

Summa

CO-OPERATIVE SINCE 1977

GLUTEN FREE

SEPT - OCT 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				
	Alcohol Free Cocktails			
JU315	Juniper and Tonic - J&T	750ml	3.59	GSV
JU205	Lime and Yuzu Mojito	750ml	3.59	GS
	XMAS 2022			
JU559	Spiced Ginger Punch	750ml	4.29	GSV
ALCOHOLIC DRINKS				
HOLLOWS				
	From Fentimans			
RT017	Superior Alcoholic Ginger Beer	500ml	3.79	GVS
BABY & CHILD FOOD				
BEAR				
ZX523	Paws- Raspberry & Blueberry	20g	0.59	GV
ZX520	Paws- Strawberry & Apple	20g	0.59	GV
	Paws in multipacks			
ZX189	Paws- Raspberry & Blueberry	5 x 20g	2.69	GV
ZX245	Paws- Strawberry & Apple	5 x 20g	2.69	GV
CHEEKY MONKEY				
BB024	Peanut Butter Puffs	60g	2.49	FGOV
LITTLE PASTA ORGANICS				
	Pasta			
BB151	Gluten Free Mini Gnocchi	250g	2.39	GOV
BB043	Red Lentil Dinosaur Pasta	250g	3.55	GOV
BAKING SUNDRIES				
SUMA				
LJ039	Baking Powder - Gluten Free	200g	2.38	GV
LJ040	G/Free Bicarbonate of Soda	200g	1.79	GV
LJ223	Gluten Free Xanthan Gum	100g	3.29	GV
BARKAT				
LJ002	Gluten Free Baking Powder	100g	1.55	GV
DOVES FARM				
LJ206	Baking Powder	130g	1.55	GV
LJ202	Bicarbonate of Soda	200g	1.39	GV
LJ228	Choc Chip Cookie Mix	350g	3.25	GSV
LJ234	Chocolate Brownie Mix	350g	2.95	GS
LJ203	Cornflour Organic	110g	1.79	GOV
BT528	Gluten Free Sponge Mix	350g	2.49	GS
LJ233	Pancake Mix	300g	2.35	G
LJ423	Quick Yeast	8 x 125g	1.35	GV
ENGEVITA				
LJ144	Organic Yeast Flakes	100g	5.99	FGOV
LJ148	Super Yeast Flakes Vit D & B12	100g	4.35	GV
LJ143	Yeast Flakes	125g	3.35	GV
LJ024	Yeast Flakes - Iron & Vit D	125g	4.29	GV
LJ020	Yeast Flakes with Vitamin B12	125g	3.75	GV
FOODS OF ATHENRY				
	XMAS 2022			
VF264	Very Fruity Mince Meat	320g	7.59	GSV
FREE & EASY				
LJ009	Cheese Flavour Sauce Mix	130g	2.39	GSV
LJ016	Egg Replacer	135g	2.55	GV
MONTEZUMA'S				
	Cooking Chocolate			
KB052	Dark Couverture	3kg	59.70	GOSV
KB060	Milk Couverture	3kg	59.70	GOS
NIELSEN MASSEY				
LJ242	Madagascan Vanilla Extract	1l	135.00	GV
LJ244	Vanilla Extract	60ml	1.85	GV
ORGRAN				
LJ656	Egg Replacer	200g	2.95	GV
LJ077	Vegan Easy Egg	250g	4.25	GSV
PLAMIL				
	Drops in 1kg bags			
KB651	Baking Chocolate	1kg	11.99	GSV
KB652	Organic Baking Chocolate	1kg	13.59	GOSV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
THE RAW CHOCOLATE CO				
	Chocolate Making Ingredients			

code	product	size	rrp	bfgosv
KB051	Raw Cocoa Powder	180g	3.75	GOV
	BEANS & PULSES - CANNED			
	WHOLE EARTH			
VF161	Baked Beans - organic	400g	1.39	GOV
	BISCUITS CRACKERS & CRISPREAD			
	AMISA			
BT560	Chestnut Crispbread	100g	2.39	GO
BT119	Chickpea Crispbread	100g	1.99	GOV
BT185	Crispbread - Buckwheat W/grain	120g	2.95	GOV
BT291	Crispbread - Veggie Garden GF	100g	1.69	GOV
BT159	Protein Lentil Crispbread	100g	2.90	GOV
	BONN'S & CO			
	XMAS 2022			
BT161	Cracker GF	150g	3.69	FGV
	CLEARSPRING			
BT229	Brown Rice Cakes	120g	1.49	GOV
BT261	Brown Rice Cakes	120g	1.49	GOV
BT270	Brown Rice Cakes	120g	1.59	GOV
BT276	Brown Rice Cakes	120g	1.59	GOV
BT277	Brown Rice Cakes	120g	1.59	GOV
BT129	Brown Rice Crackers-Blk Sesame	40g	2.19	GOV
BT317	Organic Corncakes	130g	1.45	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	130g	1.45	GOV
BT630	Rice Cakes - Lightly Salted	130g	1.45	GOV
BT629	Rice Cakes - No Added Salt,Org	130g	1.45	GOV
	DOVES FARM			
BT295	Choc Chip Cookies	180g	2.29	GOSV
BT271	Double Chocolate Cookies - GF	180g	2.29	GOSV
BT269	Lemon Zest Cookies - GF	150g	1.59	GOSV
BT008	Stem Ginger Cookies - GF	150g	1.59	GOSV
	EASY BEAN			
	CRACKERS			
BT304	Fava Bean & Poppy Seed Crackers	150g	3.75	GV
BT305	Greenpea & Chia Seed	150g	3.75	GV
BT303	Red Lentil & Poppy Seed	160g	3.75	GV
BT279	Turmeric & Nigella Seed	150g	3.75	GV
BT285	Yellow Pea & Sunflower Seed Crispbreads	160g	3.75	GV
BT078	Chickpea Crispbread - Cheddar	110g	3.75	G
BT204	Chickpea Crispbread - Moroccan	110g	3.75	G
BT076	Chickpea Crispbread - Seaweed	110g	3.75	G
BT208	Chickpea Crispbread with Seeds	110g	3.75	G
	HONEYROSE			
BT292	All Butter Lemon Shortbread	125g	2.89	GOS
BT249	All Butter Oat & Raisin Cookie	115g	2.89	GOS
BT232	All Butter Shortbread	125g	2.89	GOS
BT227	Date & Walnut Toast	110g	3.59	GOSV
BT228	Hazelnut & Agen Plum Toast	110g	3.59	GOSV
BT230	Kale & Spiced Nut Toast	110g	3.59	GOSV
BT235	Triple Chocolate Cookie	115g	2.89	GOS
	KALLO			
BT045	Ancient Grain Corn Cakes	150g	2.19	GOV
BT152	Blueberry/Van Rice/Corn Cakes	131g	2.39	GSV
BT184	Corn Cakes OG	130g	1.99	GOV
	Lentil Cakes			
BT578	Protein Lentil Cake	100g	2.19	GV
	Rice Cakes			
BT810	Milk Chocolate Rice Cakes OG	90g	2.29	GO
BT034	Original Organic Wholegrain	130g	1.89	GVO
BT036	Thick Slice Sesame Rice Cake	130g	1.65	GOV
BT240	Thin Slice No Salt - organic	130g	1.79	GVO
BT338	Thin Slice Rice Cake Dark Choc	90g	2.25	GO
	LAZY DAY			
BT188	Chocolate Chip Oaties	150g	2.45	GSV
BT436	Chocolate Orange Slice	150g	3.15	GV
BT214	Dark Belgian Chocolate Gingers	125g	3.75	GV
BT197	Free From Shortbread	150g	2.99	GV
BT140	Ginger Tiffin	150g	2.89	CVS
BT199	Golden Syrup Oaties	150g	2.45	GSV
BT316	Millionaires Shortbread	150g	3.15	GSV

code	product	size	rrp	bfgo
BT437	Rocky Road	150g	3.15	GV
BT443	Salted Caramel Crispie	150g	3.15	GV
BT180	Stem Ginger Oaties	150g	2.45	GSV
BT538	Tiffin Gift Selection Box	360g	6.49	GSV
LE PAIN DES FLEURS				
BT094	Buckwheat Crispbread	150g	3.29	GOV
BT189	Buckwheat Crispbread no Salt	150g	3.29	GOV
BT095	Chestnut Crispbread	150g	3.99	GOV
BT093	Quinoa Crispbread	150g	3.99	GOV
MRS CRIMBLES				
BT245	Chocolate Macaroons	195g	1.99	GSV
BT288	Coconut Macaroon	180g	1.79	GSV
NAIRN'S				
BT149	Caramelised Onion Flatbreads	150g	2.39	GS
BT156	Cheese Cracker	137g	1.79	GS
ZX338	Original Flatbread	150g	2.39	GS
	Biscuit Breaks			
BT425	Salted Caramel Oat Biscuit Gluten Free	160g	2.69	GS
BT558	Cracked Black Pepper Cracker	137g	2.19	GS
BT200	GF Apple&Cinnamon Chunky Bisc	160g	2.69	GSV
BT324	GF Biscuit Breaks Choc Chip	160g	2.69	GS
BT108	GF Biscuit Breaks Oat & Fruit	160g	2.69	GSV
BT109	GF Biscuit Breaks Oat & Syrup	160g	2.69	GSV
BT267	GF Biscuit Breaks Stem Ginger	160g	2.69	GSV
BT571	GF Blueb&Rasp Chunky Biscuits	160g	2.69	GSV
BT347	GF Breaks Choc Chip & Mint	160g	2.69	GS
BT572	GF Dark Choc&C'nut Chunky Bisc	160g	2.69	GS
BT549	GF Super Seeded Oatcake	180g	2.59	GV
BT420	Gluten Free Oatcakes	213g	2.59	GV
BT424	Gluten Free Oatcakes - Cheese	180g	2.59	G
BT559	W/Grain Super Seeded Cracker	137g	2.39	GS
BT557	Wholegrain Cracker	160g	2.39	GS
ORIGIN EARTH				
BT390	Gluten Free Crackers	150g	2.99	GV
BT389	Gluten Free Crackers Fennel	150g	2.99	GV
BT387	Gluten Free Crackers Sesame	150g	2.99	GV
PREWETT'S				
BT260	Dark Chocolate & Ginger	150g	3.65	GS
BT280	Jammy Wheels	160g	2.25	GSV
BT258	Milk Chocolate Digestives	165g	2.49	GS
BT526	Rich Quadruple Choc Cookies	150g	3.59	GS
RHYTHM 108				
	Biscuit Share Bags			
BT333	Almond Biscotti	135g	3.90	GOV
BT334	Coconut Cookie	135g	3.90	GOV
BT335	Double Choco Hazelnut Biscuits	135g	3.90	OVG
BT344	Lemon Ginger Chia Biscuits	135g	3.90	GOSV
RUDE HEALTH FOODS				
BT505	Buckwheat & Chia Crackers	150g	3.25	GOV
BT300	Buckwheat Crackers	100g	2.49	GOV
BT309	Buckwheat Crackers	100g	2.49	GOV
BT147	Chickpea & Lentil Crackers	120g	1.99	GOV
BT372	Chickpea Triangles	80g	1.85	GOV
BT054	Corn Crackers	130g	1.99	GOV
BT371	Corn Triangles	100g	1.85	GOV
BT313	High Protein Lentil Triangles	70g	1.85	GV
BT395	Multigrain Thins	160g	2.75	GOV
SWEET FA				
	By Island Bakery			
BT358	Cranberry & Orange Cookies	125g	3.50	GOSV
BT359	Double Choc Chip Cookies	125g	3.50	GOSV
BT362	Oat & Raisin Cookies	125g	3.50	GOSV
BT364	Peanut Butter Cookies	125g	3.50	GOSV
VEGAN BAKERY				
BT069	Cookie N' Cream	200g	2.99	GSV
BODY CARE				
DR BRONNER'S				
DY338	Lavender Castile Liquid Soap	3.8l	69.99	FGOVB
FAITH IN NATURE				
	2.5 Litre - Body Wash			

code	product	size	rrp	bfgosv
DY406	Body Wash-Lavender/Geranium	2.5l	26.00	GVB
DY418	Body Wash-Wild Rose	2.5l	26.00	GVB
DY381	2.5 Litre - Conditioner			
DY409	Conditioner-Lavender/Geranium	2.5l	3.00	GVB
	Conditioner-Wild Rose	2.5l	3.00	GVB
	2.5 Litre - Shampoo			
DY395	Shampoo-Lavender/Geranium	2.5l	3.00	GVB
DY413	Shampoo-Wild Rose	2.5l	3.00	GVB
	Body Wash			
DY351	Body Wash - Avocado	400ml	5.79	GV
	Conditioner			
DY354	Conditioner - Blueberry	400ml	6.50	GV
	GREEN PEOPLE			
	Organic Skincare			
DY258	Prebiotic Foot Cream	50ml	14.00	GOV
	Scent Free and Organic			
DY259	Anti-Ageing 24 Hour Cream	50ml	22.00	GOV
DY262	Anti-Ageing Eye Cream	10ml	16.00	GOV
DY275	Calming Serum	50ml	23.00	GOV
DY273	Cleanser and Make-up Remover	150ml	23.00	GOV
DY278	Day Moisturiser	50ml	22.00	GOV
	LAVERA			
	Basis			
DY583	Lip Balm Sensitive	4.5g	3.95	OG
	BREADS & BREAD MIXES			
	AMISA			
BT125	GF Olive Ciabatta	180g	3.55	GOV
	BIONA			
BT461	Rice Bread with Sunflower Seed	500g	4.95	GOV
	FREE & EASY			
FG059	Afternoon Tea Scone Mix	350g	3.65	GSV
FG056	Middle Eastern Flatbread Mix	250g	3.90	GV
FG057	Yorkshire Pudding Mix	155g	2.65	GV
	ISABEL'S NATURALLY FREE FROM			
FG186	Baked Donut Mix Gluten Free	100g	3.15	GV
BT203	Gluten & Wheat Free Pizza Mix	300g	3.95	G
FG084	Yorkshire Pudding Mix - G/Free	100g	3.15	G
	PROBIOS			
	XMAS 2022			
BT370	Organic Gluten Free Panettone	500g	24.99	GOSV
	SCHNITZER GLUTEN FREE			
BT467	Baguette Classic	360g	4.90	GOV
BT466	Baguette Rainy Linseed/Sesame	320g	4.90	GOV
BT349	Baguettini Rustic GF OG	200g	2.69	GO
BT220	Black Forest Teff Loaf	500g	4.89	GOV
BT016	Bread Less	350g	3.65	GOV
BT021	Bread'n Toast white	400g	4.19	GOS
BT160	Burger Bun	250g	3.75	GOS
BT470	Ciabatta Olive Bread GF	360g	4.95	GOV
BT462	Focaccia Rolls	220g	3.45	GOV
BT083	Panini Bianco	250g	3.45	GO
BT516	Pizza Base	100g	1.79	GOSV
BT517	Quinoa Bread with Chia	500g	5.50	GOV
BT471	Rustico GF Bread with Amaranth	500g	4.89	GOV
	BURGERS SAUSAGES & TVP MIXES			
	SUMA PREPACKS			
VF154	Nut Roast Mix - Gluten Free	340g	3.49	GVS
	ARTISAN NATURES KITCHEN			
VF205	Moroccan Spiced GF Burger Mix	200g	2.89	GSV
VF206	Sweet Chilli GF Burger Mix	200g	2.89	GSV
	CLEARSPRING			
SY074	Organic Soya Chunks	200g	3.39	GOV
SY071	Organic Soya Mince	300g	3.89	GOV
	FREE & EASY			
VF101	Falafel Mix	195g	2.95	GV
	GORDON RHODES			
	XMAS 2022			
VF024	Apple, Apricot & Bay Stuffing	125g	2.79	GSV
VF034	Chestnut & Cranberry Stuffing	125g	2.79	GSV
VF049	Gourmet Bread Sauce Mix	125g	3.35	GS
VF045	Sage & Red Onion Stuffing	125g	2.79	GSVB

code	product	size	rrp	bfgosv
	MRS CRIMBLES			
	XMAS 2022			
VF060	Stuffing Mix	200g	2.29	GV
	PROFUSION			
SY092	Protein Chunks Pea & Fava	125g	3.50	GOV
SY095	Protein Mince Pea & Fava	125g	3.50	GOV
	SHROPSHIRE SPICE			
	XMAS 2022			
VF307	Bread Sauce - Gluten Free	100g	2.25	GSV
VF308	GF Cran/Apple Stuffing Mix	120g	2.25	GSV
VF309	GF Parsley/Thyme Stuffing Mix	120g	2.25	GSV
VF310	GF Sage/Onion Stuffing Mix	120g	2.25	GSV
	BUTTER, CREAM & MILK (CHILLED)			
	CALON WEN			
	The Farmers Co-op			
CV277	Lightly Salted Welsh Butter	250g	3.55	GO
CV174	Spreadable Butter	250g	3.10	GO
CV204	Unsalted Welsh Butter	250g	3.55	GO
	YEO VALLEY			
	Minimum 4 days shelf life			
CV101	Double Cream	220ml	2.20	GO
	CAKES			
	AUTHENTIC BREAD COMPANY			
	XMAS 2022			
BT040	Luxury Mince Pies	200g	5.59	OSVG
	DENISE'S DELICIOUS GLUTEN FREE			
	XMAS 2022			
BT022	4 Handmade GF Mince Pies	220g	5.49	GS
BT403	Rich GF Christmas Cake	500g	9.99	GS
	FOODS OF ATHENRY			
	XMAS 2022			
BT151	Christmas Cake - Gluten Free	600g	1.99	GS
BT148	Very Fruity Mince Pies	280g	5.49	GSV
	FREE & EASY			
FG031	Breakfast Pancake	230g	3.90	GSV
	Gluten & Dairy Free			
BT072	Chocolate Brownie Mix	350g	4.90	GSV
	MRS CRIMBLES			
FG017	Pancake and Batter Mix	200g	1.99	GV
	CEREALS & MUESLIS			
	ALARA			
	Everyday Range			
MX023	Gluten Free Muesli - organic	250g	3.29	GOV
	Into The Garden			
MX236	Active Muesli	250g	3.99	GOV
	AMISA			
FX016	Organic Porridge Oats	325g	2.75	GOV
	BIO & ME			
MX050	Seed & Nut Gluten Free Granola	350g	4.69	GV
	BIOFAIR			
MX009	Quinoa Pops Organic, FT	120g	5.50	GFO
	DOVES FARM			
MX019	Cereal Flakes	375g	3.49	GOSV
MX988	Chocolate Stars	300g	2.75	GOV
MX632	Corn Flakes	325g	2.75	GOV
MX171	Fibre Flakes	375g	3.35	GOSV
MX086	Fruit & Fibre Flakes	375g	4.69	GOV
MX002	Porridge Oats	430g	3.49	GOV
MX087	Supergrain Hoops	300g	3.55	GOV
	Ancient Grains			
MX090	Breakfast Flakes	375g	4.69	GOV
MX081	Cereal Hoops	300g	4.49	GOV
MX080	Fruit & Fibre Flakes	375g	4.99	GOSV
	Wholegrain			
MX088	Cocoa Rice Pops	300g	3.55	GOSV
	EAT NATURAL			
MX241	breakfast gluten free granola	425g	4.25	G
MX148	Toasted Muesli - Buckwheat	500g	4.25	G
	GLEBE FARM			
MX111	Granola Org Oats GF	325g	2.99	GOS

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FX037	Porridge Oats GF	450g	2.65	GV
MX106	Porridge Oats GF	450g	2.79	GOV
	KALLO			
MX124	Puffed Rice Cereal - Natural	225g	3.35	GOV
	LIZI'S			
MX181	Gluten Free Granola	400g	4.59	GV
	NAIRN'S			
MX152	Gluten Free Porridge Oats	450g	3.90	GV
MX154	Muesli - Gluten Free	450g	3.59	GSV
	NATURES PATH			
MX136	Mixed Berry Granola	300g	5.59	OG
	NATURES PATH ORGANIC			
MX602	Gorilla Munch	300g	4.55	GOVS
MX194	Maple Sunrise	332g	4.75	GOSV
MX885	Mesa Sunrise	355g	4.95	GOSV
	Envirokidz			
MX079	Choco Chimps	284g	4.59	GOVS
	PLANET ORGANIC			
MX165	Super Berry Paleo Granola	350g	6.99	GOSV
	PRIMROSE'S KITCHEN			
MX109	Beetroot & Ginger Muesli	300g	4.49	GOV
MX104	Carrot,Apple & Cinnamon Muesli	300g	4.49	GOV
MX098	Fig & Apricot Bircher OG	300g	4.49	GOV
	RUDE HEALTH FOODS			
	Muesli			
MX065	Coconut Muesli	400g	3.49	GV
	Porridge			
MX208	Gluten Free Sprouted Porridge	400g	4.99	GOV
	Puffs			
MX164	Honey Puffed Oats	240g	4.25	G
MX120	Puffed Brown Rice	225g	2.39	GV
	WHOLE EARTH			
MX172	Classic Cornflakes - organic	375g	2.49	GOSV
MX174	Maple Frosted Flakes - og	375g	3.29	GOSV
	CHEESE, DAIRY (CHILLED)			
	BERGERIE			
CV583	Fresh Goat Cheese Organic	100g	1.99	GO
	CHEESE, NON DAIRY (CHILLED)			
	APPLEWOOD			
CV615	Smoked Cheese Block	200g	2.80	GSV
CV618	Smoked Cheese Slices	200g	3.10	GV
	BUTE ISLAND FOODS			
CV141	Blue Style Wedge	200g	2.70	GV
CV597	Cheddar w' Caramelised Onion	200g	2.70	GV
CV820	Garlic & Chive	200g	2.70	GV
CV016	Greek Style	200g	2.45	GV
CV191	Mature Cheddar Style	200g	2.45	GV
CV187	Mild Cheddar Style	200g	2.45	GV
CV755	Red Leicester Style	200g	2.70	GV
CV294	Smoked Cheddar	200g	2.70	GV
CV288	Strong Cheddar Wedge	200g	2.65	GV
CV596	Wensleydale Style	200g	2.70	GV
	Creamy Sheese			
CV302	Creamy Cheddar Spread	255g	2.65	GSV
CV307	Creamy Chive Spread	255g	2.65	GSV
CV308	Creamy Garlic and Herb Spread	255g	2.65	GSV
CV284	Creamy Onion & Black Pepper	255g	2.65	GSV
CV315	Creamy Original Spread	255g	2.65	GSV
CV024	Creamy Sweet Chillli Spread	255g	2.65	GV
	Grated Sheese			
CV165	Grated Mature Cheddar Style	200g	3.10	GV
CV186	Grated Mild Cheddar Style	200g	3.10	GV
CV183	Grated Mozzarella Style	200g	3.10	GV
	Sliced Sheese			
CV542	Mozzarella Style Slices	180g	2.65	GV
	KOKO DAIRY FREE			
CV688	Cheddar Cheese Alternative	200g	2.49	GV
	MEXICANA			
CV535	Spicy Mexican Cheddar Style	200g	2.80	GV
	MOZZARISELLA			
CV027	MascaRice Vegan Mascarpone	150g	3.65	GOV

code	product	size	rrp	bfgosv
	VIOLIFE			
	Grated			
CV904	Grated Tex-Mex Cheese	180g	3.40	GSV
	Specialities			
CV905	Camembert	150g	3.80	GV
	CHOCOLATE			
	ANANDA FOODS			
	AVERAGE 6-8 WEEKS SHELF LIFE			
KB330	Gluten Free Round UP	75g	3.25	GVS
	XMAS 2022			
KB080	Gluten Free Round Up Selection	320g	13.99	GSV
	BEECH'S FINE CHOCOLATES			
	XMAS 2022			
KB342	Dark Choc Fruit Creams	150g	5.99	GSV
WS097	Dark Chocolate Brazils	145g	6.99	GSV
WS096	Dark Chocolate Ginger	200g	7.99	GSV
KB366	Dark Chocolate Marzipan	150g	5.99	GSV
KB027	Ginger Creams	90g	2.99	GSV
KB339	Mint Creams	90g	2.99	GVS
KB338	Strawberry Creams	90g	2.99	GSV
	BOOJA-BOOJA			
ZX869	Almond Salted Caramel	92g	5.21	GOSV
ZX871	Around Midnight Espresso	92g	5.21	GOSV
KB749	Chocolate Orange Truffles	92g	5.21	GOSV
KB694	Deeply Chocolate Truffles	92g	5.21	GOSV
ZX872	Fine De Champagne	92g	5.21	GOSV
ZX874	Hazelnut Crunch	92g	5.21	GOVS
KB718	Honeycomb Caramel Truffle	92g	5.21	GOSV
	Artist's Collection Gift Boxes			
KB927	Fine De Champagne Truffles	185g	22.95	GFOSV
KB929	Hazelnut Truffles	185g	22.95	GFOSV
	Four Corners			
KB655	The Gourmet Selection	230g	18.75	GOSV
	Gift Boxes			
KB815	Award-winning Selection	184g	1.49	GOSV
KB656	Champagne Truffles	138g	9.95	GOSV
KB793	The Signature Collection	184g	1.43	GOSV
	Gift Range			
KB623	Hazelnut Truffles	138g	14.50	GOSV
KB624	Truffle Selection 1	138g	14.50	GOSV
KB873	Truffle Selection 2	138g	14.50	GOSV
	Two Packs			
KB507	Almond Salted Caramel Truffles	23g	1.34	GOSV
KB513	Hazelnut Crunch Truffles	23g	1.34	GOSV
	BUTTERMILK			
	XMAS 2022			
KB318	Choccy Truffles	150g	4.55	GSV
KB317	Zingy Orange Choccy Segments	100g	3.45	GSV
	CAROBOO			
	Carob Bars			
ZX522	Raspberry & Honeycomb Crunch	32g	1.69	GSV
ZX516	Salted Caramel Nutty Bars	32g	1.69	GV
ZX985	Smooth & Creamy Coconut Bars	35g	1.69	GSV
ZX990	Smooth & Creamy Mint Bars	35g	1.69	GSV
ZX987	Smooth & Creamy Orange Bars	35g	1.69	GSV
	COCOCARAVAN			
	XMAS 2022			
KB021	Choc Covered Dates	150g	7.29	GOV
KB018	Chocolate Covered Plums	150g	7.29	GV
	CONSCIOUS CHOCOLATE			
ZX483	Chia & Coconut Raw Bar	60g	2.79	GOSV
ZX485	Citrus Zest Raw Bar	60g	2.79	GOSV
ZX487	Dark Side 75% Raw Bar	60g	2.79	GOSV
ZX488	Dark Side 85% Raw Bar	60g	2.79	GOSV
ZX491	Four Nuts Raw Bar	60g	2.79	GOSV
ZX492	Goji & Coconut Raw Bar	60g	2.79	GOSV
ZX493	Love Potion No 9 Raw Bar	60g	2.79	GOSV
ZX497	Orange & Tangerine Raw Bar	60g	2.79	GOSV
ZX501	Peppermint Raw Bar	60g	2.79	GOSV
ZX366	Pure Dark 100% Cacao Bar	60g	2.79	GOV
ZX505	Sour Cherry Raw Bar	60g	2.79	GOSV

code	product	size	rrp	bfgosv
	Chocolate Coated Snacks			
ZX339	Chocolate Coated Brazils	50g	2.49	GOSV
ZX340	Chocolate Orange Coated Figs	50g	2.49	GOSV
ZX364	Salted Chocolate Coated Dates	50g	2.49	GOSV
	XMAS 2022			
ZX836	Chocolate Selection Box	240g	11.99	GOSV
ZX838	Chocolate Stars Gift Box	180g	9.95	GOSV
	DELICIOUSLY ELLA			
ZX150	Chocolate Orange Dipped Almons	30g	1.19	GV
ZX151	Peanut Butter Cup	36g	1.69	GV
ZX152	Salted Caramel Cup	36g	1.69	GV
ZX144	Salted Chocolate Dipped Almons	30g	1.19	GV
	ENJOY!			
	Chocolate Buttons			
KB402	Dark 70% Chocolate Buttons	96g	4.99	OSGV
KB392	Mint Filled Buttons	96g	4.99	OSGV
KB401	Orange Caramel Filled Buttons	96g	4.99	OSGV
KB391	Salted Caramel Filled Buttons	96g	4.99	SGOV
	Filled Bars			
KB593	Mint Caramel Filled Bar	70g	2.99	GOSV
KB603	Orange Caramel Filled Bar	70g	2.99	GOSV
KB389	Salted Caramel Filled Bar	70g	2.99	OSGV
KB388	Vanilla Caramel Filled Bar	70g	2.99	VSGO
	FELLOW CREATURES			
	70g Bars			
KB073	Creamy Hazelnut Chocolate	70g	3.90	GSV
KB068	Creamy Mylk Chocolate	70g	3.90	GSV
KB098	Matcha White Choccy	70g	3.90	GSV
KB095	Raspberry White Choccy	70g	3.90	GSV
KB089	Salted Caramel Choccy	70g	3.90	GSV
	GOUPIE			
	XMAS 2022			
WS009	Boozy Christmas Goupie	180g	5.89	GSV
WS008	Boozy Christmas Goupie Mini	75g	2.75	GSV
WS017	Crystallised Ginger	50g	4.99	GSV
WS020	Sweet Candied Lemon Peel	50g	4.99	GSV
WS022	Sweet Candied Orange Peel	50g	4.99	GSV
KB099	Taste of Christmas	180g	5.89	GSV
KB144	Taste of Christmas Mini	75g	2.75	GSV
WS120	White Christmas Goupie	160g	5.89	GSV
WS121	White Christmas Goupie Mini	75g	2.75	GSV
	GREGORY'S TREE			
WS207	Fruit Twists Blue&Rasp Flvr OG	18g	0.79	GOV
WS212	Strawberry Flvr Fruit Twist OG	18g	0.79	GOV
	HIP - HAPPINESS IN PLANTS			
	25g Bars			
KB105	Original - Creamy & Smooth	25g	1.25	GSV
KB106	Salted Caramel	25g	1.25	GSV
	70g Bars			
KB607	Original - Creamy & Smooth	70g	2.95	GSV
KB606	Salted Caramel	70g	2.95	GSV
KB100	Salted Honeycomb	70g	2.95	GSV
	HAPPI			
	80g Bars			
KB953	Cacao Nibs Crunch	80g	2.95	GSV
KB988	Orange	80g	2.95	GSV
KB951	Plain Milk	80g	2.95	GSV
KB950	Salted Caramel	80g	2.95	GSV
KB996	White Chocolate	80g	2.95	GSV
ZX983	White Chocolate & Raspberry	80g	2.95	GSV
	Chocolate Buttons			
ZX986	Oat Milk Chocolate Buttons	100g	3.49	GSV
	XMAS 2022			
KB280	Christmas Selection Box	240g	12.49	GSV
KB274	Honeycomb Ginger	80g	2.95	GSV
KB275	Oat Milk Choc Advent Calendar	120g	14.99	GSV
KB272	Peppermint Bar	80g	2.95	GSV
	LOVERAW			
	Peanut Butter Cups			
KB127	Milk Chocolate PNB Cups	34g	1.95	GSV
KB131	White Chocolate PNB Cups	34g	1.95	GSV
	Vegan Milk Chocolate Bar			

code	product	size	rrp	bfgosv
KB126	Caramel Milk Chocolate	30g	1.75	GSV
KB124	Orange Milk Chocolate	30g	1.75	GSV
KB121	Smooth Milk Chocolate	30g	1.75	GSV
MONTEZUMA'S				
ZX770	Absolute Black Range Absolute Black with Mint Giant Buttons	90g	2.49	GV
ZX775	Absolute Black Giant Buttons Like No Udder	180g	3.99	GV
WS204	Chocolate Butterscotch Bars	90g	2.79	GOSV
KB530	Milk Alternative Bar	90g	2.79	GOVS
KB601	Milk Choc/Orange Alternative	90g	2.79	OSVG
WS205	Peppermint Choc & Cocoa Nibs Like No Udder Mini Bars	90g	2.79	GOSV
ZX743	Milk Chocolate Alternative Organic Bars	25g	1.90	GOSV
ZX779	Royal Mint Organic Dark W'Mint	90g	2.49	GOSV
MOO FREE				
KB010	Moofreesas Buttons	35g	1.25	GSV
KB348	Buttons - Original	25g	0.75	GSV
KB349	Buttons - White Everyday Bars	25g	0.75	GSV
KB008	Bunnycomb Bars	80g	1.79	GSV
KB353	Orange Crunch Bars	80g	1.79	GSV
KB354	Original Bars	80g	1.79	GSV
KB009	White Chocolate Bars Everyday Bars - 35g	80g	1.79	GSV
KB013	Bunnycomb Crunch Bars Mini Moos	35g	1.25	GSV
KB324	Bunnycomb Bars	20g	0.60	GSV
KB326	Caramel Bars	20g	0.60	GSV
KB327	Mint Bars	20g	0.60	GSV
KB332	Orange Bars	20g	0.60	GSV
KB337	Original Bars	20g	0.60	GSV
KB343	Strawberry Bars	20g	0.60	GSV
KB345	White Chocolate Bars Premium Bar	20g	0.60	GSV
ZX636	Cinder Toffee Bar	80g	2.19	GSOV
WS050	Cocoa Chocolate Bar	80g	2.19	GSOV
WS051	Sea Salt & Caramel Bar XMAS 2022	80g	2.19	GSOV
KB310	Advent Calendar Milk Chocolate	70g	4.51	GOSV
KB304	Choccy Rocks Gift Box	105g	3.75	GSV
KB305	Choccy Rocks Snowballs	35g	1.20	GSV
KB313	Christmas Bauble	65g	2.61	GSV
KB836	Kids Milk Alt Advent Calendar	70g	3.99	GSV
WS033	Kids White Choc Alt Advent	70g	3.99	GSV
KB226	Mini Moos Santa Bar	32g	0.85	GSV
WS089	Moo Free Snowman Bar	32g	0.85	GSV
KB830	Olivia The Bear	80g	3.50	GSV
KB828	Oscar The Bear	80g	3.50	GSV
KB311	Selection Box	80g	3.19	GSV
KB312	Selection Box Organic	320g	9.49	GOSV
OMBAR CHOCOLATE				
ZX419	100% Cacao Chocolate Bar	35g	2.50	FGOV
KB763	72% Cacao Chocolate Bar	35g	2.50	FGOSV
ZX659	90% Cacao Chocolate Bar	35g	2.50	FGOSV
KB759	Blueberry & Acai Chocolate Bar	35g	2.50	FGOSV
KB761	Coco 60% Chocolate Bar	35g	2.50	FGOSV
KB406	Coco Mylk Chocolate Bar	35g	2.50	FGOSV
ZX657	Coconut & Vanilla Choc Centres	35g	2.50	FGOSV
ZX397	Hazelnut Truffle Centre Bar	35g	2.50	FGOSV
ZX421	Pistachio Centres Choc Bar	35g	2.50	FGOSV
ZX663	Raspberry & Coconut Centre Bar	35g	2.50	FGOSV
KB764	Strawberry Mylk Chocolate Bar 70g Bars	35g	2.50	FGOSV
ZX951	72% Cacao Chocolate Bar	70g	3.39	FGOSV
ZX952	Coco Almond Chocolate Bar	70g	3.39	FSGOV
ZX953	Coco Mylk Chocolate Bar	70g	3.39	FGOSV
ZX639	Coconut & Vanilla Chocolate	70g	3.39	FGOSV
ZX403	Hazelnut Truffle Chocolate Bar	70g	3.39	FGOSV

code	product	size	rrp	bfgosv
ZX641	Pistachio Chocolate Bar	70g	3.39	FGOSV
ZX644	Raspberry & Coconut Choc Bar	70g	3.39	FGOSV
ZX975	Salt & Nibs Chocolate Bar	70g	3.39	FSGOV
	Buttons			
KB492	Coco Mylk Chocolate Buttons	25g	1.55	FGOSV
	PLAYIN CHOC			
WS005	Dinosaur Surprise	1	2.50	GOSV
WS133	Endangered Animal Surprise	1	2.50	GOSV
ZX066	Woodland Animal Surprise	1	2.50	GOSV
	XMAS 2022			
WS029	Christmas Characters Gift Set	gIFT	14.99	GOSV
WS088	Christmas Surprise Collection	1	2.49	GOSV
	RAW HALO			
	70g Bars			
KB002	Dark 76%	70g	2.99	GOSV
KB055	Dark 85%	70g	2.99	GOSV
KB006	Dark Raspberry	70g	2.99	GOSV
KB047	Dark Salted Caramel	70g	2.99	GOSV
KB020	Mylk & Pink Himalayan Salt	70g	2.99	GOSV
KB065	Mylk & Salted Caramel	70g	2.99	GOSV
KB007	Mylk & Vanilla	70g	2.99	GOSV
	RHYTHM 108			
KB506	Hazelnut Praline Chocolate Bar	33g	1.65	GVOS
KB336	Super Coconut Swiss Choc Bar	33g	1.65	GSOV
KB276	Sweet N Salty Almond Choc Bar	33g	1.65	GOSV
KB994	Swiss Chocolate Orange Bar	33g	1.65	GSOV
	Multi-Packs			
KB515	Hazelnut Praline Chocolate Bar	3 x 33g	4.99	GOSV
KB522	Sweet N Salty Almond Choc Bar	3 x 33g	4.99	GOSV
	SIESTA CAROB			
KB714	Carob Bar Luxury - Mixed	50g	1.25	GV
KB711	Carob Bar Luxury - Natural	50g	1.25	GV
	SO FREE			
	Bags - Plastic Free			
ZX792	Salted Caramel Cocoa Bites	108g	2.89	GSV
ZX795	Smooth Orange Cocoa Bites	108g	2.89	GSV
ZX799	Strawberry White Cocoa Bites	108g	2.89	GSV
ZX800	White Cocoa Bites	108g	2.89	GSV
	No Added Sugar Large Bars			
ZX915	No Added Sugar 72% Dark Choc	80g	2.75	GV
ZX919	No Added Sugar Mint Dark Choc	80g	2.75	GV
	Oat Milk Chocolate Bars			
ZX561	No Added Sugar Vegan Oat M!lk	70g	2.89	GV
ZX547	Vegan Caram!lk	70g	2.89	GSV
ZX563	Vegan Oat M!lk	70g	2.89	GSV
	Organic Large Bars			
ZX921	Extra Dark 87% Chocolate	80g	2.75	OSVG
ZX920	F/trade Milk Choc Alternative	80g	2.75	OGVS
ZX926	White Chocolate	70g	2.75	GSOV
	XMAS 2022			
ZX415	Oat Milk Choc Advent Calendar	110g	6.95	GSV
ZX417	Oat Milk Choc Advent Calendar	110g	6.95	GV
ZX425	Salted Caramel Advent Calendar	100g	6.95	GSV
ZX816	Santa Bar - Milk Alternative	20g	1.90	GSV
ZX444	White Choc Advent Calendar	100g	6.95	GSV
	SUMMERDOWN			
	XMAS 2022			
KB258	Chocolate Peppermint Creams	200g	7.50	GS
KB239	Chocolate Peppermint Crisps	200g	7.50	GSV
KB242	Chocolate Peppermint Dominoes	200g	7.50	GSV
KB244	Chocolate Peppermint Thins	150g	7.50	GSV
KB249	Chocolate Peppermint Truffles	100g	7.99	GS
KB253	Heritage Peppermint Crisp Discs	180g	7.49	GS
KB256	Heritage Peppermint Fondants	200g	7.49	GS
KB257	Mint Chocolate Collection	170g	8.49	GS
	THE RAW CHOCOLATE CO			
KB307	Cacao Nibs	150g	3.75	GOV
	Raw Chocolate Coated Snacks			
KB054	Chocolate Covered Mulberries	125g	4.69	GOSV
KB053	Chocolate Goji Berries	125g	4.69	GOSV
KB056	Chocolate Raisins	125g	4.69	GOSV
KB855	Chocolate Raisins - Snack Pack	28g	1.39	GOSV

code	product	size	rrp	bfgosv
KB360	Goji Berries - Snack Pack	28g	1.39	GOSV
KB362	Mulberries - Snack Pack	28g	1.39	GOSV
ZX884	Raw Chocolate Covered Almonds	25g	1.39	GOSV
ZX182	Raw Chocolate Covered Almonds	110g	4.69	GOSV
ZX181	Raw Chocolate Covered Ginger	125g	4.69	GOSV
KB903	Vanoffee Covered Mulberries	125g	4.69	GOSV
TONY'S CHOCOLONELY				
Small Bars				
ZX114	Milk Chocolate 32% Hazelnut	47g	1.49	FGS
VEGO				
KB821	Mini Whole Hazel Chocolate Bar	65g	2.59	FGOSV
KB489	Whole Hazelnut Chocolate Bar	150g	4.55	FGOSV
CHOCOLATE & SWEET SPREADS				
COCOFINA				
GH136	Hazelnut Chocolate Spread -Org	200g	4.99	GOSV
SO FREE				
GH223	Milk Choc Spread (Dairy Free)	275g	3.15	OSGV
GH225	Rich Dark Chocolate Spread	275g	3.15	OVGS
CHOCOLATES (CHILLED)				
BOOJA-BOOJA				
Chilled Chocolate				
CV194	Almond Caramel Truffles	69g	3.99	GOSV
CV196	Hazelnut Crunch Truffles	69g	3.99	GOSV
CV192	Toffee Strudel Truffle	69g	3.99	GSOV
Two Packs				
CV212	Almond Salted Caramel Truffles	2 pack	1.36	GOV
CV219	Hazelnut Crunch Truffles	2 pack	1.35	GOV
CIDERS				
DUNKERTONS				
RT041	Black Fox Organic Cider	500ml	3.79	GOSV
RT054	Organic Craft Cider	500ml	3.79	GOSV
RT053	Premium Reserve Organic Cider	500ml	3.79	GOSV
COCOA				
BUTTERMILK				
XMAS 2022				
TE313	Hot Choccy Bombe	57g	3.49	GSV
HAPPI				
XMAS 2022				
KB266	Oat Milk Hot Chocolate Spoons	80g	4.99	GSV
COFFEE SUBSTITUTES				
THE CHICORY CO				
TE728	Chicory Drink - Cocoa	125g	4.90	GV
TE589	Chicory Drink - Organic	100g	4.49	GOV
CONVENIENCE FOODS				
ARTISAN GRAINS				
VF080	Falafel - Beetroot & Chilli	150g	1.89	GV
VF071	Falafel - Pumpkin & Quinoa	150g	1.89	GV
VF037	Falafel - Super Greens	150g	1.89	GV
VF213	Nut Roast - Cashew & Cranberry	200g	2.99	VG
FREE & EASY				
VF125	Bean Cassoulet - og	400g	2.75	GOV
VF006	Chickpea /Vegetable Curry	400g	2.75	GOV
VF116	Chickpea & Bean Tagine	400g	2.75	GOV
VF132	Middle Eastern Casserole	400g	2.75	GOV
VF141	Sweet Pot/Kale/Coconut Curry	400g	2.75	GOV
VF014	Three Bean Chilli - og	400g	2.75	GOV
VF127	Vegetable Balti - og	400g	2.75	GOV
VF128	Vegetable Hotpot - og	400g	2.75	GOV
FUTURE FARM				
VF001	Future Tvna	150g	3.35	GV
GRANOVITA				
VF036	Nut Luncheon	400g	2.99	GV
LOMA LINDA				
VF035	Tuno - In Spring Water	142g	1.99	GV
VF246	Tuno - Mild Curry	142g	1.99	GV
VF026	Tuno - Thai Sweet Chilli	142g	1.99	GSV
VF022	Tuno Mayo	142g	1.99	GSV
	Ready Meals			

code	product	size	rrp	bfgosv
VF027	Spicy Pad Thai	284g	3.99	GSV
VF028	Thai Green Curry	284g	3.99	GSV
VF016	Tikka Masala	284g	3.99	GSV
MARIGOLD				
SY154	Tempeh - Cans	280g	3.65	GV
MIRACLE NOODLE				
Ready To Eat Meals				
VF142	Green Curry	280g	2.99	GSV
VF156	Japanese Curry	280g	2.99	GSV
VF144	Pad Thai	280g	2.99	GSV
VF163	Spaghetti Marinara	280g	2.99	GV
VF147	Thai Tom Yum Noodle Soup	280g	2.99	GSV
CRISPS & SNACKS				
APE SNACKS				
ZX504	Coconut Bites Chocolate	26g	2.90	GVS
BROWN BAG CRISPS				
Impulse				
ZX266	Lightly Salted	40g	0.79	GV
ZX268	Oak Smoked Chilli	40g	0.79	GSV
ZX206	Rosemary & Sea Salt	40g	0.79	GSV
ZX267	Sea Salt and Vinegar	40g	0.79	GS
ZX265	West Country Cheddar & Onion Sharing	40g	0.79	GS
ZX270	Lightly Salted	150g	2.49	GV
ZX108	Rosemary & Sea Salt	150g	2.90	GSV
Vegetable Crisps				
ZX833	Vegetable Chips - Hand Cooked	40g	1.19	GV
CLEARSPRING				
ZX226	Tamari Roast Sicilian Almonds	30g	1.89	GOV
EAT REAL				
Hummus Chips - Impulse				
ZX198	Hummus Sour Cream Chips	45g	0.89	GSV
ZX161	Humus Sea Salted Chips	45g	0.89	GV
ZX160	Humus Tomato & Basil Chips	45g	0.89	GSV
Hummus Chips - Sharing				
ZX326	Hummus Sour Cream Chips	135g	2.15	GSV
ZX125	Humus Chilli Lemon Chips	135g	2.15	GV
ZX127	Humus Creamy Dill Chips	135g	2.15	GSV
ZX124	Humus Sea Salt Chips	135g	2.15	GV
ZX121	Humus Tomato & Basil Chips	135g	2.15	GSV
Kale - Sharing				
ZX057	Veggie & Kale Straws	113g	2.29	GSV
Lentil Chips - Impulse				
ZX169	Lentil Chilli & Lemon Chips	40g	0.89	GV
ZX170	Lentil Creamy Dill Chips	40g	0.89	GSV
ZX165	Lentil Sea Salted Chips	40g	0.89	GV
ZX168	Lentil Tomato & Basil Chips	40g	0.89	GSV
Lentil Chips - Sharing				
ZX135	Lentil Chips Chilli Lemon	113g	2.15	GV
ZX883	Lentil Chips Creamy Dill	113g	2.15	GSV
ZX737	Lentil Chips Mango & Mint	113g	2.15	GSV
ZX128	Lentil Chips Sea Salt	113g	2.15	GV
ZX130	Lentil Chips Tomato Basil 113g	113g	2.15	GSV
Multi Pack				
ZX027	Hummus, Lentil, Quinoa Multi Organic - Sharing	116g	2.65	GVS
Hummus Sea Salt Chips - Org				
ZX215	Lentil Sea Salt Chips - Org	100g	2.69	GOV
ZX214	Veggie Straws - Organic	100g	2.69	GOV
ZX213	Quinoa Chips - Impulse	100g	2.69	GOSV
Quinoa Chilli & Lime Chips				
ZX041	Quinoa Cream & Chive Chips	30g	0.89	GSV
ZX007	Quinoa Chips - Sharing	30g	0.89	GSV
Quinoa Chips Cream & Chives				
ZX315	Quinoa Chips Tomato & Garlic	80g	2.15	GSV
ZX314	Quinoa Chips Tomato & Garlic	80g	2.15	GSV
EMILY CRISPS				
ZX186	Garden Greens Veg Crisps	23g	1.19	GV
ZX183	Rainbow Roots	30g	1.49	GV
ZX234	Sour Cream & Onion Thins	85g	1.99	GV
ZX235	Sour Cream & Onion Thins	23g	0.99	GV
ZX197	Veg Thins - Chipotle BBQ	80g	1.89	GV

code	product	size	rrp	bfgosv
ZX174	Vegetable Sticks - Thai Chilli	35g	1.90	GV
	GATO			
	Mini Bites			
ZX042	Hazelnut double choc cookie	33g	1.59	GSV
ZX104	Peanut choc chip cookie	33g	1.59	GSV
ZX103	Raspberry cookie	33g	1.59	GSV
	KETTLE CHIPS			
	Sharing Bags			
ZX248	Lightly Salted	150g	2.89	GV
ZX427	Sheese & Red Onion - Vegan	135g	2.89	GV
	LOVE CORN			
ZX849	Crunchy Corn - BBQ	115g	2.29	GV
ZX957	Crunchy Corn - Cheese & Onion	115g	2.29	GV
ZX607	Crunchy Corn - Habanero	115g	2.29	G
ZX852	Crunchy Corn - Salt & Vinegar	115g	2.29	GV
ZX610	Milk Chocolate & Sea Salt	90g	2.89	GS
ZX608	Sea Salt	115g	2.29	G
	MANOMASA			
ZX535	Tortilla - Chilli & Honey	160g	2.90	G
ZX462	Tortilla - Chipotle & Lime	160g	2.90	GV
ZX603	Tortilla - Lemon & Peppercorn	160g	2.90	GV
ZX455	Tortilla - Manchego & Olive	160g	2.90	G
ZX613	Tortilla - Tomatillo Salsa	160g	2.90	GV
	NAIRN'S			
ZX335	Sea Salt & Rosemary Flatbread	150g	2.39	GS
ZX210	Snackers - Cheese	23g	0.69	G
	PIPER CRISPS			
	Impulse Bag			
ZX292	Anglesey Sea Salt	40g	0.85	GV
ZX293	Arreton Tomato Potato Crisps	40g	0.85	GSV
ZX295	Karnataka Bl Pepp & Sea Salt	40g	0.85	GSV
ZX297	Lye Cross Cheddar & Onion	40g	0.85	GS
ZX296	Somerset Cider Vinegar/Salt	40g	0.85	GS
ZX434	Wild Thyme & Rosemary	40g	0.85	GSV
	Sharing Bag			
ZX291	Anglesey Sea Salt	150g	2.19	GV
ZX289	Lye Cross Cheddar & Onion	150g	2.19	GS
ZX283	Sea Salt & Somerset Cider V'gr	150g	2.19	GS
ZX436	Wild Thyme & Rosemary	150g	2.19	GSV
	PROPERCHIPS			
ZX725	Barbecue	20g	0.89	GSV
ZX726	Sea Salt	20g	0.89	GSV
ZX727	Sweet Sriracha Chilli	20g	0.89	GSV
	Sharing Bag			
ZX426	Barbecue Chips	85g	2.29	GSV
ZX467	Salt & Vinegar Chips	85g	2.29	GSV
ZX430	Sea Salt Chips	85g	2.29	GSV
ZX474	Sriracha Chilli Chips	85g	2.29	GSV
	PROPERCORN			
	Sharing Bag			
ZX861	Popcorn - Lightly Sea Salted	70g	1.95	GV
ZX862	Popcorn - Salted Caramel	90g	1.95	GSV
ZX860	Popcorn - Sweet & Salty	90g	1.95	GSV
	PURELY PLANTAIN			
ZX961	Plantain Chips - Nice & Spicy	75g	1.99	GV
ZX959	Plantain Chips - Sea Salt	75g	1.99	GV
ZX960	Plantain Chips - Wild Garlic	75g	1.99	GV
	REBEL KITCHEN			
ZX252	Caramel Bytes	26g	1.79	GOSV
ZX240	Chocolate Bytes	26g	1.79	GOSV
	RW GARCIA			
	Crackers			
ZX760	Crackers - Kale	180g	5.90	GV
ZX761	Crackers - Sweet Potato	180g	5.90	GV
	SOURCE OF THE EARTH			
ZX640	Lentil Chips - Coconut Curry	24g	0.99	GV
ZX717	Lentil Chips - Cream & Chive	24g	0.99	GV
ZX702	Lentil Chips Paprika & Chilli	24g	0.99	GV
	TEN ACRE CRISPS			
ZX556	Cheese & Onion Crisps	40g	0.85	GV
ZX559	Hickory BBQ Crisps	40g	0.85	GV
ZX554	Ready Salted Crisps	40g	0.85	GV

code	product	size	rrp	bfgosv
ZX557	Salt & Vinegar Crisps	40g	0.85	GV
TRAF0				
ZX359	Flips	75g	2.45	GOV
ZX343	Chickpea Flips Mild Curry	75g	2.45	GOV
ZX299	Pea Flips Lightly Salted	75g	2.45	GOV
ZX933	Rosemary Lentil Flips	75g	2.15	GOV
	Hummus Chips			
	Hummus Chips - Sea Salt			
TYRRELLS				
ZX502	Potato Chips - Furrows Sharing	150g	2.59	GS
	Sea Salt and Cider Vinegar			
ZX907	Potato Chips - Impulse	40g	1.50	GS
	Cheddar Cheese and Chives			
ZX978	Potato Chips - Sharing	150g	2.55	GVS
ZX018	Black Truffle & Sea Salt	150g	2.55	GS
ZX022	Cider Vinegar and Sea Salt	150g	2.55	GV
ZX024	Lightly Sea Salted	150g	2.55	GV
ZX021	Sea Salt & Black Pepper	150g	2.55	GSV
	Sweet Chilli & Red Pepper			
	Vegetable Chips			
ZX658	Mixed Roots	40g	1.65	GV
ZX388	Mixed Roots	125g	3.59	GV
WELL & TRULY				
ZX965	Crunchies Banging BBQ	100g	2.00	G
ZX970	Crunchies Punchy Pickle	100g	2.00	G
ZX964	Crunchies Really Cheesy	100g	2.00	G
ZX967	Crunchies Sea Salt & Vinegar	100g	2.00	G
ZX966	Crunchies Smokey Paprika	100g	2.00	G
ZX971	Crunchies Sour Cream & Onion	100g	2.00	G
DESSERTS				
AUTHENTIC BREAD COMPANY				
	XMAS 2022			
BT155	Christmas Pudding	450g	11.49	GOSV
BARKAT				
VF244	GF Ice Cream Cones	60g	2.19	GV
DENISE'S DELICIOUS GLUTEN FREE				
	XMAS 2022			
BT402	Luxury GF Christmas Puddings	350g	8.99	GS
FOODS OF ATHENRY				
	XMAS 2022			
BT150	Christmas Pudding Gluten Free	400g	1.99	GS
LILLYPUDS				
	XMAS 2022			
BT306	Traditional Christmas pudding	454g	12.75	GSV
NATURE'S CHARM				
SY079	Coconut Caramel Sauce	200g	3.79	GSV
SOJADE				
SY099	Chocolate Soya Dessert	530g	1.59	GOSV
SY107	Vanilla Soya Dessert	530ml	1.59	GOSV
WE CAN VEGAN				
SY060	Vegan Chocolate Custard	400g	1.85	GSV
SY015	Vegan Rice Pudding	400g	1.85	GSV
SY065	Vegan Strawberry Custard	400g	1.85	GSV
SY006	Vegan Vanilla Custard	400g	1.85	GSV
DESSERTS & PUDDINGS (CHILLED)				
ORIGIN KITCHEN				
	Creamed Cashew Desserts			
CV789	Chocolate	85g	2.30	GSV
CV780	Forest Berry	85g	2.30	GSV
CV778	Mango & Passionfruit	85g	2.30	GSV
CV792	White Chocolate	85g	2.30	GSV
THE COCONUT COLLABORATIVE				
CV507	Little Choc Pots	4 x 45g	3.30	GSV
CV511	Salted Caramel Pots	4 x 45g	3.30	GSV
CV464	Vanilla Rice Pudding	2 x 125g	3.30	GSV
VRAI				
CV627	Rice Pudding with Vanilla	110g	1.20	GOS
DESSERTS, NON-DAIRY (FROZEN)				
BEAU'S GELATO				
XL095	Chocolate Chip	450ml	5.60	GSV

code	product	size	rrp	bfgosv
XL094	Mint Chocolate Chip	450ml	5.60	GSV
XL093	Pistachio	450ml	5.60	GSV
XL092	Raspberry	450ml	5.60	GSV
XL099	Strawberry	450ml	5.60	GSV
FOOD HEAVEN				
	Dairy-Free Desserts			
XL401	Chocolate Ice Cream	900ml	4.50	GSV
XL400	Cool Vanilla Ice Cream	900ml	4.50	GSV
NATURLI'				
	Cones			
XL149	Dark and Creamy Ice Cones	4 x 130m	5.25	GSV
XL150	Salted Caramel Ice Cream Cones	4 x 130m	5.25	GSV
NORTHERN BLOC				
	Indulgent Vegan Ice Cream			
XL110	Caramel Collection Multipack	4 x 100m	6.25	GSV
XL367	Chocolate & Blood Orange	100ml	1.55	GSV
XL118	Chocolate & Blood Orange	500ml	5.50	GSV
XL103	Chocolate Collection Multipack	4 x 100m	6.25	GSV
DRINKS (CHILLED)				
BIOTIFUL DAIRY				
CV867	Honey & Ginger Kefir Smoothie	250ml	1.69	G
CV373	Kefir Cherry Smoothie	250ml	1.69	G
CV359	Org Baked Milk Drink	500ml	2.90	GO
CV342	Org Kefir Milk Drink	500ml	2.90	GO
CV361	Org Kefir Milk Drink	250ml	1.75	GO
	Oat Kefir			
CV908	Mango Plant-Based Kefir	250ml	2.15	GV
CV906	Original Plant Based Kefir	250ml	2.15	GV
CV907	Strawberry Plant Based Kefir	250ml	2.15	GV
CALIFIA FARMS				
CV824	Chocolate Coconut Almond Milk	750ml	2.50	GSV
CV822	Cocoa Noir Cold Brew Coffee	310ml	1.99	GSV
CV826	Cold Brew Mocha	750ml	2.99	GSV
CV823	Unsweetened Almond Milk	750ml	2.50	GSV
CV821	XX Espresso Cold Brew Coffee	310ml	1.99	GSV
COCOS				
CV482	Mango & Passionfruit Kefir	200ml	2.95	FGOV
CV898	Natural Coconut Milk Kefir	500ml	3.95	GOV
CV896	Strawberry Kefir	200ml	2.95	GOV
JARR KOMBUCHA				
CV053	Ginger Kombucha	240ml	2.29	GOV
CV064	Passion Fruit Kombucha	240ml	2.29	GOV
CV070	Raspberry Kombucha	240ml	2.29	GOV
KOKO DAIRY FREE				
CV021	Koko Dairy Free Original	1l	1.90	GSV
LA BREWERY				
CV138	Ginger Kombucha	300ml	2.99	GV
CV164	Lemongrass Kombucha	300ml	2.99	GV
CV155	Strawberry & Pepper Kombucha	300ml	2.99	GV
FAR EASTERN FOOD				
CLEARSPRING				
JP103	Teriyaki Sauce - Organic & GF	150ml	4.29	GOV
JP026	Tofu	300g	2.10	GOV
	Miso Products			
JP048	Creamy Sesame Miso Soup	4 x 15g	2.99	GOV
JP049	Ginger & Turmeric Miso Soup	4 x 15g	2.99	GOV
JP047	Hot & Spicy Miso Soup Paste	4 x 15g	2.99	GOV
	Noodles			
JP056	All Buckwheat Soba Noodles	200g	4.49	GOV
JP053	Brown Rice Noodles - GF	200g	3.99	GOV
JP054	Brown Rice Wide Noodles - GF	200g	3.99	GOV
	Sea Veg			
JP082	Seaveg Crispies - Original	4g	1.19	GOV
JP104	Seaveg Crispies - Original	8g	1.75	GOV
JP035	Seaveg Crispies - Turmeric	4g	1.19	GOV
JP083	Seaveg Crispies Multipack-Orig	3 x 4g	2.89	GOV
JP085	Seaveg Crispies Multipk-Chilli	3 x 4g	2.89	GOV
	Soya Sauce			
JP130	Tamari Soy Sauce Double Strnth	150ml	3.79	GOV
JP029	Tamari Soy Sauce Double Strnth	250ml	5.79	GOV
JP098	Tamari Soya Sauce	150ml	2.79	GOV

code	product	size	rrp	bfgovs
JP099	Tamari Soya Sauce	250ml	3.79	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	GOV
JP501	Tamari Soya Sauce	500ml	1.00	GOV
JP110	Tamari Soya Sauce	1l	18.39	GOV
KIKKOMAN				
JP067	Tamari Gluten Free Soy Sauce	150ml	3.29	GV
KING SOBA				
JP087	Brown Rice Paper	200g	2.89	GOV
WT002	Pho Noodles	250g	2.59	GOV
JP089	White Rice Paper	200g	2.89	GOV
KING SOBA NOODLE CULTURE				
WT034	Buckwheat Ramen Noodle Kit	190g	3.49	GOV
MEKHALA				
VF234	Green Curry Paste	100g	3.99	GOV
VF241	Lemongrass Turmeric Paste	100g	3.99	GOV
VF238	Miso Ginger Paste	100g	3.99	GOV
VF235	Red Curry Paste	100g	3.99	GOV
VF237	Tom Yum Paste	100g	3.99	GOV
VF236	Yellow Curry Paste	100g	3.99	GOV
MERIDIAN				
JP058	Tamari	5l	38.29	CV
JP309	Tamari	150ml	3.29	GV
JP310	Tamari	500ml	6.89	GV
THAI TASTE				
VF174	Galangal	114g	1.99	GV
VF319	Green Curry Paste	114g	2.90	GV
VF171	Red Curry Paste	114g	2.90	GV
VF258	Sriracha Chilli Sauce	450ml	2.55	GSV
VF199	Tamarind Paste	130g	1.99	GSV
VF159	Vegan 'Fish' Sauce	180ml	2.39	GSV
YAKSO				
JP012	Coconut Aminos	250ml	7.25	GOV
JP002	Tamari - organic	125ml	2.25	GOV
JP113	Tamari - organic	250ml	3.95	GVO
FLAKES, BRANS & WHEATGERM				
SUMA PREPACKS				
FX046	Oats - Jumbo & Gluten Free	750g	3.59	GV
FX045	Oats - Porridge & Gluten Free	750g	3.59	GV
SUMA PREPACKS - ORGANIC				
FX042	Oats - Jumbo Gluten Free	750g	3.99	GOV
FX044	Oats - Porridge & Gluten Free	750g	3.99	GOV
ALARA				
FX026	Gluten Free Scottish Porridge	500g	3.19	GOV
FLOURS & BREAD MIXES				
AMISA				
FG085	Chestnut Flour - Organic	350g	5.99	GOV
FG065	Chickpea Flour	400g	3.45	GOV
FG013	Quinoa Flour	375g	4.85	GOV
BIONA				
FG163	Coconut Flour - Organic	500g	3.50	GOV
CLEARSPRING				
FG180	Breadcrumbs - Brown Rice, GF	250g	4.49	GOV
DOVES FARM				
FG097	Chickpea Flour	260g	2.45	GOV
FG039	GF Buckwheat Flour	1kg	4.75	CV
FG522	Gluten Free Brown Bread Flour	1kg	2.65	GV
FG700	Gluten Free Plain White Flour	1kg	2.65	GV
FG520	Gluten Free White Bread Flour	1kg	2.65	CV
FG096	OAT FLOUR	450g	4.19	GOV
FG047	Organic Coconut Flour	500g	3.95	GOV
FG117	Rice Flour	1kg	2.90	CV
FG116	Stoneground Gram Flour	1kg	2.69	CV
FG701	White Self Raising Flour GF	1kg	2.65	CV
ORGRAN				
Gluten Free Mixes				
FG061	Buckwheat Pancake Mix	375g	3.69	GV
SHIPTON MILL				
Specialist Flour				
FG080	Chestnut Flour	500g	6.95	GOV

code	product	size	rrp	bfgovs
FRUIT - DRIED				
THE RAW CHOCOLATE CO				
DR188	Goji Berries	150g	5.59	GOV
URBAN FRUIT				
DR192	Mango	100g	2.65	GV
DR201	Pineapple	100g	2.65	GV
DR263	Snack Pack - Mango	35g	0.99	GV
DR002	Snack Pack - Strawberry	35g	0.99	GV
DR144	Snack Pack Pineapple	35g	0.99	VG
DR266	Strawberries	90g	2.65	GV
DR009	Tumbled Mango & Passionfruit	85g	2.65	GV
FRUIT (FROZEN)				
NATURAL COOL				
XL142	Organic Berry Mix	300g	4.55	GOV
XL145	Organic Blueberries	300g	5.40	GOV
XL179	Organic Raspberries	300g	6.75	GOV
XL182	Organic Sour Cherries	300g	4.10	GOV
XL180	Organic Strawberries	300g	4.10	GOV
FRUIT & VEGETABLE JUICES				
BERRY COMPANY				
1L Tetrapack				
JU063	Goji Berry Juice	1l	2.69	GV
JU061	Superberries Purple Juice	1l	2.69	GV
JU050	Superberries Red Juice	1l	2.69	GV
JU736	White Tea and Peach Juice	1l	2.69	GV
FLAWSOME!				
Not from concentrate juices				
JU825	Apple & Strawberry Juice	250ml	2.90	GV
JU826	Apple & Superberry Juice	250ml	2.90	GV
JU820	Orange Juice	250ml	2.90	GV
JU821	Sweet & Sour Apple Juice	250ml	2.90	GV
GRAINS				
MR ORGANIC				
QS020	Red Lentil Rice	250g	3.69	GOV
GRAVY, STOCK & BOUILLON				
SUMA ORGANIC				
LJ650	Organic Bouillon	150g	2.55	GOV
FREE & EASY				
LJ008	Gravy Sauce Mix	130g	2.90	GV
KALLO				
LJ102	French Onion Stock Cubes	66g	1.75	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.75	GOVS
LJ171	Low Salt Vegetable Stock Cubes	60g	1.75	GOVS
LJ122	Mushroom Stock Cubes	66g	1.75	GOVS
LJ001	Paprika Stock Cubes	66g	1.75	GOV
LJ232	Sriracha Stock Cubes	66g	1.69	GOV
LJ101	Tomato & Herb Stock Cubes	66g	1.75	GOVS
LJ205	Umami Stock Cubes	66g	1.69	GOV
LJ120	Vegetable Stock Cubes	66g	1.75	GOV
LJ147	Yeast Free Veg.Stock Cubes	6 x 10g	1.75	GV
MARIGOLD				
LJ211	Bouillon Cubes	8	1.29	GOV
LJ043	Bouillon Powder	150g	2.24	G
LJ044	Bouillon Powder	500g	6.35	G
LJ073	Bouillon Powder - Organic	150g	2.35	GOV
LJ238	Bouillon Powder - Organic	500g	7.15	GOV
LJ070	Bouillon Powder - Reduced Salt	150g	2.90	GV
LJ237	Bouillon Powder - Reduced Salt	500g	6.35	GV
LJ178	Bouillon Reduced Salt	2kg	2.95	FGV
LJ062	Gravy Granules - Instant	170g	1.79	GSV
LJ208	Organic Bouillon	2kg	22.15	FGOV
LJ074	Organic Bouillon Reduced Salt	140g	2.49	GOV
LJ253	Organic Reduced Salt Bouillon	2kg	36.39	FGOV
LJ139	Original Bouillon	2kg	19.19	FGV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.39	GOV
ORGRAN				
LJ158	Gravy Mix	200g	2.89	GV

code	product	size	rrp	bfgovs
HERB & FRUIT TEA INFUSIONS				
CLIPPER				
TE035	Everyday Infusions Indian Chai	20 bags	2.19	FGOV
HEATH AND HEATHER				
TE594	Botanicals Turmeric Root Brew	20 bags	3.55	GOV
LOVE CBD				
TE456	Hemp Tea	10 bags	5.99	GV
PUKKA				
TE058	Turmeric Active	20 bags	3.45	GOV
YOGI TEA				
TE593	Alkaline Herbs	17 bags	2.59	GOV
TE067	Bee Happy	17 bags	2.59	GOV
TE630	Feel Pure with Lemon	17 bags	2.59	GOV
TE591	Finest Selection For The Senses	18 bags	2.79	GOV
TE625	Fresh Inspiration	17 bags	2.59	GOV
TE615	Good Night	17 bags	2.59	GOV
TE263	Natural Energy	17 bags	2.59	GOV
TE129	Natural Wellbeing	17 bags	2.59	GOV
TE610	Pure Happiness Gift Range	17 bags	2.59	GOV
TE265	Yogi Tea Selection Box	1	11.99	GOV
HONEY				
HILLTOP HONEY				
HY097	Lavender Honey, Spanish	277g	5.95	G
HY076	Organic Blossom Honey	340g	4.25	GO
HOUSEHOLD CLEANING PRODUCTS				
ECOZONE				
HJ044	Appliance Descaler	500ml	4.69	GV
HOUSEHOLD PRODUCTS				
TRAIDCRAFT				
NF181	Fair Trade Rubber Gloves	1 pairs	1.45	GFV
INDIAN FOOD				
MERIDIAN				
VF019	Korma Sauce	350g	2.89	GSV
VF025	Tikka Masala Sauce	350g	2.89	GSV
PATAKS				
Curry Pastes				
KJ222	Korma Curry Paste	290g	3.75	GV
KJ054	Madras Curry Paste	283g	3.75	GV
KJ152	Rogan Josh Curry Paste	283g	3.75	GSV
KJ246	Tikka Masala Curry Paste	283g	3.75	GSV
KJ059	Vindaloo Curry Paste	283g	3.75	GV
Pickles				
KJ040	Aubergine Pickle (Was Bringal)	312g	3.19	GVS
KJ041	Chilli Pickle	283g	3.19	GV
KJ045	Lime Pickle - Medium/Hot	283g	3.19	GV
KJ047	Mango Pickle - Medium	283g	3.19	GV
KJ049	Mixed Pickle	283g	3.19	GV
PUNJABAN				
Bases (Sauce Concentrate)				
KJ374	Authentic Curry Base - Medium	350g	3.35	GV
KJ373	Authentic Curry Base - Mild	350g	3.35	GV
KJ379	Butter 'Chicken' Base	350g	3.35	GV
KJ383	Tasty Tamarind Curry Base	350g	3.35	GV
KJ083	Tikka Masala Curry Base Sauce	350g	3.35	GV
JAMS & FRUIT SPREADS				
ST DALFOUR				
JS051	Apricot Spread	284g	2.99	GV
JS064	Black Cherry Spread	284g	2.99	GV
JS063	Blackberry Spread	284g	2.99	GV
JS062	Blackcurrant Spread	284g	2.99	GV
JS009	Cranberry & Blueberry	284g	2.99	GV
JS068	Fig Spread	284g	2.99	GV
JS067	Four Fruits Spread	284g	2.99	GV
JS066	Mirabelle Plum Spread	284g	2.99	GV

code	product	size	rrp	bfgosv
JS120	Orange and Ginger Spread	284g	2.99	GV
JS046	Raspberry & Pomegranate Spread	284g	2.99	GV
JS049	Raspberry Spread	284g	2.99	GV
JS050	Strawberry Spread	284g	2.99	GV
JS061	Thick Cut Orange Spread	284g	2.99	GV
JS060	Wild Blueberry Spread	284g	2.99	GV

JUICE CONCENTRATES & CORDIALS

BELVOIR

JU234	Blueberry Blackcurrant Cordial	500ml	5.35	GSV
JU516	Elderflower & Rose Cordial	500ml	5.35	GSV
JU578	Elderflower Cordial	500ml	5.35	GSV
JU577	Ginger Cordial	500ml	5.35	GSV
JU197	Honey, Lemon & Ginger Cordial	500ml	5.35	GS
JU275	Organic Elderflower Cordial	500ml	5.89	GOSV
JU276	Organic Ginger Cordial	500ml	5.89	GOSV
JU355	Organic Lemon & Mint Cordial	500ml	5.89	GOSV
JU043	Raspberry & Lemon Cordial Family Size	500ml	5.35	GV
JU339	Blackcurrant Cordial	750ml	5.29	GSV
JU338	Orange Cordial XMAS 2022	750ml	5.29	GSV
JU285	Mulled Winter Cordial	500ml	5.25	GSV

MARGARINES & SPREADS (CHILLED)

KOKO DAIRY FREE

CV317	Koko Dairy Free Spread	500ml	2.19	GV
CV879	Spreadable Vegan Butter	225g	2.20	GOV
CV735	Spreadable Vegan Butter	450g	4.25	GOV
CV880	Vegan Butter Block	200g	2.10	GOV

MAYONNAISE & SALAD DRESSINGS

INSPIRED VEGAN

KJ247	Vegan Bearnaise Style Sauce	205g	2.39	GSV
KJ249	Vegan Dill Mustard Sauce	200g	2.39	GSV
KJ270	Vegan Hollandaise Style Sauce	205g	2.39	GSV
KJ048	Vegan Honei Mustard Dressing	265g	2.99	GSV
KJ271	Vegan Horseradish Sauce	210g	2.69	GSV
KJ245	Vegan Marie Rose Sauce	210g	2.39	GSV
KJ261	Vegan Tartare Sauce	210g	2.69	GSV

MEAT FREE ALTERNATIVES(FROZEN)

BEYOND MEAT

XL053	Burgers	226g	5.20	GV
XL091	Meatballs	200g	5.20	GV
XL088	Mince	300g	5.20	GV
XL063	Sausages	200g	5.20	GV

NATURLI'

XL101		300g	3.35	GV
XL065	Schnitzel	300g	4.25	GV
XL071	Vegan Balls	300g	3.50	GV

STRONG ROOTS

XL213	Pumpkin & Spinach Burgers	300g	4.10	GV
XL218	Spinach Bites	308g	4.10	G

MEATLESS SUBSTITUTES (CHILLED)

BONSAN

CV837	Kofu Fishfree fillet	150g	4.50	GOSV
CV843	Kofu Ragù Chunks	150g	3.95	GOSV

FLORENTIN

CV930	Falafel	240g	4.55	GOV
CV571	Sweet Potato Falafel	240g	4.55	GOV
CV944	Tamruc Falafel	240g	4.70	GOV

HEURA

CV142	Chorizo	216g	3.69	GV
CV115	Mediterranean Chunks	160g	3.69	GV
CV119	Original Burger	220g	4.30	GV
CV116	Original Chunks	160g	3.69	GV
CV124	Original Nuggets	180g	3.69	GV
CV128	Original Sausages	216g	3.69	GV
CV145	Original Strips	160g	3.69	GV

code	product	size	rrp	bfgosv
MIDDLE EASTERN & AFRICAN FOOD				
AL'FEZ				
KJ548	Apricot & Coriander Sauce 450g	450g	2.65	G
AMISA				
KJ105	Falafel Mix	160g	2.45	GOV
MILK - NON DAIRY				
ALPRO				
TE004	Almond for Professionals	1l	2.25	GSV
TE083	Oat for Professionals	1l	2.90	GV
SY047	Organic Almond Drink	1l	1.95	GOV
SY049	Organic Coconut Drink	1l	1.85	GOV
SY050	Organic Soya Drink	1l	1.79	GOV
BLUE DIAMOND				
SY101	Almond Breeze - Barista Blend	1l	2.50	GV
SY061	Almond Breeze - Original	1l	1.79	GSV
SY066	Almond Breeze - Unsweetened	1l	1.79	GV
DUG				
SY134	Potato Milk - Barista	1l	2.15	GV
SY127	Potato Milk - Original	1l	2.15	GV
SY128	Potato Milk - Unsweetened	1l	2.15	GV
ECOMIL				
SY012	Almond Drink Powder	400g	13.65	GOV
SY030	Cuisine - Almond Cream	200ml	1.55	GOV
SY137	Cuisine - Cashew Cream	200ml	1.55	GOV
SY059	Cuisine - Coconut Milk	200ml	1.55	GOV
FOOD HEAVEN				
SY003	Cooking Cream - Unsweetened	1l	3.50	GV
SY168	Heavenly Whipped Spray Cream	200ml	2.29	GSV
GLEBE FARM				
SY165	Almond Drink Barista	1l	2.50	FGV
SY140	Barista Style Oat Drink	1l	1.99	GV
SY164	Coconut Drink Barista	1l	2.15	FGV
KOKO DAIRY FREE				
SY149	Barista Coconut Milk Drink	1l	1.99	GSV
SY038	Coconut Milk Drink	1l	1.95	GSV
SY122	Coconut Milk Drink Unsweetened	1l	1.95	GV
SY167	Coconut Super Milk	1l	2.35	GSV
MIGHTY				
SY124	Pea Milk - Original	1l	1.95	GSV
SY197	Pea Milk - Unsweetened	1l	1.95	GV
NATURE'S CHARM				
SY077	Condensed Coconut Milk	320g	3.49	GSV
SY078	Evaporated Coconut Milk	360ml	3.90	GSV
PLAMIL				
SY009	Organic Soya Milk Heritage	1l	2.25	VOG
PLENISH				
SY170	Oat M*lk - Gluten Free	1l	2.39	GOV
REBEL KITCHEN				
SY181	Dairy Free Semi Skimmed Mylk	1l	2.59	GOV
SY214	Dairy Free Whole Mylk	1l	2.55	GOV
RUDE HEALTH FOODS				
SY129	Almond Drink - Organic	1l	2.49	GOV
SY004	Almond Drink - Organic	250ml	1.50	GOV
SY230	Barista Almond	1l	2.49	GV
SY231	Barista Coconut	1l	2.49	GV
SY232	Barista Oat	1l	2.00	GV
SY233	Barista Soya	1l	2.00	GV
SY130	Brown Rice Drink - Organic	1l	2.29	GOV
SY085	Cashew Drink - Organic	1l	3.50	GOV
SY044	Coconut Drink Organic	1l	2.99	GOV
SY148	Hazelnut Drink - Organic	1l	2.99	GOV
SY037	Oat Drink - Organic	1l	2.29	GOV
SY036	Organic Soya Barista	1l	2.49	GOV
SY194	Organic Soya Drink	1l	2.50	GOV
SY117	Tiger Nut Drink Organic	1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	1l	3.85	GOV
SOJADE				
SY211	Barista Soya Drink	1l	1.89	GOV
SY147	Chocolate Soya Drink	1l	2.45	GOSV
SY018	Soya Drink - Mild Sweetened	1l	1.95	GOV
SY016	Soya Drink - Unsweetened	1l	1.65	GOV

code	product	size	rrp	bfgosv
SY023	Vanilla Soya Drink	1l	2.50	GOV
SPROUD				
SY218	Iced Coffee - Caramel	330ml	2.35	FGSV
SY217	Iced Coffee - Original	330ml	2.35	FGSV
SY069	Sproud Barista	1l	2.15	GSV
SY207	Sproud Chocolate Milk	1l	2.15	GSV
SY057	Sproud Original	1l	2.15	GSV
SY229	Vanilla	1l	2.15	GSV
THE BRIDGE				
SY160	Coconut Drink	1l	2.29	GOV
SY042	Rice Drink - Calcium Enriched	1l	2.50	GOV
SY487	Rice Drink - Original	1l	1.75	GOV
SY452	Rice Drink + Almond	1l	2.25	GOV
SY008	Rice Drink + Coconut	1l	2.35	GOV
	Cooking Cream			
SY188	Coconut Cream - Organic	200ml	1.55	GOV
SY186	Soya Cream - Organic	200ml	1.15	GOV
THE COCONUT COMPANY				
SY116	Coconut Milk Powder - Organic	250g	6.99	GOV
NUT & SEED BUTTERS				
BIONA				
GH132	Cocoa Hazel Peanut Butter	250g	3.75	GOSV
COCONUT MERCHANT				
GH076	Coconut Butter	300g	5.99	GOV
WHOLE EARTH				
GH091	Peanut Butter - smooth organic	227g	3.29	GOV
GH090	Peanut Butter -crunchy organic	227g	3.29	GOV
GH113	Peanut Butter -smooth original	1kg	7.45	GOV
GH084	Peanut Butter -smooth original	340g	3.59	CV
GH151	Peanut Butter-100% Nuts,Crunch	227g	3.15	GOV
GH115	Peanut Butter-crunchy original	1kg	7.45	CV
GH082	Peanut Butter-crunchy original	340g	3.59	CV
OILS & FATS				
SUMA PREPACKS				
GT028	Gluten Free Vegetarian Suet	250g	3.50	CV
CLEARSPRING				
GT037	Sesame Oil organic	1l	13.49	GOV
OLIVES				
MANI				
KJ425	Og Kalamata Olives in OliveOil	280g	4.99	GOV
PASTA				
SUMA ORGANIC				
	Gluten Free			
WT011	Brown Rice Fusilli Pasta	500g	3.25	GOV
WT013	Brown Rice Penne Pasta	500g	3.25	GOV
WT008	Corn Rice Fusilli Pasta	500g	2.89	GOV
WT009	Corn Rice Penne Pasta	500g	2.89	GOV
BARENAKED				
WT162	Barenaked Noodles	250g	2.29	GV
WT163	Barenaked Rice	250g	2.29	CV
WT172	Barenaked Spaghetti	250g	2.29	GV
WT004	Protein Noodles	250g	2.29	GV
CIEMME				
WT136	OG Gluten Free Gnocchi Plain	400g	3.89	GOV
CLEARSPRING				
WT148	Brown Rice Penne - Gluten Free	250g	2.99	GOV
WT052	Gluten Free Buckwheat Pasta	250g	2.79	GOV
WT149	Green Pea & Quinoa Fusilli	250g	3.29	GOV
WT150	Red Lentil & Brown Rice Pasta	250g	3.29	GOV
DIFATTI				
WT015	Gluten Free Egg Tagliatelle	250g	3.79	G
WT151	Gnocchi - Gluten Free	250g	2.15	GV
WT033	Gnocchi - Pumpkin & Quinoa GF	250g	2.49	CV
WT153	Spinach Gnocchi - gluten free	250g	2.15	GV
WT152	Tomato Gnocchi - Gluten Free	250g	2.15	GV
DOVES FARM				
WT038	Organic Brown Rice Fusilli	500g	3.90	GOV
WT047	Organic Brown Rice Penne Pasta	500g	3.90	GOV
WT036	Organic Brown Rice Spaghetti	500g	3.90	GOV

code	product	size	rrp	bfgosv
WT133	Organic Buckwheat Pasta	500g	4.19	GOV
WT167	Organic Green Pea Penne Pasta	250g	3.50	GOV
WT165	Organic Maize and Rice Lasagne	250g	2.49	GOV
WT051	Organic Maize/Rice Fusilli	500g	2.59	GOV
WT039	Organic Maize/Rice Penne Pasta	500g	2.59	GOV
WT053	Organic Maize/Rice Spaghetti	500g	2.59	GOV
WT135	Organic Multigrain Pasta	500g	3.90	GOV
WT166	Organic Red Lentil Penne Pasta	250g	3.50	GOV
EXPLORE CUISINE				
WT113	Black Bean Spaghetti	200g	3.48	GOV
WT145	Chickpea Fusilli	250g	3.48	GOV
WT093	Edamame & Mung Bean Fettuccine	200g	3.48	GOV
WT067	Edamame & Spirulina Spaghetti	200g	3.48	GOV
WT114	Edamame Bean Spaghetti	200g	3.48	GOV
WT066	Fava Bean Fusilli	250g	3.48	GOV
WT143	Green Lentil Penne	250g	3.48	GOV
LA BUONA VITA				
WT027	Gluten Free Fusilli	400g	2.19	GV
WT056	Gluten Free Lasagne Sheets	250g	2.59	GV
WT026	Gluten Free Penne Pasta	400g	2.19	GV
WT028	Gluten Free Spaghetti	400g	2.19	GV
MAIDEA				
WT007	Pacheri	250g	3.75	GV
WT010	Tagliatelle	250g	3.75	GV
ORGRAN				
WT078	Buckwheat Pasta Spirals	250g	2.55	GV
WT105	Corn & Veg Shells	250g	2.35	GV
WT109	Rice & Corn Macaroni	250g	2.45	GV
WT080	Vegetable Rice Spirals	250g	2.55	GV
PROFUSION				
WT130	Chick Pea Fusilli	250g	3.25	GOV
WT129	Red Lentil Fusilli	250g	3.15	GOV
PASTA SAUCES & PESTOS				
SUMA ORGANIC				
Organic Pestos				
KJ192	Pesto - Green, vegan	160g	3.15	GOV
KJ189	Pesto - Red, vegan	160g	3.15	GOV
MERIDIAN				
VF173	Tomato & Basil Pasta Sauce	350g	3.29	GOV
VF197	Tomato & Herb - organic	440g	3.39	GVO
MR ORGANIC				
KJ328	Chilli & Garlic Pesto	130g	2.29	GOV
KJ331	Grilled Aubergine Add-in	190g	2.69	GOV
VF106	Parmagiana Sauce	350ml	2.29	GOV
KJ327	Red Pepper Pesto (vegan)	130g	14.81	GOV
KJ216	Soya Pasta Sauce	350g	2.29	GOVS
PATE				
GRANOVITA				
GH143	Mushroom Pate	125g	1.99	GV
GH651	Mushroom Pate - organic	200g	3.35	GOV
GH015	Olive Pate	125g	1.99	GV
GH168	Spicy Mexican Pate - organic	200g	3.35	GOV
GH144	Vegetable Pate	125g	1.99	GV
TARTEX				
GH001	Classic Pate - og	200g	3.19	GOV
PATES, DIPS & TAPAS (CHILLED)				
DELPHI FOODS				
CV346	Bombay Potato Salad	220g	1.90	G
CV352	Tzatziki	170g	1.30	G
Houmous				
CV349	Avocado Houmous	150g	2.30	GV
CV347	Smoky Red Lentil Houmous	170g	1.40	GV
FLORENTIN				
CV931	Houmous	200g	3.80	GOV
CV526	Houmous Extra with Pinenuts	200g	3.70	GOV
RAMONA'S				
CV848	Coriander Houmous	250g	2.25	GSV
CV847	Japapeno Houmous	250g	2.25	GV
CV845	Original Houmous	250g	2.25	GV
CV728	Original Houmous	500g	4.00	GV

code	product	size	rrp	bfgosv
CV846	Red Pepper Houmous	250g	2.25	GSV
PET FOODS & PET CARE				
DENZEL'S				
PF037	XMAS 2022 Christmas Dog Chew Gingerbread	75g	2.50	GV
PICKLES, CHUTNEYS & MUSTARDS				
SHAWS				
KJ175	Beetroot & Horseradish Chutney	290g	2.55	GSV
KJ174	Caramelised Red Onion Chutney	195g	2.55	GSV
KJ185	Fig & Honey Chutney	195g	2.55	GS
KJ028	Mango Chutney - Chunky	300g	1.79	GSV
KJ179	Piccalilli	280g	2.55	GSV
KJ203	Spiced Apricot Ginger Chutney	200g	2.29	GSV
READY MEALS (FROZEN)				
CLIVE'S				
XL199	Nut Roasts Mushroom Nut Roast	280g	5.70	GOV
XL338	Organic Nut Roast Pies & Pastries	280g	5.70	GOSV
XL028	Gltn Free French Cassoulet Pie	250g	3.35	GOSV
XL026	Gluten Free Aloo Gobi Pie	250g	3.35	GOSV
XL030	Gluten Free Chickpea Tagine	250g	3.35	GOSV
XL032	Gluten Free Mexican Chilli Pie	250g	3.35	GOSV
XL114	Org G/F Mushroom & Leek Pie Tarts	235g	3.35	GOV
XL323	Bombay Curry Tart	195g	3.70	GOSV
XL324	Lentil and Kale Tart	195g	3.70	GOSV
XL336	Tomato and Olive Tart	195g	3.70	GOSV
GOODLIFE				
XL265	Falafel	280g	2.50	GV
ONE PLANET PIZZA				
XL035	GF Three Cheeze Margherita Piz	395g	6.55	GV
READY TO EAT FOODS (CHILLED)				
LOVING FOODS				
CV316	Raw, Organic, Vegan & UK made Hot 'N' Smoky Kimchi	500g	6.85	GOV
CV802	Kimchi	500g	6.85	GOV
CV801	Sauerkraut	500g	6.35	GOV
CV314	Spicy Cortido Kraut	500g	6.85	GOV
CV803	Turmeric & Black Pepper Kimchi	500g	6.85	GOV
SALT & SEASONINGS				
MARIGOLD				
LJ444	Liquid Aminos	250ml	3.79	GV
SAUSAGES & BURGERS (FROZEN)				
FRYS				
XL360	Rice Protein & Quinoa Burgers	320g	4.50	GV
NATURLI'				
XL078	Vegan Burger	320g	3.90	GV
XL086	Vegan Sausages	300g	4.30	GV
SEA VEGETABLES				
OCEAN'S HALO				
HE046	Korean BBQ Seaweed	4g	0.75	GV
HE055	Maui Onion Seaweed	4g	0.75	GV
HE007	Sea Salt Seaweed	4g	0.75	GV
HE013	Wasabi Seaweed	4g	0.75	GV
SEAMORE				
LJ135	Seaweed Chips	135g	2.99	GV
SNACK BARS & FLAPJACKS				
ADONIS				
KB379	Keto Bar Keto Chocolate Orange Bar	35g	1.49	GV
KB351	Keto Pecan, Hazelnut & Cocoa	35g	1.49	GV
KB371	Keto Vanilla & Coconut Bar	35g	1.49	GV
BEAR				
KB531	Carrot Cake Bars	27g	0.75	GV
KB542	Carrot Cake Bars - Multipack	4 x 27g	2.51	GV

code	product	size	rrp	bfgo
KB508	Forest Fruit Bars	27g	0.75	GV
KB519	Forest Fruit Bars - Multipack	4 x 27g	2.51	GV
BOUNCE				
	Dipped			
KB598	Dipped Choc Brownie Protein	40g	1.65	GSV
KB600	Dipped Hazelnut Praline	40g	1.65	GSV
	Filled			
ZX671	Filled almond protein	35g	1.55	GS
KB599	Filled Caramel Millionaire	40g	1.65	GSV
ZX651	Filled Coconut & Macadamia	35g	1.55	GS
ZX672	Filled Peanut Butter Cacao	35g	1.55	GS
ZX706	Filled peanut protein	35g	1.55	GS
ZX711	Filled salted caramel	35g	1.55	GS
	Vegan			
ZX593	Almond	35g	1.55	GSV
ZX592	Maple Pecan & Cashew	35g	1.55	GSV
BRYNMOR				
	Flapjack			
KB559	Apricot & Almond	80g	0.69	GSV
KB562	Caramel Fudge	80g	0.79	GS
KB541	Cashew & Coconut	80g	0.69	GSV
KB575	Dark Chocolate & Ginger	80g	0.79	GS
KB543	Summer Berry	80g	0.69	GSV
DELICIOUSLY ELLA				
KB435	Cacao & Almond Ball	40g	1.99	GV
	Nut Butter Filled			
WS071	Almond Butter Ball	36g	1.99	GV
WS072	Hazelnut Nut Butter Ball	36g	1.99	GV
WS006	Raspberry & Cashew Butter Ball	36g	1.99	GV
DOVES FARM				
	Impulse			
KB228	Apple & Sultana Flapjack	35g	0.79	GOSV
KB230	Apricot & Chia Seed Flapjack	35g	0.79	GOSV
KB234	Chocolate Chip Flapjack	35g	0.79	GOSV
	Multipack			
KB237	Apple & Sultana Flapjack	4 x 35g	2.89	GOSV
KB261	Apricot & Chia Seed Flapjack	4 x 35g	2.89	GOSV
KB463	Chocolate Chip Flapjack	4 x 35g	2.89	GOSV
EAT NATURAL				
KB464	Almond, Apricot & Yoghurt	50g	0.89	GS
WS028	Apple, ginger & dark chocolate	45g	0.99	GS
KB082	Assorted Chocolate Recipes	45g	0.99	GS
KB084	Assorted Nuts & Fruit Bar	45g	0.99	GS
KB470	Blueberry & Cashew Bar	45g	0.99	GS
KB460	Cranberry & Macadamia Bar	45g	0.99	GS
KB547	Dark 70% Choc, Brazils, Apricots	45g	0.99	GS
KB465	Date, Walnut & Pumpkin Seed	45g	0.99	GS
WS031	Maple Syrup, Pecans & Peanuts	45g	0.99	GSV
KB939	Peanuts and Chocolate	45g	0.99	GS
KB171	Vegan Fruit & Nut bar	45g	0.99	GSV
GATO				
	Caramel Biscuits			
ZX122	Chocolate cream	42g	1.75	GSV
	Chocolate Biscuits			
ZX110	Choc hazelnut cream	42g	1.75	GSV
ZX115	Peanut butter cream	42g	1.75	GSV
ZX119	Vanilla Cream	42g	1.75	GSV
	Protein Biscuits			
KB113	Caramel - Peanut Caramel Cream	50g	2.25	GSV
KB112	Choc - Caramel Vanilla Cream	50g	2.25	GSV
KB111	Vanilla with Vanilla Cream	50g	2.25	GSV
LOVE VEGAN BY JENNIFER				
KB514	Smooth Peanut and Caramel Bar	32.5g	0.99	GV
	Chocolate Coated			
KB279	Morello Cherry Bar	45g	1.69	GV
KB925	Orange Cacao & Cashew Bar	45g	1.69	GV
MERIDIAN				
KB721	Peanut Bar	40g	1.39	GV
NAIRN'S				
	Gluten Free Oat Bars			
BT330	Oat Bar Apple & Cinnamon	40g	0.99	GV
BT326	Oat Bar Cacao & Orange	40g	0.99	GSV

code	product	size	rrp	bfgosv
	NAKD			
	Chocolish			
ZX756	Double Chocolish Big Bite	50g	1.59	GV
ZX766	Peanut Chocolish Big Bite	50g	1.59	GV
ZX768	Raspberry Chocolish Big Bite	50g	1.59	GV
	Multi Packs			
WS045	Apple Danish Multipacks	4 x 30g	3.90	GV
KB802	Banoffee Pie Multipack	4 x 35g	3.90	GV
KB029	Berry Delight Multipack	4 x 35g	3.90	GV
KB779	Blueberry Muffin Multipack	4 x 35g	3.90	GV
KB931	Cashew Cookie Multipack	4 x 35g	3.90	GV
KB031	Cocoa Delight Multipack	4 x 35g	3.90	GV
KB003	Cocoa Orange Multipack	4 x 35g	3.90	GV
KB771	Salted Caramel Multipack	4 x 35g	3.90	GV
KB799	Strawberry Sundae Multipack	4 x 35g	3.90	GV
	Nudie Bars			
KB877	Bakewell Tart Bar	35g	0.89	GV
KB686	Banoffee Pie Bar	35g	0.89	GV
KB756	Berry Delight Bar	35g	0.89	GV
KB532	Blueberry Muffin	35g	0.89	GV
KB526	Carrot Cake	35g	0.89	GV
KB554	Cashew Cookie Bar	35g	0.89	GV
KB757	Cocoa Delight Bar	35g	0.89	GV
KB556	Cocoa Orange Bar	35g	0.89	GV
KB995	Coffee & Walnut	35g	0.89	GV
KB163	Lemon Drizzle Bar	35g	0.89	GV
WS021	Peanut Delight	35g	0.89	GV
ZX609	Salted Caramel	35g	0.89	GV
KB691	Strawberry Sundae Bar	35g	0.89	GV
	Oaties			
WS041	Apple Danish	30g	0.89	GV
WS043	Banana Bread Bars	30g	0.89	GV
	PLANET ORGANIC			
	Energy Bar			
BT070	Cacao Brazil Nut Energise Bar	30g	1.19	GOV
	PRIMAL PANTRY			
KB394	Almond & Cashew Brownie Bar	45g	1.65	GV
KB421	Cocoa Brownie Protein Bar	55g	2.29	GV
KB386	Coconut & Macadamia Brownie Bar	45g	1.65	GV
KB397	Hazelnut & Cocoa Brownie Bar	45g	1.65	GV
KB415	Lemon & Poppy Seed Brownie Bar	45g	1.65	GV
	PROPER			
KB115	Hazelnut Praline Popcorn Bar	26g	1.75	FGOS
	Popcorn Bars			
KB114	Salted Caramel Popcorn Bar	26g	1.75	GS
	PULSIN'			
WS040	Brownie Double Choc Dream	35g	1.29	GSV
WS049	Double Choc Fudge Brownie	35g	1.29	GSV
	Keto Bars			
KB784	Choc Fudge & Peanut Keto Bar	50g	1.99	GV
KB483	Choc Mint & Peanut Keto Bar	50g	1.99	GV
KB490	Choc Orange & Peanut Keto Bar	50g	1.99	GV
	Protein Boosters			
KB090	Maple & Peanut Protein Bar	50g	1.79	GV
KB148	Peanut Choc Protein Bar	50g	1.79	GV
KB706	Vanilla Choc Chip Protein Bar	50g	1.79	GV
	Raw Choc Brownie			
WS056	Peanut Choc Chip Raw Brownie	35g	1.19	GSV
WS058	Salted Caramel Raw Choc Brownie	35g	1.19	GV
	RAW BAKE STATION			
KB153	Salted Double Choc	40g	1.59	GV
KB150	Vanilla Choc Chip	40g	1.59	GV
	RUDE HEALTH FOODS			
KB350	The Peanut Bar	35g	1.25	GV
	SQUIRREL SISTERS			
KB434	Cacao Brownie Share Bag	80g	2.49	GV
KB422	Cacao Brownie Snack Bars	40g	1.49	GV
KB442	Cacao Orange Share Bag	80g	2.49	GV
KB424	Cacao Orange Snack Bars	40g	1.49	GV
KB426	Peanut Caramel Snack Bar	40g	1.79	GV
KB432	Peanut Raspberry Snack Bar	40g	1.79	GV

code	product	size	rrp	bfgosv
TREK				
KB097	Chocolate Orange	55g	1.69	GV
KB450	Peanut Butter Flapjack	50g	0.85	GSV
KB941	Salted Caramel Flapjack	50g	0.79	GSV
ZX738	Smooth Lemon FLAPJACKS	50g	0.79	GSV
KB499	Cocoa and oat protein flapjack	50g	0.79	GVS
KB500	Cocoa coconut protein flapjack	50g	0.79	CVS
KB501	Morning berry protein flapjack	50g	0.79	GVS
KB505	Original oat protein flapjack	50g	0.79	GVS
KB663	Power Millionaire Shortbread	55g	1.69	GV
KB662	Peanut Butter Crunch TREK BARS	55g	1.69	GV
KB722	Cocoa Chaos	55g	0.79	GV
KB725	Peanut Power	55g	0.79	GV
SOFT DRINKS				
BELVOIR				
JU060	Elderflower & Rose Presse	250ml	1.75	GSV
JU795	Elderflower Presse	250ml	1.75	GSV
JU810	Elderflower Presse	250ml	1.79	GOSV
JU783	Freshly Squeezed Lemonade	250ml	1.75	GV
JU814	Ginger Beer	250ml	1.79	GOSV
JU811	Handmade Lemonade	250ml	1.79	GOS
JU554	Raspberry Lemonade 750ML Bottles	250ml	1.75	GSV
JU629	Cucumber & Mint Presse	750ml	3.59	GSV
JU236	Elderflower & Rose Presse	750ml	3.59	GSV
JU041	Elderflower Light Presse	750ml	3.25	GSV
JU674	Elderflower Presse	750ml	3.59	GSV
JU792	Elderflower Presse	750ml	3.80	GOSV
JU782	Freshly Squeezed Lemonade	750ml	3.59	GSV
JU780	Ginger Beer	750ml	3.59	GSV
JU813	Ginger Beer Presses in Cans	750ml	3.80	GOSV
JU340	Elderflower Presse	250ml	1.50	GSV
JU345	Ginger Beer Presse	250ml	1.50	GSV
JU341	Raspberry Lemonade	250ml	1.50	GSV
BUMBLEZEST				
JU138	Sparkling Botanical Water Flourish & Flow	250ml	1.61	GV
JU143	Fuel & Focus	250ml	1.61	GV
JU137	Refresh & Relax	250ml	1.77	GV
DALSTON'S				
JU163	Cans Cherryade	330ml	1.90	GV
JU166	Fizzy Elderflower	330ml	1.90	GV
JU772	Fizzy Rhubarb	330ml	1.90	GV
JU162	Ginger Beer	330ml	1.90	GV
DASH WATER				
JU110	Sparkling Peach Multipack	330ml	1.29	GV
JU026	Sparkling Blackcurrant	4 x 330ml	4.69	VG
JU039	Sparkling Cucumber	4 x 330ml	4.69	VG
JU040	Sparkling Lemon	4 x 330ml	4.69	VG
JU033	Sparkling Peach	4 x 330ml	4.69	VG
JU042	Sparkling Raspberry	4 x 330ml	4.69	VG
FENTIMANS				
JU002	275ML Range Apple & Blackberry	275ml	1.85	GSV
JU008	Cherry Cola	275ml	1.85	GSV
JU625	Curiosity Cola	275ml	1.85	GSV
JU908	Dandelion & Burdock	275ml	1.85	GSV
JU463	Gently Sparkling Elderflower	275ml	1.90	GSV
JU346	Ginger Beer	275ml	1.85	GSV
JU354	Mandarin Seville Orange Jigger	275ml	1.85	GSV
JU618	Rose Lemonade	275ml	1.90	GSV
JU435	Victorian Lemonade 750ML Range	275ml	1.85	GSV
JU573	Curiosity Cola	750ml	4.90	GSV
JU280	Ginger Beer	750ml	4.90	GSV

code	product	size	rrp	bfgosv
JU437	Pink Ginger Beer	750ml	4.90	GSV
JU455	Rose Lemonade	750ml	4.90	GSV
	Bottled 'Light' Range			
JU294	Gently Sparkling Elderflower	250ml	1.89	GSV
JU279	Rose Lemonade	250ml	1.89	GSV
	Cans			
JU278	Curiosity Cola	250ml	1.49	GSV
JU298	Gently Sparkling Elderflower	250ml	1.49	GSV
JU366	Ginger Beer	250ml	1.49	GSV
JU300	Rose Lemonade	250ml	1.49	GSV
	Mixer Range			
JU009	Connoisseurs Tonic	500ml	3.90	GSV
JU158	Ginger Beer & Muddled Lime	500ml	3.90	GSV
JU160	Naturally Light Tonic	500ml	2.79	GSV
JU422	Oriental Yuzu Tonic	500ml	2.74	GSV
JU161	Pink Grapefruit Tonic Water	500ml	3.90	GSV
JU421	Pink Rhubarb	500ml	3.90	GSV
JU207	Premium Indian Tonic Water	500ml	2.79	GSV
JU167	Rose Lemonade	500ml	3.90	GSV
JU010	Valencian Orange Tonic	500ml	3.90	GSV
FEVERTREE				
JU387	Tonic Water	4 x 200ml	4.91	GSV
FROBISHERS				
JU093	Apple and Elderflower	250ml	1.50	GV
JU092	Raspberry and Rhubarb	250ml	1.50	GV
JU091	Sicilian Lemonade	250ml	1.50	GSV
GUSTO				
JU376	Naturally Slim Cola	275ml	2.90	FGV
JU353	Organic Real Cola	275ml	2.90	FGOV
JAX COCO				
JU100	Coconut Water Pure	6 x 330ml	1.90	VG
REBEL KITCHEN				
JU059	Banana Mylk	250ml	1.65	GOV
JU178	Chocolate Mylk	250ml	1.65	GOV
SOUPS				
FREE & EASY				
VF302	Broccoli & Kale	400g	2.90	GOV
VF096	Butternut Squash & Ginger - Og	400g	2.90	GOV
VF297	Butternut, Sweet Potato, Turmeric	400g	2.90	GOV
VF124	Carrot & Coconut Soup	400g	2.90	GOV
VF720	Lentil & Red Pepper Soup - Org	400g	2.90	GOV
VF086	Pea & Mint Soup - Org	400g	2.90	GOV
VF097	Sweet Potato & Chia Soup - Org	400g	2.90	GOV
VF301	Sweet Potato & Quinoa	400g	2.90	GOV
VF083	Tomato Soup - Org	400g	2.90	GOV
SOUPS (CHILLED)				
TIDEFORD ORGANIC VEGAN FOODS				
CV733	Butternut Squash & Sage Soup	600g	3.49	GOV
CV725	Indian Cauliflower Masala Soup	600g	3.49	GOV
CV754	Lebanese Lentil & Kale Soup	600g	3.49	GOV
CV782	Lentil and Spinach Dahl	600g	3.49	GOV
CV720	Malaysian Coconut Noodle Soup	600g	3.49	GOV
CV617	Moroccan Spiced Chickpea Soup	600g	3.49	GOV
CV783	Spiced Parsnip Soup	600g	3.49	GOV
SPIRITS & LIQUEURS				
WN005	Papagayo Golden Rum	70cl	32.25	GOV
SUGARS & SYRUPS				
BILLINGTONS				
LJ057	Sugar - Golden Caster Sugar	250g	0.95	CVB
HILLTOP HONEY				
HY015	Maple Syrup Grade A Amber	640g	9.99	GB
HY050	Maple Syrup Grade A Dark	640g	9.99	GB
RAYNERS				
LJ901	Black Treacle - organic	340g	3.15	GOV
SUPERFOODS & SPORTS NUTRITION				
GRANOVITA				
GT300	Flax Oil - Organic	260ml	11.75	GOV
GT302	Hemp Oil - Organic	260ml	8.85	GOV

code	product	size	rrp	bfgosv
LINWOODS				
MD113	Chia Seed	200g	6.49	GOV
MD109	Flax,Almond,Brazil,Walnut,Q10	360g	6.55	GV
MD104	Flax,Sun,Pum,Chia,Goji Berries	425g	5.99	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	425g	6.35	GOV
MD114	Flaxseed	200g	3.49	GOV
MD102	Flaxseed	425g	5.49	GOV
MD115	Flaxseed & Goji Berries	200g	3.55	GOV
MD112	Flaxseed,Bio Cultures & Vit D	360g	6.55	GV
MD110	Linwoods Shelled Hemp	200g	7.35	GV
MD048	Milled Hemp	200g	4.49	GOV
VM263	Organic Sprouted Range Sprouted Flaxseed	360g	7.35	GOV
NATURES AID				
VM003	MCT Oil	500ml	18.95	FGV
NATURYA				
MD040	Greens Blend Organic	250g	12.99	FGOV
MD158	Organic Acai Powder	125g	19.99	GOV
MD157	Organic Barleygrass Powder	200g	7.99	GOV
MD216	Organic Cacao Powder F/trade	250g	6.99	FGVO
MD111	Organic Chia Seeds	300g	5.99	GOV
MD156	Organic Chlorella Powder	200g	12.49	GOV
MD153	Organic Cocoa Nibs	300g	7.99	GOV
MD152	Organic Hemp Protein Powder	300g	9.99	GOV
MD155	Organic Spirulina Powder	200g	8.99	GOV
MD067	Organic Turmeric Superblend	250g	7.99	GOV
MD154	Organic Wheatgrass Powder	200g	7.99	GOV
PREWETT'S				
VM020	Organic Ground Flaxseed	175g	3.90	GOV
PULSIN'				
VM258	Chocolate Pea Protein Powder	250g	14.99	GV
VM093	Hemp Protein Powder	250g	8.39	GV
VM027	Pea Protein Isolate	1kg	28.15	GV
VM092	Pea Protein Powder	250g	8.39	GV
VM024	Rice Protein Powder	250g	9.99	GV
VM095	Soya Protein Powder	250g	5.99	GV
VM090	Vanilla Keto Protein Powder	252g	24.99	VG
VM260	Vanilla Whey Protein Powder Supershakes	250g	14.99	G
VM304	Cacao & Maca Energy Supershake	300g	17.59	GV
SUPPLEMENTS & REMEDIES				
BETTER YOU				
	Kids Vitamins			
VM216	Immune Health Kids Spray	25ml	11.95	G
VM212	Vitamin D + K2 Vitamins & Minerals	15ml	11.95	G
VM005	Air Defence Oral Spray	25ml	11.95	G
VM171	Boost B12 Oral Spray	25ml	11.95	GV
VM051	DLux 1000 Vegan Vitamin D	15ml	9.95	GV
VM016	Immune Health Oral Spray	50ml	12.95	GV
VM106	Iron 10	25ml	14.95	GV
VM060	Selenium + ACE Oral Spray	50ml	14.95	GV
VM002	Zinc Oral Spray	50ml	12.95	G
FLORADIX				
MD016	Floradix Vitamin B Complex	250ml	13.89	GV
MD006	Kindervital Children's Fruity	250ml	11.65	GV
MD187	Magnesium Liquid	250ml	1.15	G
MD033	Neuro Balance with Ashwagandha	250ml	13.85	GV
MD280	Saludynam Calcium/Magnesium/Zn	250ml	12.75	G
HIGHER NATURE				
VM028	Ashwagandha & Rhodiola Complex	30 capsules	15.75	GV
VM128	Balance For Nerves	30 capsules	8.99	GV
VM133	Balance For Nerves	90 capsules	23.50	GV
VM179	Serotone 5-HTP (100mg)	30 capsules	12.10	GV
NATURES AID				
VM291	Turmeric Capsules	30 capsules	1.45	GV
VM292	Turmeric Capsules	60 capsules	18.45	GV
VM295	Vitamin D3 1000iu	60 tablets	5.95	GV
NATURES OWN				
	Omegas			
VM202	Borage Oil	90 capsules	13.39	GV

code	product	size	rrp	bfgosv
	RICOLA			
	Soothe & Clear			
MD001	Honey Herb Bag	75g	1.65	SG
MD009	Honey, Lemon & Echinacea	75g	1.65	GS
MD008	Original Bag	75g	1.65	GSV
	SIMPLEE ALOE			
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV
MD025	Aloe Juice Health Supplement	1l	15.99	GOV
	TOGETHER HEALTH			
VM032	Ashwagandha Complex	30	9.99	GOV
VM022	Beautiful	60	14.99	GV
VM013	Bio CoQ10	30	13.99	GV
VM018	Calcium - from seaweed	60	9.99	GV
VM026	Curcumin & Turmeric	30	9.99	GV
VM033	Gentle Iron	30	7.99	GV
VM014	Immune	30	11.99	GV
VM102	Iodine	30	6.99	GOV
VM119	Magnesium	30	6.99	GV
VM112	Multi Vitamin & Mineral	30	9.49	GV
VM019	Multibiotic	30	14.99	GV
VM052	Night Time Marine Magnesium	60	12.99	GV
VM121	Omega 3 - Algae	30	13.99	GV
VM025	Pregnancy - Multi Vit & Mins	60	14.99	GV
VM050	Stress Aid Vitamin & Mineral	30	9.99	GV
VM017	Vegan Multi Vitamin & Mineral	60	12.99	GV
VM021	Vegan Vitamin D3	30	6.99	GV
VM111	Vitamin B Complex	30	9.25	GV
VM113	Vitamin C with Bioflavonoids	30	7.99	GV
VM319	Vitamin K2	30	8.99	GV
VM054	Womens Multivit	30	9.99	GV
	WILD EARTH BY NATURES AID			
VM203	Gentle Iron Complex	30 capsules	8.99	GV
VM206	Multivits & Minerals for Men	30 capsules	16.99	GV
VM207	Organic Evening Primrose Oil	30 capsules	9.99	GOV
VM208	Organic Turmeric	30 capsules	19.99	GOV
VM209	Vegan Vitamin D3 1000iu	30 capsules	8.99	GV
	SWEET SNACKS			
	BEAR			
ZX529	Yoyo Pure Fruit Rolls - Mango	20g	0.65	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	20g	0.65	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	20g	0.65	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry	20g	0.65	GV
	Bites			
ZX336	Blackcurrant and Beetroot	5 x 18g	2.95	GV
ZX333	Strawberry and Butternut	5 x 18g	2.95	GV
	Giant Yoyo			
ZX063	Giant Yoyo -Strawberry/Mango	5 x 20g	3.19	GV
ZX067	Giant Yoyo-Apple/Blackcurrant	5 x 20g	3.19	VG
	Yoyo Sours			
ZX448	Strawberry & Apple	20g	0.65	GV
	Yoyos in multipacks			
ZX570	Yoyos - Banana Multipack	5 x 20g	2.85	GV
ZX020	Yoyos - Blackcurrant Multipack	5 x 20g	2.85	GV
ZX014	Yoyos - Mango Multipack	5 x 20g	2.85	GV
ZX013	Yoyos - Raspberry Multipack	5 x 20g	2.85	GV
ZX012	Yoyos - Strawberry Multipack	5 x 20g	2.85	GV
	BIONA			
ZX002	Berry Burst Sweets - Organic	75g	2.19	GOSV
ZX446	Fizzy Peaches	75g	1.85	GOVS
ZX441	Jelly Dino Sweets - Organic	75g	1.85	GOSV
ZX911	Mini Fruit Bears	75g	1.85	GOSV
ZX443	Pomegranate Heart Sweets - Org	75g	1.85	GOSV
	BUTTERMILK			
	XMAS 2022			
KB340	Assorted Christmas Fudge	150g	3.99	GS
KB334	Gingerbread Fudge	100g	2.99	GS
KB319	Irish Cream Fudge	100g	2.99	GS
KB323	Mince Pie Fudge	100g	2.99	GS
	CANDY KITTENS			
ZX344	Tropical Mango	125g	2.49	GSV
	Small Bags			

code	product	size	rrp	bfgosv
ZX645	Sour Watermelon	54g	1.45	SVG
ZX035	Tropical Mango	54g	1.45	GSV
COTSWOLD FUDGE CO				
ZX064	Vegan Bitterscotch Fudge	150g	3.35	FGSV
WS202	Vegan Caramel & Sea Salt Fudge	150g	3.35	GSV
ZX463	Vegan Chocolate Fudge	150g	3.35	FGSV
ZX464	Vegan Seasalt Fudge	150g	3.35	FGSV
ZX465	Vegan Vanilla Fudge	150g	3.35	FGSV
FABULOUS FREE FROM FACTORY				
ZX548	Chocovered Crunchee Bites	65g	1.85	GSV
ZX928	Chocovered Peanuts	65g	1.69	GSV
ZX159	Dairy Free Chocolate Raisins	75g	1.69	GV
ZX432	Dairy Free Fudge	200g	3.29	GSV
ZX627	Dairy Free Fudgee Bites	75g	1.69	GSV
ZX982	F&F's	55g	1.75	GSV
ZX628	Raspberry Ice Bites	75g	1.49	GSV
FREE FROM FELLOWS				
ZX065	Cola Bottles	100g	1.99	GV
ZX060	Gummy Bears	100g	1.99	GV
ZX072	Midget Gems	100g	1.99	GV
	Boiled Sweets			
ZX321	Cola & Strawberry Lollipops	60g	1.99	VG
ZX373	Pear Drops	70g	1.99	GS
ZX324	Rhubarb and Custard	70g	1.99	VG
FREEDOM CONFECTIONERY				
KB179	Chocolate Mallow Bites	35g	1.49	GSV
KB911	Mallow Out Bar Strawberry	35g	1.79	GV
KB910	Mallow Out Bar Vanilla	35g	1.79	GV
KB789	Pink & White Mini Marshmallows	75g	1.99	GSV
KB385	Strawberry Marshmallows	75g	1.99	GV
KB726	Vegantics - Large Mallows	105g	1.99	GSV
KB383	White Vanilla Marshmallows	75g	1.99	GSV
JEALOUS SWEETS				
	40g Bags			
ZX231	Fizzy Friends	40g	1.49	SVG
ZX238	Grizzly Bears	40g	1.49	GVS
ZX678	Happy Bears	40g	1.49	GV
ZX675	Love Bears	40g	1.49	GV
ZX229	Tangy Worms	40g	1.49	SVG
ZX233	Tropical Wonder	40g	1.49	SGV
	Share Bags			
WS047	Berry Foams	125g	2.99	GSV
ZX999	Berry Sours	125g	2.99	GSV
ZX480	Fizzy Friends Share Bags	125g	2.99	GSV
ZX466	Grizzly Bears Share Bags	125g	2.99	GSV
WS044	Juicy Foams	125g	2.99	GSV
ZX472	Tangy Worms Share Bags	125g	2.99	GSV
WS039	Zingy Sours	125g	2.99	GSV
	Shot Bags			
ZX948	Grizzly Bears Shot Bags	24g	0.89	GSV
ZX950	Happy Bears Shot Bags	24g	0.89	GV
ZX955	Love Bears Shot Bags	24g	0.89	GV
ZX949	Tangy Worms Shot Bags	24g	0.89	GSV
NOT GUILTY				
KB142	Kiss me Softly Sour Gummy	100g	1.99	OSVG
KB130	Marilyn Mallow	80g	2.19	GSOV
SWEET LOUNGE				
	XMAS 2022			
ZX412	Blue Raspberry Bottles	150g	6.99	GSV
ZX378	Cola Bottles	150g	6.99	GSV
ZX407	Fruity Bears	150g	6.99	GSV
ZX381	Mixed Gummies	150g	6.99	GSV
ZX410	Vegan Fudge Bites	130g	6.99	GSV
ZX390	Vegan Gummy Selection Box	130g	4.99	GSV
TASTY MATES				
	136g Bags			
ZX742	The Berry Funny One	136g	2.59	GSV
ZX749	The Juicy Peach	136g	2.59	GSV
ZX748	The Perfect Pear	136g	2.59	GSV
ZX750	The Salty One	136g	2.59	GSV
	54g Bags			
ZX752	The Berry Funny One	54g	1.49	GSV

code	product	size	rrp	bfgosv
ZX764	The Juicy Peach	54g	1.49	GSV
ZX762	The Perfect Pear	54g	1.49	GSV
ZX773	The Salty One	54g	1.49	GSV
TABLE SAUCES				
BIONA				
KJ106	Classic Tomato Ketchup Squeezy	560g	3.75	GOSV
KJ463	Worcester Sauce	140ml	4.50	GOSV
MERIDIAN				
KJ621	Tomato Ketchup - organic	285g	2.79	GOSV
MR ORGANIC				
KJ496	Naturally sweetened Ketchup	480g	3.79	GOV
RUBIES IN THE RUBBLE				
KJ102	Tomato Ketchup	300g	2.99	GSV
STUBB'S				
KJ073	Hickory Liquid Smoke	148ml	2.89	GSV
TEAS				
CLIPPER				
Pack 40				
TE172	English Breakfast Tea Organic	40 bags	2.89	FGOV
TE177	FT Organic Earl Grey	40 bags	2.89	FGOV
TE168	FT Organic Everyday Tea	40 bags	2.89	FGOV
TE182	FT Organic Green Tea	40 bags	2.89	FGOV
TE183	FT Organic White Tea	40 bags	2.89	FGOV
Pack 80				
TE507	English Breakfast Organic	80 bags	3.99	FGOV
TE189	FT Organic Everyday Tea	80 bags	3.85	FGOV
TE190	FT Organic Green Tea	80 bags	3.99	FGOV
HAMPSTEAD TEA				
Looseleaf				
TE677	English Breakfast	100g	5.99	GOVB
TOFU & TEMPEH (CHILLED)				
CLEAR SPOT				
CV777	Scrambled Tofu	200g	3.65	GOV
CV913	Silken Tofu	250g	2.30	GOV
DRAGONFLY				
CV431	Org Medium Natural Tofu	300g	2.75	GOV
CV394	Org Natural Tofu	300g	2.75	GOV
CV395	Org Smoked Tofu	300g	3.20	GOV
TOOTH CARE				
KINGFISHER				
DY668	Aloe Vera Tea Tree Mint	100ml	3.35	GV
DY669	Aloe Vera/ Tea Tree Fennel	100ml	3.35	GV
DY527	Baking Soda & Mint Toothpaste	100ml	3.35	GV
DY416	Charcoal Naturally Whitening	100ml	3.45	GV
DY161	Children's Strawberry T'paste	75ml	2.49	GV
DY111	Fennel Toothpaste	100ml	3.35	GV
DY800	Fluoride Free Fennel T'Paste	100ml	3.35	GV
DY529	Mint Fluoride Free	100ml	3.35	GV
DY190	Mint Toothpaste	100ml	3.35	GV
VEGETABLES				
COOKS & CO				
KJ078	Sweety Drop Peppers	235g	3.79	GV
ST DALFOUR				
VF112	Whole Chestnuts	200g	3.99	GV
VEGETABLES (FROZEN)				
BIO INSIDE				
XL155	Organic Garden peas	300g	1.75	GOV
XL153	Organic Sweetcorn	300g	2.10	GOV
NATURAL COOL				
XL183	Broccoli	300g	2.70	GOVB
XL221	Chips - Oven or Fry	600g	3.45	BGOV
XL178	Peas	450g	3.50	GOV
XL098	Potato Wedges	450g	2.90	BGOV
XL181	Sweetcorn	450g	3.25	GOV
XL134	Vegetable Mix	450g	2.70	BGOV
STRONG ROOTS				
XL165	Mixed Root Vegetable Fries	500g	4.10	GV
XL166	Proper Potato Chips	750g	4.10	GV

code	product	size	rrp	bfgosv
XL162	Sweet Potato Fries	500g	4.10	GV
VINEGARS				
BRAGG				
KJ325	Apple Cider Vinegar w/Mother	473ml	5.99	GOV
KJ324	Apple Cider Vinegar w/Mother	946ml	1.49	GOV
MR ORGANIC				
KJ492	Organic Apple Cider Vinegar	500ml	3.35	GOV
WINES				
RED WINE				
Chile				
WN055	MontGras Pinot Noir	750ml	14.59	GOV
Italy				
WN020	Integro Organic Primitivo	75cl	12.99	GOV
Spain				
WN050	Amigo de la Tierra Red	750ml	1.69	GOV
ROSE WINE				
Spain				
WN022	Coral de Penascal Rose	75cl	12.99	GOV
SPARKLING WINE				
Spain				
WN054	Vallformosa Bio Organic Cava	750ml	16.79	GOV
WHITE WINE				
Chile				
WN016	MontGras Sauvignon Blanc	75cl	14.99	GOV
Spain				
WN040	Amigo de la Tierra White	750ml	1.69	GOV
YEAST EXTRACTS				
VEGEMITE				
GH148	Vegemite Gluten Free	235g	3.35	GV
YOGHURT, DAIRY (CHILLED)				
BERGERIE				
CV581	Goat Milk Yoghurt Natural Org	125g	0.75	GO
CV585	Sheep Milk Yoghurt Greek Style	250g	1.65	GO
BIOTIFUL DAIRY				
CV012	Original Kefir Quark	235g	1.79	G
YEO VALLEY				
Kefir Yoghurt				
CV863	Mango & Passionfruit	350g	2.00	GOS
CV864	Natural	350g	2.00	GOS
CV862	Strawberry	350g	2.00	GOS
YOGHURT, NON-DAIRY (CHILLED)				
ALPRO				
CV575	Coconut Soya Yoghurt	500g	1.70	GV
CV576	Soya Blueberry Cherry Yoghurt	4 x 125g	2.50	GSV
CV572	Soya Blueberry Yoghurt	500g	1.70	GSV
CV579	Soya Greek Style	400g	1.70	GV
CV589	Soya Strwb/Bana/Peach Yoghurt	4 x 125g	2.50	GSV
COCOS				
CV892	Mango & Passionfruit	125g	2.15	GOV
CV893	Mixed Berry Coconut Yoghurt	125g	2.15	GOV
CV899	Natural Coconut Milk Yoghurt	400g	5.40	GOV
CV891	Natural Coconut Yoghurt	125g	2.15	GOV
CV897	Natural Coconut Yoghurt	250g	3.75	GOV
CV501	Natural Light Coconut Yoghurt	400g	5.35	FGOV
CV894	Strawberry Coconut Yoghurt	125g	2.15	GOV
CV900	Strawberry Coconut Yoghurt	400g	5.40	GOV
CV895	Vanilla Coconut Yoghurt	125g	2.15	GOV
CV901	Vanilla Coconut Yoghurt	400g	5.40	GOV
KOKO DAIRY FREE				
Coconut Yoghurts				
CV042	Coconut & Lemon Yoghurt	2 x 125g	1.65	GSV
CV229	Greek Style Yoghurt	400g	2.20	GV
CV032	Peach & Passionfruit Yoghurt	2 x 125g	1.65	GSV
CV020	Plain Yoghurt Alternative	500g	2.20	GSV
CV031	Raspberrry Yoghurt Alternative	2 x 125g	1.65	GSV
CV029	Strawberry Yoghurt Alternative	2 x 125g	1.65	GSV
CV243	Unsweetened Yoghurt	500g	2.20	GV

code	product	size	rrp	bfgosv
CV300	Vanilla Yoghurt Alternative	450g	2.20	GSV
	NUSH			
	Almond Milk Dairy-Free Yoghurt			
CV796	Mango & Passionfruit	350g	3.25	GV
	SOJADE			
	150g Pots			
CV916	Blueberry Yoghurt	150g	1.00	GOV
CV918	Mango Yoghurt	150g	1.00	GOV
CV919	Natural Yoghurt	150g	0.70	GOV
CV915	Peach and Mango Yoghurt	150g	1.00	GOV
CV917	Strawberry Yoghurt	150g	1.00	GOV
	Soya Based Yoghurts			
CV485	Apricot Yoghurt	400g	2.20	GOSV
CV269	Banana & Passion Yoghurt	400g	2.75	GOV
CV289	Blueberry Cherry Yoghurt	400g	2.75	GOV
CV486	Blueberry Yoghurt	400g	2.20	GOSV
CV461	Greek Style Hazelnut Yoghurt	400g	2.90	GOSV
CV730	Greek Style Raspberry Yoghurt	400g	2.90	GOV
CV876	Greek Style Yoghurt	400g	2.20	GOV
CV724	Lemon Yoghurt	400g	2.20	GOSV
CV494	Mango & Peach Yoghurt	400g	2.20	GOSV
CV483	Natural Yoghurt	400g	1.40	GOV
CV266	Sojade Natural Yoghurt	250g	1.00	GOV
CV723	Vanilla Yoghurt	400g	2.20	GOSV
	THE COCONUT COLLABORATIVE			
CV508	Mango-Passion Compote Yoghurt	360g	3.45	GV
CV495	Natural Yoghurt	350g	3.30	GV
CV497	Vanilla Yoghurt	350g	3.30	GV

Suma

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