

The background features a complex pattern of overlapping organic shapes in two colors: a vibrant orange and a deep purple. The shapes vary in size and curvature, creating a dynamic and modern aesthetic. The text is positioned in the upper right and lower right areas, contrasting with the background colors.

Summa

CO-OPERATIVE SINCE 1977

CATERING

JUL - AUG 2022

CATERING

A bit more about it..

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

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

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



Key BFGSOV

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

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

code	product	size	price	bfgosv
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ALCOHOL FREE BEVERAGES

NORFOLK PUNCH

JU195	Original Norfolk Punch	6 X 700ML	25.97	S
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ORGANICO

JU367	Blueberry Sparkle	6 X 750ML	22.31	OV
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JU369	Raspberry Fizz	6 X 750ML	23.31	OV
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ALCOHOLIC DRINKS

HOLLOWS

RT017	Superior Alcoholic Ginger Beer	8 X 500ML	18.75	GVS
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BAGS, BOXES AND BASKETS

ECOLEAF BY SUMA

NF270	Refuse Sacks-Recycled Plastic	12 X 8 ROLLS	15.65	V
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NF483	Refuse Sacks-Recycled Plastic	1 X 200 BAGS	28.79	V
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SUMA

NF487	Cellophane Bags - Large	1 X 1000BAGS	85.11	V
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NF476	Cellophane Bags - Medium	1 X 1000BAGS	61.80	V
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NF484	Cellophane Bags - Small	1 X 1000BAGS	44.98	V
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NF477	Cellophane Bags - XLarge	1 X 1000BAGS	123.55	V
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NF482	Cellophane Bags - XSmall	1 X 1000BAGS	39.21	V
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SUMA PAPER BAGS

NF489	Paper Flour Bags - Holds 1.5kg	1 X 250 BAGS	47.32	V
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D2W

NF406	100% Degradable Refuse Sacks	24 X 10 BAGS	26.92	V
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NF407	Degradable Swing Bin Liners	50 X 15 BAGS	65.80	V
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NF169	Pedal Bin Liners	50 X 30 BAGS	69.90	V
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BAKING SUNDRIES

SUMA

LJ039	Baking Powder - Gluten Free	6 X 200G	1.76	GV
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LJ019	Cornflour	6 X 500G	9.70	V
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LJ040	G/Free Bicarbonate of Soda	6 X 200G	8.60	GV
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LJ223	Gluten Free Xanthan Gum	6 X 100G	12.34	GV
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BARKAT

LJ002	Gluten Free Baking Powder	6 X 100G	7.40	GV
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DOVES FARM

LJ168	Baking Powder Bulk	3 X 1KG	12.10	GV
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LJ166	Cornflour Bulk	3 X 1KG	13.57	GOV
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LJ423	Quick Yeast	2 X 8 X 125G	15.98	GV
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LJ165	Xanthan Gum	3 X 1KG	38.62	GV
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ENGEVITA

LJ143	Yeast Flakes	6 X 125G	15.70	GV
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FERMIPAN

LJ061	Dried Yeast	20 X 500G	85.21	V
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GREEN & BLACKS

KB058	Dark Cooking Chocolate-Organic	15 X 150G	32.10	FOS
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KB429	Milk Cooks Chocolate - organic	15 X 150G	32.10	OS
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JUST WHOLEFOODS

LJ162	Vegeteset - setting agent	10 X 25G	2.93	V
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ORGRAN

LJ656	Egg Replacer	8 X 200 G	17.55	GV
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code	product	size	price	bfgosv
STEENBERGS				
LJ116	Almond Extract	6 X 100ML	3.17	V
LJ117	Orange Flower Water Organic	6 X 100ML	18.85	OV
LJ085	Rose Water Organic	6 X 100ML	18.85	OV
TAYLOR & COLLEDGE				
LJ115	Vanilla Bean Extract	6 X 100ML	41.91	FOV
LJ113	Vanilla Bean Paste	12 X 65G	63.14	SOV
BEANS & PULSES - CANNED				
SUMA				
VF707	Borlotti Beans	12 X 400G	7.11	V
VF119	Butter Beans	12 X 400G	7.11	V
VF709	Cannellini Beans	12 X 400G	7.11	V
VF117	Chickpeas	12 X 400G	7.11	V
VF118	Red Kidney Beans	12 X 400G	7.11	V
SUMA ORGANIC				
VF675	Aduki Beans - organic	12 X 400G	1.35	OV
VF550	Baked Beans - Organic	12 X 400G	12.51	OSV
VF750	Baked Beans - Organic	6 X 2.65K	28.00	OSV
VF900	Black Beans - Organic	6 X 2.6KG	19.25	OV
VF645	Butter Beans - organic	12 X 400G	1.71	VO
VF395	Cannellini Beans - organic	12 X 400G	1.35	OV
VF642	Chickpeas - organic	12 X 400G	1.35	VO
VF785	Chickpeas - organic	6 X 2.6KG	19.75	OV
VF647	Green Lentils - organic	12 X 400G	1.35	VO
VF644	Haricot Beans - organic	12 X 400G	1.35	VO
VF649	Mixed Beans - organic	12 X 400G	1.35	VO
VF643	Red Kidney Beans - organic	12 X 400G	1.71	VO
BIONA				
VF222	Baked Beans - Organic	6 X 400G	6.35	OVS
BIONOVA				
VF495	Baked Beans - organic	6 X 340G	8.00	OSV
WHOLE EARTH				
VF161	Baked Beans - organic	12 X 400G	1.71	GOV
BEANS & PULSES - DRIED				
SUMA BAGGED DOWN				
PU147	Black Turtle Beans	3 KG	7.95	V
PU015	Blackeye Beans	3 KG	8.85	V
PU030	Butter Beans	3 KG	11.25	V
PU041	Cannellini Beans - Alubia	3 KG	7.39	V
PU019	Chickpeas	10 KG	21.55	V
PU143	Chickpeas	3 KG	6.55	V
PU055	Kidney Beans - red	3 KG	8.75	V
PU185	Lentils - brown	3 KG	7.19	V
PU054	Lentils - Dark Speckled	3 KG	12.15	V
PU186	Lentils - green	3 KG	7.85	V
PU040	Lentils - red split	10 KG	24.75	V
PU137	Lentils - red split	3 KG	7.39	V
PU179	Moong Dahl	3 KG	1.15	V
PU051	Mung Beans	3 KG	8.75	V
SUMA BAGGED DOWN - ORGANIC				
PU212	Aduki Beans - Organic	3 KG	18.25	VO
PU243	Butter Beans - Organic	3 KG	17.75	VO
PU117	Chickpeas - organic	1 KG	3.75	VO

code	product	size	price	bfgosv
PU190	Chickpeas - organic	3 KG	1.19	VO
PU162	Green Split Peas - organic	3 KG	8.45	VO
PU191	Haricot Beans - organic	3 KG	13.99	VO
PU003	Lentils - brown, organic	3 KG	11.35	VO
PU171	Lentils - Dark Speckled, org	1 KG	4.95	VO
PU172	Lentils - Dark Speckled, org	3 KG	13.65	VO
PU118	Lentils - green, organic	1 KG	3.95	VO
PU193	Lentils - green, organic	3 KG	1.65	VO
PU127	Lentils - red split, organic	1 KG	3.65	VO
PU194	Lentils - red split, organic	3 KG	9.89	VO
PU120	Mung Beans - organic	1 KG	6.25	VO
PU195	Mung Beans - organic	3 KG	16.65	VO
PU192	Red Kidney Beans - organic	3 KG	12.59	VO
PU197	Yellow Split Peas - organic	3 KG	8.55	VO

SUMA COMMODITIES

PU150	Black Turtle Beans	25 KG	49.00	V
PU303	Blackeye Beans	25 KG	57.75	V
PU114	Broth Mix	25 KG	45.75	V
PU111	Butter Beans (Lima)	25 KG	75.00	V
PU016	Cannellini Beans - Alubia	25 KG	47.00	V
PU018	Chickpeas	25 KG	4.00	V
PU028	Haricot Beans - pea	25 KG	46.00	V
PU039	Kidney Beans - red	25 KG	58.00	V
PU010	Lentils - brown	25 KG	45.00	V
PU082	Lentils - Dark Speckled	25 KG	82.00	V
PU022	Lentils - green	25 KG	5.00	V
PU081	Lentils - red split	25 KG	47.00	V
PU032	Marrowfat Peas	12.5 KG	29.00	V
PU175	Moong Dahl	25 KG	67.00	V
PU033	Mung Beans	25 KG	57.00	V
PU035	Pinto Beans	25 KG	49.00	V
PU025	Split Peas - green	25 KG	33.00	V
PU047	Split Peas - yellow	25 KG	29.00	V

SUMA COMMODITIES - ORGANIC

PU200	Aduki Beans - Organic	25 KG	126.00	VO
PU210	Butter Beans, Chinese - org	25 KG	123.00	OV
PU220	Cannellini Beans - organic	25 KG	84.00	OV
PU140	Chickpeas - organic	25 KG	67.50	OV
PU083	Green Split Peas - organic	25 KG	55.00	OV
PU052	Haricot Beans - organic	25 KG	95.00	VO
PU001	Lentils - brown, organic	25 KG	76.00	VO
PU084	Lentils - Dark Speckled, Org	25 KG	92.00	VO
PU116	Lentils - green , organic	25 KG	7.00	VO
PU126	Lentils - red split, organic	25 KG	65.00	VO
PU062	Mung Beans - organic	25 KG	123.00	VO
PU061	Pinto Beans - organic	25 KG	95.00	OV
PU057	Soya Beans - organic	25 KG	6.00	VO
PU059	Yellow Split Peas - organic	25 KG	55.00	OV

BEERS

BUDELS

RT131	Budels Lager	24 X 330ML	34.99	OV
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SAM SMITHS

RT008	Organic Pale Ale	12 X 550ML	28.79	OV
RT120	Pure Brewed Organic Lager	12 X 550ML	28.79	OV

code	product	size	price	bfgovs
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BISCUITS CRACKERS & CRISPREAD

DOVES FARM

BT010	Digestives	12 X 200G	13.22	OSV
BT092	Organic Digestive Biscuits	12 X 400G	21.79	OSV

ORGANICO

BT065	Classic Grissini - og	8 X 120G	11.70	OV
BT061	Omega Grissini - og	8 X 120G	11.70	OV
BT068	Sesame Grissini - og	8 X 120G	12.90	OV
BT067	Spelt Grissini - og	8 X 120G	15.00	OV

BODY CARE

ALTER/NATIVE BY SUMA

DY484	5l pump - 30ml Dispenser	EACH	3.12	V
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FAITH IN NATURE

DY050	Loose Soap - Aloe Vera	18 X 100G	23.91	V
DY154	Loose Soap - Hemp	18 X 100G	23.91	V
DY005	Loose Soap - Lavender	18 X 100G	23.91	V
DY006	Loose Soap - Orange	18 X 100G	23.91	V
DY008	Loose Soap - Rosemary	18 X 100G	23.91	V
DY239	Loose Soap - Tea Tree	18 X 100G	23.91	V

OLIVA

DY561	Olive Oil Soap - Large Bar	6 X 600G	14.61	V
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BREADS & BREAD MIXES

AMAIZIN

BT329	Organic Tortilla Wraps	16 X 240G	3.20	OV
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BIONA

BT135	Pizza Base - 2 Per Retail Pack	10 X 300G	22.75	OV
BT422	Spelt Pizza Base - Organic	10 X 300G	31.88	OV

ISABEL'S NATURALLY FREE FROM

BT203	Gluten & Wheat Free Pizza Mix	8 X 300G	23.80	G
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BURGERS SAUSAGES & TVP MIXES

SUMA BAGGED DOWN

SY097	Burger Mix - Vegan	1 KG	12.89	V
VF406	Burger Mix - Vegan	5 KG	62.55	V
SY098	Sausage Mix - Vegan	1 KG	11.79	V
VF407	Sausage Mix - Vegan	5 KG	57.15	V
SY113	Vegan TVP Mince	1 KG	4.69	V

SUMA COMMODITIES

VF404	Burger Mix - Vegan	25 KG	267.46	V
VF405	Sausage Mix - Vegan	25 KG	243.75	V

PROTOVEG

VF839	Sausage Mix	10 KG	54.60	V
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BUTTER, CREAM & MILK (CHILLED)

DELAMERE DAIRY

CV239	Goats Butter	10 X 250G	18.16	
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YEO VALLEY

CV304	Slightly Salted Organic Butter	20 X 250G	56.60	O
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code	product	size	price	bfgovs
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CEREALS & MUESLI

SUMA BULK MUESLI

MX184	Cranberry Crunch	3 KG	9.97	
MX025	Crunchy Apricot Muesli	25 KG	58.52	
MX026	Crunchy Apricot Muesli	10 KG	25.43	
MX027	Crunchy Apricot Muesli	3 KG	8.12	
MX017	Luxury Tropical Muesli	10 KG	21.32	V
MX185	Luxury Tropical Muesli	3 KG	6.92	V
MX041	Roast Hazelnut Muesli	10 KG	22.86	V
MX042	Roast Hazelnut Muesli	3 KG	7.37	V
MX032	Simply Muesli Base	20 KG	23.62	V
MX033	Simply Muesli Base	10 KG	13.77	V
MX034	Simply Muesli Base	3 KG	4.57	V

SUMA BULK MUESLI - ORGANIC

MX130	De Luxe Muesli - organic	3 KG	9.22	OV
MX119	Deluxe Muesli - Organic	10 KG	29.72	OV
MX052	Muesli - organic	10 KG	19.50	VO
MX160	Muesli - organic	25 KG	67.39	VO
MX183	Muesli - organic	3 KG	9.40	OV

CHEESE, DAIRY (CHILLED)

LYE CROSS FARM

CV028	Mature Cheddar	PER KG	11.14	O
CV451	Mild Cheddar	PER KG	10.14	O

CHOCOLATE

SUMA COMMODITIES - ORGANIC

KB081	Cacao Nibs - Organic	15 KG	112.50	OV
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CIDERS

WESTONS

RT006	Wyldwood Organic Cider	12 X 500ML	26.19	OSV
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COCOA

SUMA BAGGED DOWN - ORGANIC

LJ149	Cocoa Powder - Organic	3 KG	25.35	FOV
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SUMA COMMODITIES - ORGANIC

LJ173	Cocoa Powder Org Fairly Traded	25 KG	17.00	FOV
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CLIPPER

TE196	Instant Hot Chocolate	4 X 1KG	38.99	FS
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DIVINE

TE687	Drinking Chocolate	6 X 400G	2.50	FVS
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COFFEE

SUMA ORGANIC

TE103	Columbia Beans	1 KG	17.49	FOV
TE656	Espresso Beans	1 KG	17.49	FOV
TE101	Ethiopia Yirgacheffe Beans	1 KG	18.99	FOV
TE109	Honduras Coffee Beans	1 KG	14.99	FOV
TE106	Peru Cepicafe Beans	1 KG	14.99	FOV
TE107	Sumatra Gayo Highlands Beans	1 KG	18.49	FOV
TE113	Swiss Water Decaff Beans	1 KG	18.99	FOV

CAFEDIRECT

TE395	Smooth Roast Instant	6 X 500G	113.99	FV
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code	product	size	price	bfgosv
CLIPPER				
TE724	Instant - Fairtrade & Organic	4 X 500G	79.99	FOV
TE526	Instant Organic Decaff	4 X 500G	89.99	FOV

CONVENIENCE FOODS

FREE & EASY

VF125	Bean Cassoulet - og	6 X 400G	12.37	GOV
VF006	Chickpea / Vegetable Curry	6 X 400G	12.37	GOV
VF116	Chickpea & Bean Tagine	6 X 400G	12.37	GOV
VF014	Three Bean Chilli - og	6 X 400G	12.37	GOV

SUNITA

FG601	Polenta - organic	6 X 500G	9.62	OV
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CRISPS & SNACKS

SUMA BAGGED DOWN

ZX332	Bombay Mix	1 KG	3.69	V
ZX083	Fruit & Nut Mix	5 KG	34.75	V
ZX477	Wasabi Peas - Spicy	1 KG	1.49	V

SUMA COMMODITIES

ZX033	Bhusu	5 KG	14.50	V
ZX034	Bombay Mix	10 KG	25.33	V
ZX741	Bombay Mix w/ Coriander & Lime	10 KG	3.83	V
ZX288	Garlic Gathia	5 KG	15.33	V
ZX037	Spiced Roast Chickpeas	2.5 KG	7.50	V
ZX038	Spicy Noodles	5 KG	15.33	V
ZX087	Trail Mix	10 KG	69.95	SV
ZX468	Wasabi Peas - Spicy	10 KG	86.80	V

AMAIZIN

ZX589	Bio Corn Chips Nachos	10 X 150G	18.22	GOS
ZX543	Bio Corn Chips Natural	10 X 150G	14.10	OV
ZX429	Natural Corn Chips Value Bag	10 X 250G	18.25	OV

KETTLE CHIPS

ZX248	Lightly Salted	12 X 150G	21.87	GV
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PIPERS CRISPS

ZX291	Anglesey Sea Salt	15 X 150G	2.47	GV
ZX289	Lye Cross Cheddar & Onion	15 X 150G	2.47	GS
ZX283	Sea Salt & Somerset Cider V'gr	15 X 150G	2.47	GS

TRAFO

BT075	Pretzel Sticks	12 X 100G	12.51	OV
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DESSERTS

JUST WHOLEFOODS

VF067	Jelly, Lemon, Vegan	12 X 85G	17.72	SV
VF068	Jelly, Strawberry, Vegan	12 X 85G	17.72	SV
VF066	Jelly, Tropical, Vegan	12 X 85G	17.72	SV

SOJADE

SY017	Cuisine- Organic Soya Cream	24 X 200ML	18.90	OV
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DESSERTS, NON-DAIRY (FROZEN)

FOOD HEAVEN

XL400	Cool Vanilla Ice Cream	6 X 900ML	16.83	GSV
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code	product	size	price	bfgovs
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FAR EASTERN FOOD

BIONA

VF775	Coconut Milk Organic	6 X 400ML	9.54	OV
VF772	Creamed Coconut Organic	12 X 200G	2.90	OV

BLUE DRAGON

JP220	Tofu - Firm Silken	12 X 349G	19.95	V
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CLEARSPRING

JP605	Shoyu	2.5 L	19.79	OV
JP001	Tamari Soya Sauce	2.5 L	33.74	GOV

MERIDIAN

JP058	Tamari	5L	28.73	GV
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MORI-NU

JP205	Tofu - Firm Tofu	12 X 349G	19.54	V
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FLAKES, BRANS & WHEATGERM

SUMA BAGGED DOWN

FX104	Oats - Porridge	10 KG	14.25	V
FX063	Wheatgerm	5 KG	21.65	V

SUMA BAGGED DOWN - ORGANIC

QS012	Oat Groats - Organic	5 KG	14.59	VO
FX085	Oats - Porridge - Organic	10 KG	21.69	OV

SUMA COMMODITIES

FX504	Oats - jumbo	25 KG	24.30	V
FX010	Oats - Porridge Flakes	25 KG	24.30	V

SUMA COMMODITIES - ORGANIC

FX250	Bran Sticks - Organic	15 KG	4.00	OV
FX027	Buckwheat Flakes - Organic	15 KG	68.90	OV
FX053	Millet Flakes - Organic	15 KG	66.90	VO
QS002	Oat Groats - Organic	25 KG	54.60	VO
FX503	Oats - Jumbo - Organic	25 KG	39.30	OV
FX009	Oats - Porridge - Organic	20 KG	31.80	OV
FX014	Oats - Porridge - Organic	25 KG	39.30	OV
FX654	Quinoa Flakes - Organic	15 KG	67.25	OV
FX004	Rice Flakes - Brown - Organic	15 KG	62.95	OV

FLOURS & BREAD MIXES

SUMA BAGGED DOWN

FG093	Polenta	5 KG	6.99	V
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SUMA COMMODITIES

FG046	Gram Flour	5 KG	11.70	V
FG094	Polenta	25 KG	23.80	V
FG048	Potato Starch	25 KG	37.62	V
FG049	Semolina - fine	25 KG	4.83	V

SUMA PREPACKS

FG002	Teff Flour - Brown	6 X 500G	17.57	V
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DOVES FARM

FG069	Fine Plain White Flour	5 X 1KG	6.14	OV
FG010	Fine Plain Wholemeal Flour	5 X 1KG	5.50	VO
FG522	Gluten Free Brown Bread Flour	5 X 1KG	9.89	GV
FG700	Gluten Free Plain White Flour	5 X 1KG	9.89	GV
FG520	Gluten Free White Bread Flour	5 X 1KG	9.89	GV
FG004	Malthouse Bread Flour	5 X 1KG	6.81	OV

code	product	size	price	bfgosv
FG117	Rice Flour	5 X 1KG	7.88	GV
FG115	Self Raising Wholemeal Flour	5 X 1KG	5.50	OV
FG997	Speciality Pasta Flour	5 X 1KG	7.51	OV
FG116	Stoneground Gram Flour	5 X 1KG	1.30	GV
FG072	Strong White Bread Flour	5 X 1.5KG	7.99	OV
FG008	Strong Wholemeal Bread Flour	5 X 1.5KG	7.88	OV
FG070	White Self Raising Flour	5 X 1KG	6.14	OV
FG701	White Self Raising Flour GF	5 X 1KG	9.89	GV
FG082	Einkorn Flour	5 X 1KG	13.86	OV
FG011	Khorasan Flour Wholegrain	5 X 1KG	18.70	OV
FG016	Rye Flour Wholegrain Organic	5 X 1KG	6.35	OV
FG071	Spelt Flour White Organic	5 X 1KG	13.86	OV
FG102	Spelt Flour Whole Meal Organic	5 X 1KG	11.85	OV
FG499	Gluten Free Plain White	16 KG	26.24	GV
FG052	Gluten Free Self Raising Flour	16 KG	26.24	GV
FG005	Maize Flour - organic	25 KG	33.43	GOV
FG888	Malthouse Flour - organic	25 KG	29.62	OV
FG067	Spelt Flour - organic	25 KG	47.87	OV
FG020	Strong White Flour	25 KG	24.33	VO
FG075	White flour - plain organic	25 KG	24.33	VO
FG497	White flour - self raising org	25 KG	24.33	OV
FG498	White flour - strong organic	16 KG	16.80	OV
FG015	Wholemeal Rye Flour	25 KG	17.99	V
FG995	Wholewheat Flour	25 KG	21.58	OV
FG007	Wholewheat strong flour org	25 KG	21.58	VO

GILCHESTERS ORGANICS

FG014	Pizza & Ciabatta Wheat Flour	6 X 1.5KG	18.17	OV
FG018	Semolina Fine Wheat Flour	6 X 500G	9.30	OV
FG009	Strong 100% Whole Wheat Flour	6 X 1.5KG	15.91	OV
FG006	Strong White Wheat Flour	6 X 1.5KG	17.83	OV
FG109	Strong White Flour - S/ground	15 KG	25.15	OV
FG108	Wholemeal Flour - Stoneground	15 KG	23.54	OV

LITTLE SALKELD WATERMILL

FG804	Barley Flour - organic	6 X 500G	1.98	OV
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SHIPTON MILL

FG876	White Strong Organic Flour	5 X 2.5KG	17.10	OV
FG079	Wholemeal Organic Flour	5 X 2.5KG	17.77	OV

SUPREME

FG021	Gram Flour Blend Bulk	20 KG	32.00	V
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FRUIT - CANNED & JARRED

ESSENTIAL TRADING

KJ263	Mango Chunks in Org Juice	6 X 400G	11.30	VO
KJ262	Pineapple Chunks In Org Juice	6 X 400G	11.30	VO
KJ260	Tropical Fruits in Org Juice	6 X 400G	11.30	VO

FRUIT - DRIED

SUMA BAGGED DOWN

DR004	Apple - Rings SO2	5 KG	33.65	V
DR293	Apple - Rings SO2	1 KG	7.75	V
DR090	Apricots - select SO2	2.5 KG	25.49	V
DR168	Apricots - select SO2	1 KG	1.85	V
DR122	Apricots - unsulphured	5 KG	46.79	V
DR207	Apricots - unsulphured	1 KG	1.25	V
DR174	Banana - Whole Chips	1 KG	5.55	SV

code	product	size	price	bfgosv
DR027	Blueberries	1 KG	18.85	SV
DR225	Cherries Glace - Dark Red	1 KG	6.89	VS
DR058	Cranberries	1 KG	6.99	VS
DR092	Cranberries	2.5 KG	15.79	VS
DR126	Currants - medium	5 KG	19.25	V
DR173	Currants - medium	1 KG	4.75	V
DR227	Dates - Chopped	1 KG	3.85	V
DR148	Dates - loosepack	5 KG	12.39	V
DR183	Dates - loosepack	1 KG	3.45	V
DR208	Figs	1 KG	7.49	V
DR178	Fruit Cake Mix	1 KG	4.85	VS
DR068	Fruit Salad - SO2	5 KG	39.99	V
DR344	Fruit Salad - SO2	1 KG	8.89	V
DR169	Ginger	1 KG	6.55	VS
DR153	Goji Berries	1 KG	14.65	V
DR320	Mango Slices - SO2	1 KG	18.39	V
DR228	Mixed Peel - Contains SO2	1 KG	3.95	VS
DR209	Papaya	1 KG	7.29	VS
DR210	Peaches - SO2	1 KG	8.99	V
DR211	Pears - SO2	1 KG	8.99	V
DR212	Pineapple - diced, SO2	1 KG	7.35	VS
DR103	Prunes - pitted, Ashlock	2.5 KG	16.79	V
DR239	Prunes - pitted, Ashlock	1 KG	7.35	V
DR667	Raisins - Dark flame	1 KG	4.85	V
DR078	Raisins - Thompson Seedless	5 KG	17.25	V
DR109	Raisins - Thompson Seedless	2.5 KG	9.25	V
DR171	Raisins - Thompson Seedless	1 KG	4.35	V
DR128	Sultanas - 5 crown	5 KG	3.75	V
DR152	Sultanas - No 9's	5 KG	14.79	V
DR216	Sultanas - No 9's	1 KG	3.99	V
DR069	Vine Fruit Mix	5 KG	2.25	V
DR691	Vine Fruit Mix	1 KG	4.85	V
SUMA BAGGED DOWN - ORGANIC				
DR050	Apricots - organic	1 KG	1.25	OV
DR082	Apricots - organic	2.5 KG	24.25	OV
DR219	Cranberries - organic	1 KG	9.99	OSV
DR079	Currants - organic	2.5 KG	14.15	OV
DR062	Dates - Medjool Organic	1 KG	11.85	OV
DR080	Dates - organic	2.5 KG	15.69	VO
DR236	Dates - organic	1 KG	6.99	OV
DR072	Dates OG pitted fairly traded	1 KG	9.15	FOV
DR048	Figs - Organic	1 KG	9.15	OV
DR105	Figs - organic	2.5 KG	21.35	OV
DR026	Ginger - crystallised organic	1 KG	8.49	OSV
DR052	Prunes, pitted - organic	1 KG	11.65	OV
DR081	Prunes, pitted - organic	2.5 KG	27.59	OV
DR053	Raisins - organic	1 KG	5.49	OV
DR145	Raisins - organic	2.5 KG	12.15	OV
DR056	Sultanas - organic	1 KG	5.45	OV
DR146	Sultanas - organic	2.5 KG	11.99	OV
DR391	Vine Fruit Mix - organic	5 KG	29.49	OV
DR423	Vine Fruit Mix - organic	1 KG	6.75	OV
SUMA COMMODITIES				
DR003	Apple - Rings SO2	10 KG	56.00	V
DR005	Apricots - Chopped SO2	12.5 KG	8.77	V
DR008	Apricots - Select SO2	12.5 KG	15.26	V

code	product	size	price	bfgosv
DR010	Apricots - Unsulphured	12.5 KG	99.11	V
DR528	Blueberries	25 LBS	174.46	SV
DR999	Cranberries - Sliced	25 LB	59.33	VS
DR015	Currants	12.5 KG	36.25	V
DR017	Dates - chopped	12.5 KG	25.00	V
DR018	Dates - Whole Pitted	10 KG	18.85	V
DR021	Figs	10 KG	54.15	V
DR022	Ginger - Crystallised	5 KG	23.95	VS
DR300	Mango Slices - SO2	12.50 KG	189.00	V
DR023	Mixed Peel - Contains SO2	10 KG	23.88	VS
DR024	Papaya - Diced SO2	5 KG	26.42	VS
DR025	Peaches - Halves SO2	12.5 KG	81.99	V
DR163	Pears - Halves SO2	12.5 KG	84.49	V
DR029	Pineapple - Diced SO2	5 KG	26.67	VS
DR801	Prunes - Pitted Ashlock	10 KG	62.79	V
DR143	Raisins - Dark Flame	10 KG	29.25	V
DR039	Raisins - Thompson Seedless	12.5 KG	33.99	V
DR041	Sultanas - Australian 5 Crown	14 KG	71.80	V
DR042	Sultanas - Turkey/South Africa	12.5 KG	28.35	V

SUMA COMMODITIES - ORGANIC

DR043	Apricots - Organic	12.5 KG	99.75	VO
DR869	Banana Chips - Organic	6.8 KG	33.95	OS
DR908	Cranberries - Organic	11.34 KG	86.95	OSV
DR111	Currants - Organic	12.5 KG	55.00	OV
DR986	Dates - Organic Fairly Traded	5 KG	33.15	FOV
DR007	Ginger - Organic	5 KG	31.65	OSV
DR142	Prunes - Organic	12.5 KG	111.59	OV
DR045	Raisins - Organic	12.5 KG	45.76	OV
DR046	Sultanas - Organic	12.5 KG	44.92	OV

FRUIT & VEGETABLE JUICES

SUNITA

JU672	Lemon Juice - organic	6 X 1 L	35.49	OV
JU997	Lemon Juice - E224	5L	14.99	V
JU524	Lime juice	5L	12.99	V

GRAINS

SUMA BAGGED DOWN

QS026	Barley Grain - pearl	10 KG	14.95	V
QS112	Bulgar wheat - coarse	3 KG	6.85	V
QS018	Couscous	10 KG	22.75	V
QS062	Couscous	3 KG	6.75	V
QS032	Couscous - Pearl	3 KG	8.69	V
QS078	Rice - arborio (risotto)	5 KG	12.95	V
QS005	Rice - basmati, brown	10 KG	25.75	V
QS064	Rice - basmati, brown	3 KG	7.75	V
QS074	Rice - basmati, white	3 KG	8.99	V
QS403	Rice - basmati, white	10 KG	29.59	V
QS007	Rice - long grain brown	5 KG	9.75	V
QS079	Rice - white pudding	5 KG	12.95	V
QS033	Rice - wild	2.5 KG	33.79	V
QS083	Tapioca	3 KG	9.25	V

SUMA BAGGED DOWN - ORGANIC

QS040	Buckwheat - unroasted, organic	5 KG	21.49	VO
QS030	Bulgar wheat - organic	3 KG	8.35	VO
QS049	Couscous - wholemeal, organic	3 KG	8.75	VO

code	product	size	price	bfgosv
QS092	Millet - organic	3 KG	1.25	OV
QS151	Popcorn - organic	1 KG	3.55	VO
QS153	Popcorn - organic	3 KG	9.55	VO
QS069	Quinoa, Red - Organic	1 KG	4.99	OV
QS071	Quinoa, Red - Organic	3 KG	13.85	OV
QS606	Quinoa, White - Organic	3 KG	11.99	OV
QS566	Rice - arborio, organic	3 KG	11.99	OV
QS668	Rice - basmati, brown organic	3 KG	11.15	VO
QS664	Rice - basmati, white organic	3 KG	12.49	VO
QS035	Rice- long grain brown organic	10 KG	3.49	VO
QS036	Rice- long grain brown organic	3 KG	9.50	VO
QS038	Rice-short grain brown organic	10 KG	29.69	VO
QS039	Rice-short grain brown organic	3 KG	9.50	VO

SUMA COMMODITIES

QS117	Barley Grain - pearl	25 KG	25.77	V
QS990	Bulgar wheat - coarse	25 KG	41.51	V
QS017	Couscous	25 KG	42.31	V
QS031	Couscous - Pearl	15 KG	33.75	V
QS125	Rice - Arborio (risotto)	25 KG	49.30	V
QS004	Rice - basmati, brown	20 KG	38.55	V
QS402	Rice - basmati, white	20 KG	45.00	V
QS006	Rice - long grain brown	25 KG	35.39	V
QS501	Rice - white pudding	25 KG	49.29	V
QS008	Sushi Rice	10 KG	18.36	V

SUMA COMMODITIES - ORGANIC

QS116	Buckwheat - unroasted, organic	25 KG	87.00	OV
QS250	Bulgar wheat - organic	25 KG	53.57	OV
QS115	Couscous - wholemeal, organic	25 KG	53.50	OV
QS235	Millet - organic	25 KG	68.90	OV
QS042	Popcorn - organic	25 KG	57.85	OV
QS201	Quinoa - organic	25 KG	8.00	OV
QS063	Red Quinoa - organic	25 KG	94.23	OV
QS666	Rice - basmati, white organic	25 KG	83.95	OV

DOVES FARM

QS047	Wheat grain - organic	25 KG	21.79	VO
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GRAVY, STOCK & BOUILLON

MARIGOLD

LJ046	Bouillon Powder	1 KG	8.75	G
LJ238	Bouillon Powder - Organic	6 X 500G	32.18	GOV
LJ164	Bouillon Powder - Reduced Salt	1 KG	8.75	GV
LJ321	Yeast Free Bouillon Stock Cube	12 X 84G	12.51	GOV

VECON

LJ049	Vegetable Stock	1 KG	1.50	V
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HERB & FRUIT TEA INFUSIONS

CLIPPER

TE148	Chamomile	6 X 25 BAGS	13.39	FOV
TE455	Lemon & Ginger	6 X 25 BAGS	14.99	OV
TE166	Peppermint	6 X 25BAGS	13.39	FOV
TE454	Wild Berry	6 X 25 BAGS	14.99	OV

HERBS & SPICES - BULK

BULK MILLED SPICES - ORGANIC

HE707	Cassia Cinnamon Ground - OG	500G	9.15	OV
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code	product	size	price	bfgovs
HE735	Ginger Powder Organic	500G	9.50	OV
HE732	Turmeric - Organic	500G	6.39	OV
BULK WHOLE SPICES				
ZX100	Liquorice Root	1 KG	16.45	V
HE021	Peppercorns - black	1 KG	9.45	V
HE022	Peppercorns - black	3 KG	26.99	V
HE207	Tamarind	200G	2.83	V
HE027	Vanilla Pods	10 PACK	2.66	V
BULK WHOLE SPICES - ORGANIC				
HE703	Whole Black Peppercorns - OG	500G	15.00	OV
HERBS & SPICES - PREPACKED				
SUMA				
HE001	Peppercorns - black	6 X 250G	14.63	V
HONEY				
SUMA				
HY082	Wildflower Pure Clear Honey	3 KG	17.66	
HY083	Wildflower Pure Set Honey	3 KG	17.66	
HOUSEHOLD CLEANING PRODUCTS				
ECOLEAF BY SUMA				
HJ105	Fabric Conditioner	6 X 1.5L	18.00	V
HJ055	Laundry Liquid	6 X 1.5L	29.72	V
HJ050	Multi Surface Cleaner	6 X 500ML	1.68	V
HJ083	Fabric Conditioner Bulk	20L	26.30	V
HJ060	Laundry Liquid Bulk	20L	51.90	V
HJ077	Washing Up Liquid Bulk	20L	28.30	V
HJ078	Fabric Conditioner	5L	7.15	V
HJ075	Laundry Liquid	5L	14.99	V
HJ072	Toilet Cleaner	5L	8.17	V
HJ067	Washing Up Liquid	5L	7.95	V
HJ129	Washing Powder Concentrated	10 KG	26.25	V
BIO - D				
HJ004	Fabric Conditioner	12 X 1L	25.83	V
HJ003	Laundry Liquid	12 X 1L	44.38	V
HJ244	Toilet Cleaner - angled head	12 X 750 ML	2.48	V
BIO D				
HJ608	Fabric Conditioner	5L	8.77	V
HJ116	Handwash - Lime & Aloe Vera	5L	13.15	V
HJ107	Handwash - unfragranced	5L	11.80	V
HJ247	Home & Garden Cleaner	5L	8.49	V
HJ800	Laundry Liquid	5L	16.83	V
HJ654	Multi Surface Cleaner	5L	1.12	V
HJ665	Toilet Cleaner	5L	8.31	V
HJ097	Washing Up Liquid	5L	7.65	V
HJ119	Handwash - Lime & Aloe Vera	6 X 500ML	15.95	V
HJ117	Handwash - unfragranced	6 X 500ML	14.99	V
HJ081	Washing Powder Concentrated	1 KG	3.90	V
HJ082	Washing Powder Concentrated	2 KG	5.92	V
HJ103	Washing Powder Concentrated	12.5 KG	36.52	V
CAMBRIDGE TRADITIONAL PRODUCTS				
HJ017	Pure Beeswax	16 X 1OZ	23.23	

code	product	size	price	bfgovs
ECOVER				
HJ065	Cream Cleaner	12 X 500ML	12.22	V
HJ024	Floor Cleaner	12 X 1L	28.11	V
HJ054	Liquid Hand Soap Refill	6 X 1L	41.44	V
HJ070	Floor Cleaner	5L	10.79	V
HJ071	Laundry Liquid - Delicate	5L	13.45	V
HJ527	Liquid Hand Soap	5L	18.26	V
HJ084	15L Refill Tap	EACH	3.10	V
HJ034	Washing Up Liquid	15L	21.93	V
HJ086	Dishwasher Rinse Aid	12 X 500ML	33.50	V
HJ132	Dishwasher Tablets - Bulk	5 X 70 TABS	47.80	V
HJ549	Laundry Liquid - Non Bio	6 X 1.5L	26.62	V
HJ203	Washing Powder Zero	7.5 KG	23.28	V

HOUSEHOLD PRODUCTS

ECOLEAF BY SUMA

NF091	Ecoleaf 3 Ply Kitchen Towels	12 X 2 ROLLS	2.55	V
NF209	Ecoleaf Toilet Tissue	10 X 4 PACK	21.21	V
NF214	Ecoleaf Toilet Tissue	5 X 9ROLLS	22.99	V
NF210	Ecoleaf Toilet Tissue Bulkpack	5 X 12 PACK	28.57	V

HILL BRUSH COMPANY

NF781	Vegetable Brush	EACH	5.35	V
NF782	Washing Up Brush + Four Heads	EACH	6.69	V

IF YOU CARE

NF500	100% Recycled Aluminium Foil	12 X ROLLS	23.87	V
NF032	Heavy Duty Aluminium Foil	12 X 1 ROLLS	32.58	V
NF023	Large Baking Cups	24 X 1 X 60	24.63	V
NF021	Parchment Paper Rolls	12 X 1 ROLLS	32.58	V
NF018	Sponge Cloths	12 X 5CLOTHS	31.00	V

TRAI DCRAFT

NF181	Fair Trade Rubber Gloves	12 X 1 PAIRS	1.86	GFV
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INDIAN FOOD

PATAKS

VF293	Pappadums - Plain	12 X 100G	18.37	V
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JUICE CONCENTRATES & CORDIALS

SUMA

JU057	Apple Juice - Concentrate	5L	37.99	V
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SUMA ORGANIC

JU243	Apple Juice Org - Concentrate	5L	41.49	OV
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MARGARINES & SPREADS (CHILLED)

SUMA

MA003	Olive Spread	8 X 500G	14.23	V
MA055	Soya Spread	8 X 500G	12.34	V
MA051	Sunflower Spread	6 X 2KG	37.58	V
MA053	Sunflower Spread	8 X 500G	13.00	V

BIONA

MA030	Vegetable Margarine	16 X 500G	6.73	OV
MA061	Vegetable Margarine	8 X 250G	19.41	OV

MIDDLE EASTERN & AFRICAN FOOD

CARLEY'S

KJ240	Preserved Lemon - Organic	6 X 700G	27.18	OV
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code	product	size	price	bfgovs
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MILK - NON DAIRY

BONSOY

SY072	Soya Milk	6 X 1L	18.85	V
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DREAM

JU540	Rice Dream - Calcium	12 X 1L	19.10	GV
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JU361	Rice Dream - Original	12 X 1L	19.10	VO
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ECOMIL

SY012	Almond Drink Powder	6 X 400G	61.38	GOV
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SY030	Cuisine - Almond Cream	24 X 200ML	26.82	GOV
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KOKO DAIRY FREE

SY038	Coconut Milk Drink	12 X 1L	17.22	GSV
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OATLY

SY019	Cream - Dairy Free	18 X 250ML	14.40	VO
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PROVAMEL

SY090	Almond Drink - Organic	12 X 1L	24.20	OV
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SY094	Almond Drink - Unsweetened	12 X 1L	24.20	GOV
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THE BRIDGE

SY002	Oat Drink	12 X 1L	17.55	OV
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SY560	Oat Drink - Calcium Enriched	12 X 1L	18.80	OV
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SY042	Rice Drink - Calcium Enriched	12 X 1L	18.45	GOV
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MILK (LONGLIFE)

MOO

MJ011	Semi Skimmed Milk - Organic	12 X 1L	18.80	O
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NUT & SEED BUTTERS

SUNITA

GH080	Tahini - light	3 KG	21.40	V
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GH149	Tahini - light, organic	3 KG	26.70	VO
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GH079	Tahini - Whole	3 KG	21.35	V
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GH996	Tahini, Whole, Organic	3 KG	26.70	VO
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NUTS & SEEDS

SUMA BAGGED DOWN

NU004	Almonds	5 KG	39.75	V
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NU005	Almonds	1 KG	8.35	V
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NU135	Almonds - blanched	1 KG	9.79	V
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NU007	Almonds - Flaked	5 KG	44.25	V
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NU008	Almonds - flaked	1 KG	9.49	V
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NU010	Almonds - ground	5 KG	43.29	V
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NU011	Almonds - ground	1 KG	9.75	V
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NU017	Brazil - broken	5 KG	51.25	V
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NU078	Brazil - broken	1 KG	1.65	V
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NU015	Brazil - whole, medium	5 KG	72.99	V
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NU077	Brazil - whole, medium	1 KG	14.99	V
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NU019	Cashew - large pieces	5 KG	38.15	V
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NU020	Cashew - large pieces	1 KG	7.99	V
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NU237	Cashew - roasted & salted	1 KG	18.55	V
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NU131	Cashew - whole	5 KG	53.59	V
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NU134	Cashew - whole	1 KG	11.49	V
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NU054	Chia Seeds	1 KG	7.90	V
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NU274	Coconut - chips	1 KG	6.25	V
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NU240	Coconut - desiccated , medium	5 KG	24.99	V
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NU241	Coconut - desiccated , medium	1 KG	5.35	V
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code	product	size	price	bfgosv
NU030	Hazelnuts	5 KG	48.85	V
NU096	Hazelnuts	1 KG	1.25	V
NU204	Linseed / Flax	1 KG	3.15	V
NU206	Linseed / Flax	5 KG	13.95	V
NU079	Macadamia Nuts - Style 2	1 KG	26.39	V
NU035	Mixed nuts	5 KG	43.45	V
NU239	Mixed nuts	1 KG	9.55	V
NU107	Mixed nuts - chopped	1 KG	7.35	V
NU046	Peanuts - redskin	5 KG	18.65	V
NU027	Pecan nuts	2.5 KG	42.85	V
NU055	Pecan nuts	1 KG	17.45	V
NU057	Pine kernels	1 KG	36.49	V
NU251	Pistachio - raw, shelled	1 KG	27.55	V
NU060	Pistachio - roasted & salted	1 KG	15.99	V
HE026	Poppy Seeds	1 KG	4.39	V
NU062	Pumpkin seeds	5 KG	32.29	V
NU063	Pumpkin seeds	1 KG	6.85	V
NU066	Sesame seeds - natural	5 KG	19.25	V
NU227	Sesame seeds - natural	1 KG	4.25	V
NU068	Sunflower seeds	5 KG	13.95	V
NU231	Sunflower seeds	1 KG	3.25	V
SUMA BAGGED DOWN - ORGANIC				
NU201	Almonds - organic	1 KG	17.25	VO
NU430	Almonds, ground - organic	1 KG	2.50	OV
NU032	Brazils Whole - organic	2.5 KG	44.95	OV
NU278	Brazils Whole - organic	1 KG	18.35	OV
NU070	Cashews - whole, organic	1 KG	14.79	OV
NU038	Coconut - desiccated, organic	2.5 KG	14.15	VO
NU071	Coconut - desiccated, organic	1 KG	5.99	VO
NU202	Hazelnuts - organic	1 KG	11.35	OV
NU271	Hemp Seeds - organic	1 KG	6.55	VO
NU039	Linseed, golden - organic	2.5 KG	9.39	OV
NU244	Linseed, golden - organic	1 KG	4.90	OV
NU001	Omega Seed Mix - organic	1 KG	6.95	OV
NU287	Omega Seed Mix - organic	5 KG	29.25	OV
NU072	Peanuts - organic	1 KG	5.75	OV
NU543	Pine Kernels - organic	1 KG	43.89	OV
NU209	Pumpkin seeds - organic	1 KG	8.39	OV
NU210	Sesame seeds - organic	1 KG	5.15	OV
NU084	Sunflower seeds - organic	2.5 KG	11.25	VO
NU203	Sunflower seeds - organic	1 KG	4.85	OV
NU200	Walnuts - organic	1 KG	13.45	OV
SUMA COMMODITIES				
NU003	Almonds	50 LB	15.75	V
NU126	Almonds - blanched	10 KG	78.45	V
NU009	Almonds - ground	10 KG	72.51	V
NU016	Brazil - broken	44 LBS	176.65	V
NU014	Brazil - whole, medium	44 LBS	249.33	V
NU018	Cashew - large pieces	50 LBS	145.46	V
NU021	Cashew - roasted & salted	3 KG	45.91	V
NU125	Cashew - whole	50 LBS	26.59	V
NU050	Chia Seeds	25 KG	14.39	V
NU024	Coconut - chips	10 KG	47.50	V
NU888	Coconut - desiccated medium	25 KG	12.50	V
NU028	Hazelnuts	25 KG	23.15	V
NU205	Linseed / Flax	25 KG	54.29	V

code	product	size	price	bfgosv
NU076	Macadamia Nuts	25 LBS	223.95	V
NU036	Mixed nuts - chopped	12.5 KG	71.15	V
NU250	Peanuts - paleskin	25 KG	6.45	V
NU044	Peanuts - redskin	25 KG	73.35	V
NU051	Peanuts - roasted & salted	12.5 KG	45.45	V
NU047	Peanuts - Roasted with Skins	12.5 KG	42.50	V
NU312	Pecan Nuts	30 LBS	2.15	V
NU056	Pine kernels - China	12.5 KG	421.88	V
NU058	Pistachio - roasted & salted	10 KG	126.15	V
NU061	Pumpkin seeds	25 KG	134.69	V
NU065	Sesame seeds - natural	25 KG	76.55	V
SUMA COMMODITIES - ORGANIC				
NU789	Alfalfa seeds - organic	25 KG	268.85	OV
NU800	Almonds, Ground - organic	10 KG	158.35	OV
NU890	Brazils Whole - organic	44 LBS	35.00	OV
NU112	Cashews - whole organic	50LBS	278.15	OV
NU117	Coconut - desiccated, organic	25 KG	115.25	OV
NU301	Hazelnuts - organic	10 KG	9.83	VO
NU002	Hemp Seeds - organic	20 KG	98.47	OV
NU791	Linseed, golden - organic	25 KG	74.23	OV
NU885	Peanuts - organic	25 KG	111.75	OV
NU542	Pine Kernels - organic	12.5 KG	473.96	OV
NU207	Pumpkin seeds - organic	25 KG	169.42	OV
NU208	Sesame seeds - organic	25 KG	94.25	OV
NU083	Sunflower seeds - organic	25 KG	9.54	OV
NU118	Walnuts Light Halves - organic	10 KG	111.43	VO
OILS & FATS				
SUMA				
GT010	Extra Virgin Rapeseed Oil	5L	21.34	V
GT100	Grapeseed Oil	6 X 500ML	24.00	V
GT086	Olive Oil - Extra Virgin	5L	41.15	V
GT090	Sunflower Oil - cold pressed	5L	19.00	V
SUMA ORGANIC				
GT018	Italian Organic Olive Oil	6 X 750ML	5.23	OV
GT019	Italian Organic Olive Oil	4 X 3L	126.59	OV
GT087	Olive Oil-Extra Virgin,organic	5L	46.65	VO
GT091	Sunflower Oil - organic	5L	21.55	VO
SUMA PREPACKS				
GT028	Gluten Free Vegetarian Suet	6 X 250G	13.73	GV
BIONA				
VF774	Virgin Coconut Oil Organic	6 X 400G	36.47	OV
CLEARSPRING				
GT204	Italian Olive Oil Organic	6 X 1L	76.01	OV
GT009	Rapeseed Oil Organic	6 X 500ML	2.21	OV
GT230	Sunflower Frying Oil organic	6 X 1L	35.51	OV
GT202	Sunflower Oil organic	6 X 1L	31.95	OV
EQUAL EXCHANGE				
GT555	Olive Oil	6 X 1L	96.00	FV
HELLENIC				
GT005	Olive Oil - Extra Virgin	4 X 3 L	76.90	V
GT031	Olive Oil Extra Virgin	4 X 5L	121.77	V
KHYBER				
VF751	Ghee	1 X 2 LB	4.91	V

code	product	size	price	bfgovs
KTC				
GT052	Sunflower Oil - refined	5L	9.30	V
LA BIO IDEA				
GT044	Italian Og Virgin Olive Oil	6 X 1L	62.32	OV
SUNITA				
GT099	Olive Oil-Extra Virgin Organic	5L	52.00	VO
WHARFE VALLEY FARMS				
GT015	Rapeseed Oil	5L	21.32	V
OLIVES				
CYPRESSA				
KJ867	Cypressa Pitted Green Olives	2 KG	9.78	V
KJ868	Pitted Black Olives	2 KG	9.42	V
SUNITA				
VF383	Green Olives	3 KG	11.64	V
KJ356	Kalamon Olives - pitted OG	2 KG	2.85	VO
PASTA				
IRIS				
WT086	Fusilli Wholewheat Pasta	5 KG	11.00	OV
WT082	Penne Wholewheat Pasta	5 KG	11.00	OV
WT079	Spaghetti wholewheat Pasta	5 KG	11.00	OV
PASTA SAUCES & PESTOS				
SUMA ORGANIC				
VF201	Organic Arrabbiata Sauce	12 X 350G	24.21	OV
VF191	Organic Bolognese Sauce	12 X 340G	24.21	OV
VF192	Organic Napoletana Sauce	12 X 350G	24.21	OV
PICKLES, CHUTNEYS & MUSTARDS				
BIONA				
LJ664	Harissa Relish - prepared	6 X 125G	14.11	OV
BIONOVA				
KJ346	Gherkins - Sour	6 X 680G	19.48	VOS
BYODO				
KJ351	Mustard - Dijon, organic	1 KG	8.20	VO
KJ354	Mustard - wholegrain, organic	1 KG	6.20	VO
SALADS & SPROUTS (CHILLED)				
SKY SPROUTS				
CV479	Alfalfa & Broccoli Sprouts	100G	1.54	OV
CV481	Alfalfa & Fenugreek Sprouts	100G	1.54	OV
CV476	Alfalfa & Radish Sprouts	100G	1.54	OV
CV475	Alfalfa Sprouts	100G	1.50	OV
CV721	Broccoli Sprouts	100G	1.62	OV
CV504	Mixed Bean Sprouts	227G	1.62	OV
CV503	Mung Bean Sprouts	200G	1.54	OV
CV510	Organic Sprouts Multi Pack	160G	2.22	OV
CV509	Radish Sprout	100G	1.54	OV
SALT & SEASONINGS				
SUMA				
LJ031	Sea Salt - fine	10 KG	6.30	V

code	product	size	price	bfgosv
SUMA COMMODITIES				
LJ030	Sea Salt - coarse	10 KG	7.20	V
BIOFORCE				
LJ054	Herbamare	6 X 250G	19.30	V
GEO ORGANICS				
LJ005	Atlantic Fine Ground Sea Salt	6 X 500G	13.25	OV
MARIGOLD				
LJ444	Liquid Aminos	6 X 250ML	17.50	GV
PINK MOUNTAIN				
LJ174	Pink Himalayan Coarse Salt	6 X 1KG	29.70	OV
LJ172	Pink Himalayan Fine Salt	6 X 1KG	29.70	OV
TIDMANS				
LJ023	Tidmans Rock Salt	12 X 500G	14.00	V
SNACK BARS & FLAPJACKS				
EAT NATURAL				
KB464	Almond, Apricot & Yoghurt	12 X 50G	6.54	GS
SOFT DRINKS				
BIONA				
JU183	Pure Coconut Water Can	12 X 330ML	18.95	OV
FENTIMANS				
JU008	Cherry Cola	12 X 275ML	13.79	GSV
JU625	Curiosity Cola	12 X 275ML	13.79	GSV
JU908	Dandelion & Burdock	12 X 275ML	13.79	GSV
JU346	Ginger Beer	12 X 275ML	13.79	GSV
JU354	Mandarin Seville Orange Jigger	12 X 275ML	13.79	GS
JU618	Rose Lemonade	12 X 275ML	14.29	GSV
JU435	Victorian Lemonade	12 X 275ML	13.79	GSV
FEVERTREE				
JU387	Tonic Water	6 X 4X200ML	18.48	GSV
FIREFLY NATURAL DRINKS				
JU299	Lemon, Lime & Ginger	12 X 330ML	13.99	V
JU296	Peach & Green Tea	12 X 330ML	13.99	V
JU180	Pomegranate & Elderflower	12 X 330ML	13.99	V
GUSTO				
JU148	Lemon Energy	12 X 250ML	15.59	OV
JU147	Original Energy	12 X 250ML	15.59	OV
WHOLE EARTH				
JU311	Apple	24 X 330ML	19.35	OSV
JU946	Cola	24 X 330ML	19.35	OSV
JU935	Lemonaid	24 X 330ML	19.35	OSV
JU947	Mountain Cranberry	24 X 330ML	19.35	OSV
JU310	Orange & Lemonade	24 X 330ML	19.35	OSV
JU189	Sparkling Elderflower	24 X 330ML	19.35	OV
JU186	Sparkling Ginger	24 X 330ML	19.35	OV
SUGARS & SYRUPS				
SUMA				
HY019	Malt Extract	3.18 KG	11.25	V
SUMA BAGGED DOWN				
LJ095	Dark Muscovado Sugar	3 KG	9.49	V
LJ053	Demerara Sugar	3 KG	8.99	V

code	product	size	price	bfgosv
LJ180	Demerara Sugar	10 KG	34.50	V
LJ094	Light Muscovado Sugar	3 KG	9.49	V
LJ097	Soft Brown Sugar	3 KG	9.25	V
LJ184	Soft Brown Sugar	10 KG	31.65	V
SUMA BAGGED DOWN - ORGANIC				
LJ679	Demerara Sugar - organic	3 KG	9.95	OV
LJ159	Icing Sugar - organic	3 KG	13.85	OV
LJ055	Raw Cane Sugar - organic	10 KG	39.65	OV
LJ096	Raw Cane Sugar - organic	3 KG	1.29	OV
SUMA COMMODITIES				
LJ066	Dark Muscovado Sugar	25 KG	65.91	VS
LJ052	Demerara Sugar	25 KG	7.19	V
LJ546	Fairly Traded Golden Granular	25 KG	65.31	FV
LJ065	Light Muscovado Sugar	25 KG	68.55	V
LJ069	Soft Brown Sugar	25 KG	64.50	V
SUMA COMMODITIES - ORGANIC				
LJ876	Demerara Sugar, organic	25 KG	64.00	OV
LJ890	Icing Sugar - organic	25 KG	95.53	OV
LJ068	Raw Cane Sugar - organic	25 KG	9.96	OV
SUMA ORGANIC				
LJ121	Agave Syrup - organic	6 X 500ML	35.96	OV
LJ150	Agave Syrup - organic	5L	5.00	OV
BILLINGTONS				
LJ056	Sugar - Golden Granulated	10 X 1 KG	25.82	V
EQUAL EXCHANGE				
LJ527	Sugar Sticks	1000 X 1	17.73	FOV
RAYNERS				
LJ901	Black Treacle - organic	6 X 340G	14.14	GOV
LJ704	Golden Syrup - Organic	5 KG	31.94	FOV
LJ589	Malt Extract - Organic	5 KG	24.15	OV
SWEET FREEDOM				
LJ041	Natural Sweetness - Original	6 X 350G	15.70	V
LJ137	Natural Sweetness - Original	5L	38.42	V
TOTAL SWEET				
LJ125	Total Sweet	6 X 1KG	5.37	V
TRADCRAFT				
LJ515	Brown Sugar Sticks	500 X 3G	9.12	FV
TRUVIA				
LJ086	Sweetener from the Stevia Leaf	6 X 270G	25.67	V
XYLITOL UK				
LJ047	Xylitol Sweetener	6 X 1 KG	51.55	V
SWEET SNACKS				
SUNITA				
ZX097	Honey & Pistachio Halva	2.5 KG	31.18	
TABLE SAUCES				
BIONA				
KJ106	Classic Tomato Ketchup Squeezy	12 X 560G	3.95	GOSV
MR ORGANIC				
KJ050	Italian Organic Ketchup	6 X 480G	11.99	OSV

code	product	size	price	bfgovs
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TEAS

CLIPPER

TE448	Fairtrade Everyday One Cup Bag	1100 BAGS	25.99	FV
TE152	Earl Grey	250 BAGS	17.99	FOV
TE451	Speciality English Breakfast	250 BAGS	17.99	FOV
TE150	Earl Grey	6 X 25BAGS	12.99	FOV
TE161	Green Tea	6 X 25BAGS	12.99	FOV

TOFU & TEMPEH (CHILLED)

CLEAR SPOT

CV209	Marinated Tofu	8 X 190G	16.20	OV
CV249	Smoked Tofu	8 X 225G	18.10	OV

NATUREMADE OASIS

CV582	Marinated Tofu	5 X 200G	9.12	OV
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TOMATOES & TOMATO PRODUCTS

SUMA BAGGED DOWN - ORGANIC

LJ601	Sundried Tomatoes-organic	1 KG	9.59	OV
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SUMA COMMODITIES - ORGANIC

LJ600	Sundried Tomatoes - organic	10 KG	7.75	OV
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SUMA ORGANIC

LJ660	Organic Basil Passata	12 X 690G	17.91	VO
LJ560	Organic Passata	12 X 690G	17.55	VO
LJ075	Cherry Tomatoes - organic	12 X 400G	12.51	OV
LJ080	Tomatoes - chopped, organic	12 X 400G	9.81	OV
LJ123	Tomatoes - chopped, organic	6 X 2.5KG	24.70	OV
LJ081	Tomatoes - peeled, whole OG	12 X 400G	9.81	VO

SUMA PREPACKS - ORGANIC

LJ602	Sundried Tomatoes - organic	6 X 125G	8.33	OV
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ZEST

LJ042	Sun-dried Tomato Paste	6 X 170G	13.23	V
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VEGETABLES

BIONOVA

VF039	Garden Peas	6 X 350G	9.40	O
VF040	Sauerkraut	6 X 360G	12.10	VO
VF030	Sweetcorn - organic	6 X 340G	9.40	VO

ORGANICO

VF088	French Chestnuts in box - og	12 X 200G	47.95	OV
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ST DALFOUR

VF112	Whole Chestnuts	6 X 200G	13.00	GV
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TROPICAL WHOLEFOODS

VF514	Shiitake Mushrooms	6 X 50G	18.00	V
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VEGETABLES (FROZEN)

NATURAL COOL

XL177	Leaf Spinach Portions	8 X 450G	12.88	OV
XL181	Sweetcorn	8 X 450G	17.14	GOV

VINEGARS

ASPALL

KJ382	Balsamic Vinegar - og	5L	35.58	OV
KJ067	Cyder Vinegar	5L	11.64	V

code	product	size	price	bfgosv
KJ180	Cyder Vinegar	25 L	44.47	V
KJ252	Cyder Vinegar - og	25L	53.60	OV
KJ205	Cyder Vinegar - organic	5L	14.33	OV
KJ381	Malt Vinegar	5L	9.00	V
KJ353	Red Wine Vinegar	5L	11.64	V
KJ356	White Wine Vinegar	5L	11.64	V

WATERS

HARROGATE SPRING WATER

WA222	Spring Water - Sparkling	12 X 750 ML	10.39	V
WA223	Spring Water - Still	12 X 750 ML	10.39	V

Suma

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