	Tropical Mango	125g	2.49	GSV
ZX622	Wild Strawberry	125g	2.49	SGV
	Small Bags			
ZX645	Sour Watermelon	54g	1.25	SVG
ZX035	Tropical Mango	54g	1.25	GSV
<b>COTSWOLD FUDGE CO</b>				
ZX064	Vegan Bitterscotch Fudge	150g	3.35	FGSV
WS202	Vegan Caramel & Sea Salt Fudge	150g	3.35	GSV
ZX463	Vegan Chocolate Fudge	150g	3.35	FGSV
ZX464	Vegan Seasalt Fudge	150g	3.35	FGSV
ZX465	Vegan Vanilla Fudge	150g	3.35	FGSV
<b>FABULOUS FREE FROM FACTORY</b>				
ZX548	Chocovered Crunchee Bites	65g	1.85	GSV
ZX928	Chocovered Peanuts	65g	1.69	GSV
ZX159	Dairy Free Chocolate Raisins	75g	1.69	GV
ZX432	Dairy Free Fudge	200g	3.29	GSV
ZX627	Dairy Free Fudgee Bites	75g	1.69	GSV
ZX982	F&F's	55g	1.75	GSV
ZX628	Raspberry Ice Bites	75g	1.49	GSV
<b>FREE FROM FELLOWS</b>				
ZX065	Cola Bottles	100g	1.99	GV
ZX060	Gummy Bears	100g	1.99	GV
ZX072	Midget Gems	100g	1.99	GV
	Boiled Sweets			
ZX321	Cola & Strawberry Lollipops	60g	1.99	VG
ZX373	Pear Drops	70g	1.99	GS
ZX324	Rhubarb and Custard	70g	1.99	VG
<b>FREEDOM CONFECTIONERY</b>				
KB179	Chocolate Mallow Bites	35g	1.49	GSV
KB911	Mallow Out Bar Strawberry	35g	1.79	GV
KB910	Mallow Out Bar Vanilla	35g	1.79	GV
KB789	Pink & White Mini Marshmallows	75g	1.99	GSV
KB385	Strawberry Marshmallows	75g	1.99	GV
KB726	Vegantics - Large Mallows	105g	1.99	GSV
KB383	White Vanilla Marshmallows	75g	1.99	GSV
<b>GATO</b>				
	Caramel Biscuits			
ZX122	Chocolate cream	42g	1.75	GSV
	Chocolate Biscuits			
ZX110	Choc hazelnut cream	42g	1.75	GSV
ZX115	Peanut butter cream	42g	1.75	GSV
ZX119	Vanilla cream	42g	1.75	GSV
	Mini Bites			
ZX042	Hazelnut double choc cookie	33g	1.59	GSV
ZX104	Peanut choc chip cookie	33g	1.59	GSV
ZX103	Raspberry cookie	33g	1.59	GSV
<b>JEALOUS SWEETS</b>				
	40g Bags			
ZX231	Fizzy Friends	40g	1.49	SVG
ZX238	Grizzly Bears	40g	1.49	GVS
ZX678	Happy Bears	40g	1.49	GV
ZX675	Love Bears	40g	1.49	GV
ZX229	Tangy Worms	40g	1.49	SVG
ZX233	Tropical Wonder	40g	1.49	SGV
	Share Bags			
WS047	Berry Foams	125g	2.99	GSV
ZX999	Berry Sours	125g	2.99	GSV
ZX480	Fizzy Friends Share Bags	125g	2.99	GSV
ZX466	Grizzly Bears Share Bags	125g	2.99	GSV
WS044	Juicy Foams	125g	2.99	GSV
ZX472	Tangy Worms Share Bags	125g	2.99	GSV
WS039	Zingy Sours	125g	2.99	GSV
	Shot Bags			
ZX948	Grizzly Bears Shot Bags	24g	0.89	GSV
ZX950	Happy Bears Shot Bags	24g	0.89	GV

code	product	size	rrp	bfgosv
ZX955	Love Bears Shot Bags	24g	0.89	GV
ZX949	Tangy Worms Shot Bags	24g	0.89	GSV
<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>TABLE SAUCES</b>				
<b>BIONA</b>				
KJ106	Classic Tomato Ketchup Squeezy	560g	3.45	GOSV
KJ463	Worcester Sauce	140ml	4.50	GOSV
<b>MERIDIAN</b>				
KJ621	Tomato Ketchup - organic	285g	2.79	GOSV
<b>MR ORGANIC</b>				
KJ496	Naturally sweetened Ketchup	480g	3.59	GOV
<b>RUBIES IN THE RUBBLE</b>				
KJ102	Tomato Ketchup	300g	2.99	GSV
<b>STUBB'S</b>				
KJ073	Hickory Liquid Smoke	148ml	2.69	GSV
<b>TEAS</b>				
<b>CLIPPER</b>				
Pack 40				
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				
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
<b>HAMPSTEAD TEA</b>				
Looseleaf				
TE677	English Breakfast	100g	5.99	GOVB
<b>TOFU &amp; TEMPEH (CHILLED)</b>				
<b>CLEAR SPOT</b>				
CV777	Scrambled Tofu	200g	3.10	GOV
CV913	Silken Tofu	250g	1.99	GOV
<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>TOOTH CARE</b>				
<b>KINGFISHER</b>				
DY668	Aloe Vera Tea Tree Mint	100ml	2.85	GV
DY669	Aloe Vera/ Tea Tree Fennel	100ml	2.85	GV
DY527	Baking Soda & Mint Toothpaste	100ml	2.85	GV
DY416	Charcoal Naturally Whitening	100ml	3.45	GV
DY161	Children's Strawberry T'paste	75ml	2.49	GV
DY111	Fennel Toothpaste	100ml	2.85	GV
DY800	Fluoride Free Fennel T'Paste	100ml	2.85	GV
DY529	Mint Fluoride Free	100ml	2.85	GV
DY190	Mint Toothpaste	100ml	2.85	GV
<b>VEGETABLES</b>				
<b>COOKS &amp; CO</b>				
KJ078	Sweetly Drop Peppers	235g	3.45	GV
<b>ST DALFOUR</b>				
VF112	Whole Chestnuts	200g	2.89	GV
<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
XL178	Peas	450g	2.70	GOV



code	product	size	rrp	bfgosv
XL098	Potato Wedges	450g	2.65	BGOV
XL181	Sweetcorn	450g	2.90	GOV
XL134	Vegetable Mix	450g	2.40	BGOV
<b>STRONG ROOTS</b>				
XL165	Mixed Root Vegetable Fries	500g	3.80	GV
XL166	Proper Potato Chips	650g	3.80	GV
XL162	Sweet Potato Fries	500g	3.80	GV
<b>VINEGARS</b>				
<b>BRAGG</b>				
KJ325	Apple Cider Vinegar w/Mother	473ml	5.99	GOV
KJ324	Apple Cider Vinegar w/Mother	946ml	1.49	GOV
<b>MR ORGANIC</b>				
KJ492	Organic Apple Cider Vinegar	500ml	3.35	GOV
<b>WINES</b>				
<b>RED WINE</b>				
Italy				
WN020	Integro Organic Primitivo	6 75cl	12.99	GOV
<b>ROSE WINE</b>				
Spain				
WN022	Coral de Penascal Rose	75cl	12.99	GOV
<b>WHITE WINE</b>				
Chile				
WN016	MontGras Sauvignon Blanc	75cl	14.99	GOV
<b>YOGHURT, DAIRY (CHILLED)</b>				
<b>BERGERIE</b>				
CV581	Goat Milk Yoghurt Natural Org	125g	0.75	GO
CV585	Sheep Milk Yoghurt Greek Style	250g	1.65	GO
<b>BIOTIFUL DAIRY</b>				
CV012	Original Kefir Quark	235g	1.79	G
<b>YEO VALLEY</b>				
Kefir Yoghurt				
CV863	Mango & Passionfruit	350g	1.60	GOS
CV864	Natural	350g	1.60	GOS
CV862	Strawberry	350g	1.60	GOS
<b>YOGHURT, NON-DAIRY (CHILLED)</b>				
<b>ALPRO</b>				
CV575	Coconut Soya Yoghurt	500g	1.70	GV
CV576	Soya Blueberry Cherry Yoghurt	4 x 125g	2.00	GSV
CV572	Soya Blueberry Yoghurt	500g	1.70	GSV
CV579	Soya Greek Style	400g	1.70	GV
CV589	Soya Strwb/Bana/Peach Yoghurt	4 x 125g	2.00	GSV
<b>COCOS</b>				
CV892	Mango & Passionfruit	125g	2.15	GOV
CV893	Mixed Berry Coconut Yoghurt	125g	2.15	GOV
CV899	Natural Coconut Milk Yoghurt	400g	5.40	GOV
CV891	Natural Coconut Yoghurt	125g	2.15	GOV
CV897	Natural Coconut Yoghurt	250g	3.75	GOV
CV894	Strawberry Coconut Yoghurt	125g	2.15	GOV
CV900	Strawberry Coconut Yoghurt	400g	5.40	GOV
CV895	Vanilla Coconut Yoghurt	125g	2.15	GOV
CV901	Vanilla Coconut Yoghurt	400g	5.40	GOV
<b>KOKO DAIRY FREE</b>				
Coconut Yoghurts				
CV042	Coconut & Lemon Yoghurt	2 x 125g	1.65	GSV
CV229	Greek Style Yoghurt	400g	2.20	GV
CV032	Peach & Passionfruit Yoghurt	2 x 125g	1.65	GSV
CV020	Plain Yoghurt Alternative	500g	2.20	GSV
CV031	Raspberry Yoghurt Alternative	2 x 125g	1.65	GSV
CV029	Strawberry Yoghurt Alternative	2 x 125g	1.65	GSV
CV243	Unsweetened Yoghurt	500g	2.20	GV
CV300	Vanilla Yoghurt Alternative	450g	2.20	GSV
<b>NUSH</b>				
Almond Milk Dairy-Free Yoghurt				
CV796	Mango & Passionfruit	350g	3.25	GV
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

code	product	size	rrp	bfgosv
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			
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
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
CV266	Sojade Natural Yoghurt	250g	1.00	GOV
CV723	Vanilla Yoghurt	400g	2.20	GOSV
	<b>THE COCONUT COLLABORATIVE</b>			
CV508	Mango-Passion Compote Yoghurt	360g	3.45	GV
CV495	Natural Yoghurt	350g	3.30	GV
CV497	Vanilla Yoghurt	350g	3.30	GV

# Suma

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