

# Suma

CO-OPERATIVE SINCE 1977

**VEGAN**

MAY - JUNE 2022

# VEGAN

## A bit more about it..

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

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

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



### Key BFGSOV

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

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

code	product	size	rrp	bfgosv
<b>ALCOHOL FREE BEVERAGES</b>				
<b>BELLE &amp; CO</b>				
RT022	Alcohol Free Sparkling Brut	750ml	5.75	V
RT020	Alcohol Free Sparkling Rose	750ml	5.75	V
<b>BELVOIR</b>				
Alcohol Free Cocktails				
JU315	Juniper and Tonic - J&T	750ml	3.59	GSV
JU330	Passionfruit Martini	750ml	3.59	SV
<b>GIMBER</b>				
JU283	Gimber - ginger concentrate	500ml	2.99	OSV
JU284	Gimber - ginger concentrate	200ml	13.49	OSV
<b>LA BREWERY</b>				
JU441	Citrus Hops Kombucha	330ml	2.29	V
JU440	English Rose Kombucha	750ml	9.79	V
JU443	Tropical Ginger Kombucha	330ml	1.50	V
<b>ORGANICO</b>				
JU367	Blueberry Sparkle	750ml	5.95	OV
JU369	Raspberry Fizz	750ml	5.95	OV
<b>ST PETER'S</b>				
Alcohol Free Beers				
RT025	St Peter's Without - Gold	500ml	2.15	V
RT026	St Peter's Without - Organic	500ml	2.19	OV
RT021	St Peter's Without Original	500ml	2.15	V
<b>ALCOHOLIC DRINKS</b>				
<b>HOLLOWS</b>				
From Fentimans				
RT017	Superior Alcoholic Ginger Beer	500ml	3.79	GVS
<b>SOMETHING AND NOTHING</b>				
Seltzer				
RT067	French Rose and Hibiscus Rose	330ml	3.25	V
RT066	Sauvignon Blanc & Cucumber	330ml	3.25	V
<b>BABY &amp; CHILD FOOD</b>				
<b>ANNABEL KARMEL</b>				
BB092	Baby Pasta Shapes	250g	1.89	OV
<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>ELLA'S KITCHEN</b>				
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

code	product	size	rrp	bfgosv
BB003	Broccoli, Pear & Peas	120g	1.39	OV
BB049	Butternut Squash, Carrot	120g	1.39	OV
BB006	Carrot, Apple & Parsnip	120g	1.39	OV
BB233	First Taste Mango Mango Mango	70g	1.29	OV
BB231	First Taste Pears Pears Pears	70g	1.29	OV
BB012	First Taste Prunes Prunes	70g	1.29	OV
BB095	Peaches & Bananas	120g	1.39	OV
BB063	Spinach, Apples & Swede	120g	1.39	OV
BB078	Strawberries & Apples	120g	1.39	OV
BB126	Sweet Potato, Broccoli, Carrot	120g	1.39	OV
	Stage 2			
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
	Cereals - Stage 3			
BB057	Banana, Peach & Apple Muesli	200g	3.50	OV
BB060	Raspberry & Banana Muesli	200g	3.50	OV
	Finger Foods - from 7 months			
BB713	Apple Rice Cakes	50g	1.69	OV
BB153	Banana Rice Cakes	50g	1.69	OV
BB715	Crunchy Carrot Sticks	20g	0.79	OV
BB717	Crunchy Sweetcorn Rings	20g	0.79	OV
BB069	Raspberry/Blueberry Rice Cake	50g	1.69	OV
	Goodies Biscuits			
BB711	Alphabet Biscuits	5 x 25g	2.89	OV
BB022	Animal Biscuits	100g	1.95	OV
BB247	Gingerbread Men	135g	2.89	OV
	Goodies Fruit Snacks			
BB159	Apple & Date Chunky Fruit Bars	6 x 17g	2.85	OV
BB158	Banana & Date Chunky Fruit Bar	6 x 17g	2.85	OV
BB150	Raisins Mini Boxes	12 x 14g	2.89	OV
	Goodies Savouries			
BB549	Carrot Stix	15g	0.49	OV
	Goodies Snack Bars			
BB076	Apple & Orange Soft Oaty Bar	6 x 30g	4.29	OV
BB075	Carrot Cake Soft Oaty Bars	6 x 30g	4.29	OV
BB080	Raspberry & Apple Soft Oaty	6 x 30g	4.29	OV
	<b>BABY CARE</b>			
	<b>BEAMING BABY</b>			
	Nappies			
NF636	Bio Degradable - Maxi Plus	34	15.49	V
NF635	Bio Degradable Nappies - Maxi	34	13.89	V
NF637	Bio Degradable Nappy - Junior	31	14.99	V
NF634	Bio Degradable Nappy - Midi	40	13.92	V
NF633	Bio-Degradable Nappies - Mini	20	6.39	V
	Nappy Sacks			
NF259	Nappy Sacks - Fragrance Free	60	3.15	V
	Wipes			
NF688	Organic Baby Wipes Sensitive	72	4.69	OV
NF103	Organic Baby Wipes Unscented	72	4.69	OV
	<b>BIO D</b>			

code	product	size	rrp	bfgosv
NF666	Nappy Fresh	500g	3.50	V
	<b>EARTH FRIENDLY BABY</b>			
DY535	Eco Baby Wipes	72	3.90	V
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>JACK N' JILL</b>			
	Childrens Hand Sanitiser			
DY419	Hand Sanitiser Dino	2 x 29ml	4.99	V
DY422	Hand Sanitiser Monkey	2 x 29ml	4.99	V
	<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>THE CHEEKY PANDA</b>			
NF143	Bamboo Nappies	48	14.99	V
NF144	Bamboo Nappies	46	14.99	V
NF146	Bamboo Nappies	40	14.99	V
NF149	Bamboo Nappies	38	14.99	V
NF154	Bamboo Nappies	36	14.99	V
	<b>Bamboo Wipes</b>			
NF580	Baby Wipes - Bamboo	64	2.99	V
	<b>WELEDA</b>			
DY536	Calendula Shampoo & Body Wash	200ml	8.25	V
	<b>BAGS, BOXES AND BASKETS</b>			
	<b>ECOLEAF BY SUMA</b>			
	Refuse Sacks			
NF270	Refuse Sacks-Recycled Plastic	8 rolls	2.90	V
	<b>SUMA BRANDED BAGS</b>			
	Suma Branded Bags			
NF549	Handy size Jute Shopping Bag	bag	3.49	V
NF554	Lg- organic cotton produce bag	bag	3.49	OV
NF100	Lg-Woven PP Insulated Cool Bag	bag	3.99	V
NF553	Med-organic cotton produce bag	bag	2.95	OV
NF550	Recycled Plastic Shopping Bag	bag	2.99	V
	<b>BAGS2KEEP</b>			
NF340	Black Cotton String Bag	bag	3.99	V
NF364	Cornflower Blue String Bag	bag	3.99	V
NF341	Green Cotton String Bag	bag	3.99	V
NF362	Purple Cotton String Bag	bag	3.99	V
NF342	Red Cotton String Bag	bag	3.99	V
NF339	White Cotton String Bag	bag	3.99	V
	<b>D2W</b>			
NF406	100% Degradable Refuse Sacks	10 bags	1.79	V
NF076	Degradable Large Freezer Bags	100 bag	1.85	V
NF074	Degradable Medium Freezer Bags	200 bag	1.85	V
NF407	Degradable Swing Bin Liners	15 bags	2.90	V
NF050	Drawtape Refuse Sack Roll	10 bags	2.19	V
NF102	Drawtape Swing Bin Liner	15 roll	2.15	V
NF179	Multi Purpose Degradable Bags	10 x 50	2.49	V
NF169	Pedal Bin Liners	30 bags	2.25	V
NF494	Pedal Bin Liners - Drawtape	30 bags	2.15	V
NF495	Refuse Sacks Value Pack	20 bags	2.49	V
NF358	Wheelie Bin Liners	rolls	2.49	V
	<b>SIESTA CRAFTS</b>			
NF467	Recycled Saree Bag - Folding	each	4.79	FV
	<b>WASTE NOT</b>			
NF689	Compostable Caddy Liner 10l	20	4.25	V
	<b>BAKING SUNDRIES</b>			
	<b>SUMA</b>			
LJ039	Baking Powder - Gluten Free	200g	2.19	GV

code	product	size	rrp	bfgosv
LJ019	Cornflour	500g	1.65	V
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>BREAD MATTERS</b>			
LJ218	Original Sourdough Starter	10g	4.99	OV
	<b>CERTO</b>			
LJ216	Apple Pectin	250ml	2.89	V
	<b>CLEARSPRING</b>			
LJ138	Agar Agar Flakes Gelling Agent	30g	5.79	OV
	<b>COCOA LOCO</b>			
KB139	Dark Chocolate Couverture	1.5kg	22.99	FOSV
	<b>D &amp; D CHOCOLATES</b>			
ZX374	Dairy Free Chocolate Chips	160g	3.85	SV
	<b>DIVINE</b>			
KB528	Dark Chocolate Baking Bar	150g	3.45	SVF
	<b>DOVES FARM</b>			
LJ206	Baking Powder	130g	1.55	GV
LJ202	Bicarbonate of Soda	200g	1.39	GV
LJ228	Choc Chip Cookie Mix	350g	3.25	GSV
LJ203	Cornflour Organic	110g	1.79	GOV
LJ423	Quick Yeast	8 x 125g	1.35	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>EPICURE</b>			
LJ187	Golden Marzipan	250g	2.39	SV
LJ196	White Marzipan	250g	2.39	SV
	<b>FERMIPAN</b>			
LJ061	Dried Yeast	500g	4.59	V
	<b>FOLLOW YOUR HEART</b>			
LJ015	Vegan Egg	114g	7.85	V
	<b>FREE &amp; EASY</b>			
LJ009	Cheese Flavour Sauce Mix	130g	2.39	GSV
LJ016	Egg Replacer	135g	2.55	GV
	<b>JUST WHOLEFOODS</b>			
LJ162	Vegezet - setting agent	25g	2.79	V
	<b>MONTEZUMA'S</b>			
	Cooking Chocolate			
KB052	Dark Couverture	3kg	59.70	GOSV
	<b>NIELSEN MASSEY</b>			
LJ242	Madagascan Vanilla Extract	1l	135.00	GV
LJ252	Pure Almond Extract	60ml	4.35	V
LJ250	Pure Vanilla Extract	60ml	9.65	SV
LJ204	Vanilla Bean Paste	60ml	12.75	SV
LJ244	Vanilla Extract	60ml	1.85	GV
	<b>OGGS</b>			
LJ082	Aquafaba Egg Alternative	200ml	2.59	V
	<b>ORGRAN</b>			
LJ656	Egg Replacer	200g	2.95	GV
LJ077	Vegan Easy Egg	250g	4.25	GSV
	<b>PLAMIL</b>			
	Drops in 1kg bags			
KB651	Baking Chocolate	1kg	11.99	GSV
KB652	Organic Baking Chocolate	1kg	13.59	GOSV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
	<b>STEENBERGS</b>			
LJ116	Almond Extract	100ml	6.69	V

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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	9.29	FOV
LJ113	Vanilla Bean Paste	65g	6.99	SOV
LJ036	Vanilla Pods	4g	1.69	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>				
VF707	Borlotti Beans	400g	0.75	V
VF119	Butter Beans	400g	0.75	V
VF709	Cannellini Beans	400g	0.75	V
VF117	Chickpeas	400g	0.75	V
VF118	Red Kidney Beans	400g	0.75	V
VF711	Six Bean Mix	400g	1.90	V
<b>SUMA ORGANIC</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
VF073	Brown Lentils - 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	1.39	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	1.79	OSV
<b>GEO</b>				
VF133	Edamame Beans in Water	400g	2.49	V
<b>HODMEDOD'S</b>				
VF232	Organic Carlin Peas	400g	1.39	OV
VF129	Organic Vaal Dhal - British	400g	1.89	OSV

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VF098	Organic Whole Fava Beans	400g	1.29	OV
	<b>MR ORGANIC</b>			
VF215	BBQ Baked Beans	400g	1.29	OV
VF216	Chilli Mixed Beans	400g	1.49	OV
	<b>TRIPLE LION</b>			
VF021	Chickpeas - Catering Size	2.50kg	3.75	V
	<b>WHOLE EARTH</b>			
VF161	Baked Beans - organic	400g	1.19	GOV
	<b>BEANS &amp; PULSES - DRIED</b>			
	<b>SUMA PREPACKS</b>			
PU013	Beluga Lentils	500g	2.65	V
PU144	Black Turtle Beans	500g	1.95	V
PU017	Blackeye Beans	500g	2.15	V
PU078	Broth Mix	500g	1.59	V
PU066	Butter Beans	500g	2.75	V
PU067	Chickpeas	500g	1.69	V
PU065	Lentils - brown	500g	1.85	V
PU133	Lentils - Dark Speckled	500g	2.85	V
PU069	Lentils - green	500g	1.99	V
PU076	Lentils - red split	500g	1.85	V
PU072	Marrowfat Peas	500g	1.45	V
PU177	Moong Dahl	500g	2.49	V
PU070	Split Peas - green	500g	1.49	V
PU080	Split Peas - yellow	500g	1.35	V
	<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	2.55	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
PU007	Olive Green Lentils	500g	2.99	V
	<b>BEERS</b>			
	<b>BUDELS</b>			
RT131	Budels Lager	330ml	2.35	OV
	<b>HOP &amp; HEMP BREW CO</b>			
	Low Alcohol with CBD			
RT065	Easy Times IPA	330ml	2.85	V
RT064	Lowdown Lager	330ml	2.85	V
	<b>SAM SMITHS</b>			
RT009	Chocolate Stout	550ml	4.19	OV
RT008	Organic Pale Ale	550ml	3.85	OV
RT120	Pure Brewed Organic Lager	550ml	3.85	OV
	<b>SMALL BEER</b>			



code	product	size	rrp	bfgosv
RT039	Dark Lager 1% ABV	350ml	2.99	V
RT033	Lager 2.1% ABV	350ml	2.99	V
RT037	Session Pale 2.5% ABV	350ml	2.99	V
RT038	Steam 2.7% ABV	350ml	2.99	V
<b>STROUD BREWERY</b>				
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 Hempathy	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>				
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
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>				
BT166	Hazelnut Syrup Waffles	175g	3.50	OSV
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	1.49	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
BT318	Oatcakes - Sea Vegetable	200g	2.99	OV
BT290	Oatcakes - Sun Dried Tom /Herb	200g	2.99	OV
BT319	Oatcakes, Traditional, Organic	200g	2.79	OV
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
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
<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

code	product	size	rrp	bfgosv
BT285	Yellow Pea & Sunflower Seed	160g	3.50	GV
	<b>FINN CRISPBREADS</b>			
BT243	Hi Fibre	200g	1.59	V
BT025	Multigrain	175g	1.59	V
BT003	Original Rye	200g	1.59	V
BT002	Original Rye	250g	1.59	V
	<b>HONEYROSE</b>			
BT227	Date & Walnut Toast	110g	3.59	GOSV
BT228	Hazelnut & Agen Plum Toast	110g	3.59	GOSV
BT230	Kale & Spiced Nut Toast	110g	3.59	GOSV
	<b>ISLAND BAKERY ORGANICS</b>			
	Oatcakes			
BT351	Black Pepper Oatcakes	135g	2.45	VOS
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
	<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			
BT034	Original Organic Wholegrain	130g	1.89	GVO
BT378	Sea Salt & Balsamic Rice Cakes	127g	1.79	V
BT036	Thick Slice Sesame Rice Cake	130g	1.65	GOV
BT240	Thin Slice No Salt - organic	130g	1.79	GVO
	Snack Pack			
BT298	Beetroot & Balsamic Veggie	22g	0.99	V
	Veggie Cakes			
BT146	Beetroot Veggie Cakes	122g	3.25	SV
BT421	Caramelised Onion Veggie Cakes	122g	3.25	SV
BT153	Spinach & Pesto Veggie Cakes	122g	3.25	SV
BT418	Tomato Salsa, Lime Veg Cakes	122g	3.25	SV
	<b>KOOKIE CAT</b>			
BT565	Cacao Nib & Walnut Cookie	50g	1.49	GOV
BT567	Chia & Lemon Cookie	50g	1.49	GOV
BT566	Hemp & Cacao Cookie	50g	1.49	GOV
BT563	Pineapple & Orange Cookie	50g	1.49	GOV
BT105	Protein Dark Chocolate	50g	1.49	GOSV
BT131	Salted Caramel Almond	50g	1.49	GOSV
BT132	Wild Berries & White Chocolate	50g	1.49	GOSV
	<b>LAZY DAY</b>			
BT320	Belgian Dark Chocolate Tiffin	150g	2.89	SV
BT188	Chocolate Chip Oaties	150g	2.45	GSV
BT214	Dark Belgian Chocolate Gingers	125g	3.25	GV
BT197	Free From Shortbread	150g	2.75	GV
BT140	Ginger Tiffin	150g	2.89	GSV
BT199	Golden Syrup Oaties	150g	2.45	GSV
BT316	Millionaires Shortbread	150g	2.89	GSV
BT180	Stem Ginger Oaties	150g	2.45	GSV
BT538	Tiffin Gift Selection Box	360g	5.99	GSV
	<b>LE PAIN DES FLEURS</b>			
BT094	Buckwheat Crispbread	150g	3.29	GOV
BT189	Buckwheat Crispbread no Salt	150g	3.29	GOV
BT095	Chestnut Crispbread	150g	3.99	GOV
BT093	Quinoa Crispbread	150g	3.99	GOV
	<b>LOTTIE SHAW'S</b>			

code	product	size	rrp	bfgosv
ZX693	Vegan Gingerbread Man	50g	1.29	SV
	<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>MRS CRIMBLES</b>			
BT245	Chocolate Macaroons	195g	1.99	GSV
BT288	Coconut Macaroon	180g	1.79	GSV
	<b>NAIRN'S</b>			
BT419	Coconut and Chia Oat Biscuit	200g	1.89	SV
BT090	Oatcakes - Fine	218g	1.35	V
BT046	Oatcakes - Fruit & Seed	225g	1.95	SV
BT397	Oatcakes - Multigrain	200g	1.69	V
BT273	Oatcakes - Organic	250g	1.69	OV
BT174	Oatcakes - Peri Peri	200g	1.95	V
BT275	Oatcakes - Traditional Rough	291g	1.35	V
BT301	Oatcakes -Cracked Black Pepper	200g	1.69	V
BT386	Oatcakes -Organic Super Seeded Gluten Free	200g	1.95	OV
BT200	GF Apple&Cinnamon Chunky Bisc	160g	2.45	GSV
BT108	GF Biscuit Breaks Oat & Fruit	160g	2.45	GSV
BT109	GF Biscuit Breaks Oat & Syrup	160g	2.45	GSV
BT267	GF Biscuit Breaks Stem Ginger	160g	2.45	GSV
BT571	GF Blueb&Rasp Chunky Biscuits	160g	2.45	GSV
BT549	GF Super Seeded Oatcake	180g	2.35	GV
BT420	Gluten Free Oatcakes Wheat Free Biscuits	213g	2.35	GV
BT414	Mixed Berry	200g	1.89	SV
BT415	Stem Ginger	200g	1.89	SV
	<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>ORIGIN EARTH</b>			
BT390	Gluten Free Crackers	150g	2.99	GV
BT389	Gluten Free Crackers Fennel	150g	2.99	GV
BT387	Gluten Free Crackers Sesame	150g	2.99	GV
	<b>PETER'S YARD</b>			
BT171	Sourdough F'Bread Smoke Chilli	115g	2.39	V
BT170	Sourdough Flatbreads Sea Salt	115g	2.39	V
BT173	Sourdough Flatbreads Seeded Sourdough Crackers	135g	2.39	V
BT011	Poppy Seed	100g	2.69	SV
BT007	Rosemary & Sea Salt	90g	2.69	SV
	<b>PREWETT'S</b>			
BT280	Jammy Wheels	160g	2.25	GSV
	<b>REAL FOODS</b>			
BT381	Corn Thins - Original	150g	1.95	V
	<b>RHYTHM 108</b>			
	Ooh-la-la Tea Biscuits			
BT333	Almond Biscotti	135g	3.90	GOV

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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>			
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
BT266	Ginger & Turmeric Oaty	200g	2.49	SV
BT313	High Protein Lentil Triangles	70g	1.85	GV
BT395	Multigrain Thins	160g	2.75	GOV
	<b>TRAIDCRAFT</b>			
BT547	Double Chocolate Chunk Cookies	180g	2.25	FSV
BT481	Stem Ginger Cookies	180g	2.50	FSV
	<b>VEGAN BAKERY</b>			
BT063	Choco Cookies	200g	2.99	SV
BT064	Coconut Clouds	200g	2.99	SV
BT069	Cookie N' Cream	200g	2.99	GSV
	<b>BODY CARE</b>			
	<b>ALTER/NATIVE</b>			
	20L/5L POS Refill Accessories			
NF531	Drum Pump - Fits 15l & 20l	each	8.99	V
	<b>ALTER/NATIVE BY SUMA</b>			
	20L/5L POS Refill Accessories			
DY484	5l pump - 30ml Dispenser	each	4.99	V
	Accessories			
DY644	Bamboo Soap Dish - Rectangle	6 DISHES	4.65	V
DY643	Bamboo Soap Dish - Round	6 DISHES	3.35	V
DY110	Organic Cotton Soap Bag	bag	1.95	OV
DY609	Travel Soap Tin - Double Size	tin	5.99	V
DY607	Travel Soap Tin - Single Size	tin	3.99	V
	Hair-Conditioner Bars/Boxed			
DY999	Hair Conditioner Bar - Coconut	90g	5.45	V
DY995	Hair Conditioner Bar - Rose	90g	5.45	V
DY994	Hair Conditioner Bar - Lavender	90g	5.45	V
DY993	Hair Conditioner Bar - P'chouli	90g	5.45	V
DY646	Hair Conditioner Bar - PG'fruit	90g	5.45	V
	Hair-Shampoo Bars/Boxed/Glyc			
DY997	Shampoo Bar-Glycerine-Coconut	90g	3.89	V
DY996	Shampoo Bar-Glycerine-P'chouli	90g	3.89	V
DY604	Shampoo Bar-Glycerine-PG'fruit	90g	3.89	V
	Hair-Shampoo Bars/Boxed/PF			
DY992	Shampoo Bar - Rose & Geranium	95g	3.25	V
DY991	Shampoo Bar-Lavender&Geranium	95g	3.25	V
	Haircare - Conditioner 20l			
DY374	Conditioner - Clear & Simple	20l		V
DY384	Conditioner - Coconut & Argan	20l		V
DY380	Conditioner - Tea Tree & Aloe	20l		V
	Haircare - Conditioner 400ml			
DY031	Conditioner - Clear & Simple	400ml	5.69	V
DY041	Conditioner - Coconut & Argan	400ml	5.69	V
DY039	Conditioner - Lav & Geranium	400ml	5.69	V
DY037	Conditioner - Patchouli	400ml	5.69	V

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DY043	Conditioner - Pink Grapefruit	400ml	5.69	V
DY042	Conditioner - Rose & Geranium	400ml	5.69	V
DY036	Conditioner - Tea Tree & Aloe	400ml	5.69	V
	Haircare - Conditioner 5l			
DY045	Conditioner - Clear & Simple	5l	41.99	V
DY053	Conditioner - Coconut & Argan	5l	41.99	V
DY052	Conditioner - Lav & Geranium	5l	41.99	V
DY049	Conditioner - Patchouli	5l	41.99	V
DY057	Conditioner - Pink Grapefruit	5l	41.99	V
DY055	Conditioner - Rose & Geranium	5l	41.99	V
DY047	Conditioner - Tea Tree & Aloe	5l	41.99	V
	Haircare - Shampoo 20l			
DY370	Shampoo - Clear & Simple	20l		V
DY369	Shampoo - Coconut & Argan Oil	20l		V
DY365	Shampoo - Tea Tree & Aloe	20l		V
	Haircare - Shampoo 400ml			
DY001	Shampoo - Clear & Simple	400ml	5.69	V
DY017	Shampoo - Coconut & Argan Oil	400ml	5.69	V
DY016	Shampoo - Lavender & Geranium	400ml	5.69	V
DY009	Shampoo - Patchouli	400ml	5.69	V
DY021	Shampoo - Pink Grapefruit	400ml	5.69	V
DY019	Shampoo - Rose & Geranium	400ml	5.69	V
DY003	Shampoo - Tea Tree & Aloe	400ml	5.69	V
	Haircare - Shampoo 5l			
DY022	Shampoo - Clear & Simple	5l	41.99	V
DY028	Shampoo - Coconut & Argan Oil	5l	41.99	V
DY027	Shampoo - Lavender & Geranium	5l	41.99	V
DY026	Shampoo - Patchouli	5l	41.99	V
DY030	Shampoo - Pink Grapefruit	5l	41.99	V
DY029	Shampoo - Rose & Geranium	5l	41.99	V
DY025	Shampoo - Tea Tree & Aloe	5l	41.99	V
	Skincare - Body Wash 20l			
DY389	Body Wash - Clear & Simple	20l		V
DY394	Body Wash - Coconut & Argan	20l		V
DY391	Body Wash - Tea Tree & Aloe	20l		V
	Skincare - Body Wash 400ml			
DY061	Body Wash - Clear & Simple	400ml	5.69	V
DY070	Body Wash - Coconut & Argan	400ml	5.69	V
DY069	Body Wash - Lav & Geranium	400ml	5.69	V
DY068	Body Wash - Patchouli	400ml	5.69	V
DY074	Body Wash - Pink Grapefruit	400ml	5.69	V
DY073	Body Wash - Rose & Geranium	400ml	5.69	V
DY066	Body Wash - Tea Tree & Aloe	400ml	5.69	V
	Skincare - Body Wash 5l			
DY078	Body Wash - Clear & Simple	5l	41.99	V
DY087	Body Wash - Coconut & Argan	5l	41.99	V
DY085	Body Wash - Lav & Geranium	5l	41.99	V
DY082	Body Wash - Patchouli	5l	41.99	V
DY089	Body Wash - Pink Grapefruit	5l	41.99	V
DY088	Body Wash - Rose & Geranium	5l	41.99	V
DY081	Body Wash - Tea Tree & Aloe	5l	41.99	V
	Skincare - Hand Wash 300ml			
DY108	Hand Wash - Coconut & Argan	300ml	4.75	V
DY102	Hand Wash - Lav & Geranium	300ml	4.75	V
DY101	Hand Wash - Patchouli	300ml	4.75	V
DY120	Hand Wash - Pink Grapefruit	300ml	4.75	V
DY112	Hand Wash - Rose & Geranium	300ml	4.75	V
DY096	Hand Wash - Tea Tree & Aloe	300ml	4.75	V
	Skincare - Hand Wash 5l			
DY125	Hand Wash - Coconut & Argan	5l	41.99	V

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DY124	Hand Wash - Lav & Geranium	5l	41.99	V
DY122	Hand Wash - Patchouli	5l	41.99	V
DY130	Hand Wash - Pink Grapefruit	5l	41.99	V
DY129	Hand Wash - Rose & Geranium	5l	41.99	V
DY121	Hand Wash - Tea Tree & Aloe	5l	41.99	V
	Soap-All-In-One/Boxed/PalmFree			
DY657	All-In-One - Earthbound Bar	95g	3.25	V
DY658	All-In-One - Far & Away Bar	95g	3.25	V
	Soap-Glycerine/Loose			
DY652	Glycerine Soap - Almond Milk	90g	1.85	V
DY540	Glycerine Soap - G'fruit&Aloe	90g	1.85	V
DY555	Glycerine Soap - Hemp & Vit E	90g	1.85	V
DY654	Glycerine Soap - Lav & Vetiver	90g	1.85	V
DY655	Glycerine Soap - Mandarin	90g	1.85	V
DY656	Glycerine Soap - Orange Bloss	90g	1.85	V
DY532	Glycerine Soap - Rose&Geranium	90g	1.85	V
DY013	Glycerine Soap - White Lav	90g	1.85	V
	Soap-Glycerine/Loose/Palm Free			
DY965	Glycerine Soap - Coconut	90g	2.79	V
DY960	Glycerine Soap - Coffee & Cedar	90g	2.79	V
DY959	Glycerine Soap - Jasmine Musk	90g	2.79	V
DY964	Glycerine Soap - Lav & Geranium	90g	2.79	V
DY962	Glycerine Soap - Patchouli	90g	2.79	V
DY971	Glycerine Soap - Pink G'fruit	90g	2.79	V
DY967	Glycerine Soap - Rose&Geranium	90g	2.79	V
DY961	Glycerine Soap - Tea Tree&Aloe	90g	2.79	V
	Soap-Handmade/Boxed/Gift Sets			
DY554	Gift Set - Apothecary - 4 Bars	set	1.95	V
DY316	Gift Set - Botanical - 4 Bars	set	12.45	V
DY317	Gift Set - Floral - 4 Bars	set	14.95	V
DY550	Gift Set - Herbal - 4 Bars	set	1.95	V
DY542	Gift Set - Nature's - 4 Bars	set	1.95	V
	Soap-Handmade/Boxed/Palm Free			
DY433	Boxed Soap Aloe Vera	95g	2.55	V
DY497	Boxed Soap Bergamot& Green Tea	95g	2.55	V
DY452	Boxed Soap Cinnamon & Orange	95g	2.55	V
DY476	Boxed Soap Coconut Milk& Ylang	95g	2.55	V
DY448	Boxed Soap G'fruit & Mandarin	95g	2.55	V
DY440	Boxed Soap L'grass & Chamomile	95g	2.55	V
DY438	Boxed Soap Lavender & Lime	95g	2.55	V
DY446	Boxed Soap P'mint & Pine Oil	95g	2.55	V
DY560	Boxed Soap Patchouli & Hemp	95g	2.55	V
DY502	Boxed Soap Rose & Geranium	95g	2.55	V
DY445	Boxed Soap Rosemary & Lavender	95g	2.55	V
DY444	Boxed Soap Tea Tree & E'lyptus	95g	2.55	V
	Soap-Skincare/Boxed/Palm Free			
DY998	Skincare-Ayurvedic Soap Bar	95g	3.25	V
DY990	Skincare-Detox Bar-Charcoal	95g	3.25	V
DY988	Skincare-Facial Bar-Cocoa	95g	3.25	V
DY662	Skincare-Moisturising Bar-Rose	90g	7.49	V
DY661	Skincare-Pink Clay Cleanser	95g	3.25	V
DY989	Skincare-Shaving Bar Cedarwood	95g	3.25	V
	<b>ALOE PURA</b>			
DY040	Aloe Vera Gel	200g	5.59	V
DY196	Aloe Vera Gel + Tea Tree	200ml	5.59	V
DY199	Aloe Vera Gel + Vitamin A C E	200ml	5.59	V
DY602	Body Wash	200ml	6.99	V
DY603	Face Mask	150ml	5.49	V
DY600	Face Wash	150ml	5.49	V
DY634	Hand Cream	75ml	4.99	V

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DY633	Hand Sanitiser	75ml	2.99	V
	Suncare			
DY303	Aloe Vera After Sun Lotion	200ml	8.99	V
DY211	Aloe Vera Sun Lotion SPF 50	200ml	19.99	V
	<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
DY816	Soda Deodorant - Pink G/Fruit	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
	Shower Gel			
DY432	Shower Gel Tablets - Aqua	120g	11.95	V
	<b>DR BRONNER'S</b>			
DY191	Almond Castile liquid Soap	473ml	13.29	FOV
DY208	Almond Castile Liquid Soap	946ml	21.99	FOV
DY198	Baby Castile Liquid Soap	473ml	13.29	FOV
DY209	Baby Castile Liquid Soap	946ml	21.99	FOV
DY443	Lavender - Pump Soap	355ml	11.69	FOV
DY183	Lavender Castile Liquid Soap	237ml	8.79	FOV
DY205	Lavender Castile Liquid Soap	473ml	13.29	FOV
DY213	Lavender Castile Liquid Soap	946ml	21.99	FOV
DY338	Lavender Castile Liquid Soap	3.8l	69.99	FGQVB
DY201	Orange Castile Liquid Soap	473ml	13.29	FOV
DY207	Peppermint Castile Liquid Soap	473ml	13.29	FOV
DY214	Peppermint Castile Liquid Soap	946ml	21.99	FOV
	Bar Soap			
DY117	Almond Pure Castile Bar Soap	140g	5.69	FOV
DY118	Baby Castile Bar Soap	140g	5.69	FOV
DY123	Lavender Castile Bar Soap	140g	5.69	FOV
DY119	Orange Castile Bar Soap	140g	5.69	FOV
DY138	Peppermint Castile Bar Soap	140g	5.69	FOV
	Hand Sanitiser			
DY455	Hand Sanitiser - Lavender	60ml	5.49	FOV
DY479	Hand Sanitiser - Peppermint	60ml	5.49	FOV
	<b>EARTH CONSCIOUS</b>			
	Deodorant Balm in a Tin			
DY148	Natural Deodorant - Lavender	60g	6.99	V
DY157	Natural Deodorant - Peppermint	60g	6.99	V
	Stick Deodorant in Paper Tube			
DY136	Natural Deodorant - Grapefruit	60g	6.99	V
DY137	Natural Deodorant - Jasmine	60g	6.99	V
DY144	Natural Deodorant - Lavender	60g	6.99	V
DY141	Natural Deodorant - Lemon	60g	6.99	V
DY145	Natural Deodorant - Peppermint	60g	6.99	V
DY143	Natural Deodorant - Pure	60g	6.99	V
	<b>EMMA'S SOAP</b>			
NF052	Bamboo Body Brush	220g	15.75	V
NF038	Bamboo Soap Dish	90g	8.00	V
	Plastic free shower puff			
NF193	Ramie Wash Cloth	1	5.39	V
	<b>FAITH IN NATURE</b>			
	5 Litres Bulk - Body Wash			
DY877	Body Wash - Aloe Vera	5l	5.00	V

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DY883	Body Wash - Coconut	5l	5.00	V
DY430	Body Wash - Dragon Fruit	5l	5.00	V
DY427	Body Wash - Fragrance Free	5l	5.00	V
DY267	Body Wash - Tea Tree	5l	5.00	V
DY459	Body Wash - Wild Rose	5l	5.00	V
DY266	Body Wash-Grapefruit & Orange	5l	5.00	V
DY870	Body Wash-Lavender & Geranium	5l	5.00	V
	5 Litres Bulk - Conditioner			
DY874	Conditioner - Aloe Vera	5l	57.00	V
DY879	Conditioner - Coconut	5l	57.00	V
DY288	Conditioner - Tea Tree	5l	57.00	V
DY442	Conditioner - Wild Rose	5l	57.00	V
DY437	Conditioner-Grapefruit &Orange	5l	57.00	V
DY867	Conditioner-Lavender&Geranium	5l	57.00	V
	5 Litres Bulk - Hand Wash			
DY473	Hand Wash - Wild Rose	5l	5.00	V
DY268	Hand Wash-Aloe Vera & Tea Tree	5l	5.00	V
DY270	Hand Wash-Lavender & Geranium	5l	5.00	V
	5 Litres Bulk - Shampoo			
DY871	Shampoo - Aloe Vera	5l	57.00	V
DY881	Shampoo - Coconut	5l	57.00	V
DY436	Shampoo - Grapefruit & Orange	5l	57.00	V
DY188	Shampoo - Jojoba	5l	57.00	V
DY868	Shampoo - Lavender & Geranium	5l	57.00	V
DY135	Shampoo - Seaweed & Citrus	5l	57.00	V
DY280	Shampoo - Tea Tree	5l	57.00	V
DY441	Shampoo - Wild Rose	5l	57.00	V
	Accessories			
HJ023	Pump for 5ltr Bulk Containers	each	6.29	V
	Body Wash			
DY104	Body Wash - Aloe Vera	400ml	5.79	V
DY351	Body Wash - Avocado	400ml	5.79	GV
DY880	Body Wash - Coconut	400ml	5.79	V
DY981	Body Wash - Dragon Fruit	400ml	5.79	V
DY044	Body Wash - Fragrance Free	400ml	5.79	V
DY501	Body Wash - Grapefruit &Orange	400ml	5.79	V
DY285	Body Wash - Hemp & Meadowfoam	400ml	5.79	V
DY244	Body Wash - Jojoba	400ml	5.79	V
DY848	Body Wash - Seaweed	400ml	5.79	V
DY628	Body Wash - Shea & Argan	400ml	5.79	V
DY107	Body Wash - Tea Tree	400ml	5.79	V
DY132	Body Wash - Wild Rose	400ml	5.79	V
DY105	Body Wash-Lavender & Geranium	400ml	5.79	V
	Conditioner			
DY128	Conditioner - Wild Rose	400ml	6.50	V
DY221	Conditioner - Aloe Vera	400ml	6.50	V
DY329	Conditioner - Avocado	400ml	6.50	V
DY354	Conditioner - Blueberry	400ml	6.50	GV
DY830	Conditioner - Coconut	400ml	6.50	V
DY919	Conditioner - Dragon Fruit	400ml	6.50	V
DY033	Conditioner - Fragrance Free	400ml	6.50	V
DY223	Conditioner - Jojoba	400ml	6.50	V
DY846	Conditioner - Rosemary	400ml	6.50	V
DY845	Conditioner - Seaweed & Citrus	400ml	6.50	V
DY626	Conditioner - Shea & Argan	400ml	6.50	V
DY222	Conditioner - Tea Tree	400ml	6.50	V
DY508	Conditioner-Grapefruit &Orange	400ml	6.50	V
DY890	Conditioner-Lavender&Geranium	400ml	6.50	V
	Hair Masks			
DY541	Coconut & Shea Butter	300ml	6.99	V



code	product	size	rrp	bfgosv
DY548	Dragon Fruit	300ml	6.99	V
DY551	Shea & Argan	300ml	6.99	V
DY261	Wild Rose & Chamomile Hand & Body Lotion	300ml	6.99	V
DY613	Coconut	400ml	5.79	V
DY614	Coconut	5l	49.99	V
DY620	Grapefruit & Orange	5l	49.99	V
DY616	Grapefruit & Orange Lotion	400ml	5.79	V
DY611	Lavender & Geranium	400ml	5.79	V
DY612	Lavender & Geranium Hand Wash	5l	49.99	V
DY894	Hand Wash - Coconut	400ml	4.39	V
DY301	Hand Wash - Seaweed & Citrus	400ml	4.39	V
DY245	Hand Wash-Aloe Vera & Tea Tree	400ml	4.39	V
DY505	Hand Wash-Grapefruit & Orange	400ml	4.39	V
DY312	Hand Wash-Lavender & Geranium	400ml	4.39	V
DY553	Wild Rose Hand Wash Men's Range	400ml	4.39	V
DY054	Body Wash - Blue Cedar	400ml	5.79	V
DY048	Shampoo - Blue Cedar	400ml	6.50	V
DY056	Wrapped Soap - Blue Cedar Shampoo	100g	2.75	V
DY844	Shampoo - Aloe Vera	400ml	6.50	V
DY328	Shampoo - Avocado	400ml	6.50	V
DY875	Shampoo - Coconut	400ml	6.50	V
DY920	Shampoo - Dragon Fruit	400ml	6.50	V
DY032	Shampoo - Fragrance Free	400ml	6.50	V
DY512	Shampoo - Grapefruit & Orange	400ml	6.50	V
DY420	Shampoo - Hemp & Meadowfoam	400ml	6.50	V
DY839	Shampoo - Jojoba	400ml	6.50	V
DY503	Shampoo - Lavender & Geranium	400ml	6.50	V
DY843	Shampoo - Rosemary	400ml	6.50	V
DY842	Shampoo - Seaweed & Citrus	400ml	6.50	V
DY625	Shampoo - Shea & Argan	400ml	6.50	V
DY509	Shampoo - Tea Tree	400ml	6.50	V
DY127	Shampoo - Wild Rose Shampoo Bars	400ml	6.50	V
DY477	Coconut & Shea Butter	85g	7.00	V
DY478	Dragon Fruit	85g	7.00	V
DY480	Lavender Soap	85g	7.00	V
DY050	Loose Soap - Aloe Vera	100g	2.28	V
DY918	Loose Soap - Coconut	100g	2.28	V
DY637	Loose Soap - Fragrance Free	100g	2.28	V
DY640	Loose Soap - Grapefruit	100g	2.28	V
DY154	Loose Soap - Hemp	100g	2.28	V
DY005	Loose Soap - Lavender	100g	2.28	V
DY006	Loose Soap - Orange	100g	2.28	V
DY008	Loose Soap - Rosemary	100g	2.28	V
DY239	Loose Soap - Tea Tree	100g	2.28	V
DY051	Wrapped Soap - Aloe Vera	100g	2.75	V
DY909	Wrapped Soap - Coconut	100g	2.75	V
DY461	Wrapped Soap - Lavender	100g	2.75	V
DY460	Wrapped Soap - Tea Tree	100g	2.75	V
DY579	Wrapped Soap - Wild Rose	100g	2.75	V
<b>FRIENDLY SOAP</b>				
DY106	Natural Travel Soap Cleansing Bars	95g	2.95	V
DY163	Cleansing Bar - Cocoa Butter	95g	2.95	V
DY165	Cleansing Bar - Shea Butter	95g	2.95	V

code	product	size	rrp	bfgosv
	Conditioner Bars			
DY421	Conditioner Bar-Lav & Geranium	90g	4.95	V
DY424	Conditioner Bar-Lav & Tea Tree	90g	4.95	V
	Gift Sets			
DY357	Facial Selection - 4 flavours	480g	1.99	V
DY360	Hair Selection-Shampoo&Cond'er	480g	15.30	V
DY355	Soap Selection - 4 flavours	480g	9.49	V
	Shampoo Bars			
DY510	Shampoo Bar - Fragrance Free	95g	2.95	V
DY507	Shampoo Bar Peppermint Eucalypt	95g	2.95	V
DY095	Shampoo Bar-Lavender &Geranium	95g	2.95	V
DY103	Shampoo Bar-Lavender &Tea Tree	95g	2.95	V
	Shaving Range			
DY093	Natural Shaving Soap	95g	2.95	V
DY514	Shaving Bar - Fragrance Free	95g	2.95	V
	<b>GREEN PEOPLE</b>			
	Organic Skincare			
DY072	Day Solution SPF15	50ml	24.50	OV
DY258	Prebiotic Foot Cream	50ml	14.00	GOV
	Scent Free and Organic			
DY259	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>HEAVENLY ORGANICS SKIN CARE</b>			
	Chamomile			
DY348	Eye & Face Cream Chamomile	25g	8.99	VO
	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
DY525	Facial Cleanser Rose Geranium	110g	8.99	V
DY194	Facial Cleanser Rose Geranium	100g	11.99	V
DY059	Facial Oil Rose Geranium	50	1.99	OV
DY346	Facial Scrub Rose Geranium	80g	9.59	OV
	<b>HILL BRUSH COMPANY</b>			
NF783	Back & Body Brush	each	12.29	V
	<b>HUMBLE</b>			
NF536	Bamboo Cotton Swabs - White	100	1.99	V
NF200	Reusable Face Mask	1	3.99	V
	<b>LAVERA</b>			
	Basis			
DY963	All-Round Cream	150ml	8.95	OV
DY202	Deodorant- Roll On	75ml	9.95	OV
DY589	Hand Cream	75ml	4.95	OV
DY581	Moisturising Face Cream	50ml	11.95	OV
	<b>LOOFCO</b>			
DY092	Bath-Time Loofah	1	3.29	V
DY091	Body Loofah	1	3.50	V
	<b>MAISTIC</b>			
NF382	Face Pads Reusable	3cloth	3.21	V
NF383	Large Face Pads - Reusable	5cloth	1.93	V
	<b>OLIVA</b>			
DY090	Aloe Vera Olive Oil Soap	100g	1.99	V
DY290	Olive Oil Soap	6 x 125g	1.89	V
DY561	Olive Oil Soap - Large Bar	600g	3.89	V

code	product	size	rrp	bfgosv
DY094	Tea Tree Olive Oil Soap	100g	1.99	V
	<b>PATCH</b>			
	Biodegradable Bamboo Plasters			
NF547	Bamboo Kids Plasters - Coconut	1	6.99	OV
NF546	Bamboo Plasters - Aloe Vera	1	6.99	OV
NF548	Bamboo Plasters - Charcoal	1	6.99	OV
NF545	Bamboo Plasters - Natural	1	6.99	OV
	<b>PITROK</b>			
DY175	Deodorant Spray - Fragranced	100ml	4.99	V
DY250	Push Up Crystal Deodorant	100g	6.99	V
DY220	Roll On Crystal Deodorant	50ml	4.99	V
DY139	Spray Deodorant	100ml	4.99	V
	<b>RIO ROSA MOSQUETA</b>			
DY653	Anti-ageing day & night cream	50ml	15.99	V
DY659	Pure Chilean Rosehip Oil	20ml	11.99	V
DY660	Pure Chilean Rosehip Oil	50ml	22.99	V
	<b>SIMPLY GENTLE</b>			
DY097	Cotton Buds - organic	200	2.25	VO
	<b>THE PRINTED PEANUT</b>			
	Boxed Soaps			
DY987	3 in 1 Travel Soap	95g	6.00	V
DY488	Aloe Vera Soap Bar	95g	6.00	V
DY983	Black Soap Bar for Tired Skin	95g	6.00	V
DY489	Cocoa Butter Soap Bar	95g	6.00	V
DY491	Lavender Soap Bar	95g	6.00	V
DY986	Solid Shampoo Bar	95g	6.00	V
DY493	Tea Tree Shampoo Bar	95g	6.00	V
	<b>TINTS OF NATURE</b>			
DY388	Hand Sanitising Gel	100ml	3.00	V
DY366	Hand Sanitising Spray	75ml	2.50	V
	<b>URTEKRAM</b>			
DY725	Lime Crystal Roll On Deodorant Rose	50ml	4.89	OV
DY060	Rose Crystal Deodorant	50ml	4.89	OV
DY904	Rose Shampoo	250ml	5.49	OV
DY396	Rose Shower Gel	500ml	7.85	OV
	<b>WELEDA</b>			
	Bath & Shower			
DY387	Sea Buckthorn Creamy Body Wash Body Care	200ml	8.25	V
DY636	Arnica Massage Oil Deodorant	100ml	17.75	V
DY152	Spray Deodorant - Citrus	100ml	1.50	V
DY151	Spray Deodorant - Sage	100ml	1.50	V
DY305	Wild Rose Spray Deodorant Facial Care	100ml	13.55	V
DY927	Pomegranate Firming Day Cream Skin Food	30ml	3.50	V
DY134	Skin Food Body Butter	150ml	19.75	FVB
DY086	Skin Food Body Lotion	200ml	14.95	FVB
DY133	Skin Food Light	75ml	13.50	FVB
	<b>WILD</b>			
	Deodorant Refills			
DY184	Coconut Dreams Deo	43g	5.50	V
DY142	Fresh Cotton + Sea Salt Deo	43g	5.50	V
DY174	Jasmine + Mandarin Blossom Deo Reusable Deodorant Cases	43g	5.50	V
DY109	Aqua Case + Fresh Cotton Deo	43g	12.50	V
DY126	Pink Case + Jasmine Deo	43g	12.50	V
DY140	Purple Case + Coconut Deo	43g	12.50	V
	<b>YARE VALLEY</b>			

code	product	size	rrp	bfgosv
DY234	Balm Stick - Vanilla & Lemon	4g	2.79	V
DY585	Lip Balm - Elderflower & Clem	15g	3.99	V
DY236	Lip Balm Tin - Vanilla & Lemon	15g	3.95	V
<b>BREADS &amp; BREAD MIXES</b>				
<b>AMAIZIN</b>				
BT268	0g 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>				
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
BT376	Pitta Bread - wholemeal	280g	2.00	OV
<b>FREE &amp; EASY</b>				
FG059	Afternoon Tea Scone Mix	350g	3.65	GSV
FG056	Middle Eastern Flatbread Mix	250g	3.90	GV
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
BT311	Thin Crust Pizza Base Mix	150g	3.15	GV
<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
BT220	Black Forest Teff Loaf	500g	4.59	GOV
BT470	Ciabatta Olive Bread GF	360g	4.45	GOV
BT462	Focaccia Rolls	220g	3.90	GOV
BT516	Pizza Base	100g	1.49	GOSV
BT517	Quinoa Bread with Chia	500g	4.59	GOV
BT471	Rustico GF Bread with Amaranth	500g	4.45	GOV
<b>BURGERS SAUSAGES &amp; TVP MIXES</b>				
<b>SUMA PREPACKS</b>				
VF160	Burger Mix - Vegetarian	350g	6.15	V
VF154	Nut Roast Mix - Gluten Free	340g	3.49	GVS
VF153	Nut Roast Mix - Savoury/Vegan	370g	3.15	VS
VF162	Sausage Mix - Vegan	350g	5.65	V
SY109	Vegan TVP Mince	250g	2.25	V
<b>ARTISAN NATURES KITCHEN</b>				
VF205	Moroccan Spiced GF Burger Mix	200g	2.89	GSV
VF206	Sweet Chilli GF Burger Mix	200g	2.89	GSV
<b>CLEARSPRING</b>				

code	product	size	rrp	bfgosv
SY074	Organic Soya Chunks	200g	3.29	GOV
SY071	Organic Soya Mince	300g	3.79	GOV
<b>GRANOSE</b>				
VF099	Chargrilled Style Burger Mix	120g	1.85	V
VF087	Lincolnshire Sausage Mix	150g	1.85	V
<b>JUST WHOLEFOODS</b>				
VF706	Vegetarian Banger Mix -organic	125g	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>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
BT238	Sprouted Ginger Cake	350g	4.19	OV
BT368	Sprouted Rye Ginger Cake	350g	4.19	OV
<b>FREE &amp; EASY</b>				
FG031	Breakfast Pancake	230g	3.90	GSV
	Gluten & Dairy Free			
BT072	Chocolate Brownie Mix	350g	4.90	GSV
<b>JUST WHOLEFOODS</b>				
FG087	Brownie Mix	318g	4.99	OSV
FG088	Pancake Mix	185g	3.49	OSV
<b>MRS CRIMBLES</b>				
FG017	Pancake and Batter Mix	200g	1.99	GV
<b>SPECIALITE LOCALE</b>				
	Loaf Cakes			
BT396	Dutch Apple Loaf Cake	1loaf	3.19	SV
BT384	Stem Ginger Loaf Cake	1loaf	3.19	SV
<b>CANDLES, INCENSE &amp; HOLDERS</b>				
<b>GREATER GOODS</b>				
	Mother's Vegan Incense			
NF444	Cinnamon & Spice	12 sticks	2.00	FV
NF365	Display with Stock - 162 Units	1	2.00	FV
NF440	Frankincense	12 sticks	2.00	FV
NF448	Jasmine	12 sticks	2.00	FV
NF446	Lotus	12 sticks	2.00	FV
NF449	Musk	12 sticks	2.00	FV
NF447	Orange Blossom	12 sticks	2.00	FV
NF441	Patchouli	12 sticks	2.00	FV
NF367	Sandalwood	12 sticks	2.00	FV
NF443	Vanilla	12 sticks	2.00	FV
<b>MANCHESTER CANDLE CO</b>				
NF250	Tealights	10	1.35	V
<b>SIESTA CRAFTS</b>				
NF285	Satya Sai Nag Champa Incense	15g	0.99	FV
NF577	Satya Sai Patchouli Incense	15g	0.99	FV
NF576	Satya Sai Sandalwood Incense	15g	0.99	FV
NF578	Satya Sai White Sage Incense	15g	0.99	FV
<b>CEREALS &amp; MUESLIS</b>				
<b>SUMA BULK MUESLI - ORGANIC</b>				
MX052	Muesli - organic	10kg	3.25	VO
<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

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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
	Everyday Range			
MX023	Gluten Free Muesli - organic	250g	3.29	GOV
MX031	Rich Muesli - organic	500g	2.99	OV
	Into The Garden			
MX236	Active Muesli	250g	3.99	GOV
	<b>AMISA</b>			
FX016	Organic Porridge Oats	325g	2.75	GOV
MX029	Spelt Puffs - Organic	200g	2.39	OV
	<b>BEAR</b>			
MX202	Alphabites Cereal - Cocoa	350g	2.79	V
MX203	Alphabites Cereal - Multigrain	350g	2.79	V
	<b>BIO &amp; ME</b>			
MX013	Cocoa & Hazelnut Granola	360g	4.39	V
MX008	Low Sugar Granola	360g	4.39	V
MX050	Seed & Nut Gluten Free Granola	350g	4.69	GV
MX030	Super Berry Gut-Loving Granola	360g	4.39	V
MX020	Super Seedy & Nutty Granola	60g	1.39	V
	Granola			
MX071	Super Seedy & Nutty Granola	360g	4.39	V
	Muesli			
MX075	Fruit & Nut Muesli	450g	4.59	V
	Porridge			
MX072	Apple & Cinnamon Porridge	400g	2.75	V
MX112	Super Seedy & Nutty Porridge	400g	2.75	V
	<b>BIOFAIR</b>			
FX018	Quinoa Flakes Organic	400g	5.49	FOV
	<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>			
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>			
MX061	Belgian Choc	400g	4.19	SV
MX181	Gluten Free Granola	400g	4.59	GV
MX264	High Protein Granola	350g	4.45	SV
MX014	Low Sugar Maple & Pecan	500g	4.45	SV
MX207	Low Sugar Nut & Seeds	500g	4.29	SV
MX178	Mango & Macadamia	400g	4.19	SV
MX011	Organic Granola	400g	4.59	OSV
MX125	Original	500g	3.99	SV
MX177	Pistachio & Passionfruit	400g	4.19	SV
MX016	Super Muesli Boost	400g	4.25	V
MX021	Super Muesli Focus	400g	4.25	V
MX018	Super Muesli Glow	400g	4.25	V
MX064	Treacle & Pecan	400g	4.19	SV
	<b>NAIRN'S</b>			
MX152	Gluten Free Porridge Oats	450g	2.79	GV
MX154	Muesli - Gluten Free	450g	3.25	GSV
	Oats Your Way			

code	product	size	rrp	bfgosv
MX094	Porridge - Blueberry	375g	3.19	GV
	<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
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>POST</b>			
MX121	Grapenuts	580g	4.89	V
	<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 Birhcer OG	300g	4.49	GOV
MX100	Sour Cherry & Apple Bircher OG	300g	4.49	GOV
	<b>RUDE HEALTH FOODS</b>			
MX110	Chocolate Crunch Granola	400g	3.99	VS
	Flakes			
MX127	Spelt Flakes	300g	3.25	V
	Granola			
MX067	Crunchy Almond Granola	400g	3.99	SV
MX108	Crunchy Berry Granola	400g	4.99	OSV
MX068	Crunchy Raisin Granola	400g	3.99	V
MX069	Low Sugar Granola	400g	3.99	SV
	Muesli			
MX143	Bircher Muesli - Soft & Fruity	400g	3.49	V
MX065	Coconut Muesli	400g	3.49	GV
MX066	Low Sugar Muesli	366g	3.49	V
MX060	Ultimate Muesli	400g	4.99	OSV
	Porridge			
MX055	5 Grain 5 Seed Porridge	400g	2.99	V
MX054	Fruity Date Porridge	400g	2.99	V
MX208	Gluten Free Sprouted Porridge	400g	4.99	GOV
	Puffs			
MX120	Puffed Brown Rice	225g	2.39	GV
MX118	Puffed Oats	175g	2.25	V
	<b>SHARPHAM PARK</b>			
MX028	Bran Flakes	375g	3.50	V
MX022	Millers Muesli	450g	3.89	OV
MX051	Spelt Bran Flakes	375g	3.59	SV
	<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
MX162	Red Fruit Crunch	450g	3.59	OSV
	<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>BONSAN</b>			
CV490	Almond Spread - Plain	125g	3.15	OV
CV527	Almond Spread - Wild Garlic	125g	3.15	OV
	<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
CV751	Grilling Block	200g	2.70	V

code	product	size	rrp	bfgosv
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			
CV749	Cheddar Jalapeno Slices	180g	2.70	V
CV540	Mature Cheddar Style Slices	180g	2.65	V
CV541	Mild Cheddar Style Slices	180g	2.65	V
CV542	Mozzarella Style Slices	180g	2.65	GV
CV748	Red Leicester Style Slices	180g	2.65	V
	<b>FOLLOW YOUR HEART</b>			
CV776	Mozzarella Style Shreds	200g	3.99	V
CV130	Parmesan - Grated	142g	4.65	V
CV134	Parmesan - Shredded	113g	4.65	V
CV768	Shredded Cheddar Style Slices	200g	3.99	V
CV122	Medium Cheddar	200g	3.39	V
CV675	Pepper Jack	200g	3.39	V
CV674	Smoked Gouda	200g	3.39	V
	<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>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
	<b>NUSH</b>			
CV738	Almond & Chive Ch*ese Spread	150g	2.99	V
CV750	Natural Almond Ch*ese Spread	150g	2.99	V
	<b>OATLY</b>			
CV700	Creamy Oat Spread Plain	150g	2.15	V
	<b>ORIGIN KITCHEN</b>			
CV722	Basil Pesto Spread	150g	2.99	V
CV717	Mushroom & Dill Spread	150g	2.99	V
CV727	Sun-dried Tomato Spread	150g	2.99	V
	<b>TYNE CHEESE</b>			
CV072	Applewood Cheese	160g	8.95	V
CV073	Ethiopian Spice Cheese	160g	7.95	V
CV109	Garlic Cheese	160g	7.95	V
CV114	Marinara Cheese	160g	8.95	V
CV099	Original Cheese	160g	7.95	V
CV104	Smoked Cheese	160g	7.95	V
CV107	Truffle Cheese	160g	8.95	V



code	product	size	rrp	bfgosv
<b>VBITES</b>				
CV599	Cheezly Cheddar Style - No Soy	190g	2.30	SV
CV647	Mozzarella Style Block	190g	2.30	SV
CV227	Red Cheddar Style Cheezly	190g	2.30	V
CV228	White Cheddar Style Cheezly	190g	2.30	V
<b>VIOLIFE</b>				
Blocks				
CV449	Cheese Block Cheddar	400g	5.50	V
CV448	Cheese Block Mozzarella	400g	5.50	V
CV446	Cheese Block Original	400g	5.50	V
CV444	Cheese Block Smoked	400g	5.50	V
CV230	Epic Mature Cheddar	200g	3.30	V
Cream Cheese				
CV225	Creamy Cheddar	150g	2.60	V
CV529	Creamy Original	200g	2.50	V
CV226	Creamy with Garlic and Herb	150g	2.60	V
Grated				
CV433	Grated Epic Mature	150g	2.30	V
CV871	Grated Original	200g	2.60	V
CV904	Grated Tex-Mex Cheese	180g	3.40	GSV
Slices				
CV793	BBQ Flavour Slices	200g	2.90	V
CV407	Cheddar Flavour Slices	200g	3.30	V
CV779	Mature Cheddar Flavour Slices	200g	3.30	V
CV439	Mozzarella Cheese Slices	200g	3.30	V
CV416	Original Flavour Cheese Slices	200g	3.30	V
CV442	Smoked Cheese Slices	200g	3.30	V
Specialities				
CV701	Blue Cheese	150g	2.55	V
CV905	Camembert	150g	3.70	GV
CV781	Greek Style Cheese	200g	3.00	V
CV706	Mediterranean Grill Cheese	200g	2.80	V
CV546	Prosociano Cheese	150g	4.15	V
<b>CHOCOLATE</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
KB137	Cacao Nibs - Organic	100g	1.85	OV
<b>ANANDA FOODS</b>				
AVERAGE 6-8 WEEKS SHELF LIFE				
KB330	Gluten Free Round Up	75g	3.50	GVS
KB329	Gourmet Round Up	75g	3.50	SV
<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
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

code	product	size	rrp	bfgosv
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>BUTTERMILK</b>			
	100g Bags			
KB158	Choccy Peanutsters	100g	3.90	SV
KB164	Peanut Butter Crunch	100g	3.90	SV
KB165	Salted Caramel Cups	100g	3.90	SV
KB162	Vanilla Fudgy Bites	100g	3.90	SV
	Vegan Chocolate Bars			
KB134	Caramel Nougat Bar	50g	1.75	SV
KB154	Honeycomb Blast Bar	45g	1.75	SV
KB135	Peanut & Caramel Nougat Bar	50g	1.75	SV
	<b>CAROBOO</b>			
	Carob Bars			
ZX522	Raspberry & Honeycomb Crunch	32g	1.69	GSV
ZX516	Salted Caramel Nutty Bars	32g	1.69	GV
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>CHOCOLATE AND LOVE</b>			
WS079	Mint 67% Chocolate	80g	3.29	FOSV
WS081	Orange 65% Chocolate	80g	3.29	FOSV
WS077	Panama 80% Chocolate Bar	80g	3.35	FOSV
WS078	Pomegranate 70% Chocolate	80g	3.35	FOSV
	<b>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>DIVINE</b>			
	35g Bars			
ZX286	70% Dark Chocolate	35g	1.25	FSV
	90g Bars			
ZX365	41% Dark Smooth Hazelnut	90g	2.85	SVF
ZX498	70% Dark Chocolate	90g	2.85	FSV
ZX469	85% Dark Chocolate	90g	2.85	FSV
ZX471	Dark Choc with Ginger & Orange	90g	2.85	FSV
KB534	Dark Choc with Raspberries	90g	2.85	FSV
ZX001	Dark Chocolate with Mint	90g	2.85	FSV
ZX789	Dark Chocolate with Pink Salt	90g	2.85	FSV
	<b>DIVINE ORGANIC</b>			
ZX629	85% Dark Chocolate	80g	3.45	SVO

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ZX630	85% Dark Chocolate	80g	3.45	OSV
ZX643	95% Dark Chocolate	80g	3.45	SVO
	<b>ENJOY!</b>			
	Chocolate Buttons			
KB402	Dark 70% Chocolate Buttons	96g	4.99	OSCV
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>EQUAL EXCHANGE</b>			
KB698	65% Organic Dark Orange	100g	2.79	FOSV
KB654	71% Organic Very Dark	100g	2.79	FOSV
KB640	Lemon, Ginger & Pepper	100g	2.79	OSV
	<b>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			
KB776	Buccaneer Candy Bar	57g	2.90	SV
KB787	Cleo Peanut Butter Cups	43g	2.90	SV
KB808	Jokerz Candy Bar	60g	2.90	SV
ZX992	Ma-Jor Bar	43g	2.90	GSV
KB810	Mahalo Candy Bar	57g	2.90	SV
KB814	Twilight Candy Bar	60g	2.90	SV
	<b>GREEN &amp; BLACKS</b>			
	90g Bars			
KB034	85% Dark Chocolate	90g	2.65	FOSV
ZX251	Maya Gold Dark Chocolate	90g	2.65	FSOV
	<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			
KB618	Cookies & Cream	70g	2.95	SV
KB607	Original - Creamy & Smooth	70g	2.95	GSV
KB606	Salted Caramel	70g	2.95	GSV
KB100	Salted Honeycomb	70g	2.95	GSV
KB621	Salty Pretzels	70g	2.95	SV
	<b>HADLEIGH MAID</b>			
	Maltybites			
KB455	Maltybites	120g	3.29	VS
KB523	Maltybites 50g Bag	50g	1.65	SV
KB689	Maltybites Crunchy Orange	120g	3.29	SV
KB670	Maltybites Crunchy Peppermint	120g	3.29	SV
	Walnut Whirls			
WS064	Chocolate Sloe Gin Truffle	90g	3.29	VS
ZX785	Dark Choc Cappuccino Truffle	90g	3.29	SV
WS139	Dark Choc Rum Ganache Truffle	90g	3.29	SV
ZX786	Dark Chocolate Mint Truffle	90g	3.29	VS
ZX076	Dark Chocolate Orange Truffle	90g	3.29	SV

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ZX763	Dark Chocolate Truffle	90g	3.29	VS
ZX746	Dark Chocolate Vanilla Truffle	90g	3.29	VS
WS038	Irish Cream Ganache Truffle	90g	3.29	SV
	<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 Chocolate Buttons	80g	2.95	GSV
ZX986	Oat Milk Chocolate Buttons	100g	3.49	GSV
	<b>LOVERAW</b>			
	Chocolate Butter Cups			
KB737	Choc Brownie Peanut Butter Cup Peanut Butter Cups	34g	2.90	SV
KB127	Milk Chocolate PNB Cups	34g	1.75	GSV
KB131	White Chocolate PNB Cups Vegan Milk Chocolate Bar	34g	1.75	GSV
KB126	Caramel Milk Chocolate	30g	1.75	GSV
KB124	Orange Milk Chocolate	30g	1.75	GSV
KB121	Smooth Milk Chocolate Wafer Bar	30g	1.75	GSV
KB451	Cre&m Filled Choc Wafer Bar	43g	1.75	VS
KB899	Cre&m Filled S/Caramel Wafer	43g	1.75	SV
KB878	Cre&m Filled White Choc Wafer	45g	1.75	SV
	<b>MONTEZUMA'S</b>			
	Absolute Black Range			
ZX783	Absolute Black 100% Cocoa Bar	90g	2.49	V
ZX770	Absolute Black with Mint	90g	2.49	GV
ZX946	Absolute Black- Almonds C/Nibs	90g	2.49	V
ZX945	Absolute Black-Orange & C/Nib Flavoured Bars	90g	2.49	V
KB221	Black Forest Gateau Bar	90g	2.49	VS
KB143	Dark Chocolate Cheeky	90g	2.49	VS
KB752	Dark Chocolate Sea Dog	90g	2.49	V
KB754	Dark Chocolate Spice It Up	90g	2.49	SV
KB750	Lordy Lord Dark Chocolate Giant Buttons	90g	2.49	SV
ZX775	Absolute Black Giant Buttons	180g	3.99	GV
KB005	Dark Chocolate Giant Buttons Like No Udder	180g	3.99	OVS
WS204	Chocolate Butterscotch Bars	90g	2.79	GOSV
KB530	Milk Alternative Bar	90g	2.79	GOVS
KB601	Milk Choc/Orange Alternative	90g	2.79	OSVG
WS205	Peppermint Choc & Cocoa Nibs Like No Udder Mini Bars	90g	2.79	GOSV
ZX743	Milk Chocolate Alternative Organic Bars	25g	1.90	GOSV
KB194	Chilli Bonkers	90g	2.49	OSV
KB196	FitzRoy Very Dark Chocolate	90g	2.49	OSV
KB254	Happy Hippy	90g	2.49	OSV
ZX779	Royal Mint Organic Dark W'Mint	90g	2.49	GOSV
	<b>MONTY BOJANGLES</b>			
KB448	Cocoa Nib Nights Vegan Truffle Vegan Truffles	180g	6.89	SV
KB023	Caramel Haze	100g	3.55	SV
KB015	Cocoa Nib Nights	100g	3.55	SV
KB017	Cocoberry Blush	100g	3.55	SV
	<b>MOO FREE</b>			

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KB010	Moofreesas Buttons	35g	1.25	GSV
KB348	Buttons - Original	25g	0.75	GSV
KB349	Buttons - White	25g	0.75	GSV
	Everyday Bars			
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	80g	1.79	GSV
	Everyday Bars - 35g			
KB013	Bunnycomb Crunch Bars	35g	1.25	GSV
	Mini Moos			
KB324	Bunnycomb Bars	20g	0.60	GSV
KB326	Caramel Bars	20g	0.60	GSV
KB327	Mint Bars	20g	0.60	GSV
KB332	Orange Bars	20g	0.60	GSV
KB337	Original Bars	20g	0.60	GSV
KB343	Strawberry Bars	20g	0.60	GSV
KB345	White Chocolate Bars	20g	0.60	GSV
	Premium Bar			
ZX636	Cinder Toffee Bar	80g	2.19	GSVO
WS050	Cocoa Chocolate Bar	80g	2.19	GSOV
WS051	Sea Salt & Caramel Bar	80g	2.19	GSOV
	<b>MUMMY MEAGZ</b>			
ZX858	Chuckie Egg	38g	1.50	SV
	Vegan Rocky Road Bars			
ZX704	Original Rocky Road Bar	55g	1.79	SVG
WS053	Sea Salt & Honeycomb Rocky Road	55g	1.79	GVS
	<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	35g	2.50	OV
	70g Bars			
ZX952	Coco Almonds Raw Chocolate	70g	3.39	GOV
ZX953	Coco Mylk	70g	3.39	GOV
ZX639	Coconut & Vanilla Centre	70g	3.39	GOSV
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
KB492	Coco Mylk Chocolate Buttons	25g	1.55	FGOSV
	<b>ORGANIC SEED &amp; BEAN COMPANY</b>			
	Large Bars			
KB155	58% Dark Hazelnut	75g	2.99	FOSV
WS117	58% Dark Salted Caramel	85g	2.99	OSV
KB188	58% Dark Salted Caramel	80g	2.99	FOSV

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KB740	66% Dark Raspberry & Coconut	75g	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
KB743	72% Dark choc, Dominican	85g	2.99	FOSV
KB772	72% Dark Mandarin & Ginger	75g	2.99	FOSV
KB184	Coffee	75g	2.99	FOSV
KB181	Salted Caramel	75g	2.99	FOSV
KB183	Sea Salt & Orange	75g	2.99	FOSV
<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>PRODIGY</b>				
	Cahoots			
KB820	Coconut	45g	1.75	V
KB817	Peanut & Caramel	45g	1.75	SV
	Chunky			
KB845	Chunky Chocolate Bars	35g	1.75	SV
KB369	Chunky Hazelnut	35g	1.75	VS
KB857	Chunky Orange & Baobab	35g	1.75	VS
KB265	Dark Chocolate & Sea Salt	35g	1.75	SV
<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
	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			

code	product	size	rrp	bfgosv
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
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>TONY'S CHOCOLONELY</b>				
ZX218	Dark Chocolate Lemony Caramel Small Bars	180g	4.50	FSV
ZX101	Dark Chocolate 51% Almond	47g	1.49	FSV
<b>VEGAN STORE</b>				
KB586	Golden Crunch Bag	150g	3.19	SV
KB805	Golden Crunch Bar	49g	2.25	SV
KB037	Milk Golden Crunch Bar	49g	2.65	SV
<b>VEGO</b>				
KB821	Mini Whole Hazel Chocolate Bar	65g	2.25	FGOSV
WS003	Vego Dark Nuts & Berries	85g	2.85	FOVS
WS059	Vego White - Almond Bliss	50g	2.25	FOVS
KB943	Vegolino Pralines	180g	5.95	FOSV
KB489	Whole Hazelnut Chocolate Bar	150g	3.99	FGOSV
<b>VIVANI ORGANIC CHOCOLATE</b>				
KB485	71% Dark Chocolate	100g	2.39	OSV
KB693	Dark Choc & Nougat	100g	2.75	OSV
KB849	Dark Choc & Whole Hazelnuts	100g	2.75	OSV
KB484	Dark Chocolate & Orange Premium Large Bars	100g	2.39	OSV
KB919	62% Dark Caramel Chocolate	80g	2.99	OSV
KB632	85% Dark Chocolate	100g	2.99	OSV
KB407	92% Dark Choc Panama Estate	80g	2.99	OSV
KB901	Dark 75% Chocolate	80g	2.99	OSV
KB909	Dark 75% Mallorca Flor de Sal	80g	2.99	OSV
KB048	Dark Choc & Cranberry	100g	2.99	OSV
KB036	Dark Ginger Turmeric Chocolate	80g	2.99	OSV
KB042	Superior Dark 100% Cocoa	80g	2.99	OV
KB035	Superior Dark 89% Chocolate Snack Size	80g	2.99	OSV
KB420	Almond Orange Rice Chocolate	35g	1.19	OSV
KB430	Black Cherry	35g	1.19	OSV
KB049	Crunchy Coconut Chocolate Bars	35g	1.19	OSV
KB475	Dark Nougat Croccante	35g	1.19	OSV
KB476	White Nougat Crisp Vivani iChoc	35g	1.19	OSV
KB897	Almond & Orange	80g	2.39	OSV
KB882	Choco Cookie	80g	2.39	OSV

code	product	size	rrp	bfgosv
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	5.50	OSV
GH112	CocoBella Spread Organic	250g	5.29	OSV
GH840	Dark Chocolate Spread - org	350g	3.65	OSV
<b>BONSAN</b>				
GH129	Mylk Hazelnut Cocoa Spread	350g	4.75	OV
GH123	Plain Choco Spread	350g	3.75	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	2.45	OSV
GH111	Hazelnut & Cocoa Spread Crunch	200g	2.80	OSV
GH107	Hazelnut & Cocoa Spread Smooth	200g	2.35	OSV
<b>MERIDIAN</b>				
GH133	Chocca - Choc & Nut Spread	240g	3.59	V
<b>MONTY BOJANGLES</b>				
GH142	Chocolatey Hazelnut Spread	200g	4.49	SV
<b>SO FREE</b>				
GH223	Milk Choc Spread (Dairy Free)	275g	3.15	OSGV
GH225	Rich Dark Chocolate Spread	275g	3.15	OVGS
<b>SWEET FREEDOM</b>				
GH206	Choc Pot Chocolate Spread	250g	4.90	V
<b>VEGO</b>				
GH075	Hazelnut Chocolate Spread	200g	3.55	SVO
<b>CHOCOLATES (CHILLED)</b>				
<b>BOOJA-BOOJA</b>				
	Chilled Chocolate			
CV194	Almond Caramel Truffles	69g	3.99	GOSV
CV179	Dark Ecuadorian Truffles	69g	5.29	GOSV
CV196	Hazelnut Crunch Truffles	69g	3.99	GOSV
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	3.99	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
<b>WESTONS</b>				
RT006	Wylidwood Organic Cider	500ml	3.49	OSV
<b>CLOTHING</b>				
<b>BAMBOO CLOTHING</b>				
NF345	Black Socks - size 8-11	1	3.99	V
NF343	Black Socks - sizes 4-7	1	3.99	V
NF344	Mixed Size Black Socks	1	3.99	V



code	product	size	rrp	bfgosv
	Narrow Stripes			
NF151	Mixed Narrow Stripe Socks 8-11	1	3.99	V
NF315	Mixed Narrow Stripe Socks: 4-7	1	3.99	V
	<b>SIESTA CRAFTS</b>			
NF083	Indian Acrylic Scarf	each	18.99	FV
NF088	Recycled Sari Gift Wrap/Scarf	each	4.29	FV
NF333	Sari Eye Mask	each	3.79	FV
	<b>COCOA</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
LJ189	Cocoa Powder - Organic	250g	3.25	FOV
	<b>CAFEDIRECT</b>			
TE316	San Cristobel Drinking Choc	250g	4.25	FSV
	<b>CLIPPER</b>			
TE205	Drinking Chocolate	250g	3.69	FSV
	<b>DIVINE</b>			
TE687	Drinking Chocolate	400g	4.55	FVS
	<b>EQUAL EXCHANGE</b>			
TE491	Hispaniola Cocoa Powder - og	250g	4.49	FOV
	<b>GREEN &amp; BLACKS</b>			
TE453	Cocoa Powder - organic	125g	2.73	FOV
	<b>HASSLACHER'S</b>			
TE078	Bar of Drinking Chocolate	250g	5.59	FV
TE069	Hot Chocolate Tubes	200g	5.59	V
	<b>MONTEZUMA'S</b>			
KB190	Dark Drinking Chocolate	300g	8.15	FOSV
	<b>SPANISH CHOCOLATE COMPANY</b>			
TE272	Thick Hot Chocolate Drink	275g	4.29	SV
	<b>SWEET FREEDOM</b>			
TE233	Choc Shot Liquid Hot Chocolate	320g	3.99	V
TE082	Choc Shot Mint	320g	3.99	V
	<b>COFFEE</b>			
	<b>SUMA ORGANIC</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
TE107	Sumatra Gayo Highlands Beans	1kg	24.79	FOV
TE113	Swiss Water Decaf Beans	1kg	25.39	FOV
	Roast and Ground Coffees			
TE014	Bolivia Femenino Ground Coffee	227g	6.19	FOV
TE372	Colombia Ground Coffee	227g	5.39	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	5.49	FOV
TE400	Swiss Water Decaf Ground	227g	6.19	FOV
	Roast Whole Bean Coffees			
TE373	Colombia Coffee Beans	227g	5.39	FOV
TE655	Espresso Coffee Beans	227g	5.89	FOV
TE375	Ethiopia Yirgacheffe Beans	227g	6.19	FOV
TE401	Peru Coffee Beans	227g	5.29	FOV
	<b>CAFEDIRECT</b>			
	Blend - Roast & Ground			
TE666	Intense Roast Ground	227g	4.85	FV
TE156	Lively Roast Ground	227g	4.85	FV

code	product	size	rrp	bfgosv
TE176	Smooth Roast Ground Instant Coffees	227g	4.85	FV
TE513	Machu Picchu Instant	100g	5.79	FV
TE383	Machu Picchu Instant	200g	8.99	FV
TE377	Machu Picchu Instant Decaff	100g	5.19	FV
TE329	Smooth Roast Instant	100g	5.19	FV
TE203	Smooth Roast Instant	200g	9.89	FV
TE395	Smooth Roast Instant Roast Wholebean Coffees	500g	25.49	FV
TE320	Machu Picchu Decaf Beans	227g	5.90	FV
TE901	Machu Picchu Organic Beans	227g	5.90	FOV
TE229	Machu Picchu Organic Beans	750g	13.49	FOV
TE302	Mayan Gold Beans Single Origin - Roast & Ground	227g	5.90	FV
TE323	Cauca Valley Columbia Ground	227g	5.90	FV
TE951	Kilimanjaro Tanzania Ground	227g	5.90	FV
TE493	Machu Picchu Decaf Ground	227g	5.39	FV
TE952	Machu Picchu Organic Ground	227g	4.99	FOV
TE226	Mayan Gold Ground	227g	5.90	FV
<b>CAFEDIRECT (LONDON FIELDS)</b>				
	Roast & Ground Coffees			
TE202	Honduras	200g	2.45	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
TE076	Fairtrade Organic Instant	100g	5.79	FOV
TE422	FT Org Everyday Instant Coffee	100g	5.79	FOV
TE879	FT Org Super Spec Decaf Coffee	100g	6.45	FOV
TE739	FT Org Super Special Coffee 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
TE325	Dark Roast Decaf	227g	5.90	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 Roast Wholebean Coffees 227g	1kg	2.49	FOV
TE402	Dark City	227g	5.29	FOV
TE326	Dark Roast Decaf	227g	5.90	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			

code	product	size	rrp	bfgosv
TE853	Brasil Daterra Sunrise	227g	5.49	V
TE286	Colombia Cafe Equidad	227g	5.55	FOV
TE136	Cool Ground	227g	5.49	FOV
TE289	Decaf Ground Swiss Water	227g	6.39	FOV
TE988	El Salvador Las Mercedes	227g	5.49	V
TE839	Guatemala Pocola	227g	6.69	FV
TE134	Honduras Fuerza La Labor	227g	5.49	FOV
TE132	Honduras Pico Pijol	227g	5.49	FOV
TE559	Peru Cafe Femenino	227g	5.49	FOV
TE285	Sumatra Gayo Highlands	227g	5.69	FOV
	Roast Wholebean Coffees			
TE718	Colombia Cafe Equidad Beans	227g	5.59	FOV
TE130	Decaf Beans - Swiss Water	227g	6.29	FOV
TE290	Landscape Espresso Beans	227g	5.99	OV
	<b>PERCOL</b>			
	Instant Coffees			
TE679	Delicious Decaf	100g	4.79	FV
TE570	Intense Espresso	100g	4.25	V
TE054	Rich Americano	100g	4.79	V
TE005	Smooth Colombian	100g	4.79	FV
	Roast & Ground Coffees			
TE632	Rich Americano Fairtrade	200g	4.75	FOV
TE634	Smooth Colombian Fairtrade	200g	4.75	FOV
	<b>COFFEE SUBSTITUTES</b>			
	<b>BARLEYCUP</b>			
TE480	Chicory Cup Organic	100g	4.45	OV
TE366	Instant Cereal Drink Granules	200g	6.25	V
TE698	Instant Cereal Drink Organic	100g	4.29	OV
TE240	Instant Cereal Drink Powder	200g	5.39	V
	<b>BIOFORCE</b>			
TE368	Bambu	100g	5.29	V
	<b>PREWETT'S</b>			
TE728	Chicory Drink - Cocoa	125g	4.90	GV
TE589	Chicory Drink - Organic	100g	4.49	GOV
	<b>WHOLE EARTH</b>			
TE389	No Caf Coffee Alternative	100g	3.19	VO
TE215	Wake Up Coffee Alternative	125g	4.50	V
	<b>CONVENIENCE FOODS</b>			
	<b>SUMA</b>			
VF850	Baked Beans & Vegan Burgers	400g	2.39	V
VF450	Baked Beans & Vegan Sausage	400g	2.39	VS
VF770	Cheesy Pasta Pot	400g	2.99	V
VF012	Mac 'n' Cheeze	400g	2.69	V
VF210	Spicy Chorizo Style Stew	400g	2.15	V
VF650	Vegan Meatball Chilli	400g	2.55	V
VF875	Vegan Meatballs Bolognese	400g	2.55	SV
VF209	Vegetable Stew & Dumplings	400g	2.15	V
	<b>SUMA ORGANIC</b>			
VF172	Ravioli with Vegetable Sauce	400g	2.85	OSV
	<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
VF104	Nut Roast - Country Veg/Cashew	200g	2.99	V
VF110	Nut Roast - Sundried Tomato	200g	2.99	V
	<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

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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>GEO</b>				
VF041	Cheesy Macaroni Pasta	400g	2.39	V
VF050	Chilli Chorizo Macaroni	400g	2.79	SV
VF052	Mediterranean Macaroni	400g	2.79	SV
<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>GRANOVITA</b>				
VF211	Mock Duck	285g	3.39	SV
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>				
SY022	Braised Tofu - Cans	225g	2.85	V
SY157	Mo-Du Braised Seitan Slices	225g	2.39	SV
SY154	Tempeh - Cans	280g	3.49	GV
SY156	Tunah - Cans	170g	3.49	SV
<b>MIRACLE NOODLE</b>				
	Ready To Eat Meals			
VF142	Green Curry	280g	2.99	GSV
VF156	Japanese Curry	280g	2.99	GSV
VF144	Pad Thai	280g	2.99	GSV
VF165	Pho	215g	2.99	SV
VF163	Spaghetti Marinara	280g	2.99	GV
VF147	Thai Tom Yum Noodle Soup	280g	2.99	GSV
<b>NATURE'S CHARM</b>				
VF321	Banana Blossom In Brine 510g	510g	2.69	V
VF207	Vegan Calamari	425g	6.39	V
<b>RIFCO</b>				
VF108	Spanish Chickpea Casserole	400g	2.59	OV
VF100	Thai Green Curry Organic	400g	2.59	OV
VF093	Thai Temple Curry	400g	2.59	OV
<b>SUNITA</b>				
FG601	Polenta - organic	500g	2.15	OV
<b>THE VURGER CO</b>				
KJ285	Spicy Vegan Cheezy Sauce	300g	4.25	V
KJ257	Vegan Cheezy Sauce	300g	4.25	V
<b>WE CAN VEGAN</b>				
VF137	Vegan Bolognese	400g	2.99	SV
VF136	Vegan Carbonara	400g	2.99	V
VF223	Vegan Korma Curry	400g	2.99	V
VF231	Vegan Madras Curry	400g	2.99	V
VF139	Vegan Mexican Chilli	400g	2.99	SV
VF219	Vegan Szechuan Curry	400g	2.99	V

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VF140	Vegan Thai Green Curry	400g	2.99	SV
VF138	Vegan Thai Red Curry	400g	2.99	SV
VF221	Vegan Tikka Curry	400g	2.99	V
<b>ZANAE</b>				
VF044	Butter Bean Salad	280g	1.99	SV
VF527	Okra in Sauce	280g	2.49	SV
VF017	Stuffed Vine Leaves	280g	2.29	V
<b>CRISPS &amp; SNACKS</b>				
<b>SUMA PREPACKS</b>				
ZX195	Bombay Mix	125g	1.15	V
ZX196	Bombay Mix	250g	1.69	V
ZX695	Bombay Mix w/ Coriander & Lime	125g	1.15	V
ZX696	Bombay Mix w/ Coriander & Lime	250g	1.59	V
ZX084	Fruit & Nut Mix	125g	1.69	V
ZX205	Oriental Rice Crackers	125g	1.85	V
ZX202	Sesame Sticks	125g	1.15	V
ZX227	Smoked Paprika Noodle Twists	125g	1.15	V
ZX294	Spiced Roast Chickpeas	125g	1.15	V
ZX204	Spicy Noodles	125g	0.58	V
ZX316	Super Seed And Berry Mix	125g	2.15	V
ZX476	Wasabi Peas - Spicy	75g	1.39	V
<b>AMAIZIN</b>				
ZX544	Bio Corn Chips Chilli	75g	1.39	OV
ZX543	Bio Corn Chips Natural	150g	1.89	OV
ZX542	Bio Corn Chips Natural	75g	1.39	OV
ZX546	Bio Corn Chips Paprika	75g	1.39	OSV
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
<b>APE SNACKS</b>				
ZX504	Coconut Bites Chocolate	26g	2.90	GVS
ZX855	Crunchy Coconut Bites Natural	30g	2.90	V
<b>BIONA</b>				
ZX424	Potato Chips - Lightly Salted	100g	2.15	OV
<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
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>CYPRESSA</b>				
ZX810	Roasted and Salted Broad Beans	150g	1.40	V
<b>EAT REAL</b>				
Hummus Chips - Impulse				
ZX242	Hummus Chilli Cheez Chips	45g	0.89	GSV
ZX198	Hummus Sour Cream Chips	45g	0.89	GSV
ZX162	Humus Chilli & Lemon Chips	45g	0.89	GV
ZX163	Humus Creamy Dill Chips	45g	0.89	GSV
ZX161	Humus Sea Salted Chips	45g	0.89	GV
ZX160	Humus Tomato & Basil Chips	45g	0.89	GSV
Hummus Chips - Sharing				
ZX237	Hummus Chilli Cheez	135g	1.99	GSV
ZX326	Hummus Sour Cream Chips	135g	1.99	GSV
ZX125	Humus Chilli Lemon Chips	135g	1.99	GV
ZX127	Humus Creamy Dill Chips	135g	1.99	GSV

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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 Multi Pack	113g	1.99	GSV
ZX027	Hummus, Lentil, Quinoa Multi Organic - Sharing	116g	2.65	GVS
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>HODMEDOD'S</b>			
ZX549	Roast Fava Bean Salt & Vinegar	300g	2.99	SV
ZX562	Roasted Fava Beans Sea Salted	300g	2.99	V
ZX568	Roasted Peas Lightly Salted	300g	2.99	V
	<b>KETTLE CHIPS</b>			
	Sharing Bags			
ZX248	Lightly Salted	150g	2.89	GV
ZX427	Sheese & Red Onion - Vegan	135g	2.89	GV

code	product	size	rrp	bfgosv
<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
ZX852	Crunchy Corn - Salt & Vinegar	115g	2.29	GV
<b>MANOMASA</b>				
ZX462	Tortilla - Chipotle & Lime	160g	2.90	GV
ZX603	Tortilla - Lemon & Peppercorn	160g	2.90	GV
ZX613	Tortilla - Tomatillo Salsa	160g	2.90	GV
<b>PETER'S YARD</b>				
	Sourdough Bites			
ZX011	Cyder Vinegar & Sea Salt	90g	2.19	SV
ZX032	Sea Salt & Cracked Pepper	90g	2.19	SV
<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 BI Pepp & Sea Salt	40g	0.85	GSV
ZX434	Wild Thyme & Rosemary	40g	0.85	GSV
	Pitta Chips			
ZX139	Garlic & Herb Pitta Chips	165g	2.49	V
	Sharing Bag			
ZX291	Anglesey Sea Salt	150g	2.19	GV
ZX436	Wild Thyme & Rosemary	150g	2.19	GSV
<b>PRIMAL VEGAN JERKY</b>				
ZX585	Seitan - Teriyaki Jerky	28g	1.75	V
ZX581	Seitan - Thai Peanut Jerky	28g	1.75	V
ZX580	Shiitake Mushroom Jerky	28g	1.75	V
ZX586	Soy - Hickory Smoked Jerky	28g	1.75	V
ZX584	Soy - Texas BBQ Jerky	28g	1.75	V
<b>PROPERCHIPS</b>				
ZX725	Barbecue	20g	0.85	GSV
ZX726	Sea Salt	20g	0.85	GSV
ZX727	Sweet Sriracha Chilli	20g	0.85	GSV
	Sharing Bag			
ZX426	Barbecue Chips	85g	2.19	GSV
ZX467	Salt & Vinegar Chips	85g	2.19	GSV
ZX430	Sea Salt Chips	85g	2.19	GSV
ZX474	Sriracha Chilli Chips	85g	2.19	GSV
<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	155g	5.90	GSV
	Sharing Bag			
ZX461	Blue Corn Tortilla Chips - Org	150g	3.35	OVG
ZX200	Veggie Mix Tortilla	150g	3.35	GV
<b>SOURCE OF THE EARTH</b>				

code	product	size	rrp	bfgosv
ZX640	Lentil Chips - Coconut Curry	24g	0.99	GV
ZX717	Lentil Chips - Cream & Chive	24g	0.99	GV
ZX702	Lentil Chips Paprika & Chilli	24g	0.99	GV
<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>TRAF0</b>				
ZX136	Tortilla Chips - Natural	200g	1.99	OV
ZX626	Virgin Olive Oil Crisps Flips	100g	2.79	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
ZX473	Handcooked Baked Crisps Rosemary & Himalaya Salt Hummus Chips	40g	1.50	OV
ZX932	Hummus Chips - Paprika	75g	2.15	OV
ZX934	Hummus Chips - Rosemary	75g	2.15	OV
ZX933	Hummus Chips - Sea Salt Lentil Chips	75g	2.15	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 Tortilla Chips - Stoneground	75g	1.15	OV
VF048	Tortilla Chips - Natural	100g	1.89	OV
<b>TYRRELLS</b>				
ZX496	Potato Chips - Furrows Sharing Sea Salted Potato Chips - Impulse	150g	2.59	V
ZX908	Lightly Sea Salted	40g	1.50	V
ZX918	Sweet Chilli and Red Pepper Potato Chips - Sharing	40g	1.50	SV
ZX978	Black Truffle & Sea Salt	150g	2.55	GVS
ZX022	Lightly Sea Salted	150g	2.55	GV
ZX024	Sea Salt & Black Pepper	150g	2.55	GV
ZX021	Sweet Chilli & Red Pepper Vegetable Chips	150g	2.55	GSV
ZX658	Mixed Roots	40g	1.65	GV
ZX388	Mixed Roots	125g	3.59	GV
<b>DESSERTS</b>				
<b>BIONA</b>				
SY192	Coconut Whipping Cream	400ml	3.50	OV
<b>JUST WHOLEFOODS</b>				



code	product	size	rrp	bfgosv
VF065	Custard Powder	100g	2.90	V
VF067	Jelly, Lemon, Vegan	85g	1.99	SV
VF176	Jelly, Raspberry, Vegan	85g	1.99	SV
VF068	Jelly, Strawberry, Vegan	85g	1.99	SV
VF066	Jelly, Tropical, Vegan	85g	1.99	SV
<b>NATURE'S CHARM</b>				
SY079	Coconut Caramel Sauce	200g	3.79	GSV
SY132	Coconut Whipping Cream	400g	4.45	SV
SY131	Salted Caramel Sauce	200g	3.79	SV
<b>PROVAMEL</b>				
SY040	Soya alternative to Cream	250ml	1.25	GOV
SY780	Soya Dessert - Chocolate	4 x 125g	2.15	GOSV
SY195	Soya Dessert - Vanilla	4 x 125g	2.15	GOSV
<b>SOJADE</b>				
SY099	Chocolate Soya Dessert	530g	1.59	GOSV
SY017	Cuisine- Organic Soya Cream	200ml	1.50	OV
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>OATLY</b>				
CV827	Creamy Oat	250ml	1.90	V
CV828	Oat Fraiche	200ml	1.85	V
CV829	Vanilla Custard	250ml	1.45	V
CV698	Whippable Creamy Oat	250ml	1.40	V
<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>				
CV471	Chocolate & Cre&m Desserts	4 x 60g	4.75	SV
CV910	Chocolate Orange Desserts	2 x 100g	3.30	SV
CV872	Creme Fraiche	200g	3.00	SV
CV472	Dark Chocolate Pudding	2 x 90g	3.90	SV
CV507	Little Choc Pots	4 x 45g	3.30	GSV
CV511	Salted Caramel Pots	4 x 45g	3.30	GSV
CV694	Vanilla Custard	400g	3.30	SV
CV464	Vanilla Rice Pudding	2 x 125g	3.30	GSV
<b>DESSERTS, NON-DAIRY (FROZEN)</b>				
<b>BEAR</b>				
XL168	Mango Ice Lollies	5 x 55m	3.15	V
XL167	Strawberry Ice Lollies	5 x 55m	3.15	V
<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>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

code	product	size	rrp	bfgosv
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>FOOD HEAVEN</b>			
	Dairy-Free Desserts			
XL401	Chocolate Ice Cream	900ml	4.50	GSV
XL400	Cool Vanilla Ice Cream	900ml	4.50	GSV
	<b>GRIDDLE</b>			
XL207	Blueberry Wholegrain Waffles	192g	3.25	V
XL208	Choc-Chip Wholegrain Waffles	192g	3.25	V
XL206	Original Wholegrain Waffles	192g	3.25	V
	<b>NATURLI'</b>			
XL137	Blackcurrant Ice Cream	500ml	4.85	SV
XL146	Cookie Dough Ice Cream	500ml	4.85	SV
XL144	Fudge Brownie Ice Cream	500ml	4.85	SV
XL046	Liquorice Sweet Bite Ice Cream	500ml	4.85	SV
XL037	Raspberry Ice Cream	500ml	4.85	SV
XL027	Salted Caramel Ice Cream	500ml	4.85	SV
	Cones			
XL147	Brownie Buzz Ice Cream Cones	4 x 130m	5.25	SV
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
XL128	Chocolate Mint Biscuit	500ml	5.49	SV
XL232	Peanut & Chocolate	500ml	5.49	SV
XL368	Peanut Chip	100ml	1.55	SV
XL068	Pear & Ginger	100ml	1.55	SV
XL132	Salted Caramel & Almond Swirl	500ml	5.49	SV
XL160	Strawberry & Yuzu	500ml	5.49	SV
	<b>SWEDISH GLACE</b>			
XL017	Juicy Raspberry	750ml	4.50	SV
XL018	Rich Chocolate	750ml	4.50	SV
XL016	Smooth Vanilla Ice Cream	750ml	4.50	VS
	<b>DRINKS (CHILLED)</b>			
	<b>ALPRO</b>			
CV687	Fresh Almond Milk	1l	1.85	V
CV242	Oat Unsweetened Fresh	1l	1.85	V
CV087	Soya Fresh - Natural	1l	1.55	V
	<b>BIOMEL</b>			
	Vegan Probiotics			
CV857	Dark Chocolate Probiotic Drink	510ml	3.35	V
CV855	Natural Probiotic Drink	510ml	3.35	V
CV856	Pure Vanilla Probiotic Drink	510ml	3.35	SV
	<b>BIOTIFUL DAIRY</b>			
	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

code	product	size	rrp	bfgosv
<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>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
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	2.29	GOV
CV062	Original Kombucha	240ml	2.29	GOV
CV064	Passion Fruit Kombucha	240ml	2.29	GOV
CV070	Raspberry Kombucha	240ml	2.29	GOV
<b>KARMA</b>				
	Kefir			
CV753	Kefruit Elderflower & Hibisc.	500ml	3.40	FOVB
CV752	Kefruit Fig and Lemon	500ml	3.40	FOVB
CV756	Kefruit Ginger	500ml	3.40	FOVB
	Kombucha			
CV425	Ginger	500ml	3.65	OVB
CV256	Ginger	1l	6.25	FOVB
CV434	Lemon	500ml	3.65	OVB
CV245	Mango	500ml	3.85	FOVB
CV762	Mango	1l	6.45	FOVB
CV426	Pomegranate	500ml	3.65	OVB
CV258	Pomegranate	1l	6.25	FOVB
CV435	Raspberry	500ml	3.85	OVB
<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>LOVING FOODS</b>				
CV176	Blueberry & Lavender Kombucha	330ml	2.99	OSV
CV233	Matcha & Mint Kombucha	330ml	2.99	OSV
CV244	Raspberry & Tulsi Kombucha	330ml	2.99	OSV
<b>MOCKINGBIRD</b>				
CV658	Raw Boost	250ml	2.50	V
CV661	Raw Defence Juice	250ml	2.50	V
CV662	Raw Green Juice	250ml	2.50	V
<b>MOJU</b>				
	Cold Pressed Booster Shots			
CV370	Ginger	60ml	2.50	V
CV391	Turmeric	60ml	2.50	V
CV708	Vitamin C	60ml	2.50	V
CV008	Vitamin D	60ml	2.50	V
<b>OATLY</b>				
CV489	Fresh Oat Drink - Semi	1l	2.15	V
CV488	Fresh Oat Drink - Skinny	1l	2.15	V
CV491	Fresh Oat Drink - Whole	1l	2.15	V
<b>SOJADE</b>				
CV264	Blueberry & Cherry Soya Kefir	250ml	1.85	OV
CV268	Natural Organic Soya Kefir	250ml	1.80	OV
<b>SUUR</b>				

code	product	size	rrp	bfgosv
	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

## ESSENTIAL OILS

### AQUA OLEUM

	Carrier Oils			
AR027	Carrier Oil - Jojoba	100ml	15.00	V
AR029	Carrier Oil - Sweet Almond	100ml	5.19	V
	Essential Oils			
AR005	Clary Sage	10ml	9.29	V
AR008	Eucalyptus	10ml	4.00	V
AR150	Frankincense	10ml	14.15	V
AR011	Geranium	10ml	8.49	V
AR151	Jasmine - 5% dilution	10ml	1.59	V
AR014	Lavender	10ml	5.89	V
DY447	Lavender	100ml	43.15	V
AR143	Lavender Oil Merchandiser	10ml	5.89	V
AR015	Lemon	10ml	4.25	V
AR022	Peppermint	10ml	5.49	V
AR023	Rose Maroc - 5% dilution	10ml	7.89	V
AR024	Rosemary	10ml	5.49	V
AR056	Sandalwood - 5% dilution	10ml	7.39	V
AR026	Tea Tree	10ml	4.49	V
DY450	Tea Tree	100ml	33.55	V
	Flower Water			
AR030	Rose Water	100ml	1.00	V
	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

## FAR EASTERN FOOD

### SUMA ORGANIC

VF007	Coconut Cream	400ml	2.19	OV
LJ350	Coconut Milk Organic	400ml	1.99	OV
LJ400	Creamed Coconut Organic	200g	2.15	OV

### BIONA

WT071	Asia Noodles Organic	250g	2.65	OV
KJ094	Coconut Aminos Original	250ml	4.50	OSV
VF167	Coconut Cream	400ml	2.29	OV
VF187	Coconut Milk Light Organic	400ml	1.99	OV
VF775	Coconut Milk Organic	400ml	2.90	OV
VF772	Creamed Coconut Organic	200g	2.29	OV
VF058	Golden Coconut Milk	400ml	2.29	OV
VF077	Organic Coconut Milk	200ml	1.49	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	3.85	OV

### BLUE DRAGON

LJ495	Coconut Cream UHT	250ml	1.99	V
LJ130	Coconut Milk	400ml	2.15	V
VF820	Springroll Wrappers	134g	1.39	V
JP093	Sushi Nori	11g	1.59	V

code	product	size	rrp	bfgosv
JP220	Tofu - Firm Silken	349g	2.19	V
WT100	Wholewheat Noodles	300g	1.89	V
	<b>CLEARSPRING</b>			
JP060	Brown Rice Vinegar - Organic	150ml	2.49	OV
JP111	Instant Noodle Broth	245ml	5.59	OV
JP025	Japanese Brown Miso - Tub	1kg	16.39	OV
JP096	Japanese Rice Vinegar	250ml	3.39	OV
JP134	Mikawa Mirin	150ml	4.89	OV
JP135	Mirin	150ml	3.29	V
JP100	Rice Mirin	250ml	5.99	OV
JP066	Shiitake Mushrooms - Organic	40g	7.99	OV
JP059	Shoyu Ramen Noodles/Soy Soup	210g	4.99	OV
JP016	Sushi Ginger Pickle Organic	50g	3.69	OV
JP314	Sushi Rice - Organic	500g	2.69	OV
JP680	Teriyaki Sauce	150ml	3.89	OV
JP103	Teriyaki Sauce - Organic & GF	150ml	4.29	GOV
JP026	Tofu	300g	2.10	GOV
JP112	Umami Instant Stock Paste	112g	3.49	OV
JP032	Umami Paste with Ginger - Org	150g	4.49	OV
JP101	Ume Su Seasoning	150ml	2.89	OV
JP027	Umeboshi Paste - Organic	150g	6.99	OV
JP079	Umeboshi Plums Organic	200g	9.99	OV
JP021	Wasabi Powder	25g	3.89	V
JP031	Yuzu Ponzu Seasoning	150ml	4.99	OV
	Miso Products			
JP211	Barley Miso Jar	300g	6.29	OV
JP212	Brown Rice Miso Jar	300g	5.29	OV
JP020	Brown Rice Miso Jar (Mini)	150g	3.39	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	2.99	GOV
JP049	Ginger & Turmeric Miso Soup	4 x 15g	2.99	GOV
JP114	Hearty Red Miso Soup + Sea Veg	4 x 10g	3.89	V
JP047	Hot & Spicy Miso Soup Paste	4 x 15g	2.99	GOV
JP321	Instant Miso Soup and Sea Veg	4 x 10g	3.99	OV
JP018	Instant Miso Soup Paste	4 x 15g	2.99	OV
JP011	Instant White Miso Paste OG	60g	2.99	OV
JP046	Japanese Reduced Salt Miso	270g	4.99	OV
JP022	Japanese White Miso	270g	3.99	OV
JP148	Mellow White Miso Soup + Tofu	4 x 10g	3.89	V
JP213	Miso - Hatcho	300g	5.59	OV
JP057	Miso Ramen Noodles/Miso Soup	210g	4.99	OV
JP086	Sweet White Miso - Organic	250g	4.99	OV
	Noodles			
JP056	All Buckwheat Soba Noodles	200g	4.49	GOV
JP053	Brown Rice Noodles - GF	200g	3.89	GOV
JP037	Brown Rice Udon Noodles	200g	3.39	OV
JP054	Brown Rice Wide Noodles - GF	200g	3.89	GOV
JP036	Skinny Soba Somen Noodles	200g	3.39	OV
JP038	Soba Noodles	200g	3.39	OV
JP039	Udon Noodles	200g	3.39	OV
JP040	Wide Udon Noodles	200g	3.39	OV
	Sea Veg			
JP003	Dulse - Atlantic Coast Organic	25g	4.59	OV
JP069	Green Nori Sprinkle	20g	1.99	V
JP070	Hijiki (Wild)	30g	7.99	V
JP090	Japanese Arame	30g	5.29	V
JP091	Japanese Hokkaido Kombu	40g	5.49	V
JP007	Japanese Sea Vegetable Salad	25g	4.99	V
JP071	Nori	25g	3.89	V

code	product	size	rrp	bfgosv
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
JP072	Sushi Nori - toasted	17g	3.29	V
JP092	Wakame Organic	25g	3.99	OV
	Soya Sauce			
JP605	Shoyu	2.5l	26.39	OV
JP129	Shoyu Soya Sauce	150ml	2.79	VO
JP500	Shoyu Soya Sauce	500ml	5.79	VO
JP679	Soya Sauce	150ml	2.69	OV
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>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>			
JP065	Less Salt Soy Sauce	150ml	2.69	V
JP051	Organic Soy Sauce	250ml	3.99	OV
JP062	Soy Sauce	150ml	2.69	V
JP067	Tamari Gluten Free Soy Sauce	150ml	2.69	GV
	<b>KING SOBA</b>			
WT210	100% Buckwheat Noodles	250g	2.59	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>KTC</b>			
MA066	Creamed Coconut	200g	1.59	V
	<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

code	product	size	rrp	bfgosv
VF236	Yellow Curry Paste	100g	3.99	GOV
	<b>MERIDIAN</b>			
JP308	Shoyu	500ml	4.49	V
JP058	Tamari	5l	38.29	GV
JP309	Tamari	150ml	3.29	GV
JP310	Tamari	500ml	6.89	GV
	<b>MORI-NU</b>			
JP075	Tofu - Extra Firm	349g	2.29	V
JP205	Tofu - Firm Tofu	349g	2.19	V
	<b>SANCHI</b>			
JP105	Miso - Genmai (Brown Rice)	345g	3.79	V
JP055	Miso Soup	6 x 8g	3.55	V
JP670	Tamari - organic	150ml	3.95	OV
JP119	Tamari Soy Sauce	300ml	4.90	V
	<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
WT070	Rice Noodle Nests Organic	240g	4.85	OV
JP024	Rice Paper	150g	3.65	OV
VF010	Seitan in Tamari	330ml	3.59	OV
JP115	Spice Paste - Nasi Bami	100g	2.69	OV
JP116	Spice Paste - Soto Soup	100g	2.69	OV
JP117	Spice Paste - Thai Red	100g	2.69	OV
JP118	Spice Paste - Vegetable Sajoer	100g	2.69	OV
JP002	Tamari - organic	125ml	2.25	GOV
JP113	Tamari - organic	250ml	3.95	GVO
VF005	Tempeh	175g	3.39	OV
	<b>YUTAKA</b>			
JP068	Korean Kimchi	215g	3.56	V
JP005	Miso Paste - Organic	300g	5.15	OV
JP013	Panko Bread Crumbs	180g	1.89	V
JP043	Rice Vinegar	150ml	2.20	V
JP108	Soba Noodles	250g	1.55	V
JP050	Sushi Rice	500g	2.50	V
JP074	Tempura Batter Mix	150g	1.89	V
JP107	Udon Noodles	250g	1.45	V
JP109	Wasabi Paste	43g	1.75	V
	<b>FLAKES, BRANS &amp; WHEATGERM</b>			
	<b>SUMA PREPACKS</b>			
FX049	Oats - Jumbo	750g	2.25	V
FX046	Oats - Jumbo & Gluten Free	750g	3.59	GV
FX051	Oats - porridge	750g	2.25	V
FX045	Oats - Porridge & Gluten Free	750g	3.59	GV
FX035	Wheatgerm	500g	3.35	V
	<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

code	product	size	rrp	bfgosv
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	3.19	GOV
<b>MORNFLAKE</b>				
FG037	Fine Oatmeal	750g	2.90	V
FG035	Medium Oatmeal	750g	2.90	V
FX008	Oat Bran	800g	2.99	V
<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</b>				
FG078	Gram Flour	500g	2.15	V
FG092	Polenta	500g	1.55	V
FG041	Potato Starch	500g	1.95	V
FG038	Semolina Flour - Fine	500g	1.89	V
FG001	Tapioca Starch (flour)	500g	1.85	V
FG002	Teff Flour - Brown	500g	3.79	V
LJ092	Vital Wheat Gluten	500g	2.75	V
<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>BACHELDRE WATERMILL</b>				
FG104	Strong Rustic Bread Flour	1kg	2.39	V
<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
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
FG103	Heritage Seeded Bread Flour	1kg	3.49	OV
FG004	Maltouse 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
FG117	Rice Flour	1kg	2.90	GV
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



code	product	size	rrp	bfgosv
FG116	Stoneground Gram Flour	1kg	2.69	GV
FG072	Strong White Bread Flour	1.5kg	2.15	OV
FG008	Strong Wholemeal Bread Flour	1.5kg	2.90	OV
FG070	White Self Raising Flour	1kg	1.65	OV
FG701	White Self Raising Flour GF Artisan Flour	1kg	2.65	GV
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>FERRERO</b>			
QS003	Polenta	500g	1.79	V
	<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>GLEBE FARM</b>			
FG177	Gluten Free Self Raising Flour	1kg	2.35	GV
FG113	Oat Flour Wheat/Gluten Free	300g	2.79	GSV
	<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	OV
	<b>ORGRAN</b>			
	Gluten Free Mixes			
FG061	Buckwheat Pancake Mix	375g	3.69	GV
	<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	2.47	OV
FG133	Light Rye 997 Flour Organic	1kg	1.89	OV
FG136	Soft Cake & Pastry White Flour	1kg	1.85	OV
FG190	Spelt Flour - White, Organic	1kg	3.71	OV
FG189	Spelt Flour - Wholemeal, Org	1kg	2.90	OV
FG898	White Flour - Organic	1kg	1.95	OV
FG876	White Strong Organic Flour	2.5kg	4.56	OV
FG077	Wholemeal Flour - Organic	1kg	2.50	OV
FG079	Wholemeal Organic Flour	2.5kg	4.74	OV
	Specialist Flour			
FG080	Chestnut Flour	500g	6.95	GOV
FG123	Italian '00' White Flour	1kg	2.21	V
	<b>FRUIT - CANNED &amp; JARRED</b>			
	<b>SUMA ORGANIC</b>			
KJ700	Organic Young Jackfruit Chunks	400g	2.79	OV
	<b>BIONA</b>			
VF134	Apple Puree Organic	700g	2.95	OSV
KJ184	Banana Blossom in Salted Water	400g	2.45	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	1.79	OV
VF188	Apple & Blueberry Puree - Org	2 x 100g	1.79	OV
VF170	Apple & Mango Puree - Org	2 x 100g	1.79	OV

code	product	size	rrp	bfgosv
VF189	Apple & Plum Puree - Organic	2 x 100g	1.79	OV
VF335	Apple & Strawberry Puree - og	2 x 100g	1.79	OV
VF152	Jackfruit Chunks	500g	3.19	OV
VF155	Pear Puree - organic	2 x 100g	1.79	OV
<b>COOKS &amp; CO</b>				
KJ133	Banana Blossom	400g	2.35	V
KJ012	Pitted Black Cherries	425g	1.95	SV
<b>ESSENTIAL TRADING</b>				
KJ263	Mango Chunks in Org Juice	400g	2.45	VO
KJ262	Pineapple Chunks In Org Juice	400g	2.45	VO
KJ260	Tropical Fruits in Org Juice	400g	2.45	VO
<b>FRUIT - DRIED</b>				
<b>SUMA PREPACKS</b>				
DR047	Apple - Rings SO2	150g	1.79	V
DR093	Apricots - select SO2	125g	1.79	V
DR094	Apricots - select SO2	250g	3.15	V
DR095	Apricots - select SO2	500g	5.79	V
DR096	Apricots - unsulphured	250g	3.90	V
DR120	Banana - Whole Chips	125g	1.25	SV
DR054	Banana - Whole Chips	250g	1.95	SV
DR133	Blueberries	125g	2.99	SV
DR202	Cherries Glace - Bright Red	200g	2.49	VS
DR221	Cherries Glace - Dark Red	200g	2.49	VS
DR060	Cranberries	125g	1.49	VS
DR084	Cranberries	250g	2.45	VS
DR097	Currants - medium	250g	1.75	V
DR099	Dates - pitted	250g	1.25	V
DR100	Dates - pitted	500g	1.89	V
DR101	Figs	250g	2.59	V
DR102	Figs	500g	4.59	V
DR038	Fruit Cake Mix	500g	2.99	SV
DR070	Fruit salad - SO2	250g	3.50	V
DR121	Ginger	125g	1.65	VS
DR182	Ginger	250g	2.75	SV
DR055	Goji Berries	100g	2.25	V
DR279	Mango Slices	125g	3.25	V
DR203	Mixed Peel - Contains SO2	200g	1.79	VS
DR123	Papaya	125g	1.39	SV
DR125	Peaches - SO2	250g	2.99	V
DR124	Pears - SO2	250g	2.95	SV
DR129	Pineapple - diced SO2	125g	1.39	SV
DR180	Pineapple - diced SO2	250g	2.39	SV
DR108	Prunes - pitted Ashlock	250g	2.45	V
DR140	Prunes - pitted Ashlock	500g	4.39	V
DR668	Raisins - Dark Flame	250g	1.65	V
DR089	Raisins - Dark Flame	500g	2.79	V
DR113	Raisins - Thompson Seedless	250g	1.45	V
DR167	Raisins - Thompson Seedless	500g	2.45	V
DR114	Sultanas - Australian 5 Crown	250g	2.25	V
DR115	Sultanas - Australian 5 Crown	500g	3.75	V
DR117	Sultanas - Turkish	500g	2.19	V
DR127	Super Berry Mix	125g	2.49	SV
<b>SUMA PREPACKS - ORGANIC</b>				
DR063	Apricots - organic	250g	3.25	OV
DR250	Apricots - organic	500g	6.50	OV
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

code	product	size	rrp	bfgosv
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	3.25	OV
DR031	Organic Soft Dates	200g	2.59	OV
DR034	Organic Soft Figs	200g	2.59	OV
DR356	Organic Soft Prunes	200g	3.89	OV
<b>PEARLS OF SAMARKAND</b>				
DR217	Sour Cherries	100g	5.15	OV
DR232	Sweet Cherries	100g	5.15	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>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
DR071	Tumbled Pear & Cinnamon	85g	2.65	V
<b>Wellness</b>				
DR061	Glow	85g	3.19	V
DR067	Immune	85g	3.19	V
DR059	Strength	85g	3.19	V
<b>ZAYTOUN</b>				
DR164	Palestinian Medjool Dates	250g	5.29	FV
DR028	Palestinian Medjool Dates	500g	9.95	FV
<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>WINDMILL HILL</b>				
XL282	British Blackcurrants	430g	3.60	V
XL279	British Raspberries	300g	3.60	V
XL283	British Summer Fruits	330g	3.60	V
XL084	British Sweet Eating Selection	330g	3.60	V

## FRUIT & VEGETABLE JUICES

### SUMA ORGANIC

code	product	size	rrp	bfgosv
JU245	Lemon Juice - organic	250ml	2.16	OV
JU251	Lemon Juice - organic	1l	6.99	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>BERRY COMPANY</b>				
	1L Tetrapack			
JU737	Acai with Raspberry & Yerba	1l	2.69	V
JU055	Blueberry Juice	1l	2.69	V
JU253	Cranberry Juice	1l	2.69	V
JU063	Goji Berry Juice	1l	2.69	GV
JU734	Pomegranate Juice	1l	2.69	V
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
	330ML Tetrapack			
JU373	Acai & Yerba Mate Juice	330ml	1.29	V
JU375	Blueberry & Baobab Juice	330ml	1.29	V
JU372	Goji Berry & Ginseng Juice	330ml	1.29	V
JU380	Pomegranate & Rosehip Juice	330ml	1.29	V
JU370	Superberries Purple & Guarana	330ml	1.29	V
JU371	Superberries Red & Hibiscus	330ml	1.29	V
<b>BIG TOM</b>				
JU419	Spiced Tomato Mix - Bottle Lrg	750ml	3.35	SV
JU381	Spiced Tomato Mix - Bottle Sml	250ml	1.35	SV
JU379	Spiced Tomato Mix - Can	150ml	0.99	SV
<b>BIONA</b>				
	1L Pressed Juices			
JU448	Peach, Apricot & Apple Juice	1l	4.25	OV
JU181	Pomegranate	1l	5.89	OV
JU130	Tart Cherry Juice	1l	5.89	OV
	750ml Pure Pressed			
JU543	Apple Juice	750ml	2.99	OV
JU288	Carrot Juice	750ml	3.19	OV
JU541	Orange Juice	750ml	4.99	OV
JU269	Red Grape Juice	750ml	3.99	OV
JU289	Tomato Juice	750ml	2.99	OV
	Glass Bottles			
JU521	Cranberry Fruit Drink	750ml	5.69	OV
JU182	Pomegranate Juice	200ml	2.15	OV
	Organic Pure Pressed Juices			
JU703	Ginger Juice	200ml	4.99	OV
JU702	Lemon Juice	200ml	2.55	OV
JU802	Lime Juice	200ml	2.69	OV
	Superjuice			
JU297	Acerola Cherry Juice	330ml	6.99	OV
JU028	Blueberry Juice	330ml	7.79	OV
JU508	Cranberry Juice	330ml	5.69	OV
JU127	Cranberry Juice	750ml	9.49	OV
JU132	Elderberry Juice	330ml	4.29	OV
	Tetrapacks			
JU286	Apple and Blueberry Juice	1l	4.99	OV
JU295	Apple and Cranberry Juice	1l	5.69	OV
JU252	Apple Juice	1l	3.49	OV
JU184	Beetroot Juice	500ml	2.35	OV
JU151	Carrot Juice	500ml	2.25	OV
JU185	Vegetable Juice	500ml	2.25	OV

code	product	size	rrp	bfgosv
	<b>BUMBLEZEST</b>			
	Health Shots - Glass Bottle			
JU768	Calm & Comfort Shot	60ml	2.74	V
JU769	Detox & Defend Shot	60ml	2.57	V
JU770	Mind & Mood Shot	60ml	2.57	V
JU767	Propel & Protect Shot	60ml	2.57	V
	<b>CAWSTON PRESS</b>			
JU328	Apple & Elderflower	1l	3.45	V
JU329	Apple & Ginger	1l	3.45	V
JU444	Apple & Rhubarb	1l	3.45	V
JU090	Brilliant Beetroot	1l	3.75	V
JU631	Cloudy Apple	1l	3.45	V
JU214	Orange Juice	1l	3.75	V
	Kids Cartons			
JU308	Kids Apple & Mango Juice	3 x 200ml	2.99	V
JU309	Kids Apple & Pear Juice	3 x 200ml	2.99	V
JU014	Kids Apple & Summer Berries	3 x 200ml	2.99	V
JU799	Kids Cloudy Apple Juice	3 x 200ml	2.99	V
	<b>DUSKIN</b>			
JU639	Apple Juice - Braeburn	1l	3.89	V
JU305	Apple Juice - Bramley	1l	3.89	V
JU292	Apple Juice - Cox	1l	3.89	V
JU487	Apple Juice - Gala	1l	3.89	V
JU550	Apple Juice - Golden Delicious	1l	3.89	V
JU317	Apple Juice - Russet	1l	3.89	V
	<b>FLAWSOME!</b>			
	Health Shots - Glass Bottles			
JU016	Daily Defence Vitamin D Shot	60ml	2.90	V
JU013	Gut Health Pre-biotic Shot	60ml	2.90	V
JU015	Immune Boost Vitamin C Shot	60ml	2.90	V
	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>FROBISHERS</b>			
	Not from concentrate juices			
JU211	Apple Juice	250ml	1.69	V
JU213	Bumbleberry Juice	250ml	1.69	V
JU215	Mango Juice	250ml	1.69	V
JU210	Orange Juice	250ml	1.69	V
	<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	250ml	1.59	OV
	Glass Bottles 750ml			
JU864	Apple & Ginger	750ml	3.55	OV
JU095	Apple Juice	750ml	3.45	OV
JU391	British Carrot	750ml	2.79	V
JU325	Carrot	750ml	3.55	OV
JU862	Carrot & Apple Juice	750ml	3.55	OV
JU863	Pear & Raspberry Juice	750ml	4.89	OV
JU860	Pear Juice	750ml	3.55	OV
JU398	Prune Juice	750ml	3.65	V
JU431	Tomato	750ml	3.55	OV
JU324	Vegetable Juice	750ml	3.55	OV
	<b>LUSCOMBE DRINKS</b>			
JU105	English Apple Juice	270ml	1.75	V

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	<b>PIP ORGANIC</b>			
	Fruit Juice			
JU670	Cloudy Apple	4 x 180ml	4.99	OV
JU696	Strawberry & Blackcurrant	4 x 180ml	4.99	OV
	Fruit Juice with Spring Water			
JU698	Blackcurrant, Raspberry, Apple	4 x 180ml	4.99	OV
JU699	Mango, Orange & Apple	4 x 180ml	4.99	OV
	Smoothies			
JU697	Pineapple & Mango Smoothie	4 x 180ml	4.99	OV
JU065	Strawberry & Banana Smoothie	4 x 180ml	4.99	OV
	<b>SMOOZE</b>			
JU809	Mango & Coconut Fruit Ice	5 x 65ml	2.79	SV
JU490	Pineapple & Coconut Fruit Ice	5 x 65ml	2.79	SV
JU491	Pink Guava & Coconut Fruit Ice	5 x 65ml	2.79	SV
JU816	Simply Coconut Fruit Ice	5 x 65ml	2.79	SV
	<b>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>			
	Zinger Health Shots			
JU647	Extra Hot Ginger Zinger Shot	70ml	1.79	OV
JU571	Ginger Zinger Shot	70ml	1.69	OV
JU640	Turmeric Zinger Shot	70ml	1.79	V
	<b>GRAINS</b>			
	<b>SUMA PREPACKS</b>			
QS055	Barley Grain - pearl	500g	1.25	V
QS140	Black Rice - Nerone	500g	2.95	V
QS111	Bulgar wheat - coarse	500g	1.59	V
QS051	Couscous	500g	1.69	V
QS041	Couscous - Pearl	500g	2.15	V
QS082	Freekeh - Cracked Wheat Grain	500g	2.99	V
QS090	Rice - arborio (risotto)	500g	1.95	V
QS085	Rice - basmati brown	500g	1.99	V
QS050	Rice - basmati white	500g	2.19	V
QS052	Rice - long grain brown	500g	1.45	V
QS104	Rice - pudding white	500g	1.75	V
QS222	Rice - sushi	500g	1.79	V
QS102	Rice - wild	125g	2.49	V
QS061	Tapioca	500g	2.15	V
	<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	2.99	OV
QS301	Couscous - wholemeal, organic	500g	2.39	OV
QS322	Millet - organic	500g	2.45	VO
QS165	Pearl barley, organic	500g	1.55	OV
QS070	Popcorn - organic	500g	2.29	OV
QS065	Quinoa, Red - Organic	500g	3.15	OV
QS075	Quinoa, Tricolour - Organic	500g	3.49	OV
QS086	Quinoa, White - Organic	500g	2.99	OV
QS677	Rice - arborio, organic	500g	2.79	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

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QS072	Wheat grain - organic	500g	1.15	OV
	<b>ARTISAN GRAINS</b>			
QS135	Four Grain Couscous	200g	1.76	V
QS107	Greenwheat Freekeh	200g	1.97	V
QS109	Royal Quinoa	220g	2.39	V
QS159	Tricolour Quinoa	200g	2.51	V
QS145	Wholegrain Freekeh	200g	1.97	V
	<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>COOKS &amp; CO</b>			
QS054	Countrymans Polenta	150g	2.19	V
QS046	Lemon & Pea Risotto	190g	2.79	V
QS048	Mediterranean Risotto	190	2.79	V
QS053	Porcini Mushroom Risotto	190g	2.79	V
QS022	Porcini Polenta	150g	2.19	V
	<b>FULLGREEN</b>			
QS114	Riced Cauliflower	200g	2.49	V
QS010	Riced Cauliflower & Broccoli	200g	2.49	V
QS057	Riced Cauliflower Tomato Garlic	200g	2.49	V
QS044	Riced Sweet Potato	200g	2.49	V
	<b>HODMEDOD'S</b>			
QS021	Smoked Quinoa	300g	3.79	V
	<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
QS131	Smoky Freekeh	200g	3.25	FV
	<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
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
LJ147	Yeast Free Veg.Stock Cubes	6 x 10g	1.75	GV
	<b>MARIGOLD</b>			
LJ211	Bouillon Cubes	8	1.29	GOV
LJ073	Bouillon Powder - Organic	150g	2.35	GOV
LJ238	Bouillon Powder - Organic	500g	7.15	GOV
LJ177	Bouillon Powder - Organic	900g	12.85	OV

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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
LJ032	Engevita with B12 Y/Flakes	750g	18.65	V
LJ062	Gravy Granules - Instant	170g	1.79	GSV
LJ326	Gravy Powder - Organic	110g	2.39	OVS
LJ212	Low Salt Bouillon Cubes	8	1.49	GOV
LJ208	Organic Bouillon	2kg	22.15	FGOV
LJ074	Organic Bouillon Reduced Salt	140g	2.49	GOV
LJ193	Organic Bouillon Reduced Salt	500g	7.15	OV
LJ253	Organic Reduced Salt Bouillon	2kg	23.59	FGOV
LJ139	Original Bouillon	2kg	19.19	FCV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.39	GOV
<b>NINE MEALS FROM ANARCHY</b>				
LJ210	Real Veg Stock - Garden Herb	105g	3.49	OV
LJ033	Real Veg Stock - Original	105g	3.49	OV
LJ213	Real Veg Stock - Umami	105g	3.49	OV
<b>ORGRAN</b>				
LJ158	Gravy Mix	200g	2.89	GV
<b>RIVER COTTAGE</b>				
LJ257	Hugh's Classic	105g	3.49	OV
LJ258	Smokey Spicy	105g	3.49	OV
LJ263	Tomato & Basil	105g	3.49	OV
LJ264	Ultimate Umami	105g	3.49	OV
<b>VEG STOCK</b>				
LJ254	Garlic & Herbs	105g	3.49	OV
<b>VECON</b>				
LJ049	Vegetable Stock	1kg	14.50	V
LJ048	Vegetable Stock	225g	3.49	V
<b>HERB &amp; FRUIT TEA INFUSIONS</b>				
<b>CELESTIAL SEASONINGS</b>				
TE333	Bengal Spice	20 bags	3.29	V
TE987	Cinnamon & Cardamom	20 bags	3.29	OV
TE986	Ginger & Turmeric	20 bags	3.29	OV
TE319	Madagascar Vanilla Rooibos	20 bags	3.19	V
TE061	Morning Thunder	20 bags	2.99	V
TE266	Sleepytime	20 bags	2.99	V
TE228	Sleepytime Decaf Green	20 bags	2.99	V
TE336	Sleepytime Extra	20 bags	3.29	V
TE340	Tension Tamer	20 bags	2.99	V
<b>CLIPPER</b>				
TE011	Rooibos	80 bags	3.99	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



code	product	size	rrp	bfgosv
	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
TE556	Peppermint Spearmint	20 bags	2.79	FOVB
TE557	Rosehip Hibiscus	20 bags	2.79	FOVB
	Wellness Teas			
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	3.55	OV
TE296	Night Time Tea	20 bags	3.55	OV
TE297	Slim Tea	20 bags	3.55	OV
TE594	Turmeric Root Brew	20 bags	3.55	GOV
	Classic 50's			
TE023	Chamomile	50 bags	3.59	V
TE146	Nettle	50 bags	3.59	V
TE025	Peppermint	50 bags	3.59	V
	Infusions			
TE096	Apple & Cinnamon	20 bags	2.95	OV
TE665	Camomile	20 bags	2.95	OV
TE122	Camomile & Spearmint	20 bags	2.95	OV
TE160	Dandelion, Burdock & Hawthorn	20 bags	2.95	OV
TE681	Fennel	20 bags	2.95	OV

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TE685	Nettle	20 bags	2.95	OV
TE662	Peppermint	20 bags	2.95	OV
TE682	Raspberry Leaf	20 bags	3.55	OV
TE274	Wild Rosehip	20 bags	2.95	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
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
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
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
Collections				
TE509	Day To Night Collection	20 bags	3.59	OV
TE678	Green Collection	20 bags	3.59	OV
Gift Range				
TE335	Pukka Discovery Collection	42	24.99	OV
<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				

code	product	size	rrp	bfgosv
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
	Wellbeing Range			
TE119	Balance	20 bags	2.15	V
TE110	Bedtime	20 bags	2.15	V
TE117	Bounce	20 bags	2.15	V
TE057	Chai Relax	20 bags	2.15	V
TE047	Ginger Boost	20 bags	2.15	V
	<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
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			
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 Loose Tea	1	11.99	GOV
TE620	Classic Chai	90g	2.95	OV
TE341	Turmeric Chai	90g	2.95	OV

## HERBS & SPICES - BULK

### BULK WHOLE SPICES

HE207	Tamarind	200g	3.79	V
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### HERBS & SPICES - PREPACKED

#### SUMA

HE111	Mulled Cider Spices	25g	3.85	V
HE110	Nutmeg Grater & Nutmegs Curry Spices	20g	3.50	V
HE330	Asafoetida Compound	20g	1.25	V
HE333	Curry Leaves	5g	1.25	V
HE363	Curry Powder - Hot	50g	1.25	V
HE334	Curry Powder - Madras	50g	1.25	V
HE335	Curry Powder - Mild	50g	1.25	V
	Herbs			
HE133	Basil - rubbed	20g	1.25	V
HE134	Bay Leaves	10g	1.25	V
HE165	Bouquet Garni	6 sachet	1.25	V
HE332	Coriander Leaf	10g	1.25	V
HE032	Fenugreek Leaves	7g	1.25	V
HE030	Lemon grass	25g	1.25	V
HE031	Lime leaves - whole	4g	1.25	V
HE146	Marjoram	10g	1.25	V
HE185	Mint	20g	1.25	V
HE147	Mixed Herbs	20g	1.25	V
HE151	Oregano - rubbed	20g	1.25	V
HE153	Parsley - rubbed	15g	1.25	V
HE157	Rosemary	20g	1.25	V
HE158	Sage - rubbed	25g	1.25	V
HE159	Tarragon	12g	1.25	V
HE160	Thyme - rubbed	30g	1.25	V
	Milled Spices			
HE181	Allspice - ground	40g	1.25	V
HE182	Arrowroot - ground	50g	1.25	V
HE029	Cardamom - ground	10g	1.25	V
HE168	Cayenne Pepper	50g	1.25	V
HE028	Celery Salt	100g	1.25	V
HE138	Chilli - ground	50g	1.25	V
HE139	Cinnamon - ground	50g	1.25	V
HE189	Cloves - ground	18g	1.25	V
HE142	Coriander - ground	40g	1.25	V
HE143	Cumin - ground	50g	1.25	V
HE180	Garam Masala	50g	1.25	V
HE145	Ginger - ground	40g	1.25	V
HE148	Mixed Spice	50g	1.25	V
HE360	Mustard - ground	50g	1.25	V
HE150	Nutmeg - ground	20g	1.25	V
HE152	Paprika	50g	1.25	V
HE188	Pepper, black - ground	30g	1.25	V
HE034	Smoked Paprika	35g	1.25	V
HE161	Turmeric	40g	1.25	V

code	product	size	rrp	bfgosv
	Seasonings Range			
HE342	Cajun Spice	40g	1.25	V
HE077	Fajita Seasoning	40g	1.25	V
HE078	Five Spice Seasoning	40g	1.25	V
HE084	Ras-el-hanout Seasoning	30g	1.25	V
	Whole Spices			
HE135	Caraway Seeds	50g	1.25	V
HE136	Cardamom Pods - green	10g	1.25	V
HE190	Celery Seed	50g	1.25	V
HE116	Chilli Flakes	25g	1.25	V
HE140	Cinnamon Sticks	20g	1.25	V
HE141	Cloves	18g	1.25	V
HE174	Coriander Seeds	40g	1.25	V
HE175	Cumin Seeds	50g	1.25	V
HE177	Fennel Seeds	50g	1.25	V
HE196	Fenugreek Seeds	50g	1.25	V
HE183	Juniper Berries	40g	1.25	V
HE149	Mustard Seeds - black	50g	1.25	V
HE186	Mustard Seeds - Yellow	50g	1.25	V
HE187	Nutmeg Whole	20g	1.25	V
HE206	Onion Seed	35g	1.25	V
HE154	Peppercorns - black	30g	1.25	V
HE001	Peppercorns - black	250g	2.99	V
HE361	Peppercorns - mixed	20g	1.25	V
HE193	Peppercorns - pink	12g	1.25	V
HE156	Poppy Seeds	50g	1.25	V
HE164	Star Anise	25g	1.25	V
	<b>SUMA ORGANIC</b>			
	Curry Spices			
HE070	Curry Leaves - organic	5g	1.69	OV
	Herbs - organic			
HE365	Basil - organic	20g	1.69	OV
HE366	Bay Leaves - organic	10g	1.69	OV
HE377	Dill Herb - organic	15g	1.69	OV
HE060	Fenugreek Seeds - organic	25g	1.69	OV
HE378	Garlic Granules - organic	20g	1.69	OV
HE080	Mixed Herbs - organic	20g	1.69	OV
HE380	Mixed Herbs - organic	20g	1.69	OV
HE385	Oregano - organic	20g	1.69	OV
HE017	Organic Herb Selection	12	1.69	OV
HE387	Parsley - organic	15g	1.69	OV
HE390	Rosemary - organic	20g	1.69	OV
HE391	Sage - organic	25g	1.69	OV
HE393	Thyme - Organic	25g	1.69	OV
	Milled Spices - Organic			
HE062	Cayenne Pepper - organic	35g	1.69	OV
	Milled Spices - organic			
HE371	Chilli powder - organic	25g	1.69	OV
HE370	Cinnamon - organic	30g	1.69	OV
HE374	Coriander - organic	40g	1.69	OV
HE376	Cumin Ground - organic	25g	1.69	OV
HE379	Ginger - organic	30g	1.69	OV
HE381	Mixed Spice - organic	25g	1.69	OV
HE384	Nutmeg, organic	20g	1.69	OV
HE386	Paprika - organic	25g	1.69	OV
HE094	Smoked Paprika - organic	25g	1.69	OV
HE394	Turmeric - organic	30g	1.69	OV
	Whole Spices - organic			
HE367	Caraway Seeds - organic	30g	1.69	OV
HE092	Chilli Flakes - organic	25g	1.69	OV

code	product	size	rrp	bfgosv
HE369	Cinnamon Bark - organic	15g	1.69	OV
HE372	Cloves - organic	20g	1.69	OV
HE373	Coriander Seed - organic	40g	1.69	OV
HE375	Cumin Seed - organic	25g	1.69	OV
HE073	Fennel Seeds - organic	25g	1.59	OV
HE368	Green Cardamom Pods - organic	10g	1.69	OV
HE382	Mustard Seed - black, organic	50g	1.69	OV
HE388	Peppercorns - black, organic	25g	1.69	OV
HE389	Poppy Seed Blue - organic	40g	1.69	OV
HE089	Star Anise - organic	15g	1.69	OV
HE091	Whole Nutmeg - organic	20g	1.69	OV
<b>BLACK GARLIC</b>				
HE068	Black garlic Balsajo	50g	4.12	V
<b>EL REY DE LA VERA</b>				
HE075	Sweet Smoked Paprika	75g	2.65	V
<b>PERSIAN TRADER</b>				
HE024	Saffron	125mg	1.49	V
HE127	Saffron	1g	6.95	V
HE037	Saffron	0.5g	3.49	V
<b>STEENBERGS</b>				
HE015	Kala Namak	100g	2.95	V
<b>ZAYTOUN</b>				
HE224	Za'atar Zesty Thyme Herb Mix	80g	3.95	V
<b>HOUSEHOLD CLEANING PRODUCTS</b>				
<b>ECOLEAF BY SUMA</b>				
HJ224	Bathroom Cleaner	500ml	2.49	V
HJ105	Fabric Conditioner	1.5l	3.99	V
HJ088	Fabric Conditioner Concentrate	750ml	2.29	V
HJ223	Hard Floor Cleaner	750ml	2.69	V
HJ055	Laundry Liquid	1.5l	6.35	V
HJ080	Laundry Liquid Concentrate	750ml	5.35	V
HJ159	Laundry Liquid Fragrance Free	1.5l	6.39	V
HJ096	Liquid Hand Soap	500ml	3.89	V
HJ216	Liquid Stain Remover	500ml	2.69	V
HJ050	Multi Surface Cleaner	500ml	2.39	V
HJ217	Rinse Aid	500ml	2.85	V
HJ056	Toilet Cleaner	750ml	1.99	V
HJ089	Toilet Cleaner - Cool Blue	750ml	1.99	V
HJ047	Washing Up Liquid	1l	2.75	V
HJ131	Washing Up Liquid Concentrated	500ml	2.65	V
20L/5L POS Refill Accessories				
DY058	Drum Tap - Fits 20 Litres	each	5.99	V
5 Litres Bulk				
HJ181	Bathroom Cleaner	5l	1.69	V
HJ078	Fabric Conditioner	5l	1.49	V
HJ182	Hard Floor Cleaner	5l	18.99	V
HJ075	Laundry Liquid	5l	23.15	V
HJ174	Laundry Liquid Fragrance Free	5l	23.15	V
HJ124	Liquid Hand Soap	5l	19.95	V
HJ287	Multi Surface Cleaner	5l	14.90	V
HJ072	Toilet Cleaner	5l	12.49	V
HJ067	Washing Up Liquid	5l	12.39	V
Dishwasher Tablets				
HJ160	Dishwasher Tablets	25 tablets	5.69	V
HJ161	Dishwasher Tablets	70 tablets	14.15	V
Powders				
HJ129	Washing Powder Concentrated	10kg	41.99	V
<b>BIO D</b>				
HJ229	All Purpose Sanitiser Spray	500ml	2.99	V
HJ230	Bathroom Cleaner Spray	500ml	2.99	V

code	product	size	rrp	bfgosv
HJ172	Bathroom Cleaner Spray	500ml	3.19	V
HJ004	Fabric Conditioner	1l	2.59	V
HJ296	Fabric Conditioner Lavender	1l	2.99	V
HJ232	Floor Cleaner + Linseed Soap	750ml	4.25	V
HJ012	Furniture Polish	150g	8.15	V
HJ226	Glass and Mirror Spray	500ml	3.15	V
HJ003	Laundry Liquid	1l	5.69	V
HJ176	Laundry Liquid	1l	6.50	V
HJ222	Laundry Liquid with Lavender	1l	6.50	V
HJ311	Limescale Remover	500ml	3.49	V
HJ228	Multi Surface Sanitiser	750ml	2.95	V
HJ244	Toilet Cleaner - angled head	750ml	2.59	V
HJ170	Toilet Cleaner - Pine & Cedar	750ml	2.79	V
HJ225	Washing Up Liquid	750ml	2.39	V
HJ157	Washing up Liquid - Grapefruit	750ml	2.55	V
	5 Litres Bulk			
HJ032	Bathroom Cleaner	5l	1.99	V
HJ608	Fabric Conditioner	5l	1.29	V
HJ233	Floor Cleaner + Linseed Soap	5l	22.99	V
HJ039	Glass Mirror Cleaner	5l	17.99	V
HJ178	Handwash - Geranium	5l	19.99	V
HJ116	Handwash - Lime & Aloe Vera	5l	19.99	V
HJ263	Handwash - Plum & Mulberry	5l	19.99	V
HJ107	Handwash - unfragranced	5l	16.99	V
HJ247	Home & Garden Cleaner	5l	12.99	V
HJ800	Laundry Liquid	5l	25.79	V
HJ177	Laundry Liquid	5l	26.49	V
HJ171	Laundry Liquid - Lavender	5l	26.49	V
HJ654	Multi Surface Cleaner	5l	15.25	V
HJ665	Toilet Cleaner	5l	12.49	V
HJ184	Toilet Cleaner	5l	12.99	V
HJ097	Washing Up Liquid	5l	11.69	V
HJ165	Washing Up Liquid	5l	13.99	V
	Handwash			
HJ235	Handwash - Geranium	500ml	4.90	V
HJ119	Handwash - Lime & Aloe Vera	500ml	4.90	V
HJ264	Handwash - Plum & Mulberry	500ml	4.90	V
HJ117	Handwash - unfragranced	500ml	3.89	V
	Powders			
HJ236	Dishwasher Powder	720g	1.90	V
HJ081	Washing Powder Concentrated	1kg	4.79	V
HJ082	Washing Powder Concentrated	2kg	9.50	V
HJ103	Washing Powder Concentrated	12.5kg	52.29	V
	<b>BIO-D</b>			
HJ313	All Purpose Sanitiser Spray	500ml	3.15	V
HJ315	Washing Up Liquid - Mandarin	750ml	2.49	V
	5 Litres Bulk			
HJ312	All Purpose Sanitiser Mandarin	5l	11.25	V
HJ314	Washing Up Liquid - Mandarin	5l	13.75	V
	<b>ECO-MAX CLEANING</b>			
	3 Litres Bulk			
HJ209	Laundry Liquid Lavender	3l	14.95	V
	<b>ECOEGG</b>			
HJ141	Laundry Egg - Fragrance Free	1 egg	11.49	V
HJ142	Laundry Egg - Fresh Linen	1 egg	11.49	V
HJ155	Laundry Egg - Spring Blossom	1 egg	11.49	V
	Laundry Refills			
HJ163	Laundry Egg Refills	1	5.79	V
HJ164	Laundry Egg Refills	1	5.79	V
HJ168	Laundry Egg Refills	1	5.79	V
	<b>ECOVER</b>			

code	product	size	rrp	bfgosv
HJ100	All Purpose Cleaner	1l	3.51	V
HJ002	Bathroom Cleaner	500ml	2.87	V
HJ065	Cream Cleaner	500ml	1.59	V
HJ326	Fabric Con Soft Gardenia	750ml	2.15	V
HJ327	Fabric Con Soft Gardenia	1.5l	4.25	V
HJ339	Fabric Con Soft Rose	1.5l	4.35	V
HJ324	Fabric Conditioner Soft Apple	1.5l	4.35	V
HJ325	Fabric Softener	750ml	2.15	V
HJ024	Floor Cleaner	1l	3.75	V
HJ076	Laundry Bleach	400g	2.29	V
HJ277	Laundry Liquid Non - Bio	1l	7.89	V
HJ874	Limescale Remover	500ml	4.50	V
HJ123	Liquid Hand Soap - Citrus	250ml	3.25	V
HJ254	Liquid Hand Soap - Lavender	250ml	3.29	V
HJ054	Liquid Hand Soap Refill	1l	1.99	V
HJ095	Multi Surface Cleaner	500ml	2.85	V
HJ214	Oven & Hob Cleaner	500ml	4.25	V
HJ999	Stain Remover	200ml	3.49	V
HJ511	Toilet Cleaner Pine & Mint	750ml	2.19	V
HJ304	Toilet Cleaner Power	750ml	3.79	V
HJ011	Toilet Cleaner Sea Breeze	750ml	2.19	V
HJ145	Washing Powder - Biological	750g	4.79	V
HJ143	Washing Powder - Non bio	750g	4.49	V
HJ238	Washing Powder - Non Bio	3kg	16.49	V
HJ188	Washing Powder Non - Bio	1.8kg	1.79	V
HJ041	Washing Up Liquid	450ml	1.81	V
HJ221	Washing Up Liquid	450ml	1.81	V
HJ260	Washing Up Liquid	450ml	1.81	V
HJ509	Washing Up Liquid	450ml	1.81	V
HJ031	Washing Up Liquid	950ml	3.11	V
HJ888	Washing Up Liquid	950ml	3.11	V
HJ091	Window Cleaner	500ml	4.25	V
	5 Litres Bulk			
HJ272	5l Pump	1	6.75	V
HJ323	Fabric Conditioner Soft Apple	5l	14.15	V
HJ070	Floor Cleaner	5l	17.25	V
HJ071	Laundry Liquid - Delicate	5l	21.49	V
HJ030	Laundry Liquid Bio Concentrate	5l	38.49	V
HJ276	Laundry Liquid Non - Bio	5l	29.99	V
HJ321	Laundry Non - Bio	5l	2.59	V
HJ527	Liquid Hand Soap	5l	29.29	V
HJ069	Toilet Cleaner Pine & Mint	5l	12.99	V
HJ033	Washing Up Liquid	5l	13.99	V
HJ045	Washing Up Liquid	5l	13.99	V
	Bag in Box Range			
HJ084	15L Refill Tap	each	4.99	V
	Dishwasher Products			
HJ086	Dishwasher Rinse Aid	500ml	4.49	V
HJ087	Dishwasher Tablets	25 tablets	6.50	V
HJ132	Dishwasher Tablets - Bulk	70 tablets	15.29	V
HJ136	Dishwasher Tablets All In One	22 tablets	7.49	V
HJ211	Dishwasher Tablets All In One	68 tablets	17.25	V
	Laundry Liquid			
HJ106	Laundry Liquid - Concentrated	1.5l	11.65	V
HJ262	Laundry Liquid - Delicate	750ml	4.25	V
HJ549	Laundry Liquid - Non Bio	1.5l	7.90	V
HJ257	Laundry Liquid - Non Bio	1.5l	11.65	V
	Zero			
HJ348	Delicate Laundry Liquid Zero	1l	4.29	V
HJ349	Dish Washer Tablets Zero	25 tablets	7.90	V



code	product	size	rrp	bfgosv
HJ200	Fabric Conditioner	1.5l	4.35	V
HJ202	Laundry Liquid Zero	1.5l	12.49	V
HJ203	Washing Powder Zero	7.5kg	37.25	V
HJ205	Washing Up Liquid Zero Zero - 5 Litres Bulk	450ml	1.81	V
HJ133	Laundry Liquid Zero Non - Bio	5l	3.99	V
HJ134	Washing Up Liquid Zero	5l	13.99	V
<b>ECOZONE</b>				
HJ044	Appliance Descaler	500ml	4.69	GV
HJ057	Dishwasher Tablets - Classic	25 tablets	3.99	V
HJ351	Dishwasher Tablets All In One	25 tablets	3.99	V
HJ352	Dishwasher Tablets All In One	72 tablets	9.35	V
HJ275	Dishwasher Tablets Brilliance	65 tablets	9.59	V
HJ118	Dishwasher Tablets Brilliance	25 tablets	4.49	V
HJ146	Dishwasher Tablets Classic 72	72 tablets	8.99	V
HJ121	Enzymatic Drain Sticks	12 x 1	7.99	V
HJ286	Forever Flush 2000 - Twin Pack	450g	9.99	V
HJ241	Kitchen Drain Unblocker	1l	5.49	V
HJ052	Laundry Capsules Non-Bio	500g	8.39	V
HJ204	Laundry Tablets - Brightening	48 tablets	14.99	V
HJ038	Limescale Remover - Tough	500ml	3.75	V
HJ114	Machine Cleaner - 6 Tablets	120g	3.75	V
HJ285	MAGNALOO	1	9.49	V
HJ278	Mould Remover	500ml	4.99	V
HJ158	Multi Surface Wipes - Anti Bac	40	2.12	V
HJ197	Plughole Unblocker	250ml	7.49	V
HJ020	Rinse Aid	500ml	2.49	V
HJ291	Soap Nuts - 330 Washes	1kg	12.15	V
HJ290	Soap Nuts 330g	300g	6.49	V
HJ192	Wood Furniture Polish Spray	1	6.25	V
<b>FAITH IN NATURE</b>				
5 Litres Bulk - Household				
HJ021	Laundry Liquid - Super Conc'd	5l	3.75	V
HJ028	Washing Up Liquid	5l	28.79	V
<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>LOOFCO</b>				
HJ013	Washing Up Bar - Lemongrass	100g	2.95	V
HJ027	Washing Up Bar - No Fragrance	100g	2.95	V
HJ153	Washing Up Soap - Frag Free	100g	3.29	V
HJ149	Washing Up Soap - Lime	100g	3.29	V
<b>METHOD</b>				
HJ147	All Purpose Cleaner - Anti Bac	828ml	3.95	V
HJ338	All Purpose Cleaner - Anti Bac	828ml	3.95	V
HJ253	All Purpose Floor Cleaner	739ml	3.25	V
HJ005	Anti Bac Spray - Yuzu Orange	828ml	3.95	V
HJ336	Bathroom Cleaner - Anti Bac	828ml	3.95	V
HJ245	Bathroom Spray	828ml	3.95	V
HJ152	Glass Spray - Mint	828ml	4.35	V
HJ248	Granite Spray	354ml	4.39	V
HJ246	Kitchen Spray - Clementine	828ml	3.95	V
HJ249	Multi Purpose Cleaner	828ml	3.95	V
HJ250	Multi Purpose Cleaner	828ml	3.95	V
HJ079	Shower Spray - Passion Fruit	828ml	3.95	V
HJ167	Shower Spray - Ylang Ylang	828ml	3.95	V
HJ098	Wood for Good Floor Liquid	739ml	4.35	V
HJ243	Wood Polish Spray	354ml	4.35	V
<b>Hand Products</b>				
HJ093	Foaming Handwash Sweet Water	300ml	3.39	V

code	product	size	rrp	bfgosv
DY563	Gel Handsoap - Lavender	354ml	2.95	V
DY567	Gel Handsoap - Pink Grapefruit	354ml	2.95	V
HJ111	Gel Handsoap - Sweetwater	354ml	2.95	V
DY071	Gel Handsoap - Waterfall	354ml	2.95	V
	Laundry Products			
HJ357	Fabric Softener - Coconut	1.575l	6.25	V
HJ355	Fabric Softener - Ocean Violet	1.575l	6.25	V
HJ356	Fabric Softener - Pink Freeisa	1.575l	6.25	V
HJ332	Laundry Liquid - Concentrated	1.56l	11.99	V
HJ335	Laundry Liquid - Concentrated	1.56l	11.99	V
HJ334	Laundry Liquid- Concentrated	1.56l	11.99	V
	<b>SIMPLE LIVING ECO</b>			
HJ025	Frag Laundry Detergent Sheets	32 SHEET	9.99	V
HJ016	Laundry Sheets - Coconut	32 SHEET	9.99	V
HJ112	Laundry Sheets - Coconut	64 SHEET	17.99	V
HJ113	Laundry Sheets - Fresh Linen	64 SHEET	17.99	V
HJ281	Multi Purpose Sheets	30 SHEET	1.49	V
HJ280	Unfrag Laundry Detergent Sheet	32 SHEET	9.99	V
	<b>SPRUCE CLEANING</b>			
	Refill Packs			
HJ269	Bathroom Refills	3	9.99	V
HJ266	Multi Purpose Refills	3	9.99	V
	Reusable Bottle and Refill			
HJ267	Bathroom Starter Kit	500ml	6.00	V
	<b>HOUSEHOLD PRODUCTS</b>			
	<b>ECOLEAF BY SUMA</b>			
NF091	Ecoleaf 3 Ply Kitchen Towels	2 rolls	2.35	V
NF140	Ecoleaf Jumbo Kitchen Towel	1 rolls	2.75	V
NF209	Ecoleaf Toilet Tissue	4 pack	2.89	V
NF214	Ecoleaf Toilet Tissue	9 rolls	6.35	V
	Household			
NF277	Cling Film - Home Compostable	1	3.99	V
	<b>ECOZONE</b>			
NF302	Bin Liners - Oxo Biodegradable	20 bags	5.99	V
NF473	Compostable Caddy Liner 10L	22 bags	2.89	V
	<b>HILL BRUSH COMPANY</b>			
NF781	Vegetable Brush	each	8.49	V
NF782	Washing Up Brush + Four Heads	each	1.69	V
	<b>HOME PROUD</b>			
NF218	Recycled Clothes Pegs	24 pegs	1.35	V
	<b>IF YOU CARE</b>			
NF500	100% Recycled Aluminium Foil	rolls	3.19	V
NF198	Coffee Filter - Number 2	100	2.99	V
NF196	Coffee Filters - Number 4	100	2.99	V
NF491	Firelighters	28	2.25	V
NF338	Firelighters	1 pack	4.99	V
NF032	Heavy Duty Aluminium Foil	1 rolls	4.35	V
NF023	Large Baking Cups	1 x 60	1.65	V
NF223	Latex Household Gloves- Large	IARgE	3.59	FV
NF405	Paper Sandwich Bags	48 bags	4.15	V
NF186	Parchment Baking Sheets	24	3.35	V
NF021	Parchment Paper Rolls	1 rolls	4.35	V
NF018	Sponge Cloths	5 cloths	4.15	V
NF466	Unbleached Paper Roasting Bags	6 bags	4.49	V
NF375	Wax Paper - Unbleached	1	5.25	V
	Compostable Waste Bags			
NF177	Waste Bags - 11 Litres	30 bags	5.15	V
NF185	Waste Bags - 49 Litres	12 bags	4.99	V
	<b>LOOFAH</b>			
NF173	Bath Time Loofah - Smile	single	3.55	V
	<b>LOOFCO</b>			

code	product	size	rrp	bfgosv
NF166	Back Scrubber	single	4.99	V
NF289	Bathroom Cleaning Pad	single	3.99	V
HJ053	Bottle Brush	1	3.29	V
HJ125	Cleaning Pad	1	2.95	V
NF278	Cleaning Pad 2 Pack	2 pack	4.99	V
NF294	Gardener's Brush	single	5.55	V
NF203	Kitchen Brush	single	2.99	V
NF206	Kitchen Cloth	2 pack	3.79	V
NF188	Mini Washing Up Pad	2 pack	2.99	V
HJ063	Root Vegetable Scrubber	1	2.79	V
HJ059	Scrubbing Brush	1	3.79	V
NF229	Soap Rest	single	2.25	V
HJ058	Washing-Up Brush	1	2.55	V
HJ051	Washing-Up Brush with Handle	1	3.29	V
HJ048	Washing-Up Pad	1	2.95	V
HJ068	Washing-Up Pad - 2 Pack	2 pack	5.30	V
HJ061	Washing-Up Scraper	1	2.95	V
NF184	Water Bottle Brush	single	3.79	V
<b>MAISTIC</b>				
NF572	All Purpose Cloths - 5 Units	5	2.45	V
NF160	All Purpose Sponge - White	2	3.29	V
NF386	Bamboo Dishwash Brush Head	2 PCS	6.35	V
NF566	Bin Liner 30l - Compostable	10 bags	3.21	V
NF565	Bin Liners 20l - Compostable	14 bags	3.21	V
NF387	Coco Scrub for Pots & Pans	2PCS	3.15	V
NF384	Coco Scrubber - Reusable	2 PCS	3.21	V
NF385	Compostable Gloves	100	7.27	V
NF378	Dishwash Brush - Bamboo	1	6.35	V
NF573	Floor Cloth - Viscose	2cloth	2.35	V
NF374	Floor Cloths - XL	2 PCS	3.19	V
NF570	Kitchen Scourer Loofah	1	3.55	V
	Silly Range			
NF306	Food Sheets Medium	2PCS	4.49	V
NF335	Food Wrap - Large	1 PIECE	4.49	V
NF372	Food Wraps - Small & Large	2 PCS	4.49	V
NF353	Silicone Bag - Large	1 PIECE	12.99	V
NF351	Silicone Bag - Medium	1 PIECE	1.49	V
<b>THE CHEEKY PANDA</b>				
	Bamboo Wipes			
NF269	Bamboo Facial Wipe - Unscented	1 pack	2.49	V
NF267	Bamboo Facial Wipes - Rose	1 pack	1.25	V
NF071	Multi Surface Wipes - Anti Bac	100	8.25	V
	Facial Tissues			
NF523	Bamboo Facial Tissue - Pocket	8 packs	1.99	V
NF522	Bamboo Facial Tissue Cube Box	1 box	1.99	V
NF521	Bamboo Facial Tissue Flat Box	1 box	2.29	V
	Plastic Free Range			
NF314	Bamboo Toilet Tissue 24 Rolls	24 rolls	23.99	V
NF312	Bamboo Toilet Tissue 48 Rolls	48 rolls	43.99	V
NF524	Natural Bamboo Kitchen Towel	2 rolls	5.35	V
NF039	Natural Bamboo Toilet Tissue	9 rolls	7.50	V
NF233	Toilet Tissue 4 Pack	4 rolls	4.59	V
	Straws			
NF097	Straws Black - Bamboo	1 pack	1.50	V
NF168	Straws Green Stripes - Bamboo	1 pack	1.50	V
NF172	Straws White - Bamboo	1 pack	1.50	V
<b>TOFUTURE</b>				
NF354	Tofu Press	press	24.99	V
<b>TRAIIDCRAFT</b>				
NF181	Fair Trade Rubber Gloves	1 pairs	1.45	GFV
<b>WAFI ROOM FRAGRANCE</b>				

code	product	size	rrp	bfgosv
NF527	Lavender Air Freshener	100ml	5.99	OV
NF528	Lemongrass Room Fragrance	100ml	5.99	OV
<b>INDIAN FOOD</b>				
<b>GEO ORGANICS</b>				
VF740	Balti Paste OG	180g	2.75	OV
VF249	Bhuna Curry Paste	180g	2.69	OV
VF743	Korma Paste OG	180g	2.49	OV
VF742	Madras Curry Paste OG	180g	2.75	OV
KJ573	Mango Chutney OG Fairtrade	300g	3.50	FOSV
VF744	Tikka Masala Paste OG	180g	2.55	OV
<b>MERIDIAN</b>				
VF019	Korma Sauce	350g	2.89	GSV
VF025	Tikka Masala Sauce	350g	2.89	GSV
<b>PATAKS</b>				
	Curry Pastes			
KJ054	Madras Curry Paste	283g	2.89	GV
KJ152	Rogan Josh Curry Paste	283g	2.99	GSV
KJ059	Vindaloo Curry Paste	283g	2.89	GV
	Pappadums			
VF293	Pappadums - Plain	100g	2.90	V
	Pickles			
KJ040	Aubergine Pickle (Was Bringal)	312g	2.59	GVS
KJ041	Chilli Pickle	283g	2.55	GV
KJ045	Lime Pickle - Medium/Hot	283g	2.55	GV
KJ047	Mango Pickle - Medium	283g	2.65	GV
KJ049	Mixed Pickle	283g	2.55	GV
<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
	Naan Breads			
KJ280	Chilli Naan Bread	220g	2.75	V
KJ281	Garlic and Coriander Naan	220g	2.75	SV
KJ282	Tandoori Naan Bread	220g	2.75	SV
<b>INTIMATE CARE</b>				
<b>BLOOM &amp; NORA</b>				
	Bloomers Reusable Period Pads			
NF044	Bloomers Maxi pad (pack of 3)	packs	29.50	V
NF309	Bloomers Midi single boxed pad	1	6.29	V
NF305	Bloomers Mini single boxed pad	1	5.25	V
	Nora Reusable Period Pads			
NF311	Nora Midi pad (pack of 3)	packs	25.00	V
<b>FAIR SQUARED</b>				
	Natural Latex. Carbon Neutral			
DY943	Original Condoms	10	9.95	FV
<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
	Glo			
NF082	Bamboo Liner Sensitive Bladder	16	3.29	OV
NF075	Bamboo Ultra-Long Pad	10	3.29	OV
NF066	Bamboo Ultra-Secure Pads	12	3.29	OV
<b>MOONCUP</b>				

code	product	size	rrp	bfgosv
DY606	Mooncup Size 'A'	each	19.99	V
DY680	Mooncup Size 'B'	each	19.99	V
<b>NATRACARE</b>				
	Pads			
NF059	Dry & Light Incontinence Pads	20	4.15	V
NF889	Maxi Pads - Night Time	10	2.69	V
NF298	Maxi Pads - Regular	14	2.90	V
NF299	Maxi Pads - Super	12	2.29	V
NF096	Mini Panty Liner	30	1.79	V
NF152	New Mother Maternity Pads	10	2.55	V
NF048	Organic Cotton Panty Liners	22	2.17	OV
NF121	Panty Liner Curved	30	1.79	V
NF304	Ultra Extra Pad Normal - Wings	12	2.29	V
NF300	Ultra Extra Pads Long - Wings	8	2.29	V
NF313	Ultra Extra Super Pads Winged	10	2.29	V
NF755	Ultra Pad - Long with Wings	10	2.55	V
NF862	Ultra Pads Super Plus	12	2.39	V
NF827	Ultra Regular Pad with Wings	14	2.49	V
NF442	Ultra Super Pads with Wings	12	2.39	V
NF104	Wrapped Panty Liner	18	1.75	V
	Tampons			
NF826	Applicator Tampon - Super	16	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
	Tissues			
NF251	Safe to Flush Moist Tissues	30	2.50	V
	Wipes			
NF204	Organic Cotton Intimate Wipes	12	2.35	OV
<b>ORGANIC</b>				
NF227	Pads - Heavy Flow	10	3.99	OV
NF199	Pads - Moderate Flow	10	3.79	OV
<b>JAMS &amp; FRUIT SPREADS</b>				
<b>SUMA</b>				
JS200	Pear and Apple Spread	300g	2.99	V
<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	3.85	VOS
JS140	Strawberry Jam - organic	340g	3.15	OSV
JS133	Tangy Marmalade - organic	340g	2.85	OSV
<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
KJ200	Summer Berries Fruit Spread OG	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

code	product	size	rrp	bfgosv
JS021	Strawberry Spread - organic	284g	3.89	VO
JS100	Wild Blueberry Spread - og	284g	4.39	OV
<b>MRS DARLINGTONS</b>				
JS005	Tangerine & Vodka Marmalade	340g	2.59	SV
<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>TRADCRAFT</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>				
JU058	Apple Juice - Concentrate Chilled products	500ml	5.79	V
JU057	Apple Juice - Concentrate	5l	45.99	V
<b>SUMA ORGANIC</b>				
JU241	Apple & Blackcurrant Juice	400ml	6.29	OV
JU240	Apple Juice - Concentrate Chilled products	400ml	5.69	OV
JU243	Apple Juice Org - Concentrate	5l	5.99	OV
<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
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
JU336	Strawberry and Lime Cordial Family Size	500ml	5.15	SV
JU339	Blackcurrant Cordial	750ml	5.29	GSV
JU338	Orange Cordial	750ml	5.29	GSV
<b>ROCKS</b>				
JU426	Blackcurrant Squash - organic	740ml	3.69	OSV
JU427	Lemon Squash - organic	740ml	3.69	OSV
JU428	Orange Squash - organic	740ml	3.69	OSV
<b>THORNCROFT</b>				
JU593	Detox	330ml	4.10	SV
JU594	Kombucha	330ml	3.39	SV
JU475	Pink Ginger	330ml	3.19	SV
JU432	Turmeric	330ml	3.45	SV
JU206	Wild Elderflower	330ml	3.19	SV
JU476	Wild Nettle	330ml	3.19	VS
<b>MARGARINES &amp; SPREADS (CHILLED)</b>				
<b>SUMA</b>				
MA003	Olive Spread	500g	2.35	V

code	product	size	rrp	bfgosv
MA055	Soya Spread	500g	2.50	V
MA053	Sunflower Spread	500g	2.50	V
MA051	Sunflower Spread	2kg	8.35	V
<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>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>PURE</b>				
MA200	Sunflower Dairy Free Spread	500g	2.35	V
<b>TRU</b>				
CV325	Palm Free Sunflower Oil Spread	500g	2.25	SV
<b>VIOLIFE</b>				
CV436	Cocospread Chocolate Spread	150g	2.70	VS
<b>MAYONNAISE &amp; SALAD DRESSINGS</b>				
<b>BIONA</b>				
KJ401	Mayo - Egg & Soya Free	230g	2.65	OV
<b>BONSAN</b>				
KJ176	Caesar Dressing	310ml	3.35	OSV
KJ181	Vegan Aioli	235ml	2.75	OSV
<b>DINE WITH ATKINS &amp; POTTS</b>				
KJ122	Garlic & Balsamic Dressing	245g	3.49	SV
KJ098	Herbes de Provence Dressing	245g	3.49	SV
KJ110	Wasabi and Lime Dressing	255g	3.49	SV
<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>INSPIRED VEGAN</b>				
KJ024	Mayonnaise	205g	2.39	SV
KJ053	Mayonnaise - Smoked Garlic	210g	2.39	SV
KJ033	Sriracha Mayonnaise	205g	2.49	SV
KJ247	Vegan Bearnaise Style Sauce	205g	2.39	GSV
KJ043	Vegan Caesar Dressing	250g	2.99	SV
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>MARY BERRY'S</b>				
KJ220	Light Salad Dressing	235ml	3.45	SV
KJ168	Mango, Lime & Chilli Dressing	235ml	3.19	SV
KJ390	Salad Dressing	235g	3.45	SV
<b>MR ORGANIC</b>				
KJ498	Egg Free Garlic Mayo	180g	2.79	GOSV
KJ055	Egg Free Mayo	180g	2.79	OSV
<b>RUBIES IN THE RUBBLE</b>				
KJ064	Gravy Mayo	240g	3.49	V
KJ118	Plant Based Mayo - Chilli	240g	2.99	V
KJ241	Plant Based Mayo - Garlic	240g	2.99	V
KJ135	Plant Based Mayo - Original	240g	2.99	V
<b>THE VURGER CO</b>				
KJ255	Garlic & Herb Vegan Mayo	240g	3.25	V
KJ253	Original Vegan Mayo	240g	3.25	V
KJ256	Smoky 'Bacon' Vegan Mayo	240g	3.25	V

code	product	size	rrp	bfgosv
<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>FRYS</b>				
XL074	Beef Style Chunky Strips	380g	4.00	V
XL010	Chicken Style Strips	380g	4.00	V
XL006	Golden Crumbled Schnitzel	320g	3.55	V
XL216	Rice Protein & Chia Nuggets	240g	4.00	V
<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>IMPULSE FOODS</b>				
XL109	Organic Garlic & Herb Tempeh	227g	3.00	OV
XL107	Organic Tempeh	227g	3.00	OV
<b>LINDA MCCARTNEY</b>				
XL161	Vegemince	500g	4.35	V
<b>NATURLI'</b>				
XL065	Schnitzel	300g	4.25	GV
XL071	Vegan Balls	300g	3.50	GV
XL101	Vegan Mince	325g	3.35	GSV
<b>QUORN</b>				
XL210	Vegan Pieces	280g	3.19	V
<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>THE VEGILANTES</b>				
XL192	Ch*ckebe Satay with Peanut	290g	3.50	SV
XL126	Plant Protein BBQ Ribs	240g	3.50	SV
XL123	Plant Protein Zingers	250g	3.50	SV
XL193	Protein Pakora	240g	3.50	SV
XL122	Protein Southern Fried Wings	240g	3.50	SV
XL120	Spiced Indian Bhaji Baskets	350g	4.50	GV
XL187	Spicy Crusted Plant Steak	227g	3.50	SV
XL190	Tandoori Tikka Pieces	240g	3.50	SV
<b>VFC</b>				
	Vegan Fried Chick*n			
XL083	Original Bites	275g	3.89	V
XL081	Original Fillets	220g	3.29	V
XL052	Popcorn Chick*n	250g	3.29	V
XL127	Spicy Bites	500g	6.00	V
XL082	Spicy Fillets	316g	4.00	V
<b>MEATLESS SUBSTITUTES (CHILLED)</b>				
<b>BIONA</b>				
CV184	Beetroot Burger	150g	4.35	OV
CV377	Black Bean & Cashew Nut Burger	160g	4.35	OV
CV371	Edemame Bean Burgers	150g	4.55	OV
CV441	Mini Energy Burgers	250g	4.35	OV
CV321	Mini Quinoa Burgers	195g	4.35	OV
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
CV745	Sweet Potato Buckwheat Burger	160g	4.35	OV
<b>BONSAN</b>				
CV837	Kofu Fishfree fillet	150g	4.50	GOSV



code	product	size	rrp	bfgosv
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>DELPHI FOODS</b>			
CV265	Falafel	110g	2.35	V
	<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>MACSWEEN</b>			
CV390	Veg Haggis 6 x 400g	400g	4.70	V
CV385	Veg Haggis 8 x 200g	200g	2.40	V
	<b>SGAIA</b>			
	Artisan Vegan Mheat			
CV772	Italian Style Burgers	220g	6.00	SV
CV175	Lorne Sausages	280g	4.40	V
CV626	Original Burger	220g	6.00	V
CV770	Original Steak	200g	4.00	SV
CV769	Smoked Steak	200g	4.00	SV
CV774	Streaky Rashers	150g	4.50	SV
	<b>TAIFUN</b>			
CV011	Grill Sausages	250g	4.80	OV
CV010	Weiner/Frankfurters	300g	5.70	OV
	<b>THE BURY BLACK PUDDING CO</b>			
CV696	Vegan Black Pudding	220g	1.65	V
	<b>THE REAL LANCASHIRE PUDDING CO</b>			
CV999	Vegan Black Pudding	200g	1.80	V
	<b>THIS</b>			
CV695	Plant Based Garlic Chicken	190g	4.55	SV
CV424	Plant-Based Bacon Rashers	120g	3.65	V
CV022	Plant-Based Chicken Nuggets	230g	4.75	SV
CV418	Plant-Based Chicken Pieces	190g	4.55	SV
CV423	Plant-Based Chicken Tikka	140g	3.65	SV
	<b>VBITES</b>			
CV102	Beeph Mince	300g	4.70	SV
CV037	Bistro Beeph Chunks	150g	3.15	SV
CV232	Cheatin' Chicken	100g	1.85	V
CV260	Cheatin' Chorizo Style Chunks	150g	3.30	V
CV235	Cheatin' Garlic Sausage Slices	100g	1.85	V
CV234	Cheatin' Ham	100g	1.85	V
CV568	Cheatin' Maple Rashers	115g	2.60	V
CV237	Cheatin' Pepperoni	100g	1.95	V
CV236	Cheatin' Roast Beef Slices	100g	1.95	V
CV643	Meat-free slices Sage & Onion	100g	1.85	V
CV100	Meatballs	350g	4.85	SV
CV098	Original Tempeh Rashers	120g	3.10	SV

code	product	size	rrp	bfgosv
CV103	Southern Fried Chkn Burgers	160g	3.00	SV
CV106	Southern Fried Chkn Chunks	150g	3.25	SV
CV096	Spiced Doner Slices	100g	2.70	SV
CV238	Streaky-Style Rashers Making Waves	115g	2.60	SV
CV555	Fish Style Fingers - Breaded	215g	3.10	V
CV093	Fish Style Steaks	200g	3.10	SV
CV566	Smoked Salmon Style Slices Vegi Deli	100g	2.50	V
CV025	Cheatin Chicken Style Pieces	150g	2.80	V
CV739	Duck Style Pieces	150g	3.10	V
CV668	Falafel-Traditional Style	250g	2.80	V
CV667	Lincolnshire Style Sausage	295g	2.80	V
CV557	Sage & Marjoram Sausages	295g	2.80	V
CV172	Vegetarian Schnitzels	200g	2.60	V
CV565	Vegideli Mushroom Pate	150g	1.85	V
<b>VIANA</b>				
CV404	Bonanza Veggie Steaks	210g	4.10	OSV
CV414	Real Jumbo Frankfurters	275g	4.50	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 Snackers	175g	4.50	OV
CV303	Chilli	40g	1.30	OV
CV691	Chorizo	40g	1.30	OV
<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>				
<b>AL'FEZ</b>				
KJ143	Couscous - Giant Maftoul	200g	1.85	V
KJ065	Falafel Mix	150g	1.59	V
KJ312	Falafel Mix - Moroccan Spiced	150g	1.59	V
KJ753	Harissa	100g	2.25	V
KJ127	Lebanese Baharat Spice	42g	2.25	V
KJ302	Moroccan Couscous	200g	1.65	V
KJ138	Moroccan Flatbread Kit	245g	2.29	SV
KJ308	Preserved Lemons	140g	3.35	V
KJ752	Ras El Hanout Rub (in jar)	42g	2.25	V
KJ101	Rose Harissa	95g	2.79	V
KJ057	Sumac	38g	2.25	V
KJ242	Tahini	160g	2.15	V
KJ237	Tahini Dressing	200g	2.39	V
VF046	Vine Leaves Stuffed With Rice	280g	2.55	V
<b>AMISA</b>				
KJ105	Falafel Mix	160g	2.45	GOV
<b>CARLEY'S</b>				
KJ240	Preserved Lemon - Organic	700g	6.25	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>OLIVES ET AL</b>				
KJ124	Moroccan Dukkah (spice mix)	90g	3.99	V
KJ123	Preserved Lemons	400g	7.99	V

code	product	size	rrp	bfgosv
<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>				
TE004	Almond for Professionals	1l	2.25	GSV
TE624	Coconut for Professionals	1l	2.39	V
TE083	Oat for Professionals	1l	1.99	GV
SY086	Oat Growing Up Milk	1l	2.20	V
SY047	Organic Almond Drink	1l	1.39	GOV
SY049	Organic Coconut Drink	1l	1.39	GOV
SY050	Organic Soya Drink	1l	1.29	GOV
TE642	Soya for Professionals	1l	1.89	V
SY089	Soya Growing Up Milk	1l	2.15	V
SY213	Soya Milk -Unsweetened	1l	1.65	V
<b>BIONA</b>				
VF103	Coconut Milk Powder	150g	4.50	OV
VF324	Condensed Coconut Milk	210ml	2.39	OSV
<b>BLUE DIAMOND</b>				
SY175	Almond Breeze - Almond & Oat	1l	1.99	V
SY101	Almond Breeze - Barista Blend	1l	2.50	GV
SY061	Almond Breeze - Original	1l	1.79	GSV
SY066	Almond Breeze - Unsweetened	1l	1.79	GV
<b>BONSOY</b>				
SY072	Soya Milk	1l	4.90	V
<b>CALIFIA FARMS</b>				
SY226	Oat Barista Blend	1l	1.99	V
<b>COCONUT MERCHANT</b>				
VF082	Coconut Milk Powder	250g	5.99	OV
SY105	Organic Coconut Milk	330ml	2.29	OV
<b>DREAM</b>				
JU540	Rice Dream - Calcium	1l	2.15	GV
JU361	Rice Dream - Original	1l	2.15	VO
<b>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>				
SY139	Almond Barista Drink	1l	2.49	OSV
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>FOOD HEAVEN</b>				
SY003	Cooking Cream - Unsweetened	1l	3.50	GV
SY168	Heavenly Whipped Spray Cream	200ml	2.29	GSV
<b>GLEBE FARM</b>				
SY165	Almond Drink Barista	1l	2.50	V
SY140	Barista Style Oat Drink	1l	1.99	GV
SY164	Coconut Drink Barista	1l	2.15	V
<b>GOOD HEMP</b>				
SY104	Hemp & Oat Milk	1l	1.99	V
SY096	Hemp Drink - Barista	1l	2.40	V
SY070	Hemp Drink - Seed Milk	1l	2.40	V
<b>KOKO DAIRY FREE</b>				

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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>			
SY200	Banana & Oat M.lk Shake	330ml	1.59	V
SY201	Chocolate M.lk Shake	330ml	1.59	SV
SY108	M.lkology - Whole	1l	2.90	V
SY126	M.lkology - Barista	1l	2.90	V
SY110	M.lkology - Semi Skim	1l	2.90	V
SY198	Pea Milk - Barista	1l	1.95	V
SY124	Pea Milk - Original	1l	1.95	GSV
SY197	Pea Milk - Unsweetened	1l	1.95	GV
SY111	Protein Oat Milk	1l	1.95	V
	<b>MINOR FIGURES</b>			
SY227	Everyday Oat - Light	1l	2.19	V
SY228	Everyday Oat - Regular	1l	2.19	V
SY172	Masala Chai	1l	5.69	SV
SY171	Oat M*lk - Barista	1l	2.15	V
SY196	Organic Barista Oat Milk	1l	2.19	OV
SY083	Semi Skimmed Barista Oat M*lk	1l	2.19	V
	<b>NATURE'S CHARM</b>			
SY077	Condensed Coconut Milk	320g	3.49	GSV
SY078	Evaporated Coconut Milk	360ml	3.90	GSV
	<b>OATLY</b>			
SY019	Cream - Dairy Free	250ml	1.90	VO
SY045	Oatly Chocolate Drink	1l	2.15	SV
JU385	Oatly Enriched - added calcium	1l	1.85	V
SY158	Oatly Oat Drink Foamable	1l	2.19	V
JU377	Oatly Oat Drink Organic	1l	1.85	OV
SY005	Oatly Vanilla Drink	1l	2.50	SV
	<b>PLAMIL</b>			
SY009	Organic Soya Milk Heritage	1l	2.25	VOG
	<b>PLANTED</b>			
SY216	British Oat Drink	1l	1.95	V
	<b>PLENISH</b>			
SY119	Almond M*lk	1l	2.95	OV
SY120	Cashew M*lk	1l	2.95	OV
SY118	Coconut M*lk	1l	2.95	GOV
SY121	Hazelnut M*lk	1l	2.95	OV
SY170	Oat M*lk - Gluten Free	1l	2.35	GOV
SY191	Soya M*lk	1l	2.39	OV
	<b>PROVAMEL</b>			
SY090	Almond Drink - Organic	1l	2.69	OV
SY094	Almond Drink - Unsweetened	1l	2.69	GOV
SY185	Oat Drink - Unsweetened	1l	2.50	OV
SY007	Rice Drink - organic	1l	1.99	GVO
SY025	Soya Milk - Unsweetened	1l	1.99	GOV
	<b>PROVITAMIL</b>			
SY035	Oat Drink	1l	1.69	V
	<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>			
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
SY224	Chocolate Oat Drink OG	1l	2.49	OV

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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
SY189	Organic Almond Barista Drink	1l	2.99	OV
SY190	Organic Oat Barista Drink	1l	1.99	OV
SY036	Organic Soya Barista	1l	2.49	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	1 l	2.59	OV
SY135	Naked Oats Drink	1 l	2.29	OV
<b>SOJADE</b>				
SY211	Barista Soya Drink	1l	1.89	GOV
SY147	Chocolate Soya Drink	1l	2.45	GOSV
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>SOYA SOLEIL</b>				
SY136	Soya Milk - Unsweetened	1l	1.35	V
<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
SY221	Coconut Drink Original	1l	2.75	OV
SY002	Oat Drink	1l	1.95	OV
SY112	Oat Drink - Barista	1l	2.90	OV
SY560	Oat Drink - Calcium Enriched	1l	2.90	OV
SY068	Rice Drink - Cacao	250ml	0.99	OV
SY042	Rice Drink - Calcium Enriched	1l	2.50	GOV
SY487	Rice Drink - Original	1l	1.95	GOV
SY452	Rice Drink + Almond	1l	2.25	GOV
SY008	Rice Drink + Coconut	1l	2.35	GOV
Cooking Cream				
SY188	Coconut Cream - Organic	200ml	1.55	GOV
SY187	Oat Cream - Organic	200ml	1.29	OV
SY150	Rice Cream - Organic	200ml	1.90	OV
SY186	Soya Cream - Organic	200ml	1.15	GOV
<b>THE COCONUT COMPANY</b>				
SY001	Coconut Milk Powder	250g	5.89	V
SY116	Coconut Milk Powder - Organic	250g	6.99	GOV
SY024	Organic Coconut Milk Powder	1kg	1.50	OV
<b>NUT &amp; SEED BUTTERS</b>				
<b>SUMA</b>				
GH119	Crunchy Peanut Butter	350g	3.49	V
GH120	Crunchy Peanut Butter	1kg	7.69	V
GH121	Smooth Almond Butter	1kg	16.29	V
GH117	Smooth Peanut Butter	350g	3.49	V
GH118	Smooth Peanut Butter	1kg	7.69	V
<b>SUMA ORGANIC</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

code	product	size	rrp	bfgosv
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
GH132	Cocoa Hazelnut Peanut Butter	250g	3.75	GOSV
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	4.75	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	2.75	OV
<b>CLEARSPRING</b>				
GH131	Tahini - Black Sesame	170g	3.29	OV
<b>COCONUT MERCHANT</b>				
GH076	Coconut Butter	300g	5.99	GOV
<b>CYPRESSA</b>				
GH178	Tahini	300g	3.50	V
<b>MERIDIAN</b>				
GH072	Almond Butter Smooth + salt	170g	5.89	OV
GH124	Banoffee Pie Almond Butter	170g	3.29	V
GH061	Cashew Butter Crunchy	170g	3.85	V
GH081	Cashew Butter Smooth	470g	1.49	OV
GH027	Cashew Butter Smooth	170g	3.85	V
GH088	Cashew Butter Smooth	1kg	2.99	V
GH057	Cashew Butter Smooth Organic	170g	3.99	OV
GH221	Cocoa and Hazelnut Butter	170g	4.19	V
GH220	Cocoa and Peanut Butter	280g	3.25	V
GH154	Coconut and Almond Butter	170g	3.39	V
GH155	Coconut and Peanut Butter	280g	3.55	V
GH083	Gingernut Butter	170g	2.79	V
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
GH021	Peanut Butter - crunchy + salt	280g	3.15	V
GH026	Peanut Butter - smooth + salt	280g	3.15	V
GH037	Peanut Butter Crunchy	1kg	8.49	V
GH028	Peanut Butter Crunchy + Salt	280g	3.39	OV
GH039	Peanut Butter Smooth	1kg	8.49	V
GH109	Peanut Butter Smooth-org +salt	280g	3.39	OV
GH065	Tahini - dark	270g	3.25	V
GH064	Tahini - dark, organic	270g	3.49	OV
GH068	Tahini - light	270g	3.25	V

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GH207	Tahini - light	454g	3.99	V
GH020	Tahini - light, organic	270g	3.49	OV
GH125	Toffee Apple Almond Butter 100% Nuts	170g	3.29	V
GH056	Almond Butter Crunchy	170g	3.29	V
GH060	Almond Butter Smooth	170g	3.29	V
GH087	Almond Butter Smooth	1kg	17.25	V
GH094	Almond Butter Smooth Organic	170g	5.89	OV
GH114	Hazelnut Butter Crunchy	170g	3.99	V
GH045	Peanut Butt Rich Roast Crunchy	280g	3.49	V
GH073	Peanut Butt Rich Roast Smooth	280g	3.49	V
GH066	Peanut Butter Crunchy	280g	3.15	V
GH063	Peanut Butter Crunchy	280g	3.39	OV
GH038	Peanut Butter Crunchy	1kg	8.49	V
GH097	Peanut Butter Crunchy-Organic	1kg	1.75	OV
GH067	Peanut Butter Smooth	280g	3.15	V
GH110	Peanut Butter Smooth	280g	3.39	OV
GH040	Peanut Butter Smooth	1kg	8.49	V
GH069	Peanut Butter Smooth-Organic	1kg	1.75	OV
GH174	Pecan Butter 100% Seeds	170g	6.99	V
GH046	Pumpkin Seed Butter - og	170g	4.45	OV
<b>RAW HEALTH</b>				
GH011	Whole Raw Almond Butter - og	170g	6.49	OV
<b>SUNITA</b>				
GH130	Going Nuts 4 Nut Butter	800g	11.49	V
GH127	Light Tahini	900g	7.49	V
GH080	Tahini - light	3kg	28.49	V
GH149	Tahini - light, organic	3kg	35.50	VO
GH079	Tahini - Whole	3kg	28.45	V
GH077	Tahini - Whole	280g	2.99	V
GH078	Tahini-Light	280g	2.99	V
GH996	Tahini, Whole, Organic Going Nuts	3kg	35.50	VO
GH140	4 Nut Butter	200g	3.49	V
GH134	Almond & Sesame Butter	200g	3.49	V
GH138	Cashew & Sesame Butter	200g	3.49	V
GH139	Cocoa & Sesame Butter	220g	3.49	VS
<b>WHOLE EARTH</b>				
GH145	Golden Roasted P'NUT Butter	340g	3.85	V
GH091	Peanut Butter - smooth organic	227g	3.29	GOV
GH090	Peanut Butter -crunchy organic	227g	3.29	GOV
GH113	Peanut Butter -smooth original	1kg	7.45	GV
GH084	Peanut Butter -smooth original	340g	3.59	GV
GH151	Peanut Butter-100% Nuts,Crunch	227g	3.15	GOV
GH115	Peanut Butter-crunchy original	1kg	7.45	GV
GH082	Peanut Butter-crunchy original	340g	3.59	GV
GH089	Smooth 100% Peanut Butter	227g	2.89	V
<b>NUTS &amp; SEEDS</b>				
<b>SUMA PREPACKS</b>				
NU085	Almonds	125g	1.75	V
NU145	Almonds	250g	2.99	V
NU013	Almonds - blanched	125g	1.99	V
NU086	Almonds - flaked	125g	1.85	V
NU143	Almonds - ground	125g	1.95	V
NU144	Almonds - ground	250g	3.15	V
NU088	Brazil - broken	125g	1.99	V
NU146	Brazil - broken	250g	3.69	V
NU087	Brazil - whole medium	125g	2.75	V
NU147	Brazil - whole medium	250g	4.99	V

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NU089	Cashew - large pieces	125g	1.59	V
NU149	Cashew - large pieces	250g	2.85	V
NU150	Cashew - roasted & salted	125g	3.55	V
NU152	Cashew - whole	125g	2.90	V
NU153	Cashew - whole	250g	3.79	V
NU151	Chia Seeds	250g	2.55	V
NU029	Coconut - chips	150g	1.65	V
NU090	Hazelnuts	125g	1.99	V
NU157	Hazelnuts	250g	3.69	V
NU211	Linseed / Flax	250g	1.29	V
NU291	Linseed / Flax	500g	2.50	V
NU101	Macadamias	125g	4.49	V
NU091	Mixed nuts	125g	2.19	V
NU162	Mixed nuts	250g	3.99	V
NU158	Mixed nuts - chopped	250g	2.65	V
NU168	Peanuts - redskin	250g	1.59	V
NU184	Peanuts - roasted	250g	2.90	V
NU170	Peanuts - roasted & salted	250g	2.25	V
NU171	Pecan nuts	125g	2.99	V
NU092	Pine kernels	125g	5.99	V
NU252	Pistachio - raw shelled	125g	4.49	V
NU093	Pistachio - roasted & salted	125g	2.85	V
NU175	Pistachio - roasted & salted	250g	5.29	V
NU094	Pumpkin seeds	125g	1.39	V
NU176	Pumpkin seeds	250g	2.45	V
NU099	Sesame seeds - natural	125g	1.25	V
NU177	Sesame seeds - natural	250g	1.65	V
NU100	Sunflower seeds	125g	1.50	V
NU178	Sunflower seeds	250g	1.29	V
NU179	Sunflower seeds	500g	2.50	V
NU173	Walnuts - light halves	125g	2.15	V
NU174	Walnuts - light halves	250g	3.99	V
NU185	Walnuts - light quarters	125g	1.79	V
NU186	Walnuts - light quarters	250g	3.25	V
<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	3.25	OV
NU219	Brazils - organic	250g	5.99	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	2.19	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



code	product	size	rrp	bfgosv
NU356	Sesame seeds - organic	250g	1.99	OV
NU105	Sunflower seeds - organic	125g	1.25	OV
NU254	Sunflower Seeds - organic	250g	1.85	OV
NU457	Sunflower seeds - organic	500g	3.15	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>ARTISAN GRAINS</b>			
NU148	Chia Seeds	125g	2.69	V
	<b>BIONA</b>			
NU304	Amaranth Seeds	500g	2.75	OV
	<b>GOOD HEMP</b>			
NU026	Hemp Seed Hearts	225g	4.15	V
	<b>PEARLS OF SAMARKAND</b>			
NU141	Og Black Sesame Seeds	330g	5.15	OV
	<b>RAW HEALTH</b>			
NU187	Organic Black Chia Seeds	450g	9.15	OV
	<b>ZAYTOUN</b>			
NU045	Caramelised Almonds	140g	5.99	FVS
NU121	Chilli Almonds	140g	5.99	FVS
NU108	Palestinian Almonds	150g	5.99	FOV
	<b>OILS &amp; FATS</b>			
	<b>SUMA</b>			
GT036	Extra Virgin Rapeseed Oil	500ml	4.65	V
GT010	Extra Virgin Rapeseed Oil	5l	28.59	V
GT100	Grapeseed Oil	500ml	4.45	V
GT084	Olive Oil - Extra Virgin	500ml	6.35	V
GT086	Olive Oil - Extra Virgin	5l	48.00	V
GT090	Sunflower Oil - cold pressed	5l	2.75	V
	<b>SUMA ORGANIC</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>SUMA PREPACKS</b>			
GT028	Gluten Free Vegetarian Suet	250g	2.25	GV
	<b>BIONA</b>			
GT067	Coconut Bliss	250g	2.53	OV
GT096	Coconut Bliss - Salted Caramel	250g	4.95	OV
GT025	Coconut Oil Cuisine Organic	875ml	9.90	OV
VM271	Flax Seed Oil (was Linseed)	250ml	5.49	OV
GT061	Mild / Odourless Coconut Oil	470ml	4.95	OV
GT060	Mild / Odourless Coconut Oil	610ml	6.90	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

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GT035	Flax Oil Organic	250ml	4.59	OV
GT001	Hemp Oil Organic	250ml	6.59	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	8.69	OV
GT009	Rapeseed Oil Organic	500ml	4.49	OV
GT207	Sesame Oil organic	500ml	7.29	OV
GT037	Sesame Oil organic	1l	13.49	GOV
GT045	Sesame Oil Toasted	150ml	3.59	V
GT208	Sesame Oil Toasted organic	250ml	5.29	OV
GT231	Sunflower Frying Oil organic	500ml	4.69	OV
GT230	Sunflower Frying Oil organic	1l	7.89	OV
GT063	Sunflower Frying Oil Organic	2l	13.29	OV
GT201	Sunflower Oil Organic	500ml	3.99	OV
GT202	Sunflower Oil organic	1l	7.10	OV
GT209	Toasted Pumpkin Seed Oil Org	250ml	13.59	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
GT029	MCT Oil with C8	500ml	16.99	V
GT013	Premium Coconut Oil	1l	16.99	OV
GT042	Raw Extra Virgin Coconut Oil	500ml	8.99	OV
<b>DROGHERIA &amp; ALIMENTARI</b>				
GT081	Chilli Infused Oil	80ml	2.29	V
<b>EQUAL EXCHANGE</b>				
Palestinian Fairtrade Oils				
GT555	Olive Oil	1l	21.39	FV
<b>GOOD HEMP</b>				
GT046	Hemp Oil - Original	500ml	7.50	V
GT026	Hemp Seed Oil - Extra Virgin	500ml	7.99	V
<b>HELLENIC</b>				
GT008	Olive Oil - Extra Virgin	250ml	2.99	V
GT402	Olive Oil - Extra Virgin	500ml	5.50	V
GT005	Olive Oil - Extra Virgin	3l	25.30	V
GT403	Olive Oil - Extra Virgin	1l	9.90	V
GT031	Olive Oil Extra Virgin	5l	4.49	V
<b>HONEST TOIL</b>				
GT040	Extra Virgin Olive Oil	5l	44.55	V
GT074	Extra Virgin Olive Oil	500ml	8.29	V
<b>KHYBER</b>				
VF751	Ghee	2lb	5.19	V
<b>KTC</b>				
GT135	Almond Oil	200ml	2.89	V
GT133	Coconut Oil	250ml	3.95	V
GT052	Sunflower Oil - refined	5l	13.65	V
GT050	Sunflower Oil Refined	1l	2.79	V
<b>LA BIO IDEA</b>				
GT044	Italian Og Virgin Olive Oil	1l	13.89	OV
<b>MANI</b>				
GT007	Og Extra Virgin Olive Oil	500ml	7.99	OV
GT002	Og Extra Virgin Olive Oil	1l	13.99	OV
<b>MERIDIAN</b>				
GT012	Olive Oil-Extra Virgin,organic	500ml	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

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GT072	Liquid Coconut Oil - Premium	250ml	8.45	V
GT076	Pumpkin Seed Oil Organic	250ml	9.45	OV
<b>SUNITA</b>				
GT099	Olive Oil-Extra Virgin Organic	5l	69.00	VO
<b>WHARFE VALLEY FARMS</b>				
GT015	Rapeseed Oil	5l	28.39	V
<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>ATTIS GOURMET</b>				
KJ015	Aegean - Pitted Green Olives	400g	2.75	V
KJ009	Ionian-Pitted green & kalamata	400g	2.99	V
KJ070	Kalamata Olives	400g	2.59	V
KJ005	Mexicana - Pitted green&black	400g	2.99	V
KJ031	Mykonos - Pitted green olives	400g	2.99	V
<b>COOKS &amp; CO</b>				
KJ274	Halkidiki Olives s/d Tomatoes	230g	3.15	V
KJ275	Mixed Pitted Greek Olives	240g	2.29	V
KJ273	Whole Kalamata Olives	250g	2.99	V
<b>CRESPO</b>				
KJ136	Capers	198g	1.75	V
KJ269	Pitted Black Olives in Brine	198g	1.39	V
KJ268	Pitted Dry Black Olives	110g	2.59	V
KJ264	Pitted Dry Black Olives/Herbs	70g	1.49	V
KJ267	Pitted Green Olive Herb/Garlic	70g	1.19	V
<b>CYPRESSA</b>				
KJ867	Cypressa Pitted Green Olives	2kg	12.65	V
KJ062	Mixed Olives with Garlic&Herb	315g	1.92	V
KJ804	Pitted Black Olives	340g	1.24	V
KJ868	Pitted Black Olives	2kg	11.19	V
KJ803	Pitted Green Olives	340g	1.41	V
KJ805	Stuffed Pimento Olives	340g	1.54	V
<b>GAEA</b>				
VF175	Kalamata Olives	300g	2.39	V
VF121	Kalamata Olives - organic	300g	2.95	OV
VF070	Mixed Marinaded Olives-organic	300g	2.59	OV
VF177	Pitted Kalamata Olives	290g	2.85	V
<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>OLIVES ET AL</b>				
KJ433	Pitted Kalamata Black Olives	250g	3.99	V
KJ431	Sunshine Olives	250g	3.99	V
KJ115	Very Deli Herb Pitted Olives	250g	3.99	V
<b>ORGANICO</b>				
KJ079	OG Black Olives	280g	3.95	OV
KJ410	OG Pitted Green Olives	280g	2.95	FOV
<b>SUNITA</b>				
KJ111	Black Kalamon Olives	450g	4.65	V
KJ206	Garlic Stuffed Olives	265g	2.75	V
KJ097	Green Olives	1lb	3.35	V
KJ494	Green Olives Organic	360g	2.99	OV
KJ169	Green Pitted Jumbo Olives	340g	2.75	V
KJ213	Kalamata Olives	360g	1.38	V
KJ207	Kalamata Olives Pitted	340g	2.75	V

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KJ555	Kalamon Olives - organic	360g	3.90	VO
KJ218	Marinated Mixed Olives	265g	2.75	V
<b>PASTA</b>				
<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>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>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
<b>DIFATTI</b>				
WT065	Artisan Rainbow Farfalle Pasta	400g	3.99	V
WT151	Gnocchi - Gluten Free	250g	2.15	GV
WT033	Gnocchi - Pumpkin & Quinoa GF	250g	2.49	GV
WT153	Spinach Gnocchi - gluten free	250g	2.15	GV
WT152	Tomato Gnocchi - Gluten Free	250g	2.15	GV
<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

code	product	size	rrp	bfgosv
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>				
Speciality				
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 BUONA VITA</b>				
WT027	Gluten Free Fusilli	400g	2.19	GV
WT056	Gluten Free Lasagne Sheets	250g	2.59	GV
WT026	Gluten Free Penne Pasta	400g	2.19	GV
WT028	Gluten Free Spaghetti	400g	2.19	GV
<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>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>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
CV136	Sweet Potato Gnocchi	400g	5.10	OV
<b>BONSAN</b>				
CV532	Mezzelune Sweet Potato/Chilli	250g	4.55	OV
CV523	Tortelloni Spinach & Pine Nuts	250g	4.55	OV
<b>PASTA SAUCES &amp; PESTOS</b>				
<b>SUMA ORGANIC</b>				
Organic Pasta Sauces				
VF201	Organic Arrabbiata Sauce	350g	2.69	OV
VF191	Organic Bolognese Sauce	340g	2.69	OV
VF192	Organic Napoletana Sauce Organic Pestos	350g	2.69	OV

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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>JTS - FAIR FOOD FINE FOOD</b>				
	Meru Herbs			
KJ293	Savoury Duo Gift Set	set	5.18	V
<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>MUTTI</b>				
LJ207	Tomato Pasta Sauce - Basil	400g	3.90	VS
LJ220	Tomato Pasta Sauce - Chilli	400g	3.90	VS
LJ221	Tomato Pasta Sauce - Olive	400g	3.90	VS
LJ224	Tomato Pasta Sauce - Vegetable	400g	3.90	VS
<b>ORGANICO</b>				
VF043	Olive, Chilli & Garlic - og	360g	3.69	OSV
VF055	Red Wine and Porcini	360g	3.55	OSV
KJ416	Vegan Pesto	120g	4.55	OV
VF032	Vegetable Bolognese - og	360g	3.35	OSV
<b>SEEDS OF CHANGE</b>				
VF072	Bolognese Sauce OG	500g	2.99	OSV
VF038	Sundried Tom & Basil Stir in	195g	3.49	OSV
VF194	Tomato & Basil Pasta Sauce	350g	2.89	OV
VF076	Tomato and Basil - og	500g	3.10	OSV
<b>SUNITA</b>				
KJ790	Organic Pesto Genovese	130g	4.19	OV
<b>ZEST</b>				
VF168	Basil & Oregano Pasta Sauce	340g	2.69	V
KJ026	Basil Pesto, Vegan	165g	2.95	V
KJ452	Basil Pesto, Vegan	340g	5.90	V
<b>PASTRY (FROZEN)</b>				
<b>ST JAMES</b>				
XL106	Filo Pastry	400g	1.65	V
<b>PATE</b>				
<b>SUMA</b>				
GH700	Pate - Mushroom	200g	2.89	V
GH800	Pate - Savoury Herb	200g	2.89	V
<b>SUMA ORGANIC</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>				
GH143	Mushroom Pate	125g	1.99	GV

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GH651	Mushroom Pate - organic	200g	3.35	GOV
GH015	Olive Pate	125g	1.99	GV
GH168	Spicy Mexican Pate - organic	200g	3.35	GOV
GH144	Vegetable Pate	125g	1.99	GV
<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
<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>				
<b>DELPHI FOODS</b>				
CV430	Aubergine Dip	170g	2.10	V
CV271	Couscous Salad	160g	2.10	V
CV429	Lentil Salad	220g	2.10	V
CV285	Three Bean Salad	220g	2.10	V
	Houmous			
CV349	Avocado Houmous	150g	2.10	GV
CV286	Chargrill Red Pepper Houmous	170g	1.30	V
CV291	Houmous	170g	1.50	V
CV018	Lemon & Coriander Houmous	170g	1.30	V
CV290	Low Fat Houmous	170g	1.50	V
CV347	Smoky Red Lentil Houmous	170g	1.30	GV
<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>TARWI</b>				
	Lupin-Bean Houmous			
CV382	Lumms & Beets	200g	3.19	V
CV421	Lumms & Herbs	200g	3.19	V
CV412	Lumms & Sundried Tomato	200g	3.19	V
CV378	Lumms Original	200g	3.19	V
<b>THE REAL OLIVE COMPANY</b>				
CV903	Harissa Tapenade	180g	3.35	OV
CV902	Kalamata Olive Tapenade	180g	3.35	OV
CV554	Kalamata Olives	210g	3.70	OV
CV538	Kasbah Olives	185g	3.85	OV
CV536	La Verde Olives	185g	0.85	OV
CV549	Nocellara Del Belice Olives	210g	3.70	OV
<b>VBITES</b>				
CV262	Vegideli Beanfeast Pate	150g	1.85	V
CV374	Vegideli Brussels Pate	150g	1.85	SV
<b>PET FOODS &amp; PET CARE</b>				
<b>BENEVO</b>				
PF006	Adult Dog Original	2kg	1.85	V
PF007	Adult Dog Original	15kg	65.29	V
PF016	Biodegradable Dog Poo Bags	120 bags	6.65	V
PF019	Complete Adult Vegan Cat Food	2kg	12.85	V
PF020	Complete Vegan Puppy Dog Food	2kg	13.90	V
PF012	Duo - Cat & Dog Food - Tinned	369g	2.65	V
PF008	Grain-Free Vegetable Feast	395g	2.79	V
PF010	Rumble Dog Strips-soft & chewy Pawtato	180g	2.19	V

code	product	size	rrp	bfgosv
PF009	Ocean Treats - Small	140g	3.79	V
PF013	Ocean Treats Medium	140g	3.79	V
PF028	Pawtato Blueberry Dog Chews	120g	2.19	V
PF018	Pawtato Root Chews	90g	2.15	V
PF011	Pawtato Small Knots	150g	2.69	V
PF027	Pawtato Spinach & Kale Chews	120g	2.19	V
<b>BIO-CATOLET</b>				
NF970	Cat Litter	12l	7.75	V
NF971	Cat Litter	25l	14.49	V
<b>DENZEL'S</b>				
PF034	Dog Bites - Soft 'n' Squishy	100g	2.99	V
<b>FAITH IN NATURE</b>				
	Dog Shampoo			
PF035	Coconut Dog Shampoo	400ml	5.79	V
PF036	Coconut Dog Shampoo Bar	85g	5.79	V
<b>V DOG</b>				
PF100	Crunchy Nuggets (Happidog)	15kg	47.49	V
<b>YARRAH</b>				
PF023	Dog Biscuits - Vegan Org	500g	6.35	OV
PF503	Multi Dog Biscuits	250g	3.90	OV
PF040	Organic Clay Cat Litter	7kg	13.35	OV
<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>				
<b>BIONA</b>				
KJ283	Biona Sauerkraut Golden Turmer	350g	2.29	OSVB
KJ052	Cherkin Slices	350g	3.85	OSV
LJ664	Harissa Relish - prepared	125g	3.15	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	2.45	OV
KJ346	Cherkins - Sour	680g	4.35	VOS
KJ025	Cherkins - Sweet & Sour	330g	3.85	OV
<b>BYODO</b>				
KJ351	Mustard - Dijon, organic	1kg	1.99	VO
KJ354	Mustard - wholegrain, organic	1kg	8.30	VO
<b>CULTURED FOOD COMPANY</b>				
KJ510	Raw Carrot & Fennel Sauerkraut	400g	5.35	OV
KJ511	Raw Chilli & Dill Sauerkraut	400g	5.35	V
KJ512	Raw Juniper Berry Sauerkraut	400g	5.35	OV
KJ513	Raw Ruby Red Sauerkraut	400g	5.35	OV
KJ514	Raw Sauerkraut	400g	5.35	OV
<b>DELOUIS</b>				
KJ001	Organic Dijon Mustard	200g	2.49	OV
KJ007	Organic Wholegrain Mustard	200g	2.49	OV
<b>HLTHPUNK</b>				
KJ301	Hot Dijon Style Yellow Mustard	150g	2.99	OV
<b>RUBIES IN THE RUBBLE</b>				
KJ298	Apple & Cranberry Chutney	210g	3.49	SV
KJ116	Chilli Onion Relish	200g	3.49	SV
KJ294	Pear, Fig & Port Chutney	210g	3.49	SV
KJ112	Spicy Tomato Relish	200g	3.49	SV
KJ103	Sweet Apple Chutney	210g	3.49	SV
<b>SHAWS</b>				
KJ175	Beetroot & Horseradish Chutney	290g	2.55	GSV
KJ174	Caramelised Red Onion Chutney	195g	2.55	GSV
KJ028	Mango Chutney - Chunky	300g	1.79	GSV
KJ179	Piccalilli	280g	2.55	GSV
KJ203	Spiced Apricot Ginger Chutney	200g	2.55	GSV
<b>READY MEALS (FROZEN)</b>				
<b>AMY'S KITCHEN</b>				



code	product	size	rrp	bfgosv
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	5.70	GOV
XL338	Organic Nut Roast	280g	5.70	GOSV
	Pies & Pastries			
XL019	Arabian Chickpea Pie	250g	3.25	OSV
XL021	Chestnut & Bean Pie	250g	3.25	OV
XL105	Creamy Cauliflower Pie	250g	3.25	OV
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
XL025	Mushroom Pie	250g	3.25	OSV
XL114	Org G/F Mushroom & Leek Pie	235g	3.35	GOV
XL020	Saag Aloo Curry Pie	250g	3.25	OSV
	Puff Pastry Pies			
XL200	Beefy Ale Pie	235g	3.65	OV
XL201	Chickeny Pie	235g	3.65	OV
	Quiches			
XL157	Broccoli & Green Pesto Quiche	165g	2.99	OV
XL152	Cauliflower Quiche	165g	2.99	OV
XL151	Quiche Lorraine	165g	2.99	OV
XL154	Roasted Red Pepper & Tomato	165g	2.99	OV
	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>FRYS</b>				
XL390	Curry Pies	350g	4.10	V
XL234	Sausage Rolls	400g	3.90	V
<b>GOODLIFE</b>				
XL265	Falafel	280g	2.50	GV
XL365	Veggie Balls	300g	2.50	SV
<b>LINDA MCCARTNEY</b>				
XL131	Deep Dish Country Pies	2 x 190g	2.90	V
<b>NATURLI'</b>				
XL045	Pizza Capriciosa	350g	4.15	SV
XL040	Pizza Mexicana	350g	4.50	SV
<b>ONE PLANET PIZZA</b>				
XL035	GF Three Cheeze Margherita Piz	395g	5.95	GV
XL306	Mediterranean Vegetable	355g	4.49	V
XL186	Spicy Peppernomi	302g	4.49	V
XL305	Vegan Hawaiian	350g	4.49	V
XL303	Vegan Three Cheese Margherita	320g	4.49	V
<b>YUTAKA</b>				
XL343	Vegetable Gyoza Dumplings	240g	3.50	SV
<b>READY TO EAT FOODS (CHILLED)</b>				
<b>BIONA</b>				
CV680	Ballini Provencale	250g	4.25	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
CV180	Mini Vegan Spring Rolls	200g	4.50	OSV
CV376	Samosas	230g	5.55	OV
CV613	Spring Rolls	220g	4.90	OV
CV422	Thai Spring Rolls	220g	4.90	OV

code	product	size	rrp	bfgosv
	<b>EATEN ALIVE</b>			
CV221	Classic Mild Kimchi	375g	5.99	V
CV220	Classic Spicy Kimchi	375g	5.99	V
CV623	Smoky Pink Kraut	375g	5.49	V
CV493	White Cabbage Kimchi	375g	5.49	V
	<b>FOLLOW YOUR HEART</b>			
	Dressings			
CV670	Blue Cheese Salad Dressing	355ml	4.15	V
CV672	Caesar Salad Dressing	355ml	4.15	OV
CV836	Ranch Salad Dressing	355ml	4.15	V
CV120	Vegan Honey & Mustard Dressing	355ml	4.15	V
	Veganaise			
CV656	Avocado Veganaise	340g	4.99	V
CV137	Organic Garlic Veganaise	340g	3.29	OV
CV127	Organic Vegenaive	340g	3.29	OSV
CV129	Original Vegenaive	340g	3.90	SV
CV097	Soya Free Vegenaive	340g	3.29	SV
CV117	Sriracha Vegenaive	340g	4.90	SV
	<b>LAURIE'S TUMMY LOVING FOODS</b>			
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
	<b>LOVING FOODS</b>			
	Raw, Organic, Vegan & UK made			
CV316	Hot 'N' Smoky Kimchi	500g	6.89	GOV
CV802	Kimchi	500g	6.85	GOV
CV801	Sauerkraut	500g	6.35	GOV
CV314	Spicy Cortido Kraut	500g	6.89	GOV
CV803	Turmeric & Black Pepper Kimchi	500g	6.85	GOV
	<b>PROFUSION</b>			
CV006	Fresh Organic Sauerkraut	520g	2.75	OV
	<b>RAW HEALTH</b>			
	Fresh Sauerkraut			
CV813	Feel The Heat	410g	4.45	OV
CV814	Golden Glow	410g	4.45	OV
CV815	In the Pink	410g	4.45	OV
CV747	Organic Fresh Sauerkraut	410g	4.45	OV
	<b>SUUR</b>			
	Hot Sauces			
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	3.49	GOV
CV886	Butternut & Apricot Veg Pot	360g	3.19	OV
CV887	Mediterranean Risotto	360g	3.19	OV
CV889	Thai Green Curry Veg Pot	360g	3.19	OV
	<b>SALADS &amp; SPROUTS (CHILLED)</b>			
	<b>SKY SPROUTS</b>			
	Minimum 4 days shelf life			
CV479	Alfalfa & Broccoli Sprouts	100g	2.10	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	2.10	OV
CV476	Alfalfa & Radish Sprouts	100g	2.10	OV
CV475	Alfalfa Sprouts	100g	2.00	OV

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CV721	Broccoli Sprouts	100g	2.20	OV
CV504	Mixed Bean Sprouts	227g	2.20	OV
CV503	Mung Bean Sprouts	200g	2.10	OV
CV510	Organic Sprouts Multi Pack	160g	3.00	OV
CV121	Organic Sprouts Protein Pack	175g	3.00	OV
CV131	Organic Sprouts Superfood Pack	110g	3.00	OV
CV509	Radish Sprout	100g	2.10	OV
<b>SALT &amp; SEASONINGS</b>				
<b>BIOFORCE</b>				
LJ118	Herbamare	125g	3.19	V
LJ054	Herbamare	250g	4.29	V
<b>DROGHERIA &amp; ALIMENTARI</b>				
LJ028	Black Peppercorns Mill	45g	1.89	V
LJ026	Himalayan Pink Salt	90g	1.79	V
<b>GEO ORGANICS</b>				
LJ005	Atlantic Fine Ground Sea Salt	500g	2.95	OV
LJ555	Atlantic Sea Salt Crystals	250g	1.35	OV
<b>MALDON</b>				
LJ004	Sea Salt - Crystals Smoked	125g	2.45	V
LJ018	Sea Salt - Flaky Crystals	1.4kg	15.45	V
LJ888	Sea Salt - Flaky Crystals	250g	2.89	V
<b>SALT</b>				
LJ006	Sea Salt-Flaky Crystals	570g	6.49	V
<b>MARIGOLD</b>				
LJ444	Liquid Aminos	250ml	3.79	GV
<b>PINK MOUNTAIN</b>				
LJ170	Pink Himalayan Coarse Salt	300g	2.79	OV
LJ174	Pink Himalayan Coarse Salt	1kg	6.69	OV
LJ169	Pink Himalayan Fine Salt	300g	2.79	OV
LJ172	Pink Himalayan Fine Salt	1kg	6.69	OV
<b>PROFUSION</b>				
LJ152	Pink Himalayan Salt - Coarse	500g	4.50	V
LJ153	Pink Himalayan Salt Fine Table Shakers	500g	4.50	V
LJ156	Pink Himalayan Salt - Fine	140g	2.39	V
<b>TIDMANS</b>				
LJ023	Tidmans Rock Salt	500g	1.55	V
<b>SAUSAGES &amp; BURGERS (FROZEN)</b>				
<b>FRYS</b>				
XL011	Chicken Style Burgers	320g	3.95	V
XL008	Chicken Style Nuggets	380g	4.15	V
XL009	Hot Dogs	360g	4.20	V
XL360	Rice Protein & Quinoa Burgers	320g	4.50	GV
XL004	Traditional Burgers	320g	3.95	V
XL003	Traditional Sausages	380g	4.35	V
<b>GOODLIFE</b>				
XL059	Mighty Non Meaty Sausage	252g	3.35	V
XL141	Parsnip & Carrot Nut Burgers	320g	3.30	V
<b>LINDA MCCARTNEY</b>				
XL051	Lincolnshire Sausages	300g	3.10	V
XL345	Red Onion & Rosemary Sausages	270g	2.60	V
XL130	Sausages	270g	2.60	V
XL254	Vegetarian Quarter Pounder	227g	2.75	V
<b>NATURLI'</b>				
XL078	Vegan Burger	320g	3.90	GV
XL086	Vegan Sausages	300g	4.30	GV
<b>OUMPH!</b>				
XL012	Burgers (2 pack)	226g	4.49	V
<b>QUORN</b>				
XL211	Vegan Spicy Burgers	264g	3.19	V

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<b>SEA VEGETABLES</b>				
<b>CORNISH SEAWEED COMPANY</b>				
HE040	Organic Cornish Seaweed Salt	70g	3.90	OV
HE006	Organic Dulse	20g	4.59	OV
HE014	Organic Mixed Seaweed Flakes	60g	5.59	OV
HE048	Organic sea Salad	30g	5.75	OV
HE043	Organic Sea Spaghetti	40g	4.59	OV
<b>I SEA BACON</b>				
LJ176	Seaweed Bacon	30g	5.79	OV
<b>I SEA PASTA</b>				
LJ198	Seaweed Tagliatelle	100g	5.79	OV
<b>I SEA WRAPS</b>				
LJ007	Seaweed Wraps	280g	3.79	SV
<b>MARIVITA</b>				
HE012	Dried & Ground Seaweed Organic	100g	7.29	OV
<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
Keto Protein				
KB381	Hazelnut & Cocoa Protein Bar	45g	1.99	V
KB384	Peanut Butter & Cocoa Protein	45g	1.99	V
<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
Vegan				
ZX593	Almond	35g	1.95	GSV
ZX592	Maple Pecan & Cashew	35g	1.95	GSV
<b>BRYNMOR</b>				
Flapjack				
KB557	Apple & Raspberry	80g	0.69	SV
KB559	Apricot & Almond	80g	0.69	GSV
KB541	Cashew & Coconut	80g	0.69	GSV
KB551	Cranberry	80g	0.69	SV
KB552	Pecan	80g	0.69	SV
KB555	Pistachio	80g	0.69	SV
KB543	Summer Berry	80g	0.69	GSV
<b>CLIF BAR</b>				
KB285	Blueberry Crisp	68g	1.59	SV
KB283	Chocolate Almond Fudge Bar	68g	1.65	SV
KB086	Chocolate Chip Bar	68g	1.65	SV
KB328	Chocolate Hazelnut Butter	50g	1.99	OSV
KB365	Chocolate Peanut Butter	50g	1.99	OSV
KB083	Peanut Butter Bar	68g	1.65	SV
KB284	White Chocolate Macadamia Bar	68g	1.65	SV
Builder's Bars				
KB357	Choc Peanut Butter	68g	2.65	V
KB358	Chocolate	68g	2.65	SV

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KB356	Chocolate Mint	68g	2.65	V
	<b>DELICIOUSLY ELLA</b>			
KB435	Cacao & Almond Ball	40g	1.99	GV
	Nut Butter Filled			
WS071	Almond Butter Ball	36g	1.99	GV
WS072	Hazelnut Nut Butter Ball	36g	1.99	GV
WS006	Raspberry & Cashew Butter Ball	36g	1.99	GV
	<b>DOVES FARM</b>			
	Impulse			
KB228	Apple & Sultana Flapjack	35g	0.79	GOSV
KB230	Apricot & Chia Seed Flapjack	35g	0.79	GOSV
KB234	Chocolate Chip Flapjack	35g	0.79	GOSV
	Multipack			
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>			
WS031	Maple Syrup, Pecans & Peanuts	45g	0.99	GSV
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	32.5g	0.99	GV
	Chocolate Coated			
KB279	Morello Cherry Bar	45g	1.69	GV
KB925	Orange Cacao & Cashew Bar	45g	1.69	GV
	<b>MA BAKER</b>			
KB679	Giant Berry Bar - Wheat Free	90g	0.95	SV
KB322	Giant Fruit Bar - Wheat Free	90g	0.95	VS
KB906	Nut Mixed Case	90g	0.95	VS
KB905	Tropical Mixed Case	90g	0.95	VS
	Sugar'd Out Flapjack			
KB293	Blueberry	50g	0.85	V
KB262	Raspberry	50g	0.85	V
	<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	50g	1.59	GV
	Multi Packs			
WS045	Apple Danish Multipacks	4 x 30g	3.90	GV
KB802	Banoffee Pie Multipack	4 x 35g	3.90	GV
KB029	Berry Delight Multipack	4 x 35g	3.90	GV
KB779	Blueberry Muffin Multipack	4 x 35g	3.90	GV
KB931	Cashew Cookie Multipack	4 x 35g	3.90	GV
KB031	Cocoa Delight Multipack	4 x 35g	3.90	GV
KB003	Cocoa Orange Multipack	4 x 35g	3.90	GV
KB771	Salted Caramel Multipack	4 x 35g	3.90	GV

code	product	size	rrp	bfgosv
KB799	Strawberry Sundae Multipack Nudie Bars	4 x 35g	3.90	GV
KB877	Bakewell Tart Bar	35g	0.89	GV
KB686	Banoffee Pie Bar	35g	0.89	GV
KB756	Berry Delight Bar	35g	0.89	GV
KB532	Blueberry Muffin	35g	0.89	GV
KB526	Carrot Cake	35g	0.89	GV
KB554	Cashew Cookie Bar	35g	0.89	GV
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 Oaties	35g	0.89	GV
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>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>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>PULSIN'</b>			
WS040	Brownie Double Choc Dream	35g	1.29	GSV
WS049	Double Choc Fudge Brownie Enrobed Protein Bar	35g	1.29	GSV
KB110	Choc Fudge	57g	1.99	V
KB109	Cookie Dough Keto Bars	57g	1.99	V
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 Protein Boosters	50g	1.99	GV
KB090	Maple & Peanut Protein Bar	50g	1.79	GV
KB148	Peanut Choc Protein Bar	50g	1.79	GV
KB706	Vanilla Choc Chip Protein Bar Raw Choc Brownie	50g	1.79	GV
WS056	Peanut Choc Chip Raw Brownie	35g	1.19	GSV
WS058	Salted Caramel Raw Choc Brownie	35g	1.19	GV
	<b>RAW BAKE STATION</b>			
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>SESAME SNAPS</b>			

code	product	size	rrp	bfgosv
KB001	Sesame Snaps	30g	0.39	SV
KB180	Sesame Snaps (Multipack)	4 x 1	1.25	SV
KB777	Sesame Snaps Chocolate Coated	30g	0.45	SV
KB587	Sesame Snaps Coconut	30g	0.39	SV
<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
<b>FLAPJACKS</b>				
KB499	Cocoa and oat protein flapjack	50g	0.99	GVS
KB500	Cocoa coconut protein flapjack	50g	0.99	GVS
KB501	Morning berry protein flapjack	50g	0.99	GVS
KB505	Original oat protein flapjack	50g	0.99	GVS
<b>Power</b>				
KB663	Millionaire Shortbread	55g	2.90	GV
KB662	Peanut Butter Crunch	55g	2.90	GV
<b>TREK BARS</b>				
KB722	Cocoa Chaos	55g	0.99	GV
KB725	Peanut Power	55g	0.99	GV
<b>TROPICAL WHOLEFOODS</b>				
<b>JUST 5</b>				
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>VIVE</b>				
<b>Better Brownie</b>				
BT409	Cherry Bakewell	35g	1.29	SV
BT410	Chocolate Orange	35g	1.29	SV
BT411	Coconut Cashew	35g	1.29	SV
<b>Natural Protein Bar</b>				
BT412	Hazelnut	50g	1.89	SV
BT413	Peanut Butter Jelly	49g	1.89	SV
BT417	Salted Caramel	49g	1.89	SV
<b>SOFT DRINKS</b>				
<b>BELVOIR</b>				
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
JU136	Pink Lady	250ml	1.20	GV
JU554	Raspberry Lemonade	250ml	1.75	GSV
<b>750ML Bottles</b>				
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
JU293	Ginger and Lime Presse	750ml	3.39	SV

code	product	size	rrp	bfgosv
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
JU351	Strawberry, Lime & Mint Presse	750ml	2.69	SV
	Botanical Sodas			
JU018	Bitter Orange	500ml	2.95	VS
JU021	Floral Fizz	500ml	2.95	VS
JU024	Spicy Ginger Fizz	500ml	2.95	VS
	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
	<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>BUMBLEZEST</b>			
	Sparkling Botanical Water			
JU138	Flourish & Flow	250ml	1.61	GV
JU143	Fuel & Focus	250ml	1.61	GV
JU137	Refresh & Relax	250ml	1.77	GV
	<b>CAWSTON PRESS</b>			
	Cans			
JU265	Apple & Rhubarb	330ml	1.30	SV
JU238	Cloudy Apple	330ml	1.30	V
JU478	Elderflower Lemonade	330ml	1.30	V
JU477	Ginger Beer	330ml	1.30	V
JU231	Orange	330ml	1.30	SV
	<b>CHARITEA</b>			
JU598	ChariTea Black	330ml	1.47	FOSV
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>DALSTON'S</b>			
	Cans			
JU163	Cherryade	330ml	1.90	GV
JU166	Fizzy Elderflower	330ml	1.90	GV
JU772	Fizzy Rhubarb	330ml	1.90	GV
JU162	Ginger Beer	330ml	1.90	GV
JU069	Lemonade	330ml	1.90	V
	<b>DASH WATER</b>			
JU817	Sparkling Blackcurrant	330ml	1.29	V
JU718	Sparkling Cucumber	330ml	1.29	V
JU716	Sparkling Lemon	330ml	1.29	V
JU110	Sparkling Peach	330ml	1.29	GV
JU170	Sparkling Raspberry	330ml	1.29	V
	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
	Soda Water			
JU424	Bitter Orange and Grapefruit	6 x 200ml	5.50	V
JU425	Lime and Garden Mint	6 x 200ml	5.50	V
JU429	Rhubarb and Ginger	6 x 200ml	5.50	V
	<b>DRINK 420</b>			



code	product	size	rrp	bfgosv
JU819	CBD Infused Elderflower & Lime	250ml	2.49	V
JU003	CBD Infused Hibiscus & Ginger	250ml	2.49	V
JU818	CBD Infused Wild Berries	250ml	2.49	V
<b>FENTIMANS</b>				
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
JU618	Rose Lemonade	275ml	1.90	GSV
JU312	Sparkling Raspberry	275ml	1.85	GSV
JU435	Victorian Lemonade	275ml	1.85	GSV
750ML Range				
JU333	Cherry Cola	750ml	4.90	SV
JU573	Curiosity Cola	750ml	4.90	GSV
JU281	Dandelion & Burdock	750ml	4.90	SV
JU632	Gently Sparkling Elderflower	750ml	4.90	GSV
JU280	Ginger Beer	750ml	4.90	GSV
JU437	Pink Ginger Beer	750ml	4.90	GSV
JU455	Rose Lemonade	750ml	4.90	GSV
JU306	Sparkling Raspberry	750ml	4.90	GSV
Bottled 'Light' Range				
JU294	Gently Sparkling Elderflower	250ml	1.89	GSV
JU279	Rose Lemonade	250ml	1.89	GSV
Cans				
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	250ml	1.49	GSV
Good and Fruity - Still Drink				
JU019	Apple and Elderflower	250ml	1.60	V
JU046	Cherry & Blood Orange	250ml	1.60	V
JU044	Lemon and Pink Ginger	250ml	1.60	V
Mixer Range				
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>FIREFLY NATURAL DRINKS</b>				
Fruit Juice & Botanic Extracts				
JU348	Kiwi, lime & Mint	330ml	1.89	V
JU299	Lemon, Lime & Ginger	330ml	1.89	V
JU296	Peach & Green Tea	330ml	1.89	V
JU180	Pomegranate & Elderflower	330ml	1.89	V
<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>GENIE DRINKS</b>				
JU150	Fiery Ginger Kombucha	330ml	2.90	V
<b>GENIE LIVING DRINKS</b>				
JU157	Dry Apple Kombucha	330ml	2.90	V

code	product	size	rrp	bfgosv
JU165	Kombuchas Sweet Citrus	275ml	2.90	V
	<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
JU376	Naturally Slim Cola	275ml	2.90	FGV
JU353	Organic Real Cola	275ml	2.90	FGOV
JU147	Original Energy	250ml	2.90	OV
JU224	Sicilian Blood Orange	275ml	2.90	FOV
JU159	Sicilian Lemon with Fresh Yuzu Super DC	275ml	2.15	FOV
JU274	Blackcurrant & Elderberry	250ml	1.99	V
JU270	Blood Orange	250ml	1.99	V
	<b>HEARTH</b>			
JU220	Yerba Mate Energy Drinks Lemon and Hibiscus	250ml	1.19	V
	<b>HIP POP</b>			
JU099	CBD Kombucha CBD Blood Orange & Grapefruit	330ml	2.49	SV
JU098	CBD Cherry & Blackberry	330ml	2.49	SV
JU094	CBD Passionfruit Guava Organic Kombucha	330ml	2.49	SV
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
	<b>JAX COCO</b>			
JU100	Coconut Water Pure Tetrapacks	6 x 330ml	1.90	VG
JU742	Coconut Water Pure	1l	3.85	V
	<b>KARMA DRINKS</b>			
	Cans			
JU617	Gingerella Ginger Ale	250ml	1.42	FOSV
JU616	Karma Cola	250ml	1.42	FOSV
JU749	Karma Cola - sugar free	250ml	1.42	FV
JU800	Karma Orangeade	250ml	1.42	FOSV
JU615	Lemony Lemon	250ml	1.42	FSOV
JU420	Razza Raspberry Lemonade Glass Bottles	250ml	1.42	FOSV
JU073	Gingerella Ginger Ale	300ml	2.15	FOVS
JU075	Karma Cola	300ml	2.15	FOSV
JU750	Karma Cola - Sugar Free	300ml	2.15	FOV
JU078	Lemony Lemon	300ml	2.15	FOSV
JU418	Razza Raspberry Lemonade	300ml	2.15	FOVS
JU302	Summer Orangeade	300ml	2.15	FOSV
	<b>KOMBUCHA KAT</b>			
JU072	Blueberry	330ml	1.95	OSV
JU036	Energy	330ml	1.95	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

code	product	size	rrp	bfgosv
JU439	St Clements	270ml	1.95	OSV
JU585	Wild Elderflower Bubbly	270ml	1.95	SV
	<b>MINOR FIGURES</b>			
	Nitro Cold Brew Coffees			
JU786	Black Coffee Drink	200ml	1.39	V
JU202	Chai Latte Drink	200ml	1.39	V
JU787	Latte Coffee Drink	200ml	1.39	V
JU209	Matcha Latte Drink	200ml	1.39	V
JU788	Mocha Coffee Drink	200ml	1.39	V
	<b>PIP ORGANIC</b>			
JU399	Sparkling Apple	250ml	1.89	OV
JU405	Sparkling Lemon	250ml	1.89	OV
	<b>POPABALL</b>			
	Christmas			
JU121	Bubbles for Gin Party Pack	4 x 125g	6.25	SV
JU123	Bubbles for Prosecco PartyPack	4 x 125g	6.25	SV
	<b>REBEL KITCHEN</b>			
JU059	Banana Mylk	250ml	1.65	GOV
JU178	Chocolate Mylk	250ml	1.65	GOV
	<b>SIMPLEE ALOE</b>			
JU708	Aloe Water with Pulp	500ml	1.49	V
	<b>SOMETHING AND NOTHING</b>			
JU332	Cucumber Seltzer	330ml	1.49	V
JU337	Hibiscus & Rose Seltzer	330ml	1.49	V
JU335	Yuzu Seltzer	330ml	1.49	V
	<b>VITA COCO</b>			
	1L			
JU433	Choc-o-lot 1L	1l	3.49	V
JU239	Pressed Coconut Water Organic	1l	4.19	OV
JU118	Pure Coconut Water	1l	3.49	SV
JU221	Pure Coconut Water Organic	1l	4.19	OV
JU117	Pure Pressed Coconut Water	1l	3.49	SV
	330ML			
JU436	Choc-o-lot	330ml	1.69	V
JU111	Pure Coconut Water	330ml	1.69	SV
JU113	Pure Pressed Coconut Water	330ml	1.69	SV
	<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>			
VF565	Pea & Vegan Ham Soup	400g	2.90	V
	<b>SUMA ORGANIC</b>			
VF390	Organic Minestrone Soup	400g	1.95	OV
VF655	Organic Mushroom Soup	400g	2.25	OV
VF595	Organic Pea Soup	400g	2.25	OV
VF525	Organic Rustic Vegetable Soup	400g	1.99	OV
VF365	Organic Spicy Lentil Soup	400g	1.95	OV
VF345	Organic Tomato & Basil Soup	400g	1.95	OSV
VF600	Organic Tomato Soup	400g	1.95	OV
VF685	Organic Tuscan Bean Soup	400g	1.95	OV
	<b>AMY'S KITCHEN</b>			
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

code	product	size	rrp	bfgosv
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 - 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>RIFCO</b>				
VF220	Balinese Lentil & Pepper Soup	400g	1.95	OV
VF233	Mexican Bean Soup	400g	1.95	OV
VF225	Moroccan Chickpea Soup	400g	1.95	OV
VF114	Sri Lankan Lentil & Coconut	400g	1.95	OV
<b>SOUPS (CHILLED)</b>				
<b>TIDEFORD ORGANIC VEGAN FOODS</b>				
CV883	Carrot & Ginger Soup	600g	3.49	OV
CV619	Country Veg, Rosemary & Thyme	600g	3.49	OV
CV882	Creamy Mushroom Soup	600g	3.49	OV
CV884	Jamaican Spicy Jackfruit Soup	600g	3.49	OV
CV782	Lentil and Spinach Dahl	600g	3.49	GOV
CV357	Minestrone Soup	600g	3.49	OV
CV617	Moroccan Soup	600g	3.49	GOV
CV644	Pea Soup	600g	3.49	OV
CV383	Red Lentil Soup	600g	3.49	OV
CV587	Smoky Tomato & Lentil Soup	600g	3.49	GOV
CV783	Spiced Parsnip Soup	600g	3.49	GOV
CV699	Spiced Sweet Potato Soup	600g	3.49	OV
CV819	Super Greens Soup	600g	3.49	OV
CV885	Tomato & Butterbean Soup	600g	3.49	OV
CV734	Tomato, Basil & Red Pepper	600g	3.49	GOV
<b>SPIRITS &amp; LIQUEURS</b>				
WN017	Cognac Distilerie du Peyrat	70cl	39.99	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	3.99	OV
WN049	Utkins Single Estate Vodka	70cl	28.85	GOV
<b>SUGARS &amp; SYRUPS</b>				
<b>SUMA ORGANIC</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</b>				
LJ090	Golden Granulated Sugar	500g	3.50	FV
<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>				
LJ063	Barista Sugar	400g	1.28	V
LJ037	Barista Sugar Crystals	400g	2.55	V

code	product	size	rrp	bfgosv
LJ188	Fairtrade Demerara	500g	1.99	FV
LJ185	Fairtrade Golden Gran Sugar	500g	1.85	FV
LJ999	Granulated Sugar - organic	500g	2.35	VO
LJ190	Organic Natural Caster	500g	2.75	OV
LJ060	Sugar - Dark Muscovado	500g	1.89	V
LJ058	Sugar - Demerara	500g	1.89	V
LJ057	Sugar - Golden Caster	250g	0.95	V
LJ056	Sugar - Golden Granulated	1kg	3.45	V
LJ059	Sugar - Light Muscovado	500g	1.89	V
LJ109	Sugar - Molasses	500g	1.99	V
	<b>BIONA</b>			
LJ083	Coconut Blossom Nectar	350g	6.79	OV
LJ011	Coconut Palm Sugar - Organic	250g	3.50	OV
LJ014	Coconut Palm Sugar - Organic	500g	5.59	OV
LJ182	Dark Agave Syrup	250ml	3.75	OV
HY026	Organic Brown Rice Syrup	350g	3.65	OV
HY020	Organic Date Syrup	350g	4.45	OV
HY022	Organic Maple Agave Syrup	350g	5.49	OV
LJ181	Rapadura / Sucanat Sugar	500g	4.35	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>DINE WITH ATKINS &amp; POTTS</b>			
LJ194	Rosehip Syrup	200g	3.79	SV
	<b>EQUAL EXCHANGE</b>			
LJ500	Raw Cane Sugar - organic	500g	2.39	FOV
	<b>HILLTOP HONEY</b>			
HY055	Maple Syrup Grade A Amber	230g	3.99	V
HY015	Maple Syrup Grade A Amber	640g	9.99	V
HY050	Maple Syrup Grade A Dark	640g	9.99	V
	<b>HONEA</b>			
HY089	Elderflower Honea - Vegan	230ml	4.99	SV
HY061	Lavender Honea - Vegan	230ml	4.99	SV
HY060	Orange Blossom Honea - Vegan	230ml	4.99	SV
HY058	Original Honea - Vegan	230ml	4.99	SV
HY051	Rose Honea - Vegan	230ml	4.99	SV
	<b>MARIGOLD</b>			
LJ179	Pomegranate Molasses	150ml	4.19	V
	<b>MERIDIAN</b>			
HY077	Barley Malt Extract	370g	2.79	V
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
HY080	Date Syrup	330g	3.25	V
HY250	Maple Syrup - organic	330g	8.99	OV
	<b>RAYNERS</b>			
LJ901	Black Treacle - organic	340g	3.15	GOV
HY088	Blackstrap Molasses	340g	2.55	V
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>			
HY009	Maple Syrup Grade A Amber	250ml	6.39	V
HY053	Og Maple Syrup Grade A Amber	250ml	6.79	OV
HY056	Og Maple Syrup Grade a Amber	1l	24.29	OV

code	product	size	rrp	bfgosv
HY042	Og Maple Syrup Grade A Dark	250ml	6.79	OV
	<b>SWEET FREEDOM</b>			
LJ157	Caramel Syrup	350g	3.89	V
LJ041	Natural Sweetness - Original	350g	3.49	V
LJ154	Vanilla Syrup	350g	3.89	V
	<b>TOTAL SWEET</b>			
LJ124	Total Sweet	225g	2.99	V
LJ125	Total Sweet	1kg	11.15	V
	<b>TRAIDCRAFT</b>			
LJ515	Brown Sugar Sticks	3g	12.19	FV
LJ889	Caster Sugar - Golden Caster	500g	1.89	FSV
LJ990	Sugar - Demerara	500g	1.89	FSV
LJ132	Sugar - Raw Cane	500g	1.89	FSV
	<b>TRUVIA</b>			
LJ086	Sweetener from the Stevia Leaf	270g	5.49	V
	<b>XYLITOL UK</b>			
LJ051	Xylitol Sweetener	250g	3.90	V
LJ047	Xylitol Sweetener	1kg	11.39	V
	<b>SUPERFOODS &amp; SPORTS NUTRITION</b>			
	<b>BEET 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>CHIA BIA</b>			
MD068	Whole Chia Seed	200g	3.49	V
MD073	Whole Chia Seed	400g	3.30	V
	<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
	Organic Sprouted Range			
VM263	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
MD150	Organic Maca Powder	300g	6.99	OV
MD155	Organic Spirulina Powder	200g	8.99	GOV
MD067	Organic Turmeric Superblend	250g	7.99	GOV
MD154	Organic Wheatgrass Powder	200g	7.99	GOV
	<b>PREWETT'S</b>			
VM020	Organic Ground Flaxseed	175g	3.90	GOV

code	product	size	rrp	bfgosv
	<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 Supershakes	252g	24.99	VG
VM304	Cacao & Maca Energy Supershake	300g	17.59	GV
	<b>SUPPLEMENTS &amp; REMEDIES</b>			
	<b>SUMA PREPACKS</b>			
HE250	Psyllium Husk	200g	5.99	V
	<b>ALOE PURA</b>			
VM193	Aloe + Arnica Cream	50ml	5.99	V
VM192	Aloe + Calendula Cream	50ml	5.99	V
VM194	Aloe + Devils Claw Gel	50ml	5.99	V
MD030	Colax Tablets	60	1.99	V
	<b>ALOE PURA JUICE</b>			
MD095	Aloe Vera Juice	500ml	7.99	V
MD094	Aloe Vera Juice	1l	13.99	V
	<b>BETTER YOU</b>			
	Kids Vitamins			
VM217	Magnesium Sleep Bath Flakes	750ml	11.95	V
	Magnesium Range			
VM169	Magnesium Body Butter	200ml	9.95	V
VM029	Magnesium Flakes	250g	3.95	V
VM168	Magnesium Flakes	1kg	9.95	V
VM247	Magnesium Gel - Original	150ml	12.65	V
VM101	Magnesium Muscle Flakes	1kg	9.95	V
VM167	Magnesium Oil - Goodnight	100ml	12.95	V
VM164	Magnesium Oil - Original	100ml	12.95	V
VM166	Magnesium Oil - Sensitive	100ml	12.95	V
VM105	Magnesium Sleep Flakes	1kg	9.95	V
	Vitamins & Minerals			
VM117	B-Complete Oral Spray	25ml	14.95	V
VM171	Boost B12 Oral Spray	25ml	11.95	GV
VM051	DLux 1000 Vegan Vitamin D	15ml	9.95	GV
VM253	Dlux Junior	15ml	6.65	V
VM016	Immune Health Oral Spray	50ml	12.95	GV
VM106	Iron 10	25ml	14.95	GV
VM282	Iron Daily Oral Spray	25ml	9.95	V
VM060	Selenium + ACE Oral Spray	50ml	14.95	GV
MD034	Turmeric Daily Oral Spray	25ml	17.95	V
VM312	Vegan Health Spray	25ml	14.95	V
	<b>BLUEIRON</b>			
VM118	BlueIron Liquid Iron	250ml	19.55	V
	<b>FLORADIX</b>			
MD016	Floradix Vitamin B Complex	250ml	13.89	GV
MD173	Floravital Formula - Yeastfree	250ml	12.15	V
MD172	Floravital Formula - Yeastfree	500ml	19.99	V
MD079	Immune Support Formula	250ml	12.75	V
MD075	Kids Iron & Vitamin Formula	250ml	13.15	V
MD006	Kindervital Children's Fruity	250ml	11.65	GV
MD033	Neuro Balance with Ashwagandha	250ml	13.85	GV
	<b>GO2</b>			
VM110	B.Calm Inhaler Stick	1	3.99	V
VM109	Energy Inhaler Stick	1	3.99	V
VM084	Focus Inhaler Stick	1	3.99	V

code	product	size	rrp	bfgosv
VM075	Sleep Inhaler Stick	1	3.99	V
	<b>HIGHER NATURE</b>			
VM035	Active Silver High Stability	100ml	18.75	V
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
VM303	Citricidal	45ml	12.99	V
MD043	High Strength B Complex	90	19.99	V
VM255	MSM Glucosamine Joint Complex	90	11.60	V
VM179	Serotone 5-HTP (100mg)	30 capsules	12.10	GV
MD017	Serotone 5HTP 100mg	90	32.70	V
VM153	Super Magnesium 300mg	30	8.50	V
VM154	Super Magnesium 300mg	90	18.99	V
MD070	VisualEyes	90	29.70	V
	Daily Nutrients			
VM158	For a Restful Night	28	22.99	V
VM159	For Calm	28	22.99	V
VM160	For Energy & Vitality	28	19.99	V
VM161	For Immunity	28	24.99	V
VM165	For Vegans	28	19.99	V
	Effervescents			
MD003	Fizzy C Effervescent Vitamin C	20 tablets	4.95	V
MD010	Magnesium Effervescent	20	5.99	V
	<b>LOVE CBD</b>			
VM135	CBD Entourage Capsules	30 capsules	18.99	V
VM285	Dutch CBD Oil 300mg	20ml	18.99	V
VM286	Dutch CBD Oil 500mg	20ml	28.99	V
VM287	Dutch CBD Oil Capsules	60 capsules	18.99	V
VM132	Entourage Oil Spray 800mg	20ml	48.99	V
	<b>NATURE'S GREATEST SECRET</b>			
VM266	Colloidal Silver 20PPM Dropper	100ml	12.95	V
VM141	Colloidal Silver 20PPM Refill	300ml	21.95	V
VM008	Colloidal Silver 20PPM Spray	50ml	1.95	V
VM270	Colloidal Silver 20PPM Spray	100ml	12.95	V
VM162	Colloidal Silver Travel Gel	50g	1.95	V
	<b>NATURES AID</b>			
VM185	Evening Primrose Oil Organic	90 capsules	15.45	OV
VM089	Inulin Powder	250g	12.45	SV
VM030	Mushroom Complex Organic	60 capsules	19.45	OV
VM180	Sea Buckthorn Oil 500mg	60 capsules	19.45	V
VM291	Turmeric Capsules	30 capsules	1.45	GV
VM292	Turmeric Capsules	60 capsules	18.45	GV
VM295	Vitamin D3 1000iu	60 tablets	5.95	GV
VM182	Vitamin E Oil - high strength	50ml	1.95	V
	Traditional Herbal Remedies			
VM210	DigestEeze	60 tablets	9.95	V
VM211	Echineeze	90 tablets	8.45	V
VM214	SleepEezy	60 tablets	8.95	V
	<b>NATURES OWN</b>			
	B Vitamins			
VM197	Methylfolate	30 capsules	6.99	GV
VM157	Vit B Complex + Vit C	50 tablets	18.30	V
	C Vitamins			
VM023	Cherry-C: Vit C from Acerola	60 capsules	17.20	V
	D Vitamins			
VM252	Vitamin D3 Vegan	60 tablets	8.30	V
	Minerals			
VM001	Calcium - from seaweed	60 capsules	16.00	V
VM108	Magnesium Citrate	90 capsules	13.90	V
VM189	Zinc/Copper	50 tablets	14.60	V
	Multi-Formulations			



code	product	size	rrp	bfgosv
VM156	Multivitamin & Mineral	100 tablets	23.80	V
VM065	Wholefood Multi - Vits & Mins Nutritional Support	60 capsules	18.60	V
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
VM176	Omega 3 Vegan	60 capsules	26.30	V
VM201	Sea Buckthorn Organic Range	60 capsules	2.49	GV
VM126	Organic Kelp	60 capsules	11.80	OV
<b>OPTIMA</b>				
MD118	Sour Cherry Juice	500ml	17.15	V
<b>PUKKA</b>				
MD011	Ashwaganda - Wholistic	60 capsules	24.99	OV
MD202	Castor Oil	250ml	9.95	OV
MD015	Inner Peace	60 capsules	24.99	OV
MD014	Mind Focus	60 capsules	24.99	OV
MD002	Night Time	60 capsules	19.99	OV
MD117	Organic Aloe Vera Juice	500ml	1.35	OV
MD056	Organic Aloe Vera Juice	1l	17.32	OV
MD062	Power Immune	60 capsules	24.99	OV
MD018	Wholistic Turmeric	30 capsules	15.99	OV
<b>SIMPLEE ALOE</b>				
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV
MD025	Aloe Juice Health Supplement	1l	15.99	GOV
<b>SPATONE</b>				
MD175	Iron-Plus	28 x 25	12.89	V
MD005	Liquid Iron - Apple Flavour	28 x 25	13.65	V
<b>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
VM022	Beautiful	60	14.99	GV
VM013	Bio CoQ10	30	13.99	GV
VM103	Bone Aid	60	13.99	GV
VM018	Calcium - from seaweed	60	9.99	GV
VM026	Curcumin & Turmeric	30	9.99	GV
VM033	Gentle Iron	30	7.99	GV
VM014	Immune	30	11.99	GV
VM102	Iodine	30	6.99	GOV
VM119	Magnesium	30	6.99	GV
VM149	Menopause	50	18.99	V
VM112	Multi Vitamin & Mineral	30	9.49	GV
VM019	Multibiotic	30	14.99	GV
VM052	Night Time Marine Magnesium	60	12.99	GV
VM121	Omega 3 - Algae	30	13.99	GV
VM025	Pregnancy - Multi Vit & Mins	60	14.99	GV
VM050	Stress Aid Vitamin & Mineral	30	9.99	GV
VM017	Vegan Multi Vitamin & Mineral	60	12.99	GV
VM021	Vegan Vitamin D3	30	6.99	GV
VM111	Vitamin B Complex	30	9.25	GV
VM113	Vitamin C with Bioflavonoids	30	7.99	GV
VM319	Vitamin K2	30	8.99	GV
VM054	Womens Multivit	30	9.99	GV
VM150	Zinc	30	9.99	OV
<b>VEGA</b>				
VM004	B Vitamins Vitamin B12 1000ug	30	5.85	V

code	product	size	rrp	bfgosv
VM140	Multi Formulas Co-Enzyme Q10	30 capsules	12.55	V
VM138	Probiotics & Digestive Aids Acidophilus & Bifidus Complex	60 capsules	9.55	V
<b>VEGAN SOCIETY</b>				
VM241	VEG 1 - Blackcurrant Flavour	90 tablets	7.75	SV
VM244	VEG 1 - Blackcurrant Flavour	180 tablets	15.50	SV
VM245	VEG 1 - Orange Flavour	90 tablets	7.75	SV
VM246	VEG 1 - Orange Flavour	180 tablets	15.50	SV
<b>WELEDA</b>				
	Anthroposophic Medicines			
DY155	Arnica Massage Balm	100ml	13.50	V
DY456	Arnica Massage Balm	200ml	2.75	V
<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
ZX009	Yoyo-Blueberry&Banana Smoothie	5 x 20g	2.85	FV
ZX050	Yoyos - Apple Multipack	5 x 20g	2.85	FV
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
ZX015	Yoyos -Peach & Banana Smoothie	5 x 20g	2.85	FV
<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>CANDY KITTENS</b>				
ZX594	Eton Mess	140g	2.85	SV
ZX599	Sour Watermelon	125g	2.49	SCV
ZX344	Tropical Mango	125g	2.49	GSV
ZX113	Very Cherry	125g	2.49	SV
ZX622	Wild Strawberry 140g Bags	125g	2.49	SCV

code	product	size	rrp	bfgosv
ZX598	Love Candy	140g	2.85	SV
	Gourmies			
ZX138	Blood Orange & Pomegranate	125g	2.49	SV
ZX056	Orchard Apple & Dragonfruit	125g	2.49	SV
ZX052	Sweet Raspberry & Guava	125g	2.49	SV
	Small Bags			
ZX577	Eton Mess	54g	1.25	SV
ZX645	Sour Watermelon	54g	1.25	SVG
ZX035	Tropical Mango	54g	1.25	GSV
ZX116	Wild Strawberry	54g	1.25	SV
	<b>CHEWSY</b>			
ZX677	Cinnamon Gum	15g	1.29	V
ZX665	Lemon Gum	15g	1.29	V
ZX565	Peppermint Gum	15g	1.29	V
ZX591	Spearmint Gum	15g	1.29	V
	<b>COTSWOLD FUDGE CO</b>			
ZX064	Vegan 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
WS203	Vegan Vanilla Fudge Gift Box	250g	6.49	SV
	<b>CYPRESSA</b>			
ZX778	Almond Halva	250g	2.99	SV
	<b>FABULOUS FREE FROM FACTORY</b>			
ZX548	Chocovered Crunchee Bites	65g	1.85	GSV
ZX928	Chocovered Peanuts	65g	1.69	GSV
ZX927	Chocovered S/Salt Fudgee Bites	65g	1.89	SV
ZX159	Dairy Free Chocolate Raisins	75g	1.69	GV
ZX432	Dairy Free Fudge	200g	3.29	GSV
ZX627	Dairy Free Fudgee Bites	75g	1.69	GSV
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
ZX744	Wine Gums	100g	1.99	V
	Boiled Sweets			
ZX321	Cola & Strawberry Lollipops	60g	1.99	VG
ZX324	Rhubarb and Custard	70g	1.99	VG
	Vegan Mallows			
ZX173	Mini Pink and White Vanilla	105g	1.89	SV
ZX323	Strawberry Mallows	105g	1.89	SV
ZX243	Vanilla Mallows	105g	1.89	SV
	<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>FRUTINA</b>			
KB325	Fruit Snack - Variety Pack	15g	0.65	V
	<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

code	product	size	rrp	bfgosv
ZX119	Vanilla cream Mini Bites	42g	1.75	GSV
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 Share Bags	40g	1.49	SGV
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 Shot Bags	125g	2.99	GSV
ZX948	Grizzly Bears Shot Bags	24g	0.89	GSV
ZX950	Happy Bears Shot Bags	24g	0.89	GV
ZX955	Love Bears Shot Bags	24g	0.89	GV
ZX949	Tangy Worms Shot Bags	24g	0.89	GSV
<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>MALLOW PUFFS</b>				
WS036	Salted Caramel Mallow Bar	30g	1.65	SV
WS035	Vanilla Bean Mallow Bar Vegan Marshmallows	30g	1.65	SV
KB739	Raspberry Mallows	100g	3.59	SV
KB075	Salted Caramel Mallows	100g	3.59	SV
KB070	Vanilla Bean Mallows	100g	3.59	SV
<b>NOT GUILTY</b>				
KB141	Hipster Bean	90g	1.99	OSCV
KB149	Hug Me Please Sour Gummy	100g	1.99	SOGV
KB142	Kiss me Softly Sour Gummy	100g	1.99	OSVG
KB130	Marilyn Mallow	80g	2.19	GSOV
<b>PANDA</b>				
ZX078	All Natural 4 Bar Pack	128g	2.29	SV
ZX071	All Natural Liquorice Bar	32g	0.69	VS
ZX402	All Natural Liquorice Bears	125g	1.65	VS
ZX676	All Natural Raspberry Bar	32g	0.69	VS
ZX674	Liquorice Cuts Bag	240g	2.75	VS
ZX435	Liquorice Torpedos	100g	1.69	SV
ZX409	Raspberry Liquorice	200g	2.69	SV
<b>PEPPERSMITH</b>				
	Big Packs			
ZX769	Peppersmith Chewing Gum	50g	3.49	V
ZX771	Spearmint Chewing Gum Dental Pocket Packs	50g	3.49	V
ZX026	Extra Strong Mints	15g	1.59	V
ZX601	Peppermint Chewing Gum	15g	1.39	V
ZX536	Peppermint Fresh Mints	15g	1.59	V
ZX590	Sicilian Lemon Peppermints	15g	1.59	V
ZX606	Spearmint Chewing Gum	15g	1.39	V

code	product	size	rrp	bfgosv
	<b>RICOLA</b>			
ZX853	Apple Mint - sugar free	45g	1.65	V
ZX372	Cranberry - sugar free	45g	1.65	V
ZX351	Herb - sugar free	45g	1.65	V
ZX442	Lemon Mint - sugar free	45g	1.65	V
ZX350	Liquorice - sugar free	45g	1.65	V
	<b>SUNITA</b>			
ZX587	Grape Juice & Sultana Halva OG	75g	1.69	OV
	<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	4.50	GOSV
	<b>BONSAN</b>			
KJ085	Hot & Fiery Chilli Sauce	140ml	3.95	OSV
	<b>CHOLULA</b>			
KJ234	Hot Sauce Chipotle	150ml	2.19	SV
KJ014	Hot Sauce Original	150ml	2.19	V
	<b>EATEN ALIVE</b>			
KJ287	Jalapeno & Lime Hot Sauce	150ml	3.99	SV
KJ146	Preserved Lemon Hot Sauce	150ml	3.99	SV
KJ286	Raw Kimchi Hot Sauce	150ml	3.99	VS
KJ148	Scotch Bonnet Hot Sauce	150ml	3.99	SV
KJ144	Smoked Sriracha Hot Sauce	150ml	3.99	SV
	<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>JOCK'S HOT SAUCE</b>			
KJ066	Smoked Habanero Chilli Sauce	150ml	4.65	SV
	<b>JTS - FAIR FOOD FINE FOOD</b>			
	Ukuva iAfrica			
KJ291	Garlic Hot Drop/Cape Herb Set	set	5.18	FV
KJ289	Zulu Fire & Lemon Pepper Set	set	1.35	V
	<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>RUBIES IN THE RUBBLE</b>			
KJ279	Banana Ketchup	300g	3.49	V
KJ102	Tomato Ketchup	300g	2.99	GSV
	<b>STUBB'S</b>			
KJ073	Hickory Liquid Smoke	148ml	2.69	GSV
	<b>TEAS</b>			
	<b>BREW TEA</b>			
	Bags			
TE362	CO2 Decaffeinated	15 bags	5.59	V
TE361	Earl Grey	15 bags	4.59	V
TE360	English Breakfast	15 bags	4.59	V
	Loose Tea			
TE358	CO2 Decaffeinated	113g	6.49	V
TE357	Earl Grey	113g	5.49	V
TE356	English Breakfast	113g	5.49	V
	<b>CAFEDIRECT</b>			
TE690	Everyday Tea	80 bags	3.92	FV
TE388	Everyday Tea	440 bags	14.49	FV

code	product	size	rrp	bfgosv
<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	6.50	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
	Food Service Range			
TE178	Fairtrade Everyday	100 bags	5.69	FV
TE448	Fairtrade Everyday One Cup Bag	1100 bags	34.99	FV
TE726	Fairtrade One Cup Teabags	440 bags	14.79	FV
	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
	Food Service Range - 6 x 25's			
TE635	Everyday Decaffeinated Tea	25 bags	3.35	OV
	Food Service Range - 6 X 25's			
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
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>HAMPSTEAD TEA</b>				
TE369	Assam	20 bags	2.79	OV

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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 Looseleaf	20 bags	2.79	FOV
TE249	Darjeeling	100g	5.99	BOV
TE251	Earl Grey	100g	5.99	OVB
TE677	English Breakfast	100g	5.99	GOVB
TE255	Green Tea Selection Box	100g	5.99	BOV
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 Looseleaf	40g	19.99	OV
TE819	Fairtrade Chun Mee Tea	100g	2.75	FOV
<b>RUDE HEALTH FOODS</b>				
Hot Drinks				
TE100	Hot Chocolate - Organic	1l	2.99	OV
TE157	Turmeric Latte - Organic	1l	2.99	OV
<b>TOFU &amp; TEMPEH (CHILLED)</b>				
<b>BETTER NATURE</b>				
CV763	BBQ Tempeh Strips	180g	2.99	V
CV764	Curry Tempeh Bites	180g	2.99	V
CV201	Organic Tempeh	200g	2.99	OV
CV247	Smoked Tempeh	170g	3.29	OV
CV767	Smoky Tempeh Rashers	180g	2.99	V
CV153	Tempeh Mince	180g	2.99	V
CV766	Tender Roast Bites	180g	2.99	V
<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
<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

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<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	3.35	OV
<b>TOMATOES &amp; TOMATO PRODUCTS</b>				
<b>SUMA ORGANIC</b>				
LJ660	Organic Basil Passata	690g	1.99	VO
LJ560	Organic Passata	690g	1.95	VO
LJ088	Tomato Puree - organic Canned	200g	1.49	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>MUTTI</b>				
LJ142	Baby Roma Tomatoes	400g	2.90	V
LJ140	Classic Pizza Sauce	400g	1.79	V
LJ129	Finely Chopped Tomatoes	400g	1.25	V
LJ128	Flavoured Pizza Sauce	400g	1.79	V
LJ141	Passata	500g	1.65	V
LJ134	Passata (Bottled)	400g	1.69	V
LJ127	Tomato Puree in Tubes	130g	1.35	V
LJ093	Triple Conc' Tomato Puree	200g	1.89	V
LJ133	Whole Peeled Tomatoes	400g	1.25	V
<b>ORGANICO</b>				
KJ010	Sundried Tomatoes - og	190g	3.95	FOV
<b>ZEST</b>				
LJ042	Sun-dried Tomato Paste	170g	2.95	V
<b>TOOTH CARE</b>				
<b>ALOE DENT</b>				
DY511	Aloe Vera Charcoal Toothpaste	100ml	4.99	V
DY852	Aloe Vera Childrens Toothpaste	50ml	3.79	V
DY516	Aloe Vera Coconut Toothpaste	100ml	4.99	V
DY864	Aloe Vera Mouthwash	250ml	4.99	V
DY849	Aloe Vera Sensitive Toothpaste	100ml	4.99	V
DY836	Aloe Vera Whitening Toothpaste	100ml	4.99	V
DY528	Triple Action Toothpaste	100ml	4.99	V
<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>DR BRONNER'S</b>				



code	product	size	rrp	bfgosv
DY544	Peppermint Toothpaste	105ml	7.89	FV
DY629	Spearmint Toothpaste	105ml	7.89	FV
<b>ECOLIVING</b>				
DY281	Dental Floss Refills	2 x 50m	5.20	V
DY279	Plant-Based Dental Floss	50m	4.20	V
<b>ECOTOOTHBRUSH</b>				
NF356	Adult - Medium	1	3.29	V
NF355	Adult - Soft	1	3.29	V
NF357	Child - Soft	1	3.29	V
<b>ENVIRONMENTAL TOOTHBRUSH</b>				
NF616	The Environmental Toothbrush	1	3.15	V
NF642	The Environmental Toothbrush	1	3.15	V
NF660	The Environmental Toothbrush	1	3.15	V
<b>GREEN PEOPLE</b>				
DY256	Childrens Mandarin	50ml	4.99	VO
DY014	Childrens Spearmint&AloeVera	50ml	4.99	VO
DY216	Minty Cool	50ml	4.99	V
DY255	Peppermint	50ml	4.99	V
<b>HUMBLE</b>				
	Dental Floss			
DY467	Charcoal Floss Picks	50	4.99	V
DY468	Dental Floss - Fresh Mint	50m	2.99	V
DY470	Natural Floss Picks	50	4.99	V
	Interdental Brushes			
DY318	Interdental Brush blue	8 pack	4.15	V
DY323	Interdental Brush Pink	8 pack	4.15	V
DY319	Interdental Brush Red	8 pack	4.15	V
DY324	Interdental Brush Yellow	8 pack	4.15	V
	Toothpaste Tablets			
DY412	Fresh Mint Tabs + Fluoride	60	5.99	V
<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>SARAKAN</b>				
DY035	Mouthfresh Rinse	300ml	4.90	V
DY113	Toothpaste	50ml	2.89	V
<b>WELEDA</b>				
DY224	Ratanhia Mouthwash	50ml	9.25	V
DY146	Toothpaste - Calendula	75ml	5.25	V
DY149	Toothpaste - Plant Gel	75ml	5.25	V
DY147	Toothpaste - Ratanhia	75ml	5.25	V
<b>YAWECO</b>				
DY015	Adult Toothbrush - Medium	1	3.49	V
DY332	Medium Refill Heads	1 x 4PK	6.45	V
<b>VEGETABLES</b>				
<b>SUMA ORGANIC</b>				
	Canned from Fresh			
VF111	Fresh Peas - Organic	340g	1.39	OV
LJ270	Supersweet Sweetcorn - Organic	160g	1.90	OV
LJ800	Supersweet Sweetcorn - Organic	340g	1.39	OV
LJ550	Sweetcorn - Organic	340g	1.39	OV
<b>AMAIZIN</b>				
KJ117	Jalapeno Peppers	150g	2.49	OV
<b>BIONA</b>				

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LJ243	Capers In Olive Oil	120g	4.55	OV
	<b>BIONOVA</b>			
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>COOKS &amp; CO</b>			
KJ020	Artichoke Bottoms in Brine	390g	2.49	V
KJ088	Artichoke Hearts in Brine	390g	2.70	V
KJ284	Dried Morel Mushrooms	30g	11.35	V
KJ090	Dried Porcini Mushrooms	40g	4.99	V
KJ096	Dried Shii-Take Mushrooms	30g	2.69	V
KJ019	Hearts of Palm	400g	2.99	V
KJ248	Lotus Root	400g	2.79	V
KJ093	Mixed Forest Mushrooms	40g	3.10	V
KJ132	Roasted Red Pepper Strips	300g	1.69	SV
KJ017	Roasted Red Peppers	460g	3.15	V
KJ034	Semi Dried Tomatoes in Oil	295g	4.15	V
KJ018	Stuffed Vine Leaves	400g	3.25	V
KJ029	Sundried Tomatoes	280g	2.79	V
KJ078	Sweety Drop Peppers	235g	3.45	GV
KJ244	Tri Colour Jalapenos	290g	2.40	V
KJ027	Whole Green Chillies	300g	1.89	V
KJ030	Whole Red Chillies	300g	1.89	V
	<b>CYPRESSA</b>			
VF051	Marinated Sun-Dried Tomatoes	280g	2.55	V
VF964	Roasted Red Peppers	465g	2.31	SV
VF214	Stuffed Vineleaves	280g	1.95	V
	<b>MANI</b>			
KJ440	Og Capers in Olive Oil	180g	3.79	OV
KJ434	Og Kalamata Olive Paste	180g	3.69	OV
KJ437	Og Sun Dried Tomato Paste	180g	3.69	OV
	<b>MERCHANT GOURMET</b>			
VF145	Chestnut Puree	200g	2.90	V
VF146	Whole Chestnuts	180g	3.15	V
	<b>ORGANICO</b>			
KJ016	Artichoke Hearts - og	190g	4.49	FOV
KJ428	Capers	100g	1.95	OV
KJ429	Capers	250g	3.15	OV
VF088	French Chestnuts in box - og	200g	5.29	OV
	<b>ST DALFOUR</b>			
VF112	Whole Chestnuts	200g	2.89	GV
	<b>TROPICAL WHOLEFOODS</b>			
VF164	Ceps / Porcini Mushrooms	30g	3.30	V
VF514	Shiitake Mushrooms	50g	3.49	V
	<b>VEGETABLES (FROZEN)</b>			
	<b>BIO INSIDE</b>			
XL155	Organic Garden peas	300g	1.55	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>STRONG ROOTS</b>			

code	product	size	rrp	bfgosv
XL164	Cauliflower Hash Browns	375g	3.80	V
XL165	Mixed Root Vegetable Fries	500g	3.80	GV
XL166	Proper Potato Chips	650g	3.80	GV
XL162	Sweet Potato Fries	500g	3.80	GV
<b>YUTAKA</b>				
XL047	Shelled Edamame Beans	500g	2.70	V
<b>VINEGARS</b>				
<b>SUMA ORGANIC</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
KJ099	Organic Red Wine Vinegar	5l	18.59	OV
KJ089	Organic Red Wine Vinegar	500ml	2.29	OV
KJ107	Organic White Wine Vinegar	5l	18.59	OV
KJ091	Organic White Wine Vinegar	500ml	2.29	OV
<b>ASPALL</b>				
KJ480	Apple Balsamic Vinegar	350ml	3.89	V
KJ382	Balsamic Vinegar - og	5l	48.25	OV
KJ478	Balsamic Vinegar - organic	350ml	3.89	OV
KJ477	Cyder Vinegar	350ml	1.89	V
KJ067	Cyder Vinegar	5l	15.79	V
KJ481	Cyder Vinegar - organic	350ml	1.99	VO
KJ069	Cyder Vinegar - organic	500ml	2.49	VO
KJ205	Cyder Vinegar - organic	5l	19.45	OV
KJ381	Malt Vinegar	5l	13.75	V
KJ395	Raw Unfiltered Cyder Vinegar	500ml	2.95	OV
KJ321	Raw Unfiltered Cyder Vinegar	5l	2.79	OV
KJ479	Red Wine Vinegar	350ml	1.89	V
KJ353	Red Wine Vinegar	5l	15.79	V
KJ475	Red Wine Vinegar - organic	350ml	1.95	OV
KJ476	White Wine Vinegar	350ml	1.89	V
KJ356	White Wine Vinegar	5l	15.79	V
KJ474	White Wine Vinegar - organic	350ml	1.95	OV
KJ210	White Wine Vinegar - organic	5l	21.49	OV
<b>BIONA</b>				
KJ131	Cider Vinegar with 'Mother'	5 l	15.79	OV
KJ130	Cider Vinegar with 'Mother'	500ml	2.75	OV
KJ311	Cider Vinegar with 'Mother'	75cl	3.35	OV
<b>BOOSTCHA</b>				
KJ277	Black Tea Kombucha Vinegar	250ml	5.69	OSV
KJ278	Green Tea Kombucha Vinegar	250ml	5.69	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>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
KJ129	Raw Organic Cider vinegar	500ml	3.50	OV
<b>RAYNERS</b>				
KJ500	Apple Cider Vinegar	500ml	3.59	OV
KJ505	Coconut Aminos	250ml	5.85	OV
<b>WATERS</b>				
<b>BOTTLE UP</b>				
	Re-Usable Sugar Cane Bottle			
WA002	Still Spring Water	500ml	2.99	V
WA004	Still Spring Water	500ml	2.99	V
<b>CAN O WATER</b>				

code	product	size	rrp	bfgosv
WA003	Sparkling Spring Water	330ml	0.89	V
WA008	Still Water	330ml	0.89	V
	<b>HARROGATE SPRING WATER</b>			
	330ml Single Serve Glass			
WA013	Spring Water - Sparkling	330ml	0.69	V
WA009	Spring Water - Still	330ml	0.69	V
	750ml Glass Bottles			
WA222	Spring Water - Sparkling	750ml	1.39	V
WA223	Spring Water - Still	750ml	1.39	V
	<b>ONE WATER</b>			
WA001	Natural Still Spring Water	500ml	2.79	V
JU446	Natural Still Water - Carton	500ml	1.29	V
WA006	Sparkling Natural Spring Water	330ml	0.89	V
WA005	Still Natural Spring Water	330ml	0.89	V
	<b>THIRSTY PLANET</b>			
	Glass Bottles			
WA018	Spring Water - Sparkling	330ml	0.70	V
WA016	Spring Water - Still	330ml	0.70	V
	<b>WINES</b>			
	<b>RED WINE</b>			
	Argentina			
WN119	Made in Mendoza Malbec	75cl	11.15	OV
WN010	Rewild Malbec	75cl	9.99	V
	Bulgaria			
WN132	Cabernet Sauvignon Deer Point	75cl	8.60	V
	Chile			
WN041	Proudly Vegan Merlot	75cl	9.99	V
	France			
WN006	Merlot - La Marouette	75cl	13.39	OV
	Italy			
WN063	Era Nero d'Avola	75cl	13.79	OV
WN020	Integro Organic Primitivo	6 75cl	12.99	GOV
WN058	Nero d'Avola	75cl	9.93	OV
WN140	Nero d'Avola - Fedele	75cl	12.29	OV
WN094	Vino Rosso - Fedele	75cl	11.29	OV
	Lebanon			
WN033	Coteaux Les Cedres Du Liban	75cl	2.39	FV
	South Africa			
WN114	Cab Sauvignon - Running Duck	75cl	1.45	FOV
WN197	Merlot - Running Duck	75cl	1.19	FOV
WN138	Merlot - Stellar	75cl	1.75	FOV
WN196	Pinotage - Running Duck	75cl	1.59	FOV
WN116	Shiraz - Running Duck	75cl	1.19	FOV
	Spain			
WN232	Camino Tinto Tempranillo	75cl	1.59	OV
WN207	Cuesta Colora Tempranillo	75cl	13.59	OV
WN103	Rioja Garnacha Crianza	75cl	17.99	OV
	<b>ROSE WINE</b>			
	Bulgaria			
WN174	Merlot Rose Deer Point	75cl	8.60	V
	Chile			
WN043	Proudly Vegan Rose	75cl	9.99	V
	France			
WN229	Grenache Rose - La Marouette	75cl	13.49	OV
	South Africa			
WN118	Shiraz Rose - Running Duck	75cl	1.19	FOV
	Spain			
WN022	Coral de Penascal Rose	75cl	12.99	GOV
	<b>SPARKLING WINE</b>			
	Italy			

code	product	size	rrp	bfgosv
WN075	Prosecco - Proudly Vegan	75cl	14.99	V
WN133	Prosecco - Proverbio	75cl	16.65	OV
WN009	Prosecco Col di Manza Perlage	75cl	22.99	OV
WN015	Prosecco Spumante Era	75cl	16.79	OV
<b>WHITE WINE</b>				
	Bulgaria			
WN012	Chardonnay Deer Point	75cl	8.60	V
	Chile			
WN016	MontGras Sauvignon Blanc	75cl	14.99	GOV
WN034	Proudly Vegan Sauvignon Blanc	75cl	1.69	V
WN014	Rewild Sauvignon Blanc	75cl	9.99	V
WN032	Sauvignon Blanc Semillon	75cl	9.12	FV
	France			
WN226	Sauvignon - La Marouette	75cl	13.79	OV
	Italy			
WN141	Catarratto Pinot Grigio Fedele	75cl	12.29	OV
WN029	Gavi Spinola cas. Tassarolo	75cl	19.99	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
<b>YEAST EXTRACTS</b>				
<b>ESSENTIAL TRADING</b>				
GH059	Yeast Extract	125g	4.35	V
GH058	Yeast Extract	250g	7.30	V
<b>MERIDIAN</b>				
GH160	Yeast Extract + B12 and salt	340g	4.99	V
GH098	Yeast Extract +B12, no salt	340g	4.99	V
<b>NATEX</b>				
GH055	Yeast Extract - Reduced Salt	225g	4.50	V
<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			

code	product	size	rrp	bfgosv
CV326	Blueberry Yoghurt	120g	1.80	V
CV170	Blueberry Yoghurt	350g	3.25	V
CV796	Mango & Passionfruit	350g	3.25	GV
CV533	Natural Yoghurt	350g	3.25	V
CV808	Org Mixed Berry	350g	4.15	GOV
CV834	Org Natural Yoghurt	350g	4.15	GOV
CV515	Raspberry Yoghurt	350g	3.25	V
CV169	Strawberry Yoghurt	350g	3.25	V
<b>OATLY</b>				
CV654	Oatgurt Greek	400g	2.90	V
CV650	Oatgurt Plain	400g	2.30	V
CV651	Oatgurt Strawberry	400g	2.85	SV
<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			
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>				
CV909	Greek Style Yoghurt	350g	3.29	V
CV508	Mango-Passion Compote Yoghurt	360g	3.45	GV
CV495	Natural Yoghurt	350g	3.30	GV
CV914	Overnight Oats	100g	2.10	SV
CV270	Raspberry Yoghurt	350g	3.45	SV
CV497	Vanilla Yoghurt	350g	3.30	GV
	1kg Catering Size			
CV470	Large Natural Yoghurt	1kg	9.50	V
	Gut Health			
CV460	Cultured Strawberry Yoghurt	4 x 100g	4.95	SV
CV427	Natural Cultured Yoghurt	350g	3.30	V

# Suma

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