

Summa

CO-OPERATIVE SINCE 1977

GLUTEN FREE

JULY AUGUST 2022

Gluten Free

A bit more about it..

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

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

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



Key BFGSOV

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

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

code	product	size	rrp	bfgosv
ALCOHOL FREE BEVERAGES				
BELVOIR				
JU315	Alcohol Free Cocktails Juniper and Tonic - J&T		3.59	GSV
ALCOHOLIC DRINKS				
HOLLOWS				
RT017	From Fentimans Superior Alcoholic Ginger Beer		3.79	GVS
BABY & CHILD FOOD				
BEAR				
ZX523	Paws- Raspberry & Blueberry		0.59	GV
ZX520	Paws- Strawberry & Apple Paws in multipacks		0.59	GV
ZX189	Paws- Raspberry & Blueberry		2.69	GV
ZX245	Paws- Strawberry & Apple		2.69	GV
BB024	CHEEKY MONKEY Peanut Butter Puffs		2.49	FGOV
LITTLE PASTA ORGANICS				
BB151	Pasta Gluten Free Mini Gnocchi		2.39	GOV
BB043	Red Lentil Dinosaur Pasta		3.55	GOV
BAKING SUNDRIES				
SUMA				
LJ039	Baking Powder - Gluten Free		2.38	GV
LJ040	G/Free Bicarbonate of Soda		1.79	GV
LJ223	Gluten Free Xanthan Gum		3.29	GV
LJ002	BARKAT Gluten Free Baking Powder		1.55	GV
DOVES FARM				
LJ206	Baking Powder		1.55	GV
LJ202	Bicarbonate of Soda		1.39	GV
LJ228	Choc Chip Cookie Mix		3.25	GSV
LJ234	Chocolate Brownie Mix		2.95	GS
LJ203	Cornflour Organic		1.79	GOV
BT528	Gluten Free Sponge Mix		2.49	GS
LJ233	Pancake Mix		2.35	G
LJ423	Quick Yeast		1.35	GV
ENGEVITA				
LJ144	Organic Yeast Flakes		5.99	GOV
LJ148	Super Yeast Flakes Vit D & B12		4.35	GV
LJ143	Yeast Flakes		3.35	GV
LJ024	Yeast Flakes - Iron & Vit D		4.29	GV
LJ020	Yeast Flakes with Vitamin B12		3.75	GV
FOODS OF ATHENRY				
VF264	XMAS 2022 Very Fruity Mince Meat		7.59	GSV
FREE & EASY				
LJ009	Cheese Flavour Sauce Mix		2.39	GSV
LJ016	Egg Replacer		2.55	GV
MONTEZUMA'S				
KB052	Cooking Chocolate Dark Couverture		59.70	GOSV
KB060	Milk Couverture		59.70	GOS
NIELSEN MASSEY				
LJ242	Madagascan Vanilla Extract		135.00	GV
LJ244	Vanilla Extract		1.85	GV
ORGRAN				
LJ656	Egg Replacer		2.95	GV
LJ077	Vegan Easy Egg		4.25	GSV
PLAMIL				
KB651	Drops in 1kg bags Baking Chocolate		11.99	GSV
KB652	Organic Baking Chocolate		13.59	GOSV
KB658	Organic Rich Chocolate		13.89	GOSV
THE RAW CHOCOLATE CO				
KB051	Chocolate Making Ingredients Raw Cocoa Powder		3.75	GOV

code	product	size	rrp	bfgosv
	BEANS & PULSES - CANNED			
	WHOLE EARTH			
VF161	Baked Beans - organic		1.19	GOV
	BISCUITS CRACKERS & CRISPBREAD			
	AMISA			
BT560	Chestnut Crispbread		2.39	GO
BT119	Chickpea Crispbread		1.99	GOV
BT185	Crispbread - Buckwheat W/grain		2.95	GOV
BT291	Crispbread - Veggie Garden GF		1.69	GOV
BT159	Protein Lentil Crispbread		2.90	GOV
BT383	Rice & Corn GF Crispbread OG		2.90	GOV
	BONN'S & CO			
	XMAS 2022			
BT161	Cracker GF		3.69	FGV
	CLEARSPRING			
BT229	Brown Rice Cakes		1.49	GOV
BT261	Brown Rice Cakes		1.49	GOV
BT270	Brown Rice Cakes		1.59	GOV
BT276	Brown Rice Cakes		1.59	GOV
BT277	Brown Rice Cakes		1.59	GOV
BT129	Brown Rice Crackers-Blk Sesame		2.19	GOV
BT317	Organic Corncakes		1.45	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org		1.45	GOV
BT630	Rice Cakes - Lightly Salted		1.45	GOV
BT629	Rice Cakes - No Added Salt,Org		1.45	GOV
	DOVES FARM			
BT295	Choc Chip Cookies		2.29	GOSV
BT271	Double Chocolate Cookies - GF		2.29	GOSV
BT269	Lemon Zest Cookies - GF		1.59	GOSV
BT008	Stem Ginger Cookies - GF		1.59	GOSV
	EASY BEAN			
	Crackers			
BT304	Fava Bean & Poppy Seed		3.50	GV
BT305	Greenpea & Chia Seed		3.50	GV
BT303	Red Lentil & Poppy Seed		3.50	GV
BT279	Turmeric & Nigella Seed		3.50	GV
BT285	Yellow Pea & Sunflower Seed		3.50	GV
	Crispbreads			
BT078	Chickpea Crispbread - Cheddar		3.25	G
BT204	Chickpea Crispbread - Moroccan		3.25	G
BT076	Chickpea Crispbread - Seaweed		3.25	G
BT208	Chickpea Crispbread with Seeds		3.25	G
	HONEYROSE			
BT292	All Butter Lemon Shortbread		2.89	GOS
BT249	All Butter Oat & Raisin Cookie		2.89	GOS
BT232	All Butter Shortbread		2.89	GOS
BT227	Date & Walnut Toast		3.59	GOSV
BT228	Hazelnut & Agen Plum Toast		3.59	GOSV
BT230	Kale & Spiced Nut Toast		3.59	GOSV
BT235	Triple Chocolate Cookie		2.89	GOS
	ISLAND BAKERY ORGANICS			
	Sweet FA			
BT358	Cranberry & Orange Cookies		3.50	GOSV
BT359	Double Choc Chip Cookies		3.50	GOSV
BT362	Oat & Raisin Cookies		3.50	GOSV
BT364	Peanut Butter Cookies		3.50	GOSV
	KALLO			
BT045	Ancient Grain Corn Cakes		2.19	GOV
BT152	Blueberry/Van Rice/Corn Cakes		2.39	GSV
BT184	Corn Cakes OG		1.99	GOV
	Lentil Cakes			
BT578	Protein Lentil Cake		2.19	GV
	Rice Cakes			
BT810	Milk Chocolate Rice Cakes OG		2.29	GO
BT034	Original Organic Wholegrain		1.89	GVO
BT036	Thick Slice Sesame Rice Cake		1.65	GOV
BT240	Thin Slice No Salt - organic		1.79	GVO
BT338	Thin Slice Rice Cake Dark Choc		2.25	GO
	LAZY DAY			
BT188	Chocolate Chip Oaties		2.45	GSV
BT214	Dark Belgian Chocolate Gingers		3.75	GV

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BT197	Free From Shortbread		2.99	GV
BT140	Ginger Tiffin		2.89	GVS
BT199	Golden Syrup Oaties		2.45	GSV
BT316	Millionaires Shortbread		3.15	GSV
BT180	Stem Ginger Oaties		2.45	GSV
BT538	Tiffin Gift Selection Box		6.49	GSV
LE PAIN DES FLEURS				
BT094	Buckwheat Crispbread		3.29	GOV
BT189	Buckwheat Crispbread no Salt		3.29	GOV
BT095	Chestnut Crispbread		3.99	GOV
BT093	Quinoa Crispbread		3.99	GOV
MRS CRIMBLES				
BT245	Chocolate Macaroons		1.99	GSV
BT288	Coconut Macaroon		1.79	GSV
NAIRN'S				
BT149	Caramelised Onion Flatbreads		2.19	GS
BT156	Cheese Cracker		2.19	GS
ZX338	Original Flatbread		2.19	GS
	Biscuit Breaks			
BT425	Salted Caramel Oat Biscuit Gluten Free		2.49	GS
BT558	Cracked Black Pepper Cracker		2.19	GS
BT200	GF Apple&Cinnamon Chunky Bisc		2.45	GSV
BT324	GF Biscuit Breaks Choc Chip		2.45	GS
BT108	GF Biscuit Breaks Oat & Fruit		2.45	GSV
BT109	GF Biscuit Breaks Oat & Syrup		2.45	GSV
BT267	GF Biscuit Breaks Stem Ginger		2.45	GSV
BT571	GF Blueb&Rasp Chunky Biscuits		2.45	GSV
BT347	GF Breaks Choc Chip & Mint		2.45	GS
BT572	GF Dark Choc&C'nut Chunky Bisc		2.45	GS
BT549	GF Super Seeded Oatcake		2.35	GV
BT420	Gluten Free Oatcakes		2.35	GV
BT424	Gluten Free Oatcakes - Cheese		2.35	G
BT559	W/Grain Super Seeded Cracker		2.19	GS
BT557	Wholegrain Cracker		2.19	GS
ORIGIN EARTH				
BT390	Gluten Free Crackers		2.99	GV
BT389	Gluten Free Crackers Fennel		2.99	GV
BT387	Gluten Free Crackers Sesame		2.99	GV
PREWETT'S				
BT260	Dark Chocolate & Ginger		3.65	GS
BT280	Jammy Wheels		2.25	GSV
BT258	Milk Chocolate Digestives		2.49	GS
BT526	Rich Quadruple Choc Cookies		3.59	GS
RHYTHM 108				
	Ooh-la-la Tea Biscuits			
BT333	Almond Biscotti		3.90	GOV
BT334	Coconut Cookie		3.90	GOV
BT335	Double Choco Hazelnut Biscuits		3.90	OVG
BT344	Lemon Ginger Chia Biscuits		3.90	GOSV
RUDE HEALTH FOODS				
BT505	Buckwheat & Chia Crackers		3.25	GOV
BT300	Buckwheat Crackers		2.49	GOV
BT309	Buckwheat Crackers		2.49	GOV
BT147	Chickpea & Lentil Crackers		1.99	GOV
BT372	Chickpea Triangles		1.85	GOV
BT054	Corn Crackers		1.99	GOV
BT371	Corn Triangles		1.85	GOV
BT313	High Protein Lentil Triangles		1.85	GV
BT395	Multigrain Thins		2.75	GOV
VEGAN BAKERY				
BT069	Cookie N' Cream		2.99	GSV
BODY CARE				
DR BRONNER'S				
DY338	Lavender Castile Liquid Soap		69.99	FGOVB
FAITH IN NATURE				
	2.5 Litre - Body Wash			
DY406	Body Wash-Lavender/Geranium		26.00	GVB
DY418	Body Wash-Wild Rose		26.00	GVB
	2.5 Litre - Conditioner			
DY381	Conditioner-Lavender/Geranium		3.00	GVB

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DY409	Conditioner-Wild Rose 2.5 Litre - Shampoo		3.00	GVB
DY395	Shampoo-Lavender/Geranium		3.00	GVB
DY413	Shampoo-Wild Rose Body Wash		3.00	GVB
DY351	Body Wash - Avocado Conditioner		5.79	GV
DY354	Conditioner - Blueberry		6.50	GV
GREEN PEOPLE				
DY258	Organic Skincare Prebiotic Foot Cream Scent Free and Organic		14.00	GOV
DY259	Anti-Ageing 24 Hour Cream		22.00	GOV
DY262	Anti-Ageing Eye Cream		16.00	GOV
DY275	Calming Serum		23.00	GOV
DY273	Cleanser and Make-up Remover		23.00	GOV
DY278	Day Moisturiser		22.00	GOV
LAVERA				
DY583	Basis Lip Balm Sensitive		3.95	OG
BREADS & BREAD MIXES				
AMISA				
BT125	GF Olive Ciabatta		3.35	GOV
BIONA				
BT461	Rice Bread with Sunflower Seed		4.95	GOV
FREE & EASY				
FG059	Afternoon Tea Scone Mix		3.65	GSV
FG056	Middle Eastern Flatbread Mix		3.90	GV
FG057	Yorkshire Pudding Mix		2.65	GV
ISABEL'S NATURALLY FREE FROM				
FG186	Baked Donut Mix Gluten Free		3.15	GV
BT203	Gluten & Wheat Free Pizza Mix		3.95	G
FG084	Yorkshire Pudding Mix - G/Free		3.15	G
PROBIOS				
BT370	XMAS 2022 Organic Gluten Free Panettone		24.99	GOSV
SCHNITZER GLUTEN FREE				
BT467	Baguette Classic		4.90	GOV
BT466	Baguette Rainy Linseed/Sesame		4.90	GOV
BT349	Baguettini Rustic GF OG		2.69	GO
BT220	Black Forest Teff Loaf		4.89	GOV
BT016	Bread Less		3.65	GOV
BT021	Bread'n Toast white		4.19	GOS
BT160	Burger Bun		3.75	GOS
BT470	Ciabatta Olive Bread GF		4.95	GOV
BT462	Focaccia Rolls		3.45	GOV
BT083	Panini Bianco		3.45	GO
BT516	Pizza Base		1.79	GOSV
BT517	Quinoa Bread with Chia		5.50	GOV
BT471	Rustico GF Bread with Amaranth		4.89	GOV
BURGERS SAUSAGES & TVP MIXES				
SUMA PREPACKS				
VF154	Nut Roast Mix - Gluten Free		3.49	GVS
ARTISAN NATURES KITCHEN				
VF205	Moroccan Spiced GF Burger Mix		2.89	GSV
VF206	Sweet Chilli GF Burger Mix		2.89	GSV
CLEARSPRING				
SY074	Organic Soya Chunks		3.39	GOV
SY071	Organic Soya Mince		3.89	GOV
GORDON RHODES				
VF024	XMAS 2022 Apple, Apricot & Bay Stuffing		2.79	GSV
VF034	Chestnut & Cranberry Stuffing		2.79	GSV
VF049	Gourmet Bread Sauce Mix		3.35	GS
VF045	Sage & Red Onion Stuffing		2.79	GSVB
MRS CRIMBLES				
VF060	XMAS 2022 Stuffing Mix		2.29	GV
PROFUSION				
SY092	Protein Chunks Pea & Fava		3.50	GOV
SY095	Protein Mince Pea & Fava		3.50	GOV

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	SHROPSHIRE SPICE			
	XMAS 2022			
VF307	Bread Sauce - Gluten Free		2.25	GSV
VF308	GF Cran/Apple Stuffing Mix		2.25	GSV
VF309	GF Parsley/Thyme Stuffing Mix		2.25	GSV
VF310	GF Sage/Onion Stuffing Mix		2.25	GSV
	BUTTER, CREAM & MILK (CHILLED)			
	CALON WEN			
	The Farmers Co-op			
CV277	Lightly Salted Welsh Butter		3.55	GO
CV174	Spreadable Butter		3.10	GO
CV204	Unsalted Welsh Butter		3.55	GO
	YEO VALLEY			
	Minimum 4 days shelf life			
CV101	Double Cream		1.85	GO
	CAKES			
	AUTHENTIC BREAD COMPANY			
	XMAS 2022			
BT040	Luxury Mince Pies		5.59	OSVG
	DENISE'S DELICIOUS GLUTEN FREE			
	XMAS 2022			
BT022	4 Handmade GF Mince Pies		5.49	GS
BT403	Rich GF Christmas Cake		9.99	GS
	FOODS OF ATHENRY			
	XMAS 2022			
BT151	Christmas Cake - Gluten Free		1.99	GS
BT148	Very Fruity Mince Pies		5.49	GSV
	FREE & EASY			
FG031	Breakfast Pancake Gluten & Dairy Free		3.90	GSV
BT072	Chocolate Brownie Mix		4.90	GSV
	MRS CRIMBLES			
FG017	Pancake and Batter Mix		1.99	GV
	CEREALS & MUESLIS			
	ALARA			
	Everyday Range			
MX023	Gluten Free Muesli - organic		3.29	GOV
	Into The Garden			
MX236	Active Muesli		3.99	GOV
	AMISA			
FX016	Organic Porridge Oats		2.75	GOV
	BIO & ME			
MX050	Seed & Nut Gluten Free Granola		4.69	GV
	BIOFAIR			
MX009	Quinoa Pops Organic, FT		5.50	GFO
	DOVES FARM			
MX019	Cereal Flakes		3.49	GOSV
MX988	Chocolate Stars		2.75	GOV
MX632	Corn Flakes		2.75	GOV
MX171	Fibre Flakes		3.35	GOSV
MX086	Fruit & Fibre Flakes		4.69	GOV
MX002	Porridge Oats		3.49	GOV
MX087	Supergrain Hoops		3.55	GOV
	EAT NATURAL			
MX241	breakfast gluten free granola		4.25	G
MX148	Toasted Muesli - Buckwheat		4.25	G
	GLEBE FARM			
MX111	Granola Org Oats GF		2.99	GOS
FX037	Porridge Oats GF		2.65	GV
MX106	Porridge Oats GF		2.79	GOV
	KALLO			
MX124	Puffed Rice Cereal - Natural		3.35	GOV
	LIZI'S			
MX181	Gluten Free Granola		4.59	GV
	NAIRN'S			
MX152	Gluten Free Porridge Oats		2.79	GV
MX154	Muesli - Gluten Free		3.25	GSV
	NATURES PATH			
MX136	Mixed Berry Granola		4.95	OG

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	NATURES PATH ORGANIC			
MX602	Gorilla Munch		3.99	GOVS
MX194	Maple Sunrise		4.19	GOSV
MX885	Mesa Sunrise		4.35	GOSV
	Envirokidz			
MX079	Choco Chimps		4.50	GOVS
	PLANET ORGANIC			
MX165	Super Berry Paleo Granola		6.99	GOSV
	PRIMROSE'S KITCHEN			
MX109	Beetroot & Ginger Muesli		4.49	GOV
MX104	Carrot,Apple & Cinnamon Muesli		4.49	GOV
MX098	Fig & Apricot Bircher OG		4.49	GOV
MX095	Mulberry & Apple Bircher OG		4.49	GOV
MX100	Sour Cherry & Apple Bircher OG		4.49	GOV
	RUDE HEALTH FOODS			
	Muesli			
MX065	Coconut Muesli		3.49	GV
	Porridge			
MX208	Gluten Free Sprouted Porridge		4.99	GOV
	Puffs			
MX164	Honey Puffed Oats		4.25	G
MX120	Puffed Brown Rice		2.39	GV
	WHOLE EARTH			
MX172	Classic Cornflakes - organic		2.49	GOSV
MX174	Maple Frosted Flakes - og		3.29	GOSV
	CHEESE, DAIRY (CHILLED)			
	BERGERIE			
CV583	Fresh Goat Cheese Organic		1.99	GO
	CHEESE, NON DAIRY (CHILLED)			
	APPLEWOOD			
CV615	Smoked Cheese Block		2.80	GSV
CV618	Smoked Cheese Slices		3.10	GV
	BUTE ISLAND FOODS			
CV141	Blue Style Wedge		2.70	GV
CV597	Cheddar w' Caramelised Onion		2.70	GV
CV820	Garlic & Chive		2.70	GV
CV016	Greek Style		2.45	GV
CV191	Mature Cheddar Style		2.45	GV
CV187	Mild Cheddar Style		2.45	GV
CV755	Red Leicester Style		2.70	GV
CV294	Smoked Cheddar		2.70	GV
CV288	Strong Cheddar Wedge		2.65	GV
CV596	Wensleydale Style		2.70	GV
	Creamy Sheese			
CV302	Creamy Cheddar Spread		2.65	GSV
CV307	Creamy Chive Spread		2.65	GSV
CV308	Creamy Garlic and Herb Spread		2.65	GSV
CV284	Creamy Onion & Black Pepper		2.65	GSV
CV315	Creamy Original Spread		2.65	GSV
CV024	Creamy Sweet Chilli Spread		2.65	GV
	Grated Sheese			
CV165	Grated Mature Cheddar Style		3.10	GV
CV186	Grated Mild Cheddar Style		3.10	GV
CV183	Grated Mozzarella Style		3.10	GV
	Sliced Sheese			
CV542	Mozzarella Style Slices		2.65	GV
	KOKO DAIRY FREE			
CV688	Cheddar Cheese Alternative		2.49	GV
	MEXICANA			
CV535	Spicy Mexican Cheddar Style		2.80	GV
	MOZZARISELLA			
CV027	MascaRice Vegan Mascarpone		3.65	GOV
	VIOLIFE			
	Grated			
CV904	Grated Tex-Mex Cheese		3.40	GSV
	Specialities			
CV905	Camembert		3.80	GV
	CHOCOLATE			
	ANANDA FOODS			
	AVERAGE 6-8 WEEKS SHELF LIFE			

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KB330	Gluten Free Round UP		3.50	GSV
	XMAS 2022			
KB080	Gluten Free Round Up Selection		13.99	GSV
	BEECH'S FINE CHOCOLATES			
	XMAS 2022			
KB342	Dark Choc Fruit Creams		5.99	GSV
WS097	Dark Chocolate Brazils		6.99	GSV
WS096	Dark Chocolate Ginger		7.99	GSV
KB366	Dark Chocolate Marzipan		5.99	GSV
KB027	Ginger Creams		2.99	GSV
KB339	Mint Creams		2.99	GSV
KB338	Strawberry Creams		2.99	GSV
	BOOJA-BOOJA			
ZX869	Almond Salted Caramel		5.21	GOSV
ZX871	Around Midnight Espresso		5.21	GOSV
KB749	Chocolate Orange Truffles		5.21	GOSV
KB694	Deeply Chocolate Truffles		5.21	GOSV
ZX872	Fine De Champagne		5.21	GOSV
ZX874	Hazelnut Crunch		5.21	GOVS
KB718	Honeycomb Caramel Truffle		5.21	GOSV
	Artist's Collection Gift Boxes			
KB927	Fine De Champagne Truffles		22.95	GFOSV
KB929	Hazelnut Truffles		22.95	GFOSV
	Four Corners			
KB655	The Gourmet Selection		18.75	GOSV
	Gift Boxes			
KB815	Award-winning Selection		1.49	GOSV
KB656	Champagne Truffles		9.95	GOSV
KB793	The Signature Collection		1.43	GOSV
	Gift Range			
KB623	Hazelnut Truffles		14.50	GOSV
KB624	Truffle Selection 1		14.50	GOSV
KB873	Truffle Selection 2		14.50	GOSV
	Two Packs			
KB507	Almond Salted Caramel Truffles		1.34	GOSV
KB513	Hazelnut Crunch Truffles		1.34	GOSV
	BUTTERMILK			
	XMAS 2022			
KB318	Choccy Truffles		4.55	GSV
KB317	Zingy Orange Choccy Segments		3.45	GSV
	CAROBOO			
	Carob Bars			
ZX522	Raspberry & Honeycomb Crunch		1.69	GSV
ZX516	Salted Caramel Nutty Bars		1.69	GV
ZX985	Smooth & Creamy Coconut Bars		1.69	GSV
ZX990	Smooth & Creamy Mint Bars		1.69	GSV
ZX987	Smooth & Creamy Orange Bars		1.69	GSV
	COCOCARAVAN			
	XMAS 2022			
KB021	Choc Covered Dates		7.29	GOV
KB018	Chocolate Covered Plums		7.29	GV
	CONSCIOUS CHOCOLATE			
ZX483	Chia & Coconut Raw Bar		2.79	GOSV
ZX485	Citrus Zest Raw Bar		2.79	GOSV
ZX487	Dark Side 75% Raw Bar		2.79	GOSV
ZX488	Dark Side 85% Raw Bar		2.79	GOSV
ZX491	Four Nuts Raw Bar		2.79	GOSV
ZX492	Goji & Coconut Raw Bar		2.79	GOSV
ZX493	Love Potion No 9 Raw Bar		2.79	GOSV
ZX497	Orange & Tangerine Raw Bar		2.79	GOSV
ZX501	Peppermint Raw Bar		2.79	GOSV
ZX366	Pure Dark 100% Cacao Bar		2.79	GOV
ZX505	Sour Cherry Raw Bar		2.79	GOSV
	Chocolate Coated Snacks			
ZX339	Chocolate Coated Brazils		2.49	GOSV
ZX340	Chocolate Orange Coated Figs		2.49	GOSV
ZX364	Salted Chocolate Coated Dates		2.49	GOSV
	XMAS 2022			
ZX836	Chocolate Selection Box		11.99	GOSV
ZX838	Chocolate Stars Gift Box		9.95	GOSV
	DELICIOUSLY ELLA			
ZX150	Chocolate Orange Dipped Almons		1.19	GV

code	product	size	rrp	bfgosv
ZX151	Peanut Butter Cup		1.69	GV
ZX152	Salted Caramel Cup		1.69	GV
ZX144	Salted Chocolate Dipped Almons		1.19	GV
ENJOY!				
	Chocolate Buttons			
KB402	Dark 70% Chocolate Buttons		4.99	OSGV
KB392	Mint Filled Buttons		4.99	OSGV
KB401	Orange Caramel Filled Buttons		4.99	OSGV
KB391	Salted Caramel Filled Buttons Filled Bars		4.99	SGOV
KB593	Mint Caramel Filled Bar		2.99	GOSV
KB603	Orange Caramel Filled Bar		2.99	GOSV
KB389	Salted Caramel Filled Bar		2.99	OSGV
KB388	Vanilla Caramel Filled Bar		2.99	VSGO
FELLOW CREATURES				
	70g Bars			
KB073	Creamy Hazelnut Chocolate		3.90	GSV
KB068	Creamy Mylk Chocolate		3.90	GSV
KB098	Matcha White Choccy		3.90	GSV
KB095	Raspberry White Choccy		3.90	GSV
KB089	Salted Caramel Choccy		3.90	GSV
GO MAX GO				
	Vegan Alt to Popular Classics			
ZX992	Ma-Jor Bar		2.90	GSV
GOUPIE				
	XMAS 2022			
WS009	Boozy Christmas Goupie		5.89	GSV
WS008	Boozy Christmas Goupie Mini		2.75	GSV
WS017	Crystallised Ginger		4.99	GSV
WS020	Sweet Candied Lemon Peel		4.99	GSV
WS022	Sweet Candied Orange Peel		4.99	GSV
KB099	Taste of Christmas		5.89	GSV
KB144	Taste of Christmas Mini		2.75	GSV
WS120	White Christmas Goupie		5.89	GSV
WS121	White Christmas Goupie Mini		2.75	GSV
GREGORY'S TREE				
WS207	Fruit Twists Blue&Rasp Flvr OG		0.79	GOV
WS212	Strawberry Flvr Fruit Twist OG		0.79	GOV
HIP - HAPPINESS IN PLANTS				
	25g Bars			
KB105	Original - Creamy & Smooth		1.25	GSV
KB106	Salted Caramel		1.25	GSV
	70g Bars			
KB607	Original - Creamy & Smooth		2.95	GSV
KB606	Salted Caramel		2.95	GSV
KB100	Salted Honeycomb		2.95	GSV
HAPPI				
	80g Bars			
KB953	Cacao Nibs Crunch		2.95	GSV
KB988	Orange		2.95	GSV
KB951	Plain Milk		2.95	GSV
KB950	Salted Caramel		2.95	GSV
KB996	White Chocolate		2.95	GSV
ZX983	White Chocolate & Raspberry		2.95	GSV
	Chocolate Buttons			
ZX986	Oat Milk Chocolate Buttons		3.49	GSV
	XMAS 2022			
KB272	Candy Cane Bar		2.95	GSV
KB280	Christmas Selection Box		12.49	GSV
KB274	Gingerbread Bar		2.95	GSV
KB275	Oat Milk Choc Advent Calendar		14.99	GSV
LOVERAW				
	Peanut Butter Cups			
KB127	Milk Chocolate PNB Cups		1.75	GSV
KB131	White Chocolate PNB Cups		1.75	GSV
	Vegan Milk Chocolate Bar			
KB126	Caramel Milk Chocolate		1.75	GSV
KB124	Orange Milk Chocolate		1.75	GSV
KB121	Smooth Milk Chocolate		1.75	GSV
MONTEZUMA'S				
	Absolute Black Range			
ZX770	Absolute Black with Mint		2.49	GV

code	product	size	rrp	bfgosv
ZX775	Giant Buttons Absolute Black Giant Buttons Like No Udder		3.99	GV
WS204	Chocolate Butterscotch Bars		2.79	GOSV
KB530	Milk Alternative Bar		2.79	GOVS
KB601	Milk Choc/Orange Alternative		2.79	OSVG
WS205	Peppermint Choc & Cocoa Nibs Like No Udder Mini Bars		2.79	GOSV
ZX743	Milk Chocolate Alternative Organic Bars		1.90	GOSV
ZX779	Royal Mint Organic Dark W'Mint		2.49	GOSV
MOO FREE				
KB010	Moofreesas Buttons		1.25	GSV
KB348	Buttons - Original		0.75	GSV
KB349	Buttons - White Everyday Bars		0.75	GSV
KB008	Bunnycomb Bars		1.79	GSV
KB353	Orange Crunch Bars		1.79	GSV
KB354	Original Bars		1.79	GSV
KB009	White Chocolate Bars Everyday Bars - 35g		1.79	GSV
KB013	Bunnycomb Crunch Bars Mini Moos		1.25	GSV
KB324	Bunnycomb Bars		0.60	GSV
KB326	Caramel Bars		0.60	GSV
KB327	Mint Bars		0.60	GSV
KB332	Orange Bars		0.60	GSV
KB337	Original Bars		0.60	GSV
KB343	Strawberry Bars		0.60	GSV
KB345	White Chocolate Bars Premium Bar		0.60	GSV
ZX636	Cinder Toffee Bar		2.19	GSVO
WS050	Cocoa Chocolate Bar		2.19	GSOV
WS051	Sea Salt & Caramel Bar XMAS 2022		2.19	GSOV
KB310	Advent Calendar Milk Chocolate		4.51	GOSV
KB304	Choccy Rocks Gift Box		3.75	GSV
KB305	Choccy Rocks Snowballs		1.20	GSV
KB313	Christmas Bauble		2.61	GSV
KB836	Kids Milk Alt Advent Calendar		3.99	GSV
WS033	Kids White Choc Alt Advent		3.99	GSV
KB226	Mini Moos Santa Bar		0.85	GSV
WS089	Moo Free Snowman Bar		0.85	GSV
KB830	Olivia The Bear		3.50	GSV
KB828	Oscar The Bear		3.50	GSV
KB311	Selection Box		3.19	GSV
KB312	Selection Box Organic		9.49	GOSV
OMBAR CHOCOLATE				
ZX419	100% Cacao Chocolate Bar		2.50	FGOV
KB763	72% Cacao Chocolate Bar		2.50	FGOSV
ZX659	90% Cacao Chocolate Bar		2.50	FGOSV
KB759	Blueberry & Acai Chocolate Bar		2.50	FGOSV
KB761	Coco 60% Chocolate Bar		2.50	FGOSV
KB406	Coco Mylk Chocolate Bar		2.50	FGOSV
ZX657	Coconut & Vanilla Choc Centres		2.50	FGOSV
ZX397	Hazelnut Truffle Centre Bar		2.50	FGOSV
ZX421	Pistachio Centres Choc Bar		2.50	FGOSV
ZX663	Raspberry & Coconut Centre Bar		2.50	FGOSV
KB764	Strawberry Mylk Chocolate Bar 70g Bars		2.50	FGOSV
ZX951	72% Cacao Chocolate Bar		3.39	FGOSV
ZX952	Coco Almond Chocolate Bar		3.39	FSGOV
ZX953	Coco Mylk Chocolate Bar		3.39	FGOSV
ZX639	Coconut & Vanilla Chocolate		3.39	FGOSV
ZX403	Hazelnut Truffle Chocolate Bar		3.39	FGOSV
ZX641	Pistachio Chocolate Bar		3.39	FGOSV
ZX644	Raspberry & Coconut Choc Bar		3.39	FGOSV
ZX975	Salt & Nibs Chocolate Bar Buttons		3.39	FSGOV
KB492	Coco Mylk Chocolate Buttons		1.55	FGOSV

code	product	size	rrp	bfgosv
	PLAYIN CHOC			
WS005	Dinosaur Surprise		2.50	GOSV
WS133	Endangered Animal Surprise		2.50	GOSV
ZX066	Woodland Animal Surprise		2.50	GOSV
	XMAS 2022			
WS029	Christmas Characters Gift Set		14.99	GOSV
WS088	Christmas Surprise Collection		2.49	GOSV
	RAW HALO			
	70g Bars			
KB002	Dark 76%		2.99	GOSV
KB055	Dark 85%		2.99	GOSV
KB006	Dark Raspberry		2.99	GOSV
KB047	Dark Salted Caramel		2.99	GOSV
KB020	Mylk & Pink Himalayan Salt		2.99	GOSV
KB065	Mylk & Salted Caramel		2.99	GOSV
KB007	Mylk & Vanilla		2.99	GOSV
	RHYTHM 108			
KB506	Hazelnut Praline Chocolate Bar		1.65	GVOS
KB336	Super Coconut Swiss Choc Bar		1.65	GSOV
KB276	Sweet N Salty Almond Choc Bar		1.65	GOSV
KB994	Swiss Chocolate Orange Bar		1.65	GSOV
	Multi-Packs			
KB515	Hazelnut Praline Chocolate Bar		4.99	GOSV
KB522	Sweet N Salty Almond Choc Bar		4.99	GOSV
	SIESTA CAROB			
KB714	Carob Bar Luxury - Mixed		1.25	GV
KB711	Carob Bar Luxury - Natural		1.25	GV
	SO FREE			
	Bags - Plastic Free			
ZX792	Salted Caramel Cocoa Bites		2.89	GSV
ZX795	Smooth Orange Cocoa Bites		2.89	GSV
ZX799	Strawberry White Cocoa Bites		2.89	GSV
ZX800	White Cocoa Bites		2.89	GSV
	No Added Sugar Large Bars			
ZX915	No Added Sugar 72% Dark Choc		2.75	GV
ZX919	No Added Sugar Mint Dark Choc		2.75	GV
	Oat Milk Chocolate Bars			
ZX561	No Added Sugar Vegan Oat Milk		2.89	GV
ZX547	Vegan Caramilk		2.89	GSV
ZX563	Vegan Oat Milk		2.89	GSV
	Organic Large Bars			
ZX921	Extra Dark 87% Chocolate		2.75	OSVG
ZX920	F/trade Milk Choc Alternative		2.75	OGVS
ZX926	White Chocolate		2.75	GSOV
	XMAS 2022			
ZX415	Oat Milk Choc Advent Calendar		6.95	GSV
ZX417	Oat Milk Choc Advent Calendar		6.95	GV
ZX425	Salted Caramel Advent Calendar		6.95	GSV
ZX816	Santa Bar - Milk Alternative		1.90	GSV
ZX444	White Choc Advent Calendar		6.95	GSV
	SUMMERDOWN			
	XMAS 2022			
KB258	Chocolate Peppermint Creams		7.50	GS
KB239	Chocolate Peppermint Crisps		7.50	GSV
KB242	Chocolate Peppermint Dominoes		7.50	GSV
KB244	Chocolate Peppermint Thins		7.50	GSV
KB249	Chocolate Peppermint Truffles		7.99	GS
KB253	Heritage Peppermint Crisp Discs		7.49	GS
KB256	Heritage Peppermint Fondants		7.49	GS
KB257	Mint Chocolate Collection		8.49	GS
	THE RAW CHOCOLATE CO			
KB307	Cacao Nibs		3.75	GOV
	Raw Chocolate Coated Snacks			
KB054	Chocolate Covered Mulberries		4.69	GOSV
KB053	Chocolate Goji Berries		4.69	GOSV
KB056	Chocolate Raisins		4.69	GOSV
KB855	Chocolate Raisins - Snack Pack		1.39	GOSV
KB360	Goji Berries - Snack Pack		1.39	GOSV
KB362	Mulberries - Snack Pack		1.39	GOSV
ZX884	Raw Chocolate Covered Almonds		1.39	GOSV
ZX182	Raw Chocolate Covered Almonds		4.69	GOSV
ZX181	Raw Chocolate Covered Ginger		4.69	GOSV

code	product	size	rrp	bfgosv
KB903	Vanoffee Covered Mulberries		4.69	GOSV
	TONY'S CHOCOLONELY			
	Small Bars			
ZX114	Milk Chocolate 32% Hazelnut		1.49	FGS
	VEGO			
KB821	Mini Whole Hazel Chocolate Bar		2.25	FGOSV
KB489	Whole Hazelnut Chocolate Bar		3.99	FGOSV
	CHOCOLATE & SWEET SPREADS			
	COCOFINA			
GH136	Hazelnut Chocolate Spread -Org		4.99	GOSV
	SO FREE			
GH223	Milk Choc Spread (Dairy Free)		3.15	OSGV
GH225	Rich Dark Chocolate Spread		3.15	OVGS
	CHOCOLATES (CHILLED)			
	BOOJA-BOOJA			
	Chilled Chocolate			
CV194	Almond Caramel Truffles		3.99	GOSV
CV179	Dark Ecuadorian Truffles		5.29	GOSV
CV196	Hazelnut Crunch Truffles		3.99	GOSV
CV190	Raspberry Truffles		5.29	GOSV
CV192	Toffee Strudel Truffle		3.99	GSOV
	Two Packs			
CV212	Almond Salted Caramel Truffles		1.36	GOV
CV219	Hazelnut Crunch Truffles		1.35	GOV
	CIDERS			
	DUNKERTONS			
RT045	Dabinett Single Variety Cider		3.99	GOSV
RT054	Organic Craft Cider		3.79	GOSV
RT053	Premium Reserve Organic Cider		3.79	GOSV
	BOOM AWARD WINNER 2021			
RT041	Black Fox Organic Cider		3.79	GOSV
	COCOA			
	BUTTERMILK			
	XMAS 2022			
TE313	Hot Choccy Bombe		3.49	GSV
	HAPPI			
	XMAS 2022			
KB266	Oat Milk Hot Chocolate Spoons		4.99	GSV
	COFFEE SUBSTITUTES			
	PREWETT'S			
TE728	Chicory Drink - Cocoa		4.90	GV
TE589	Chicory Drink - Organic		4.49	GOV
	CONVENIENCE FOODS			
	ARTISAN GRAINS			
VF080	Falafel - Beetroot & Chilli		1.89	GV
VF071	Falafel - Pumpkin & Quinoa		1.89	GV
VF037	Falafel - Super Greens		1.89	GV
VF213	Nut Roast - Cashew & Cranberry		2.99	VG
	FREE & EASY			
VF125	Bean Cassoulet - og		2.75	GOV
VF006	Chickpea / Vegetable Curry		2.75	GOV
VF116	Chickpea & Bean Tagine		2.75	GOV
VF132	Middle Eastern Casserole		2.75	GOV
VF141	Sweet Pot/Kale/Coconut Curry		2.75	GOV
VF014	Three Bean Chilli - og		2.75	GOV
VF127	Vegetable Balti - og		2.75	GOV
VF128	Vegetable Hotpot - og		2.75	GOV
	FUTURE FARM			
VF001	Future Tvna		3.35	GV
	GRANOVITA			
VF036	Nut Luncheon		2.99	GV
	LOMA LINDA			
VF035	Tuno - In Spring Water		1.79	GV
VF246	Tuno - Mild Curry		1.79	GV
VF026	Tuno - Thai Sweet Chilli		1.79	GSV
VF022	Tuno Mayo		1.80	GSV
	Ready Meals			
VF027	Spicy Pad Thai		3.99	GSV

code	product	size	rrp	bfgosv
VF028	Thai Green Curry		3.99	GSV
VF016	Tikka Masala		3.99	GSV
MARIGOLD				
SY154	Tempeh - Cans		3.65	GV
MIRACLE NOODLE				
	Ready To Eat Meals			
VF142	Green Curry		2.99	GSV
VF156	Japanese Curry		2.99	GSV
VF144	Pad Thai		2.99	GSV
VF163	Spaghetti Marinara		2.99	GV
VF147	Thai Tom Yum Noodle Soup		2.99	GSV
CRISPS & SNACKS				
AMAIZIN				
ZX589	Bio Corn Chips Nachos		2.45	GOS
APE SNACKS				
ZX504	Coconut Bites Chocolate		2.90	GVS
BROWN BAG CRISPS				
	Impulse			
ZX266	Lightly Salted		0.79	GV
ZX268	Oak Smoked Chilli		0.79	GSV
ZX206	Rosemary & Sea Salt		0.79	GSV
ZX267	Sea Salt and Vinegar		0.79	GS
ZX265	West Country Cheddar & Onion Sharing		0.79	GS
ZX270	Lightly Salted		2.90	GV
ZX108	Rosemary & Sea Salt		2.90	GSV
	Vegetable Crisps			
ZX833	Vegetable Chips - Hand Cooked		1.19	GV
CLEARSPRING				
ZX226	Tamari Roast Sicilian Almonds		1.89	GOV
EAT REAL				
	Hummus Chips - Impulse			
ZX198	Hummus Sour Cream Chips		0.89	GSV
ZX163	Humus Creamy Dill Chips		0.89	GSV
ZX161	Humus Sea Salted Chips		0.89	GV
ZX160	Humus Tomato & Basil Chips		0.89	GSV
	Hummus Chips - Sharing			
ZX237	Hummus Chilli Cheez		2.15	GSV
ZX326	Hummus Sour Cream Chips		2.15	GSV
ZX125	Humus Chilli Lemon Chips		2.15	GV
ZX127	Humus Creamy Dill Chips		2.15	GSV
ZX124	Humus Sea Salt Chips		2.15	GV
ZX121	Humus Tomato & Basil Chips		2.15	GSV
	Kale - Sharing			
ZX057	Veggie & Kale Straws		2.29	GSV
	Lentil Chips - Impulse			
ZX169	Lentil Chilli & Lemon Chips		0.89	GV
ZX170	Lentil Creamy Dill Chips		0.89	GSV
ZX165	Lentil Sea Salted Chips		0.89	GV
ZX168	Lentil Tomato & Basil Chips		0.89	GSV
	Lentil Chips - Sharing			
ZX135	Lentil Chips Chilli Lemon		2.15	GV
ZX883	Lentil Chips Creamy Dill		2.15	GSV
ZX737	Lentil Chips Mango & Mint		2.15	GSV
ZX128	Lentil Chips Sea Salt		2.15	GV
ZX130	Lentil Chips Tomato Basil 113g Multi Pack		2.15	GSV
ZX027	Hummus, Lentil, Quinoa Multi Organic - Sharing		2.65	GVS
ZX215	Hummus Sea Salt Chips - Org		2.69	GOV
ZX214	Lentil Sea Salt Chips - Org		2.69	GOV
ZX213	Veggie Straws - Organic		2.69	GOSV
	Quinoa Chips - Impulse			
ZX041	Quinoa Chilli & Lime Chips		0.89	GSV
ZX007	Quinoa Cream & Chive Chips		0.89	GSV
	Quinoa Chips - Sharing			
ZX311	Quinoa Chips Chilli Lime		2.15	GSV
ZX315	Quinoa Chips Cream & Chives		2.15	GSV
ZX314	Quinoa Chips Tomato & Garlic		2.15	GSV
ZX264	Quinoa Paprika Chips		2.15	GSV

code	product	size	rrp	bfgosv
	EMILY CRISPS			
ZX186	Garden Greens Veg Crisps		1.19	GV
ZX183	Rainbow Roots		1.49	GV
ZX234	Sour Cream & Onion Thins		1.99	GV
ZX235	Sour Cream & Onion Thins		0.99	GV
ZX197	Veg Thins - Chipotle BBQ		1.89	GV
ZX174	Vegetable Sticks - Thai Chilli		1.90	GV
	KETTLE CHIPS			
	Sharing Bags			
ZX248	Lightly Salted		2.89	GV
ZX427	Sheese & Red Onion - Vegan		2.89	GV
	LOVE CORN			
ZX849	Crunchy Corn - BBQ		2.29	GV
ZX957	Crunchy Corn - Cheese & Onion		2.29	GV
ZX607	Crunchy Corn - Habanero		2.29	G
ZX852	Crunchy Corn - Salt & Vinegar		2.29	GV
ZX610	Milk Chocolate & Sea Salt		2.89	GS
ZX608	Sea Salt		2.29	G
	MANOMASA			
ZX535	Tortilla - Chilli & Honey		2.90	G
ZX462	Tortilla - Chipotle & Lime		2.90	GV
ZX603	Tortilla - Lemon & Peppercorn		2.90	GV
ZX455	Tortilla - Manchego & Olive		2.90	G
ZX613	Tortilla - Tomatillo Salsa		2.90	GV
	NAIRN'S			
ZX335	Sea Salt & Rosemary Flatbread		2.19	GS
ZX210	Snackers - Cheese		0.69	G
	PIPERS CRISPS			
	Impulse Bag			
ZX292	Anglesey Sea Salt		0.85	GV
ZX293	Arreton Tomato Potato Crisps		0.85	GSV
ZX295	Karnataka BI Pepp & Sea Salt		0.85	GSV
ZX297	Lye Cross Cheddar & Onion		0.85	GS
ZX296	Somerset Cider Vinegar/Salt		0.85	GS
ZX434	Wild Thyme & Rosemary		0.85	GSV
	Sharing Bag			
ZX291	Anglesey Sea Salt		2.19	GV
ZX289	Lye Cross Cheddar & Onion		2.19	GS
ZX283	Sea Salt & Somerset Cider V'gr		2.19	GS
ZX436	Wild Thyme & Rosemary		2.19	GSV
	PROPERCHIPS			
ZX725	Barbecue		0.89	GSV
ZX726	Sea Salt		0.89	GSV
ZX727	Sweet Sriracha Chilli		0.89	GSV
	Sharing Bag			
ZX426	Barbecue Chips		2.29	GSV
ZX467	Salt & Vinegar Chips		2.29	GSV
ZX430	Sea Salt Chips		2.29	GSV
ZX474	Sriracha Chilli Chips		2.29	GSV
	PROPERCORN			
	Sharing Bag			
ZX861	Popcorn - Lightly Sea Salted		1.95	GV
ZX862	Popcorn - Salted Caramel		1.95	GSV
ZX860	Popcorn - Sweet & Salty		1.95	GSV
	PURELY PLANTAIN			
ZX961	Plantain Chips - Nice & Spicy		1.99	GV
ZX959	Plantain Chips - Sea Salt		1.99	GV
ZX960	Plantain Chips - Wild Garlic		1.99	GV
	REBEL KITCHEN			
ZX252	Caramel Bytes		1.79	GOSV
ZX240	Chocolate Bytes		1.79	GOSV
	RW GARCIA			
	Crackers			
ZX760	Crackers - Kale		5.90	GV
ZX761	Crackers - Sweet Potato		5.90	GV
ZX329	Crackers - The Bagel		5.90	GOV
ZX859	Lentil & Turmeric Crackers		5.90	GSV
	Sharing Bag			
ZX461	Blue Corn Tortilla Chips - Org		3.35	OVG
ZX200	Veggie Mix Tortilla		3.35	GV
	SOURCE OF THE EARTH			
ZX640	Lentil Chips - Coconut Curry		0.99	GV

code	product	size	rrp	bfgosv
ZX717	Lentil Chips - Cream & Chive		0.99	GV
ZX702	Lentil Chips Paprika & Chilli		0.99	GV
TEN ACRE CRISPS				
ZX556	Cheese & Onion Crisps		0.85	GV
ZX559	Hickory BBQ Crisps		0.85	GV
ZX554	Ready Salted Crisps		0.85	GV
ZX557	Salt & Vinegar Crisps		0.85	GV
TRAF0				
	Flips			
ZX359	Chickpea Flips Mild Curry		2.45	GOV
ZX343	Pea Flips Lightly Salted		2.45	GOV
ZX299	Rosemary Lentil Flips		2.45	GOV
	Hummus Chips			
ZX933	Hummus Chips - Sea Salt		2.15	GOV
TYRRELLS				
	Potato Chips - Furrows Sharing			
ZX502	Sea Salt and Cider Vinegar		2.59	GS
	Potato Chips - Impulse			
ZX907	Cheddar Cheese and Chives		1.50	GS
	Potato Chips - Sharing			
ZX978	Black Truffle & Sea Salt		2.55	GSV
ZX018	Cider Vinegar and Sea Salt		2.55	GS
ZX022	Lightly Sea Salted		2.55	GV
ZX024	Sea Salt & Black Pepper		2.55	GV
ZX021	Sweet Chilli & Red Pepper		2.55	GSV
	Vegetable Chips			
ZX658	Mixed Roots		1.65	GV
ZX388	Mixed Roots		3.59	GV
WELL & TRULY				
ZX965	Crunchies Banging BBQ		2.00	G
ZX970	Crunchies Punchy Pickle		2.00	G
ZX964	Crunchies Really Cheesy		2.00	G
ZX967	Crunchies Sea Salt & Vinegar		2.00	G
ZX966	Crunchies Smokey Paprika		2.00	G
ZX971	Crunchies Sour Cream & Onion		2.00	G
DESSERTS				
AUTHENTIC BREAD COMPANY				
	XMAS 2022			
BT155	Christmas Pudding		11.49	GOSV
BARKAT				
VF244	GF Ice Cream Cones		2.19	GV
VF135	GF Waffle Ice Cream Cones		4.19	GS
DENISE'S DELICIOUS GLUTEN FREE				
	XMAS 2022			
BT402	Luxury GF Christmas Puddings		8.99	GS
FOODS OF ATHENRY				
	XMAS 2022			
BT150	Christmas Pudding Gluten Free		1.99	GS
LILLYPUDS				
	XMAS 2022			
BT306	Traditional Christmas pudding		12.75	GSV
NATURE'S CHARM				
SY079	Coconut Caramel Sauce		3.79	GSV
SOJADE				
SY099	Chocolate Soya Dessert		1.59	GOSV
SY107	Vanilla Soya Dessert		1.59	GOSV
WE CAN VEGAN				
SY060	Vegan Chocolate Custard		1.85	GSV
SY015	Vegan Rice Pudding		1.85	GSV
SY065	Vegan Strawberry Custard		1.85	GSV
SY006	Vegan Vanilla Custard		1.85	GSV
DESSERTS & PUDDINGS (CHILLED)				
ORIGIN KITCHEN				
	Creamed Cashew Desserts			
CV789	Chocolate		2.30	GSV
CV780	Forest Berry		2.30	GSV
CV778	Mango & Passionfruit		2.30	GSV
CV792	White Chocolate		2.30	GSV
THE COCONUT COLLABORATIVE				
CV507	Little Choc Pots		3.30	GSV
CV511	Salted Caramel Pots		3.30	GSV

code	product	size	rrp	bfgosv
CV464	Vanilla Rice Pudding		3.30	GSV
CV627	VRAI Rice Pudding with Vanilla		1.20	GOS
DESSERTS, NON-DAIRY (FROZEN)				
BEAU'S GELATO				
XL095	Chocolate Chip		5.60	GSV
XL094	Mint Chocolate Chip		5.60	GSV
XL093	Pistachio		5.60	GSV
XL092	Raspberry		5.60	GSV
XL099	Strawberry		5.60	GSV
FOOD HEAVEN				
	Dairy-Free Desserts			
XL401	Chocolate Ice Cream		4.50	GSV
XL400	Cool Vanilla Ice Cream		4.50	GSV
NATURLI'				
	Cones			
XL149	Dark and Creamy Ice Cones		5.25	GSV
XL150	Salted Caramel Ice Cream Cones		5.25	GSV
NORTHERN BLOC				
	Indulgent Vegan Ice Cream			
XL110	Caramel Collection Multipack		6.25	GSV
XL367	Chocolate & Blood Orange		1.55	GSV
XL118	Chocolate & Blood Orange		5.50	GSV
XL103	Chocolate Collection Multipack		6.25	GSV
DRINKS (CHILLED)				
BIOTIFUL DAIRY				
CV867	Honey & Ginger Kefir Smoothie		1.69	G
CV373	Kefir Cherry Smoothie		1.69	G
CV359	Org Baked Milk Drink		2.90	GO
CV342	Org Kefir Milk Drink		2.90	GO
CV361	Org Kefir Milk Drink		1.75	GO
	Oat Kefir			
CV908	Mango Plant-Based Kefir		2.15	GV
CV906	Original Plant Based Kefir		2.15	GV
CV907	Strawberry Plant Based Kefir		2.15	GV
CALIFIA FARMS				
CV824	Chocolate Coconut Almond Milk		2.50	GSV
CV822	Cocoa Noir Cold Brew Coffee		1.99	GSV
CV826	Cold Brew Mocha		2.99	GSV
CV823	Unsweetened Almond Milk		2.50	GSV
CV821	XX Espresso Cold Brew Coffee		1.99	GSV
COCOS				
CV482	Mango & Passionfruit Kefir		2.95	FGOV
CV898	Natural Coconut Milk Kefir		3.95	GOV
CV896	Strawberry Kefir		2.95	GOV
JARR KOMBUCHA				
CV053	Ginger Kombucha		2.29	GOV
CV062	Original Kombucha		2.29	GOV
CV064	Passion Fruit Kombucha		2.29	GOV
CV070	Raspberry Kombucha		2.29	GOV
KOKO DAIRY FREE				
CV021	Koko Dairy Free Original		1.90	GSV
LA BREWERY				
CV138	Ginger Kombucha		2.99	GV
CV164	Lemongrass Kombucha		2.99	GV
CV155	Strawberry & Pepper Kombucha		2.99	GV
FAR EASTERN FOOD				
CLEARSPRING				
JP103	Teriyaki Sauce - Organic & GF		4.29	GOV
JP026	Tofu		2.10	GOV
	Miso Products			
JP048	Creamy Sesame Miso Soup		2.99	GOV
JP049	Ginger & Turmeric Miso Soup		2.99	GOV
JP047	Hot & Spicy Miso Soup Paste		2.99	GOV
	Noodles			
JP056	All Buckwheat Soba Noodles		4.49	GOV
JP053	Brown Rice Noodles - GF		3.99	GOV
JP054	Brown Rice Wide Noodles - GF		3.99	GOV
	Sea Veg			
JP082	Seaveg Crispies - Original		1.19	GOV

code	product	size	rrp	bfgosv
JP104	Seaveg Crispies - Original		1.75	GOV
JP035	Seaveg Crispies - Turmeric		1.19	GOV
JP083	Seaveg Crispies Multipack-Orig		2.89	GOV
JP085	Seaveg Crispies Multipk-Chilli Soya Sauce		2.89	GOV
JP130	Tamari Soy Sauce Double Strnth		3.79	GOV
JP029	Tamari Soy Sauce Double Strnth		5.79	GOV
JP098	Tamari Soya Sauce		2.79	GOV
JP099	Tamari Soya Sauce		3.79	GOV
JP001	Tamari Soya Sauce		44.99	GOV
JP501	Tamari Soya Sauce		1.00	GOV
JP110	Tamari Soya Sauce		18.39	GOV
	KIKKOMAN			
JP067	Tamari Gluten Free Soy Sauce		3.29	GV
	KING SOBA			
JP087	Brown Rice Paper		2.89	GOV
WT002	Pho Noodles		3.90	GOV
JP089	White Rice Paper		2.89	GOV
	KING SOBA NOODLE CULTURE			
WT034	Buckwheat Ramen Noodle Kit		3.49	GOV
	MEKHALA			
VF234	Green Curry Paste		3.99	GOV
VF241	Lemongrass Turmeric Paste		3.99	GOV
VF238	Miso Ginger Paste		3.99	GOV
VF235	Red Curry Paste		3.99	GOV
VF237	Tom Yum Paste		3.99	GOV
VF236	Yellow Curry Paste		3.99	GOV
	MERIDIAN			
JP058	Tamari		38.29	GV
JP309	Tamari		3.29	GV
JP310	Tamari		6.89	GV
	THAI TASTE			
VF174	Galangal		1.79	GV
VF319	Green Curry Paste		1.99	GV
VF171	Red Curry Paste		1.99	GV
VF258	Sriracha Chilli Sauce		2.39	GSV
VF199	Tamarind Paste		1.79	GSV
VF159	Vegan 'Fish' Sauce		2.15	GSV
	YAKSO			
JP012	Coconut Aminos		7.25	GOV
JP002	Tamari - organic		2.25	GOV
JP113	Tamari - organic		3.95	GOV
	FLAKES, BRANS & WHEATGERM			
	SUMA PREPACKS			
FX046	Oats - Jumbo & Gluten Free		3.59	GV
FX045	Oats - Porridge & Gluten Free		3.59	GV
	SUMA PREPACKS - ORGANIC			
FX042	Oats - Jumbo Gluten Free		3.99	GOV
FX044	Oats - Porridge & Gluten Free		3.99	GOV
	ALARA			
FX026	Gluten Free Scottish Porridge		3.19	GOV
	FLOURS & BREAD MIXES			
	AMISA			
FG085	Chestnut Flour - Organic		5.99	GOV
FG065	Chickpea Flour		3.45	GOV
FG013	Quinoa Flour		4.85	GOV
	BIONA			
FG163	Coconut Flour - Organic		3.50	GOV
	CLEARSPRING			
FG180	Breadcrumbs - Brown Rice, GF		4.49	GOV
	DOVES FARM			
FG097	Chickpea Flour		2.45	GOV
FG039	GF Buckwheat Flour		4.75	GV
FG522	Gluten Free Brown Bread Flour		2.65	GV
FG700	Gluten Free Plain White Flour		2.65	GV
FG520	Gluten Free White Bread Flour		2.65	GV
FG096	OAT FLOUR		4.19	GOV
FG047	Organic Coconut Flour		3.95	GOV
FG117	Rice Flour		2.90	GV
FG116	Stoneground Gram Flour		2.69	GV
FG701	White Self Raising Flour GF		2.65	GV

code	product	size	rrp	bfgosv
	ORGRAN			
	Gluten Free Mixes			
FG061	Buckwheat Pancake Mix		3.69	GV
	SHIPTON MILL			
	Specialist Flour			
FG080	Chestnut Flour		6.95	GOV
	FRUIT - DRIED			
	THE RAW CHOCOLATE CO			
	Goji Berries		5.59	GOV
	URBAN FRUIT			
DR192	Mango		2.65	GV
DR201	Pineapple		2.65	GV
DR263	Snack Pack - Mango		0.99	GV
DR002	Snack Pack - Strawberry		0.99	GV
DR144	Snack Pack Pineapple		0.99	VG
DR266	Strawberries		2.65	GV
DR009	Tumbled Mango & Passionfruit		2.65	GV
	FRUIT (FROZEN)			
	NATURAL COOL			
	Organic Berry Mix		4.35	GOV
XL142	Organic Blueberries		4.60	GOV
XL145	Organic Raspberries		5.75	GOV
XL179	Organic Sour Cherries		3.90	GOV
XL182	Organic Strawberries		3.90	GOV
XL180				
	FRUIT & VEGETABLE JUICES			
	BERRY COMPANY			
	1L Tetrapack			
	Goji Berry Juice		2.69	GV
JU063	Superberries Purple Juice		2.69	GV
JU061	Superberries Red Juice		2.69	GV
JU050	White Tea and Peach Juice		2.69	GV
JU736				
	FLAWSOME!			
	Not from concentrate juices			
	Apple & Orange Juice		1.99	GV
JU823	Apple & Strawberry Juice		1.99	GV
JU825	Apple & Superberry Juice		1.99	GV
JU826	Orange Juice		1.99	GV
JU820	Sweet & Sour Apple Juice		1.99	GV
JU821				
	GRAINS			
	MR ORGANIC			
	Red Lentil Rice		3.65	GOV
QS020				
	GRAVY, STOCK & BOUILLON			
	SUMA ORGANIC			
	Organic Bouillon		2.55	GOV
LJ650				
	FREE & EASY			
	Gravy Sauce Mix		2.90	GV
LJ008				
	KALLO			
	French Onion Stock Cubes		1.75	GOVS
LJ102	Garlic & Herb Stock Cubes		1.75	GOVS
LJ103	Low Salt Vegetable Stock Cubes		1.75	GOVS
LJ171	Mushroom Stock Cubes		1.75	GOVS
LJ122	Paprika Stock Cubes		1.75	GOV
LJ001	Sriracha Stock Cubes		1.69	GOV
LJ232	Tomato & Herb Stock Cubes		1.75	GOVS
LJ101	Umami Stock Cubes		1.69	GOV
LJ205	Vegetable Stock Cubes		1.75	GOV
LJ120	Yeast Free Veg.Stock Cubes		1.75	GV
LJ147				
	MARIGOLD			
	Bouillon Cubes		1.29	GOV
LJ211	Bouillon Powder		11.65	G
LJ046	Bouillon Powder		2.24	G
LJ043	Bouillon Powder		6.35	G
LJ044	Bouillon Powder - Organic		2.35	GOV
LJ073	Bouillon Powder - Organic		7.15	GOV
LJ238	Bouillon Powder - Reduced Salt		11.65	GV
LJ164	Bouillon Powder - Reduced Salt		2.90	GV
LJ070	Bouillon Powder - Reduced Salt		6.35	GV
LJ237	Bouillon Reduced Salt		2.95	FGV
LJ178				

code	product	size	rrp	bfgosv
LJ062	Gravy Granules - Instant		1.79	GSV
LJ212	Low Salt Bouillon Cubes		1.49	GOV
LJ208	Organic Bouillon		22.15	FGOV
LJ074	Organic Bouillon Reduced Salt		2.49	GOV
LJ253	Organic Reduced Salt Bouillon		4.55	FGOV
LJ139	Original Bouillon		19.19	FGV
LJ321	Yeast Free Bouillon Stock Cube		1.39	GOV
	ORGRAN			
LJ158	Gravy Mix		2.89	GV
	HERB & FRUIT TEA INFUSIONS			
	CLIPPER			
	Everyday Infusions			
TE035	Indian Chai		2.19	FGOV
	HEATH AND HEATHER			
	Botanicals			
TE594	Turmeric Root Brew		3.55	GOV
	PUKKA			
TE058	Turmeric Active		3.45	GOV
	YOGI TEA			
TE593	Alkaline Herbs		2.59	GOV
TE067	Bee Happy		2.59	GOV
TE630	Feel Pure with Lemon		2.59	GOV
TE591	Finest Selection		2.79	GOV
	For The Senses			
TE625	Fresh Inspiration		2.59	GOV
TE615	Good Night		2.59	GOV
TE263	Natural Energy		2.59	GOV
TE129	Natural Wellbeing		2.59	GOV
TE610	Pure Happiness		2.59	GOV
	Gift Range			
TE265	Yogi Tea Selection Box		11.99	GOV
	HONEY			
	HILLTOP HONEY			
HY097	Lavender Honey, Spanish		5.95	G
HY076	Organic Multi Flower Honey		4.25	OG
	HOUSEHOLD CLEANING PRODUCTS			
	ECOZONE			
HJ044	Appliance Descaler		4.69	GV
	HOUSEHOLD PRODUCTS			
	TRAIDCRAFT			
NF181	Fair Trade Rubber Gloves		1.45	GFV
	INDIAN FOOD			
	MERIDIAN			
VF019	Korma Sauce		2.89	GSV
VF025	Tikka Masala Sauce		2.89	GSV
	PATAKS			
	Curry Pastes			
KJ222	Korma Curry Paste		2.89	G
KJ054	Madras Curry Paste		2.89	GV
KJ152	Rogan Josh Curry Paste		2.99	GSV
KJ246	Tikka Masala Curry Paste		2.89	GS
KJ059	Vindaloo Curry Paste		2.89	GV
	Pickles			
KJ040	Aubergine Pickle (Was Bringal)		2.59	GVS
KJ041	Chilli Pickle		2.55	GV
KJ045	Lime Pickle - Medium/Hot		2.55	GV
KJ047	Mango Pickle - Medium		2.65	GV
KJ049	Mixed Pickle		2.55	GV
	PUNJABAN			
	Bases (Sauce Concentrate)			
KJ374	Authentic Curry Base - Medium		3.50	GV
KJ373	Authentic Curry Base - Mild		3.50	GV
KJ379	Butter 'Chicken' Base		3.50	GV
KJ383	Tasty Tamarind Curry Base		3.50	GV
KJ083	Tikka Masala Curry Base Sauce		3.50	GV
	JAMS & FRUIT SPREADS			
	ST DALFOUR			
JS051	Apricot Spread		2.75	GV

code	product	size	rrp	bfgosv
JS064	Black Cherry Spread		2.75	GV
JS063	Blackberry Spread		2.75	GV
JS062	Blackcurrant Spread		2.75	GV
JS009	Cranberry & Blueberry		2.75	GV
JS068	Fig Spread		2.75	GV
JS067	Four Fruits Spread		2.75	GV
JS066	Mirabelle Plum Spread		2.75	GV
JS120	Orange and Ginger Spread		2.75	GV
JS046	Raspberry & Pomegranate Spread		2.75	GV
JS049	Raspberry Spread		2.75	GV
JS050	Strawberry Spread		2.75	GV
JS061	Thick Cut Orange Spread		2.75	GV
JS060	Wild Blueberry Spread		2.75	GV

JUICE CONCENTRATES & CORDIALS

BELVOIR

JU234	Blueberry Blackcurrant Cordial		5.35	GSV
JU516	Elderflower & Rose Cordial		5.35	GSV
JU578	Elderflower Cordial		5.35	GSV
JU577	Ginger Cordial		5.35	GSV
JU197	Honey, Lemon & Ginger Cordial		5.35	GS
JU275	Organic Elderflower Cordial		5.89	GOSV
JU276	Organic Ginger Cordial		5.89	GOSV
JU355	Organic Lemon & Mint Cordial		5.89	GOSV
JU043	Raspberry & Lemon Cordial Family Size		5.35	GV
JU339	Blackcurrant Cordial		5.29	GSV
JU338	Orange Cordial		5.29	GSV
JU285	XMAS 2022 Mulled Winter Cordial		5.25	GSV

MARGARINES & SPREADS (CHILLED)

KOKO DAIRY FREE

CV317	Koko Dairy Free Spread		2.19	GV
CV879	Spreadable Vegan Butter		2.20	GOV
CV735	Spreadable Vegan Butter		4.25	GOV
CV880	Vegan Butter Block		2.10	GOV

MAYONNAISE & SALAD DRESSINGS

INSPIRED VEGAN

KJ247	Vegan Bearnaise Style Sauce		2.39	GSV
KJ249	Vegan Dill Mustard Sauce		2.39	GSV
KJ270	Vegan Hollandaise Style Sauce		2.39	GSV
KJ048	Vegan Honei Mustard Dressing		2.99	GSV
KJ271	Vegan Horseradish Sauce		2.69	GSV
KJ245	Vegan Marie Rose Sauce		2.39	GSV
KJ261	Vegan Tartare Sauce		2.69	GSV
KJ498	MR ORGANIC Egg Free Garlic Mayo		2.79	GOSV

MEAT FREE ALTERNATIVES(FROZEN)

BEYOND MEAT

XL053	Burgers		5.20	GV
XL091	Meatballs		5.20	GV
XL088	Mince		5.20	GV
XL063	Sausages		5.20	GV

NATURLI'

XL065	Schnitzel		4.25	GV
XL071	Vegan Balls		3.50	GV
XL101	Vegan Mince		3.35	GSV

STRONG ROOTS

XL213	Pumpkin & Spinach Burgers		4.10	GV
XL218	Spinach Bites		4.10	G

MEATLESS SUBSTITUTES (CHILLED)

BONSAN

CV837	Kofu Fishfree fillet		4.50	GOSV
CV843	Kofu Ragu Chunks		3.95	GOSV

FLORENTIN

CV930	Falafel		4.55	GOV
CV571	Sweet Potato Falafel		4.55	GOV
CV944	Tamruc Falafel		4.70	GOV

code	product	size	rrp	bfgosv
HEURA				
CV142	Chorizo		3.69	GV
CV115	Mediterranean Chunks		3.69	GV
CV119	Original Burger		4.30	GV
CV116	Original Chunks		3.69	GV
CV124	Original Nuggets		3.69	GV
CV128	Original Sausages		3.69	GV
CV145	Original Strips		3.69	GV
MIDDLE EASTERN & AFRICAN FOOD				
AL'FEZ				
KJ548	Apricot & Coriander Sauce 450g		2.65	G
AMISA				
KJ105	Falafel Mix		2.45	GOV
MILK - NON DAIRY				
ALPRO				
TE004	Almond for Professionals		2.25	GSV
TE083	Oat for Professionals		1.99	GV
SY047	Organic Almond Drink		1.81	GOV
SY049	Organic Coconut Drink		1.39	GOV
SY050	Organic Soya Drink		1.59	GOV
BLUE DIAMOND				
SY101	Almond Breeze - Barista Blend		2.50	GV
SY061	Almond Breeze - Original		1.79	GSV
SY066	Almond Breeze - Unsweetened		1.79	GV
DREAM				
JU540	Rice Dream - Calcium		2.15	GV
DUG				
SY134	Potato Milk - Barista		1.99	GV
SY127	Potato Milk - Original		1.99	GV
SY128	Potato Milk - Unsweetened		1.99	GV
ECOMIL				
SY012	Almond Drink Powder		13.65	GOV
SY030	Cuisine - Almond Cream		1.49	GOV
SY137	Cuisine - Cashew Cream		1.49	GOV
SY059	Cuisine - Coconut Milk		1.59	GOV
FOOD HEAVEN				
SY003	Cooking Cream - Unsweetened		3.50	GV
SY168	Heavenly Whipped Spray Cream		2.29	GSV
GLEBE FARM				
SY165	Almond Drink Barista		2.50	FGV
SY140	Barista Style Oat Drink		1.99	GV
SY164	Coconut Drink Barista		2.15	FGV
KOKO DAIRY FREE				
SY149	Barista Coconut Milk Drink		1.99	GSV
SY038	Coconut Milk Drink		1.95	GSV
SY122	Coconut Milk Drink Unsweetened		1.95	GV
SY167	Coconut Super Milk		2.35	GSV
MIGHTY				
SY124	Pea Milk - Original		1.95	GSV
SY197	Pea Milk - Unsweetened		1.95	GV
NATURE'S CHARM				
SY077	Condensed Coconut Milk		3.49	GSV
SY078	Evaporated Coconut Milk		3.90	GSV
PLAMIL				
SY009	Organic Soya Milk Heritage		2.25	VOG
PLENISH				
SY170	Oat M*lk - Gluten Free		2.35	GOV
PROVAMEL				
SY094	Almond Drink - Unsweetened		2.69	GOV
REBEL KITCHEN				
SY181	Dairy Free Semi Skimmed Mylk		2.59	GOV
SY214	Dairy Free Whole Mylk		2.55	GOV
RUDE HEALTH FOODS				
SY004	Almond Drink - Organic		1.19	GOV
SY129	Almond Drink - Organic		2.49	GOV
SY230	Barista Almond		2.49	GV
SY231	Barista Coconut		2.49	GV
SY232	Barista Oat		2.00	GV
SY233	Barista Soya		2.00	GV
SY130	Brown Rice Drink - Organic		2.29	GOV

code	product	size	rrp	bfgosv
SY085	Cashew Drink - Organic		3.50	GOV
SY044	Coconut Drink Organic		2.99	GOV
SY148	Hazelnut Drink - Organic		2.99	GOV
SY037	Oat Drink - Organic		2.29	GOV
SY036	Organic Soya Barista		2.49	GOV
SY194	Organic Soya Drink		2.50	GOV
SY117	Tiger Nut Drink Organic		2.99	GOV
SY159	Ultimate Almond Milk - Organic		3.85	GOV
SOJADE				
SY211	Barista Soya Drink		1.89	GOV
SY147	Chocolate Soya Drink		2.45	GOSV
SY400	Rice Drink - Calcium enriched		1.89	GOV
SY018	Soya Drink - calcium & apple		1.95	GOV
SY016	Soya Drink - Unsweetened		1.65	GOV
SY023	Vanilla Soya Drink		2.50	GOV
SPROUD				
SY218	Iced Coffee - Caramel		2.35	FGSV
SY217	Iced Coffee - Original		2.35	FGSV
SY069	Sproud Barista		2.15	GSV
SY207	Sproud Chocolate Milk		2.15	GSV
SY057	Sproud Original		2.15	GSV
SY229	Vanilla		2.15	GSV
THE BRIDGE				
SY160	Coconut Drink		2.29	GOV
SY042	Rice Drink - Calcium Enriched		2.50	GOV
SY487	Rice Drink - Original		1.95	GOV
SY452	Rice Drink + Almond		2.25	GOV
SY008	Rice Drink + Coconut		2.35	GOV
	Cooking Cream			
SY188	Coconut Cream - Organic		1.55	GOV
SY186	Soya Cream - Organic		1.15	GOV
THE COCONUT COMPANY				
SY116	Coconut Milk Powder - Organic		6.99	GOV
NUT & SEED BUTTERS				
BIONA				
GH132	Cocoa Hazel Peanut Butter		3.75	GOSV
COCONUT MERCHANT				
GH076	Coconut Butter		5.99	GOV
WHOLE EARTH				
GH091	Peanut Butter - smooth organic		3.29	GOV
GH090	Peanut Butter -crunchy organic		3.29	GOV
GH113	Peanut Butter -smooth original		7.45	GV
GH084	Peanut Butter -smooth original		3.59	GV
GH151	Peanut Butter-100% Nuts,Crunch		3.15	GOV
GH115	Peanut Butter-crunchy original		7.45	GV
GH082	Peanut Butter-crunchy original		3.59	GV
OILS & FATS				
SUMA PREPACKS				
GT028	Gluten Free Vegetarian Suet		3.50	GV
CLEARSPRING				
GT037	Sesame Oil organic		13.49	GOV
OLIVES				
MANI				
KJ425	Og Kalamata Olives in OliveOil		4.69	GOV
PASTA				
SUMA ORGANIC				
	Gluten Free			
WT011	Brown Rice Fusilli Pasta		3.25	GOV
WT013	Brown Rice Penne Pasta		3.25	GOV
WT008	Corn Rice Fusilli Pasta		2.89	GOV
WT009	Corn Rice Penne Pasta		2.89	GOV
BARENAKED				
WT162	Barenaked Noodles		2.29	GV
WT163	Barenaked Rice		2.29	GV
WT172	Barenaked Spaghetti		2.29	GV
WT004	Protein Noodles		2.29	GV
CIEMME				
WT136	OG Gluten Free Gnocchi Plain		3.89	GOV

code	product	size	rrp	bfgosv
CLEARSPRING				
WT148	Brown Rice Penne - Gluten Free		2.99	GOV
WT052	Gluten Free Buckwheat Pasta		2.79	GOV
WT149	Green Pea & Quinoa Fusilli		3.29	GOV
WT150	Red Lentil & Brown Rice Pasta		3.29	GOV
DIFATTI				
WT015	Gluten Free Egg Tagliatelle		3.79	G
WT151	Gnocchi - Gluten Free		2.15	GV
WT033	Gnocchi - Pumpkin & Quinoa GF		2.49	GV
WT153	Spinach Gnocchi - gluten free		2.15	GV
WT152	Tomato Gnocchi - Gluten Free		2.15	GV
DOVES FARM				
WT038	Organic Brown Rice Fusilli		3.90	GOV
WT047	Organic Brown Rice Penne Pasta		3.90	GOV
WT036	Organic Brown Rice Spaghetti		3.90	GOV
WT133	Organic Buckwheat Pasta		4.19	GOV
WT167	Organic Green Pea Penne Pasta		3.50	GOV
WT165	Organic Maize and Rice Lasagne		2.49	GOV
WT051	Organic Maize/Rice Fusilli		2.59	GOV
WT039	Organic Maize/Rice Penne Pasta		2.59	GOV
WT053	Organic Maize/Rice Spaghetti		2.59	GOV
WT135	Organic Multigrain Pasta		3.90	GOV
WT166	Organic Red Lentil Penne Pasta		3.50	GOV
EXPLORE CUISINE				
WT113	Black Bean Spaghetti		4.90	GOV
WT145	Chickpea Fusilli		4.90	GOV
WT093	Edamame & Mung Bean Fettuccine		4.90	GOV
WT067	Edamame & Spirulina Spaghetti		4.90	GOV
WT114	Edamame Bean Spaghetti		4.90	GOV
WT066	Fava Bean Fusilli		4.90	GOV
WT143	Green Lentil Penne		4.90	GOV
WT012	Mung Bean Rotini		2.85	GOV
LA BUONA VITA				
WT027	Gluten Free Fusilli		2.19	GV
WT056	Gluten Free Lasagne Sheets		2.59	GV
WT026	Gluten Free Penne Pasta		2.19	GV
WT028	Gluten Free Spaghetti		2.19	GV
ORGRAN				
WT078	Buckwheat Pasta Spirals		2.55	GV
WT105	Corn & Veg Shells		2.35	GV
WT109	Rice & Corn Macaroni		2.45	GV
WT080	Vegetable Rice Spirals		2.55	GV
PROFUSION				
WT130	Chick Pea Fusilli		3.25	GOV
WT129	Red Lentil Fusilli		3.15	GOV
PASTA SAUCES & PESTOS				
SUMA ORGANIC				
	Organic Pestos			
KJ192	Pesto - Green, vegan		3.15	GOV
KJ189	Pesto - Red, vegan		3.15	GOV
MERIDIAN				
VF173	Tomato & Basil Pasta Sauce		3.29	GOV
VF197	Tomato & Herb - organic		3.39	GVO
MR ORGANIC				
KJ328	Chilli & Garlic Pesto		2.99	GOV
KJ331	Grilled Aubergine Add-in		2.69	GOV
VF106	Parmagiana Sauce		2.95	GOV
KJ327	Red Pepper Pesto (vegan)		2.99	GOV
KJ216	Soya Pasta Sauce		2.69	GOVS
PATE				
GRANOVITA				
GH143	Mushroom Pate		1.99	GV
GH651	Mushroom Pate - organic		3.35	GOV
GH015	Olive Pate		1.99	GV
GH168	Spicy Mexican Pate - organic		3.35	GOV
GH144	Vegetable Pate		1.99	GV
TARTEX				
GH001	Classic Pate - og		2.79	GOV

code	product	size	rrp	bfgosv
PATES, DIPS & TAPAS (CHILLED)				
DELPHI FOODS				
CV346	Bombay Potato Salad		1.90	G
CV352	Tzatziki		1.30	G
	Houmous			
CV349	Avocado Houmous		2.30	GV
CV347	Smoky Red Lentil Houmous		1.40	GV
FLORENTIN				
CV931	Houmous		3.80	GOV
CV526	Houmous Extra with Pinenuts		3.70	GOV
RAMONA'S				
CV848	Coriander Houmous		2.25	GSV
CV847	Japapeno Houmous		2.25	GV
CV845	Original Houmous		2.25	GV
CV728	Original Houmous		4.00	GV
CV846	Red Pepper Houmous		2.25	GSV
PET FOODS & PET CARE				
DENZEL'S				
	XMAS 2022			
PF037	Christmas Dog Chew Gingerbread		2.50	GV
PICKLES, CHUTNEYS & MUSTARDS				
SHAWS				
KJ175	Beetroot & Horseradish Chutney		2.55	GSV
KJ174	Caramelised Red Onion Chutney		2.55	GSV
KJ185	Fig & Honey Chutney		2.55	GS
KJ028	Mango Chutney - Chunky		1.79	GSV
KJ179	Piccalilli		2.55	GSV
KJ203	Spiced Apricot Ginger Chutney		2.55	GSV
READY MEALS (FROZEN)				
CLIVE'S				
	Nut Roasts			
XL199	Mushroom Nut Roast		5.70	GOV
XL338	Organic Nut Roast		5.70	GOSV
	Pies & Pastries			
XL028	Gltn Free French Cassoulet Pie		3.35	GOSV
XL026	Gluten Free Aloo Gobi Pie		3.35	GOSV
XL030	Gluten Free Chickpea Tagine		3.35	GOSV
XL032	Gluten Free Mexican Chilli Pie		3.35	GOSV
XL114	Org G/F Mushroom & Leek Pie		3.35	GOV
	Tarts			
XL323	Bombay Curry Tart		3.70	GOSV
XL324	Lentil and Kale Tart		3.70	GOSV
XL336	Tomato and Olive Tart		3.70	GOSV
GOODLIFE				
XL265	Falafel		2.50	GV
ONE PLANET PIZZA				
XL035	GF Three Cheeze Margherita Piz		5.95	GV
READY TO EAT FOODS (CHILLED)				
LOVING FOODS				
	Raw, Organic, Vegan & UK made			
CV316	Hot 'N' Smoky Kimchi		6.85	GOV
CV802	Kimchi		6.85	GOV
CV801	Sauerkraut		6.35	GOV
CV314	Spicy Cortido Kraut		6.85	GOV
CV803	Turmeric & Black Pepper Kimchi		6.85	GOV
SALT & SEASONINGS				
MARIGOLD				
LJ444	Liquid Aminos		3.79	GV
SAUSAGES & BURGERS (FROZEN)				
FRYS				
XL360	Rice Protein & Quinoa Burgers		4.50	GV
NATURLI'				
XL078	Vegan Burger		3.90	GV
XL086	Vegan Sausages		4.30	GV
SEA VEGETABLES				
OCEAN'S HALO				
HE046	Korean BBQ Seaweed		0.75	GV

code	product	size	rrp	bfgosv
HE055	Maui Onion Seaweed		0.75	GV
HE007	Sea Salt Seaweed		0.75	GV
HE013	Wasabi Seaweed		0.75	GV
	SEAMORE			
LJ135	Seaweed Chips		2.99	GV
	SNACK BARS & FLAPJACKS			
	ADONIS			
	Keto Bar			
KB379	Keto Chocolate Orange Bar		1.79	GV
KB351	Keto Pecan, Hazelnut & Cocoa		1.79	GV
KB371	Keto Vanilla & Coconut Bar		1.79	GV
	BOUNCE			
	Dipped			
KB599	Dipped Caramel Millionaire		2.50	GSV
KB598	Dipped Choc Brownie Protein		2.50	GSV
KB600	Dipped Hazelnut Praline		2.50	GSV
	Filled			
ZX671	Filled almond protein		1.95	GS
ZX651	Filled Coconut & Macadamia		1.95	GS
ZX672	Filled Peanut Butter Cacao		1.95	GS
ZX706	Filled peanut protein		1.95	GS
ZX711	Filled salted caramel		1.95	GS
	Vegan			
ZX593	Almond		1.95	GSV
ZX592	Maple Pecan & Cashew		1.95	GSV
	BRYNMOR			
	Flapjack			
KB559	Apricot & Almond		0.69	GSV
KB562	Caramel Fudge		0.79	GS
KB541	Cashew & Coconut		0.69	GSV
KB575	Dark Chocolate & Ginger		0.79	GS
KB543	Summer Berry		0.69	GSV
	DELICIOUSLY ELLA			
KB435	Cacao & Almond Ball		1.99	GV
	Nut Butter Filled			
WS071	Almond Butter Ball		1.99	GV
WS072	Hazelnut Nut Butter Ball		1.99	GV
WS006	Raspberry & Cashew Butter Ball		1.99	GV
	DOVES FARM			
	Impulse			
KB228	Apple & Sultana Flapjack		0.79	GOSV
KB230	Apricot & Chia Seed Flapjack		0.79	GOSV
KB234	Chocolate Chip Flapjack		0.79	GOSV
	Multipack			
KB237	Apple & Sultana Flapjack		2.89	GOSV
KB261	Apricot & Chia Seed Flapjack		2.89	GOSV
KB463	Chocolate Chip Flapjack		2.89	GOSV
	EAT NATURAL			
KB464	Almond, Apricot & Yoghurt		0.89	GS
WS028	Apple, ginger & dark chocolate		0.99	GS
KB082	Assorted Chocolate Recipes		0.99	GS
KB084	Assorted Nuts & Fruit Bar		0.99	GS
KB470	Blueberry & Cashew Bar		0.99	GS
KB460	Cranberry & Macadamia Bar		0.99	GS
KB547	Dark 70% Choc, Brazils, Apricots		0.99	GS
KB465	Date, Walnut & Pumpkin Seed		0.99	GS
WS031	Maple Syrup, Pecans & Peanuts		0.99	GSV
KB939	Peanuts and Chocolate		0.99	GS
KB171	Vegan Fruit & Nut bar		0.99	GSV
	GATO			
	Protein Biscuits			
KB113	Caramel - Peanut Caramel Cream		2.25	GSV
KB112	Choc - Caramel Vanilla Cream		2.25	GSV
KB111	Vanilla with Vanilla Cream		2.25	GSV
	LOVE VEGAN BY JENNIFER			
KB514	Smooth Peanut and Caramel Bar		0.99	GV
	Chocolate Coated			
KB279	Morello Cherry Bar		1.69	GV
KB925	Orange Cacao & Cashew Bar		1.69	GV
	MERIDIAN			
KB972	Peanut & Banana Bar		1.39	GV

code	product	size	rrp	bfgosv
KB721	Peanut Bar		1.39	GV
	NAIRN'S			
	Gluten Free Oat Bars			
BT330	Oat Bar Apple & Cinnamon		0.99	GV
BT326	Oat Bar Cacao & Orange		0.99	GSV
	NAKD			
	Chocolish			
ZX756	Double Chocolish Big Bite		1.59	GV
ZX766	Peanut Chocolish Big Bite		1.59	GV
ZX768	Raspberry Chocolish Big Bite		1.59	GV
	Multi Packs			
WS045	Apple Danish Multipacks		3.90	GV
KB802	Banoffee Pie Multipack		3.90	GV
KB029	Berry Delight Multipack		3.90	GV
KB779	Blueberry Muffin Multipack		3.90	GV
KB931	Cashew Cookie Multipack		3.90	GV
KB031	Cocoa Delight Multipack		3.90	GV
KB003	Cocoa Orange Multipack		3.90	GV
KB771	Salted Caramel Multipack		3.90	GV
KB799	Strawberry Sundae Multipack		3.90	GV
	Nudie Bars			
KB877	Bakewell Tart Bar		0.89	GV
KB686	Banoffee Pie Bar		0.89	GV
KB756	Berry Delight Bar		0.89	GV
KB532	Blueberry Muffin		0.89	GV
KB526	Carrot Cake		0.89	GV
KB554	Cashew Cookie Bar		0.89	GV
KB757	Cocoa Delight Bar		0.89	GV
KB556	Cocoa Orange Bar		0.89	GV
KB995	Coffee & Walnut		0.89	GV
KB163	Lemon Drizzle Bar		0.89	GV
WS021	Peanut Delight		0.89	GV
ZX609	Salted Caramel		0.89	GV
KB691	Strawberry Sundae Bar		0.89	GV
	Oaties			
WS041	Apple Danish		0.89	GV
WS043	Banana Bread Bars		0.89	GV
	NINE			
KB631	Salted Caramel & Pecan		0.89	GSV
	PLANET ORGANIC			
	Energy Bar			
BT070	Cacao Brazil Nut Energise Bar		1.19	GOV
	PRIMAL PANTRY			
KB394	Almond & Cashew Brownie Bar		1.65	GV
KB421	Cocoa Brownie Protein Bar		2.29	GV
KB386	Coconut & Macadamia Brownie Bar		1.65	GV
KB397	Hazelnut & Cocoa Brownie Bar		1.65	GV
KB415	Lemon & Poppy Seed Brownie Bar		1.65	GV
	PROPER			
KB115	Hazelnut Praline Popcorn Bar		1.75	FGOS
	Popcorn Bars			
KB114	Salted Caramel Popcorn Bar		1.75	GS
	PULSIN'			
WS040	Brownie Double Choc Dream		1.29	GSV
WS049	Double Choc Fudge Brownie		1.29	GSV
	Keto Bars			
KB784	Choc Fudge & Peanut Keto Bar		1.99	GV
KB483	Choc Mint & Peanut Keto Bar		1.99	GV
KB490	Choc Orange & Peanut Keto Bar		1.99	GV
	Protein Boosters			
KB090	Maple & Peanut Protein Bar		1.79	GV
KB148	Peanut Choc Protein Bar		1.79	GV
KB706	Vanilla Choc Chip Protein Bar		1.79	GV
	Raw Choc Brownie			
WS056	Peanut Choc Chip Raw Brownie		1.19	GSV
WS058	Salted Caramel Raw Choc Brownie		1.19	GV
	RAW BAKE STATION			
KB153	Salted Double Choc		1.85	GV
KB150	Vanilla Choc Chip		1.85	GV
	RUDE HEALTH FOODS			
KB578	Berry Date and Nut Bar		1.25	GV
KB350	The Peanut Bar		1.25	GV

code	product	size	rrp	bfgosv
SQUIRREL SISTERS				
KB434	Cacao Brownie Share Bag		2.49	GV
KB422	Cacao Brownie Snack Bars		1.49	GV
KB442	Cacao Orange Share Bag		2.49	GV
KB424	Cacao Orange Snack Bars		1.49	GV
KB426	Peanut Caramel Snack Bar		1.79	GV
KB432	Peanut Raspberry Snack Bar		1.79	GV
TREK				
KB097	Chocolate Orange		1.69	GV
KB450	Peanut Butter Flapjack		1.50	GSV
KB941	Salted Caramel Flapjack		0.79	GSV
ZX738	Smooth Lemon FLAPJACKS		0.79	GSV
KB499	Cocoa and oat protein flapjack		0.79	GSV
KB500	Cocoa coconut protein flapjack		0.79	GSV
KB501	Morning berry protein flapjack		0.79	GSV
KB505	Original oat protein flapjack Power		0.79	GSV
KB663	Millionaire Shortbread		1.69	GV
KB662	Peanut Butter Crunch TREK BARS		1.69	GV
KB722	Cocoa Chaos		0.79	GV
KB725	Peanut Power		0.79	GV
SOFT DRINKS				
BELVOIR				
JU060	Elderflower & Rose Presse		1.75	GSV
JU795	Elderflower Presse		1.75	GSV
JU810	Elderflower Presse		1.79	GOSV
JU783	Freshly Squeezed Lemonade		1.75	GV
JU814	Ginger Beer		1.79	GOSV
JU811	Handmade Lemonade		1.79	GOS
JU554	Raspberry Lemonade 750ML Bottles		1.75	GSV
JU629	Cucumber & Mint Presse		3.59	GSV
JU236	Elderflower & Rose Presse		3.59	GSV
JU041	Elderflower Light Presse		3.25	GSV
JU674	Elderflower Presse		3.59	GSV
JU792	Elderflower Presse		3.80	GOSV
JU782	Freshly Squeezed Lemonade		3.59	GSV
JU780	Ginger Beer		3.59	GSV
JU813	Ginger Beer		3.80	GOSV
JU142	Lime and Soda Presses in Cans		3.39	GV
JU340	Elderflower Presse		1.50	GSV
JU345	Ginger Beer Presse		1.50	GSV
JU341	Raspberry Lemonade		1.50	GSV
JU559	XMAS 2022 Spiced Ginger Punch		4.29	GSV
BUMBLEZEST				
JU138	Sparkling Botanical Water Flourish & Flow		1.61	GV
JU143	Fuel & Focus		1.61	GV
JU137	Refresh & Relax		1.77	GV
DALSTON'S				
JU163	Cans Cherryade		1.90	GV
JU166	Fizzy Elderflower		1.90	GV
JU772	Fizzy Rhubarb		1.90	GV
JU162	Ginger Beer		1.90	GV
DASH WATER				
JU110	Sparkling Peach Multipack		1.29	GV
JU026	Sparkling Blackcurrant		4.69	VG
JU039	Sparkling Cucumber		4.69	VG
JU040	Sparkling Lemon		4.69	VG
JU033	Sparkling Peach		4.69	VG
JU042	Sparkling Raspberry		4.69	VG
FENTIMANS				
JU002	275ML Range Apple & Blackberry		1.85	GSV
JU008	Cherry Cola		1.85	GSV

code	product	size	rrp	bfgosv
JU625	Curiosity Cola		1.85	GSV
JU908	Dandelion & Burdock		1.85	GSV
JU463	Gently Sparkling Elderflower		1.90	GSV
JU346	Ginger Beer		1.85	GSV
JU354	Mandarin Seville Orange Jigger		1.85	GS
JU618	Rose Lemonade		1.90	GSV
JU435	Victorian Lemonade		1.85	GSV
	750ML Range			
JU573	Curiosity Cola		4.90	GSV
JU280	Ginger Beer		4.90	GSV
JU437	Pink Ginger Beer		4.90	GSV
JU455	Rose Lemonade		4.90	GSV
JU306	Sparkling Raspberry		4.90	GSV
	Bottled 'Light' Range			
JU294	Gently Sparkling Elderflower		1.89	GSV
JU279	Rose Lemonade		1.89	GSV
	Cans			
JU278	Curiosity Cola		1.49	GSV
JU298	Gently Sparkling Elderflower		1.49	GSV
JU366	Ginger Beer		1.49	GSV
JU300	Rose Lemonade		1.49	GSV
	Mixer Range			
JU009	Connoisseurs Tonic		3.90	GSV
JU158	Ginger Beer & Muddled Lime		3.90	GSV
JU160	Naturally Light Tonic		2.79	GSV
JU422	Oriental Yuzu Tonic		2.74	GSV
JU161	Pink Grapefruit Tonic Water		3.90	GSV
JU421	Pink Rhubarb		3.90	GSV
JU207	Premium Indian Tonic Water		2.79	GSV
JU167	Rose Lemonade		3.90	GSV
JU010	Valencian Orange Tonic		3.90	GSV
	FEVERTREE			
JU387	Tonic Water		4.91	GSV
	FROBISHERS			
JU093	Apple and Elderflower		1.50	GV
JU092	Raspberry and Rhubarb		1.50	GV
JU091	Sicilian Lemonade		1.50	GSV
	GUSTO			
JU376	Naturally Slim Cola		2.90	FGV
JU353	Organic Real Cola		2.90	FGOV
	JAX COCO			
JU100	Coconut Water Pure		1.90	VG
	REBEL KITCHEN			
JU059	Banana Mylk		1.65	GOV
JU178	Chocolate Mylk		1.65	GOV
	SOUPS			
	AMY'S KITCHEN			
	Hearty Soup			
VF267	Quinoa Kale & Red Lentil Soup		2.79	GOV
	FREE & EASY			
VF302	Broccoli & Kale		2.90	GOV
VF096	Butternut Squash & Ginger - Org		2.90	GOV
VF297	Butternut,Sweet Potato,Turmerc		2.90	GOV
VF124	Carrot & Coconut Soup		2.90	GOV
VF720	Lentil & Red Pepper Soup - Org		2.90	GOV
VF086	Pea & Mint Soup - Org		2.90	GOV
VF097	Sweet Potato & Chia Soup - Org		2.90	GOV
VF301	Sweet Potato & Quinoa		2.90	GOV
VF083	Tomato Soup - Org		2.90	GOV
	SOUPS (CHILLED)			
	TIDEFORD ORGANIC VEGAN FOODS			
CV782	Lentil and Spinach Dahl		3.49	GOV
CV783	Spiced Parsnip Soup		3.49	GOV
	SPIRITS & LIQUEURS			
WN086	Highland Harvest Blended Malt		39.35	GOV
WN005	Papagayo Golden Rum		32.25	GOV
WN049	Utkins Single Estate Vodka		28.85	GOV

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SUGARS & SYRUPS				
BILLINGTONS				
LJ057	Sugar - Golden Caster Sugar		0.95	GVB
HILLTOP HONEY				
HY015	Maple Syrup Grade A Amber		9.99	GB
HY050	Maple Syrup Grade A Dark		9.99	GB
RAYNERS				
LJ901	Black Treacle - organic		3.15	GOV
SUPERFOODS & SPORTS NUTRITION				
GRANOVITA				
GT300	Flax Oil - Organic		11.75	GOV
GT302	Hemp Oil - Organic		8.85	GOV
LINWOODS				
MD113	Chia Seed		6.49	GOV
MD109	Flax,Almond,Brazil,Walnut,Q10		6.55	GV
MD104	Flax,Sun,Pum,Chia,Goji Berries		5.99	GOV
MD101	Flax,Sunflower & Pumpkin Seeds		6.35	GOV
MD114	Flaxseed		3.49	GOV
MD102	Flaxseed		5.49	GOV
MD115	Flaxseed & Goji Berries		3.55	GOV
MD112	Flaxseed,Bio Cultures & Vit D		6.55	GV
MD110	Linwoods Shelled Hemp		7.35	CV
MD048	Milled Hemp		4.49	GOV
VM263	Organic Sprouted Range Sprouted Flaxseed		7.35	GOV
NATURES AID				
VM003	MCT Oil		18.95	FGV
NATURYA				
MD040	Greens Blend Organic		12.99	FGOV
MD158	Organic Acai Powder		19.99	GOV
MD157	Organic Barleygrass Powder		7.99	GOV
MD216	Organic Cacao Powder F/trade		6.99	FGVO
MD111	Organic Chia Seeds		5.99	GOV
MD156	Organic Chlorella Powder		12.49	GOV
MD153	Organic Cocoa Nibs		7.99	GOV
MD152	Organic Hemp Protein Powder		9.99	GOV
MD155	Organic Spirulina Powder		8.99	GOV
MD067	Organic Turmeric Superblend		7.99	GOV
MD154	Organic Wheatgrass Powder		7.99	GOV
PREWETT'S				
VM020	Organic Ground Flaxseed		3.90	GOV
PULSIN'				
VM258	Chocolate Pea Protein Powder		14.99	CV
VM093	Hemp Protein Powder		8.39	GV
VM027	Pea Protein Isolate		28.15	CV
VM092	Pea Protein Powder		8.39	CV
VM024	Rice Protein Powder		9.99	CV
VM095	Soya Protein Powder		5.99	CV
VM090	Vanilla Keto Protein Powder		24.99	VG
VM260	Vanilla Whey Protein Powder		14.99	G
VM304	Supershakes Cacao & Maca Energy Supershake		17.59	GV
SUPPLEMENTS & REMEDIES				
BETTER YOU				
VM216	Kids Vitamins			
VM212	Immune Health Kids Spray		11.95	G
	Vitamin D + K2		11.95	G
	Vitamins & Minerals			
VM005	Air Defence Oral Spray		11.95	G
VM171	Boost B12 Oral Spray		11.95	GV
VM051	DLux 1000 Vegan Vitamin D		9.95	GV
VM016	Immune Health Oral Spray		12.95	CV
VM106	Iron 10		14.95	GV
VM060	Selenium + ACE Oral Spray		14.95	GV
VM002	Zinc Oral Spray		12.95	G
FLORADIX				
MD016	Floradix Vitamin B Complex		13.89	CV
MD006	Kindervital Children's Fruity		11.65	GV
MD187	Magnesium Liquid		1.15	G
MD033	Neuro Balance with Ashwagandha		13.85	GV

code	product	size	rrp	bfgosv
MD280	Saludynam Calcium/Magnesium/Zn		12.75	G
	HIGHER NATURE			
VM028	Ashwagandha & Rhodiola Complex		14.99	GV
VM128	Balance For Nerves		8.55	GV
VM133	Balance For Nerves		22.35	GV
VM179	Serotone 5-HTP (100mg)		12.10	GV
	NATURES AID			
VM291	Turmeric Capsules		1.45	GV
VM292	Turmeric Capsules		18.45	GV
VM295	Vitamin D3 1000iu		5.95	GV
	NATURES OWN			
	Nutritional Support			
VM199	Brain Health		15.89	GV
	Omegas			
VM202	Borage Oil		13.39	GV
	RICOLA			
	Soothe & Clear			
MD001	Honey Herb Bag		1.65	SG
MD009	Honey, Lemon & Echinacea		1.65	GS
	SIMPLEE ALOE			
MD041	Aloe Juice Health Supplement		9.99	GOV
MD025	Aloe Juice Health Supplement		15.99	GOV
	TOGETHER HEALTH			
VM032	Ashwagandha Complex		9.99	GOV
VM022	Beautiful		14.99	GV
VM013	Bio CoQ10		13.99	GV
VM018	Calcium - from seaweed		9.99	GV
VM026	Curcumin & Turmeric		9.99	GV
VM033	Gentle Iron		7.99	GV
VM014	Immune		11.99	GV
VM102	Iodine		6.99	GOV
VM119	Magnesium		6.99	GV
VM112	Multi Vitamin & Mineral		9.49	GV
VM019	Multibiotic		14.99	GV
VM052	Night Time Marine Magnesium		12.99	GV
VM121	Omega 3 - Algae		13.99	GV
VM025	Pregnancy - Multi Vit & Mins		14.99	GV
VM050	Stress Aid Vitamin & Mineral		9.99	GV
VM017	Vegan Multi Vitamin & Mineral		12.99	GV
VM021	Vegan Vitamin D3		6.99	GV
VM111	Vitamin B Complex		9.25	GV
VM113	Vitamin C with Bioflavonoids		7.99	GV
VM319	Vitamin K2		8.99	GV
VM054	Womens Multivit		9.99	GV
	WILD EARTH BY NATURES AID			
VM203	Gentle Iron Complex		8.99	GV
VM205	Immune Support Complex		19.99	GV
VM206	Multivits & Minerals for Men		16.99	GV
VM207	Organic Evening Primrose Oil		9.99	GOV
VM208	Organic Turmeric		19.99	GOV
VM209	Vegan Vitamin D3 1000iu		8.99	GV
	SWEET SNACKS			
	BEAR			
ZX529	Yoyo Pure Fruit Rolls - Mango		0.65	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb		0.65	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur		0.65	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry Bites		0.65	GV
ZX336	Blackcurrant and Beetroot		2.95	GV
ZX333	Strawberry and Butternut		2.95	GV
	Giant Yoyo			
ZX063	Giant Yoyo -Strawberry/Mango		3.19	GV
ZX067	Giant Yoyo-Apple/Blackcurrant		3.19	VG
	Yoyo Sours			
ZX448	Strawberry & Apple		0.65	GV
	Yoyos in multipacks			
ZX570	Yoyos - Banana Multipack		2.85	GV
ZX020	Yoyos - Blackcurrant Multipack		2.85	GV
ZX014	Yoyos - Mango Multipack		2.85	GV
ZX013	Yoyos - Raspberry Multipack		2.85	GV
ZX012	Yoyos - Strawberry Multipack		2.85	GV

code	product	size	rrp	bfgosv
BIONA				
ZX002	Berry Burst Sweets - Organic		1.85	GOSV
ZX446	Fizzy Peaches		1.85	GOVS
ZX441	Jelly Dino Sweets - Organic		1.85	GOSV
ZX911	Mini Fruit Bears		1.85	GOSV
ZX443	Pomegranate Heart Sweets - Org		1.85	GOSV
BUTTERMILK				
XMAS 2022				
KB340	Assorted Christmas Fudge		3.99	GS
KB334	Gingerbread Fudge		2.99	GS
KB319	Irish Cream Fudge		2.99	GS
KB323	Mince Pie Fudge		2.99	GS
CANDY KITTENS				
ZX344	Tropical Mango		2.49	GSV
	Small Bags			
ZX645	Sour Watermelon		1.25	SVG
ZX035	Tropical Mango		1.25	GSV
COTSWOLD FUDGE CO				
ZX064	Vegan Btterscotch Fudge		3.35	FGSV
WS202	Vegan Caramel & Sea Salt Fudge		3.35	GSV
ZX463	Vegan Chocolate Fudge		3.35	FGSV
ZX464	Vegan Seasalt Fudge		3.35	FGSV
ZX465	Vegan Vanilla Fudge		3.35	FGSV
FABULOUS FREE FROM FACTORY				
ZX548	Choccovered Crunchee Bites		1.85	GSV
ZX928	Choccovered Peanuts		1.69	GSV
ZX159	Dairy Free Chocolate Raisins		1.69	GV
ZX432	Dairy Free Fudge		3.29	GSV
ZX627	Dairy Free Fudgee Bites		1.69	GSV
ZX982	F&F's		1.75	GSV
ZX628	Raspberry Ice Bites		1.49	GSV
FREE FROM FELLOWS				
ZX065	Cola Bottles		1.99	GV
ZX060	Gummy Bears		1.99	GV
ZX072	Midget Gems		1.99	GV
	Boiled Sweets			
ZX321	Cola & Strawberry Lollipops		1.99	VG
ZX373	Pear Drops		1.99	GS
ZX324	Rhubarb and Custard		1.99	VG
FREEDOM CONFECTIONERY				
KB179	Chocolate Mallow Bites		1.49	GSV
KB911	Mallow Out Bar Strawberry		1.79	GV
KB910	Mallow Out Bar Vanilla		1.79	GV
KB789	Pink & White Mini Marshmallows		1.99	GSV
KB385	Strawberry Marshmallows		1.99	GV
KB726	Vegantics - Large Mallows		1.99	GSV
KB383	White Vanilla Marshmallows		1.99	GSV
GATO				
	Caramel Biscuits			
ZX122	Chocolate cream		1.75	GSV
	Chocolate Biscuits			
ZX110	Choc hazelnut cream		1.75	GSV
ZX115	Peanut butter cream		1.75	GSV
ZX119	Vanilla cream		1.75	GSV
	Mini Bites			
ZX042	Hazelnut double choc cookie		1.59	GSV
ZX104	Peanut choc chip cookie		1.59	GSV
ZX103	Raspberry cookie		1.59	GSV
JEALOUS SWEETS				
	40g Bags			
ZX231	Fizzy Friends		1.49	SVG
ZX238	Grizzly Bears		1.49	GVS
ZX678	Happy Bears		1.49	GV
ZX675	Love Bears		1.49	GV
ZX229	Tangy Worms		1.49	SVG
ZX233	Tropical Wonder		1.49	SGV
	Share Bags			
WS047	Berry Foams		2.99	GSV
ZX999	Berry Sours		2.99	GSV
ZX480	Fizzy Friends Share Bags		2.99	GSV
ZX466	Grizzly Bears Share Bags		2.99	GSV
WS044	Juicy Foams		2.99	GSV

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ZX472	Tangy Worms Share Bags		2.99	GSV
WS039	Zingy Sours		2.99	GSV
	Shot Bags			
ZX948	Grizzly Bears Shot Bags		0.89	GSV
ZX950	Happy Bears Shot Bags		0.89	GV
ZX955	Love Bears Shot Bags		0.89	GV
ZX949	Tangy Worms Shot Bags		0.89	GSV
NOT GUILTY				
KB142	Kiss me Softly Sour Gummy		1.99	OSVG
KB130	Marilyn Mallow		2.19	GSOV
SWEET LOUNGE				
	XMAS 2022			
ZX412	Blue Raspberry Bottles		6.99	GSV
ZX378	Cola Bottles		6.99	GSV
ZX407	Fruity Bears		6.99	GSV
ZX381	Mixed Gummies		6.99	GSV
ZX410	Vegan Fudge Bites		6.99	GSV
ZX390	Vegan Gummy Selection Box		4.99	GSV
TASTY MATES				
	138g Bags			
ZX742	The Berry Funny One		2.65	GSV
ZX749	The Juicy Peach		2.65	GSV
ZX748	The Perfect Pear		2.65	GSV
ZX750	The Salty One		2.65	GSV
	54g Bags			
ZX752	The Berry Funny One		1.49	GSV
ZX764	The Juicy Peach		1.49	GSV
ZX762	The Perfect Pear		1.49	GSV
ZX773	The Salty One		1.49	GSV
TABLE SAUCES				
BIONA				
KJ106	Classic Tomato Ketchup Squeezy		3.45	GOSV
KJ463	Worcester Sauce		4.50	GOSV
MERIDIAN				
KJ621	Tomato Ketchup - organic		2.79	GOSV
MR ORGANIC				
KJ496	Naturally sweetened Ketchup		3.59	GOV
RUBIES IN THE RUBBLE				
KJ102	Tomato Ketchup		2.99	GSV
STUBB'S				
KJ073	Hickory Liquid Smoke		2.69	GSV
TEAS				
CLIPPER				
	Pack 40			
TE172	English Breakfast Tea Organic		2.89	FGOV
TE177	FT Organic Earl Grey		2.89	FGOV
TE168	FT Organic Everyday Tea		2.89	FGOV
TE182	FT Organic Green Tea		2.89	FGOV
TE183	FT Organic White Tea		2.89	FGOV
	Pack 80			
TE507	English Breakfast Organic		3.99	FGOV
TE189	FT Organic Everyday Tea		3.85	FGOV
TE190	FT Organic Green Tea		3.99	FGOV
HAMPSTEAD TEA				
	Looseleaf			
TE677	English Breakfast		5.99	GOVB
TOFU & TEMPEH (CHILLED)				
CLEAR SPOT				
CV777	Scrambled Tofu		3.65	GOV
CV913	Silken Tofu		2.30	GOV
DRAGONFLY				
CV431	Org Medium Natural Tofu		2.75	GOV
CV394	Org Natural Tofu		2.75	GOV
CV393	Org Premium Marinated Tofu		3.20	GOV
CV395	Org Smoked Tofu		3.20	GOV
TOOTH CARE				
KINGFISHER				
DY668	Aloe Vera Tea Tree Mint		3.35	GV
DY669	Aloe Vera/ Tea Tree Fennel		3.35	GV

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DY527	Baking Soda & Mint Toothpaste		3.35	GV
DY416	Charcoal Naturally Whitening		3.45	GV
DY161	Children's Strawberry T'paste		2.49	GV
DY111	Fennel Toothpaste		3.35	GV
DY800	Fluoride Free Fennel T'Paste		3.35	GV
DY529	Mint Fluoride Free		3.35	GV
DY190	Mint Toothpaste		3.35	GV
VEGETABLES				
COOKS & CO				
KJ078	Sweety Drop Peppers		3.45	GV
ST DALFOUR				
VF112	Whole Chestnuts		2.89	GV
VEGETABLES (FROZEN)				
BIO INSIDE				
XL155	Organic Garden peas		1.55	GOV
XL153	Organic Sweetcorn		1.85	GOV
NATURAL COOL				
XL183	Broccoli		2.30	GOVB
XL221	Chips - Oven or Fry		2.90	BGOV
XL178	Peas		2.70	GOV
XL098	Potato Wedges		2.65	BGOV
XL181	Sweetcorn		2.90	GOV
XL134	Vegetable Mix		2.40	BGOV
STRONG ROOTS				
XL165	Mixed Root Vegetable Fries		4.10	GV
XL166	Proper Potato Chips		4.10	GV
XL162	Sweet Potato Fries		4.10	GV
VINEGARS				
BRAGG				
KJ325	Apple Cider Vinegar w/Mother		5.99	GOV
KJ324	Apple Cider Vinegar w/Mother		1.49	GOV
MR ORGANIC				
KJ492	Organic Apple Cider Vinegar		3.35	GOV
WINES				
RED WINE				
	Italy			
WN020	Integro Organic Primitivo		12.99	GOV
ROSE WINE				
	Spain			
WN022	Coral de Penascal Rose		12.99	GOV
WHITE WINE				
	Chile			
WN016	MontGras Sauvignon Blanc		14.99	GOV
YEAST EXTRACTS				
VEGEMITE				
GH148	Vegemite Gluten Free		3.35	GV
YOGHURT, DAIRY (CHILLED)				
BERGERIE				
CV581	Goat Milk Yoghurt Natural Org		0.75	GO
CV585	Sheep Milk Yoghurt Greek Style		1.65	GO
BIOTIFUL DAIRY				
CV012	Original Kefir Quark		1.79	G
YEO VALLEY				
	Kefir Yoghurt			
CV863	Mango & Passionfruit		1.60	GOS
CV864	Natural		1.60	GOS
CV862	Strawberry		1.60	GOS
YOGHURT, NON-DAIRY (CHILLED)				
ALPRO				
CV575	Coconut Soya Yoghurt		1.70	GV
CV576	Soya Blueberry Cherry Yoghurt		2.00	GSV
CV572	Soya Blueberry Yoghurt		1.70	GSV
CV579	Soya Greek Style		1.70	GV
CV589	Soya Strwb/Bana/Peach Yoghurt		2.00	GSV

code	product	size	rrp	bfgosv
	COCOS			
CV892	Mango & Passionfruit		2.15	GOV
CV893	Mixed Berry Coconut Yoghurt		2.15	GOV
CV899	Natural Coconut Milk Yoghurt		5.40	GOV
CV891	Natural Coconut Yoghurt		2.15	GOV
CV897	Natural Coconut Yoghurt		3.75	GOV
CV501	Natural Light Coconut Yoghurt		5.35	FGOV
CV894	Strawberry Coconut Yoghurt		2.15	GOV
CV900	Strawberry Coconut Yoghurt		5.40	GOV
CV895	Vanilla Coconut Yoghurt		2.15	GOV
CV901	Vanilla Coconut Yoghurt		5.40	GOV
	KOKO DAIRY FREE			
	Coconut Yoghurts			
CV042	Coconut & Lemon Yoghurt		1.65	GSV
CV229	Greek Style Yoghurt		2.20	GV
CV032	Peach & Passionfruit Yoghurt		1.65	GSV
CV020	Plain Yoghurt Alternative		2.20	GSV
CV031	Raspberry Yoghurt Alternative		1.65	GSV
CV029	Strawberry Yoghurt Alternative		1.65	GSV
CV243	Unsweetened Yoghurt		2.20	GV
CV300	Vanilla Yoghurt Alternative		2.20	GSV
	NUSH			
	Almond Milk Dairy-Free Yoghurt			
CV796	Mango & Passionfruit		3.25	GV
CV808	Org Mixed Berry		4.15	GOV
	SOJADE			
	150g Pots			
CV916	Blueberry Yoghurt		1.00	GOV
CV918	Mango Yoghurt		1.00	GOV
CV919	Natural Yoghurt		0.70	GOV
CV915	Peach and Mango Yoghurt		1.00	GOV
CV917	Strawberry Yoghurt		1.00	GOV
	Soya Based Yoghurts			
CV485	Apricot Yoghurt		2.20	GOSV
CV269	Banana & Passion Yoghurt		2.75	GOV
CV289	Blueberry Cherry Yoghurt		2.75	GOV
CV486	Blueberry Yoghurt		2.20	GOSV
CV461	Greek Style Hazelnut Yoghurt		2.90	GOSV
CV730	Greek Style Raspberry Yoghurt		2.90	GOV
CV876	Greek Style Yoghurt		2.20	GOV
CV724	Lemon Yoghurt		2.20	GOSV
CV494	Mango & Peach Yoghurt		2.20	GOSV
CV483	Natural Yoghurt		1.40	GOV
CV266	Sojade Natural Yoghurt		1.00	GOV
CV723	Vanilla Yoghurt		2.20	GOSV
	THE COCONUT COLLABORATIVE			
CV508	Mango-Passion Compote Yoghurt		3.45	GV
CV495	Natural Yoghurt		3.30	GV
CV497	Vanilla Yoghurt		3.30	GV

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