

Suma

CO-OPERATIVE SINCE 1977

ORGANIC

SEPT - OCT 2022

ORGANIC

A bit more about it..

Organic agriculture produces products using methods that preserve the environment and avoid synthetic materials, such as pesticides and antibiotics. Organic standards describe how farmers grow crops and raise livestock and which materials they may use.

Organic farmers and food processors follow a defined set of standards to produce organic food. These standards cover the product from farm to table, including soil and water quality, pest control, livestock practices, and rules for food additives.

This list covers it all, everything organic available from Suma.



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 | | | | |
| GIMBER | | | | |
| | XMAS 2022 | | | |
| JU283 | Gimber - ginger concentrate | 500ml | 2.99 | OSV |
| JU284 | Gimber - ginger concentrate | 200ml | 13.49 | OSV |
| ORGANICO | | | | |
| JU367 | Blueberry Sparkle | 750ml | 5.95 | OV |
| JU369 | Raspberry Fizz | 750ml | 5.95 | OV |
| ST PETER'S | | | | |
| | Alcohol Free Beers | | | |
| RT026 | St Peter's Without Pale Ale | 500ml | 2.19 | OV |
| BABY & CHILD FOOD | | | | |
| ANNABEL KARMELO | | | | |
| BB092 | Baby Pasta Shapes | 250g | 1.89 | OV |
| CHEEKY MONKEY | | | | |
| BB024 | Peanut Butter Puffs | 60g | 2.49 | FGOV |
| ELLA'S KITCHEN | | | | |
| | Breakfast | | | |
| BB109 | Baby Brekkie - Banana | 100g | 1.65 | O |
| BB199 | Baby Brekkie - Blueberry/Pear | 100g | 1.49 | O |
| | Smoothie Fruits | | | |
| BB238 | The Green One - Multi Pack | 5 x 90g | 5.25 | OV |
| BB048 | The Green One - smoothie fruit | 90g | 1.90 | OV |
| BB164 | The Pink One | 5 x 90g | 5.25 | OV |
| BB237 | The Purple One - Multi Pack | 5 x 90g | 5.25 | OV |
| BB007 | The Purple One -smoothie fruit | 90g | 1.90 | OV |
| BB239 | The Red One - Multi Pack | 5 x 90g | 5.25 | OV |
| BB011 | The Red One - smoothie fruit | 90g | 1.90 | OV |
| BB139 | The White One - Multi Pack | 4 x 90g | 4.50 | OV |
| BB236 | The Yellow One - Multi Pack | 5 x 90g | 5.25 | OV |
| BB010 | The Yellow One -smoothie fruit | 90g | 1.90 | OV |
| | Stage 1 | | | |
| BB196 | Apple & Pear Baby Rice | 120g | 1.39 | OV |
| BB001 | Apples & Bananas | 120g | 1.39 | OV |
| BB198 | Banana & Apricot Baby Rice | 120g | 1.39 | OV |
| BB003 | Broccoli, Pear & Peas | 120g | 1.39 | OV |
| BB049 | Butternut Squash, Carrot | 120g | 1.39 | OV |
| BB006 | Carrot, Apple & Parsnip | 120g | 1.39 | OV |
| BB233 | First Taste Mango Mango Mango | 70g | 1.29 | OV |
| BB231 | First Taste Pears Pears Pears | 70g | 1.29 | OV |
| BB012 | First Taste Prunes Prunes | 70g | 1.29 | OV |
| BB137 | Greek Yoghurt & Berries | 90g | 1.35 | O |
| BB138 | Greek Yoghurt & Strawberries | 90g | 1.35 | O |
| BB095 | Peaches & Bananas | 120g | 1.39 | OV |
| BB063 | Spinach, Apples & Swede | 120g | 1.39 | OV |
| BB078 | Strawberries & Apples | 120g | 1.39 | OV |
| BB126 | Sweet Potato,Broccoli,Carrot | 120g | 1.39 | OV |
| | Stage 2 | | | |
| BB229 | Big Smiles Cheesy Pie | 130g | 1.97 | O |
| BB127 | Four Bean Feast | 130g | 1.97 | O |
| BB058 | Kitchen Vegetable Bake | 130g | 2.35 | OV |
| LITTLE PASTA ORGANICS | | | | |
| | Pasta | | | |
| BB255 | Animal Pasta Shapes - Tricolor | 250g | 1.95 | OV |
| BB151 | Gluten Free Mini Gnocchi | 250g | 2.39 | GOV |
| BB043 | Red Lentil Dinosaur Pasta | 250g | 3.55 | GOV |
| BB051 | Teddy Bear Pasta | 250g | 1.95 | VO |
| BB174 | Travel Pasta Shapes - Tricolor | 250g | 1.95 | OV |
| ORGANIX | | | | |
| | Cereals - Stage 2 | | | |
| BB052 | Banana & Plum Porridge | 200g | 2.95 | OV |

| code | product | size | rrp | bfgosv |
|-------|-----------------------------------------------------------|----------|------|--------|
| BB053 | Multigrain Porridge Cereals - Stage 3 | 200g | 2.95 | OV |
| BB057 | Banana, Peach & Apple Muesli | 200g | 3.50 | OV |
| BB060 | Raspberry & Banana Muesli Finger Foods - from 7 months | 200g | 3.50 | OV |
| BB713 | Apple Rice Cakes | 50g | 1.69 | OV |
| BB153 | Banana Rice Cakes | 50g | 1.69 | OV |
| BB715 | Crunchy Carrot Sticks | 20g | 0.95 | OV |
| BB717 | Crunchy Sweetcorn Rings | 20g | 0.79 | OV |
| BB069 | Raspberry/Blueberry Rice Cake Goodies Biscuits | 50g | 1.69 | OV |
| BB711 | Alphabet Biscuits | 5 x 25g | 3.25 | OV |
| BB022 | Animal Biscuits | 100g | 2.45 | OV |
| BB247 | Gingerbread Men Goodies Fruit Snacks | 135g | 3.25 | OV |
| BB159 | Apple & Date Chunky Fruit Bars | 6 x 17g | 3.90 | OV |
| BB158 | Banana & Date Chunky Fruit Bar | 6 x 17g | 3.90 | OV |
| BB150 | Raisins Mini Boxes Goodies Savouries | 12 x 14g | 3.19 | OV |
| BB549 | Carrot Stix | 15g | 0.55 | OV |
| BB248 | Cheese & Herb Curly Puffs | 15g | 0.65 | O |
| BB094 | Mini Cheese Crackers Goodies Snack Bars | 4 x 20g | 2.99 | O |
| BB076 | Apple & Orange Soft Oaty Bar | 6 x 30g | 4.29 | OV |
| BB075 | Carrot Cake Soft Oaty Bars | 6 x 30g | 4.29 | OV |
| BB080 | Raspberry & Apple Soft Oaty Gruffalo Snacks | 6 x 30g | 4.29 | OV |
| BB073 | Gruffalo Cocoa & Vanilla | 5 x 20g | 3.39 | O |

BABY CARE

BEAMING BABY

| | | | | |
|-------|------------------------------|----|------|----|
| | Wipes | | | |
| NF688 | Organic Baby Wipes Sensitive | 72 | 4.69 | OV |
| NF103 | Organic Baby Wipes Unscented | 72 | 4.69 | OV |

EARTH FRIENDLY BABY

| | | | | |
|-------|------------------------------|-------|------|----|
| DY545 | Organic Chamomile Shampoo | 250ml | 4.90 | OV |
| DY524 | Organic Lavender Bubble Bath | 300ml | 5.39 | OV |
| DY558 | Organic Lavender Shampoo | 250ml | 4.90 | OV |

NATRACARE

| | | | | |
|-------|-------------------------------------------|----|------|----|
| NF099 | Organic Cotton Baby Wipes NURSING PADS | 50 | 4.15 | OV |
| NF370 | Natural Nursing Pads | 16 | 3.29 | OV |

BAGS, BOXES AND BASKETS

SUMA BRANDED BAGS

| | | | | |
|-------|--------------------------------|-----|------|----|
| | Suma Branded Bags | | | |
| NF554 | Lg- organic cotton produce bag | bag | 2.99 | OV |
| NF553 | Med-organic cotton produce bag | bag | 2.49 | OV |

BAKING SUNDRIES

AUTHENTIC BREAD COMPANY

| | | | | |
|-------|------------------------------|------|------|-----|
| | XMAS 2022 | | | |
| VF053 | Luxury Mincemeat with Cognac | 300g | 4.79 | OSV |

BREAD MATTERS

| | | | | |
|-------|----------------------------|-----|------|----|
| LJ218 | Original Sourdough Starter | 10g | 4.99 | OV |
|-------|----------------------------|-----|------|----|

CLEARSPRING

| | | | | |
|-------|--------------------------------|-----|------|----|
| LJ138 | Agar Agar Flakes Gelling Agent | 30g | 5.79 | OV |
|-------|--------------------------------|-----|------|----|

COCOA LOCO

| | | | | |
|-------|---------------------------|-------|-------|------|
| KB139 | Dark Chocolate Couverture | 1.5kg | 22.99 | FOSV |
|-------|---------------------------|-------|-------|------|

DOVES FARM

| | | | | |
|-------|-------------------|------|------|-----|
| LJ203 | Cornflour Organic | 110g | 1.79 | GOV |
|-------|-------------------|------|------|-----|

ENGEVITA

| | | | | |
|-------|----------------------|------|------|------|
| LJ144 | Organic Yeast Flakes | 100g | 5.99 | FGOV |
|-------|----------------------|------|------|------|

| code | product | size | rrp | bfgosv |
|-------|------------------------------------|-------|-------|--------|
| | GREEN & BLACKS | | | |
| | Cooks Chocolate | | | |
| KB058 | Dark Cooking Chocolate-Organic | 150g | 2.85 | FOS |
| KB429 | Milk Cooks Chocolate - organic | 150g | 2.85 | OS |
| | MERIDIAN | | | |
| | XMAS 2022 | | | |
| VF084 | Mince Pie Filling - Organic | 320g | 4.59 | OV |
| | MONTEZUMA'S | | | |
| | Cooking Chocolate | | | |
| KB052 | Dark Couverture | 3kg | 59.70 | GOSV |
| KB060 | Milk Couverture | 3kg | 59.70 | GOS |
| | PLAMIL | | | |
| | Drops in 1kg bags | | | |
| KB652 | Organic Baking Chocolate | 1kg | 13.59 | GOSV |
| KB658 | Organic Rich Chocolate | 1kg | 13.89 | GOSV |
| | STEENBERGS | | | |
| LJ117 | Orange Flower Water Organic | 100ml | 4.19 | OV |
| LJ085 | Rose Water Organic | 100ml | 4.19 | OV |
| | TAYLOR & COLLEDGE | | | |
| LJ115 | Vanilla Bean Extract | 100ml | 9.29 | FOV |
| LJ113 | Vanilla Bean Paste | 65g | 6.99 | SOV |
| LJ036 | Vanilla Pods | 4g | 1.69 | OV |
| | THE RAW CHOCOLATE CO | | | |
| WS183 | Cacao Butter Buttons | 200g | 6.99 | OV |
| | Chocolate Making Ingredients | | | |
| KB051 | Raw Cacao Powder | 180g | 3.75 | GOV |
| | VEGO | | | |
| KB072 | Hazelnut Chocolate Melts | 180g | 6.15 | OFVS |
| | VIVANI ORGANIC CHOCOLATE | | | |
| KB408 | Dark Cooking Chocolate | 200g | 3.69 | OSV |
| | BEANS & PULSES - CANNED | | | |
| | SUMA ORGANIC | | | |
| VF675 | Aduki Beans - organic | 400g | 1.15 | OV |
| VF800 | Baked Beans - Low Sugar | 400g | 1.39 | OV |
| VF550 | Baked Beans - Organic | 400g | 1.39 | OSV |
| VF900 | Black Beans - Organic | 2.6kg | 4.29 | OV |
| VF625 | Black Beans - organic | 400g | 1.15 | OV |
| VF230 | Black Beluga Lentils - organic | 400g | 1.25 | OV |
| VF300 | Black Chickpeas - organic | 400g | 1.15 | OV |
| VF015 | Blackeye Beans - organic | 400g | 1.19 | OV |
| VF630 | Borlotti Beans - organic | 400g | 1.15 | OV |
| VF073 | Brown Lentils - organic | 400g | 1.15 | OV |
| VF645 | Butter Beans - organic | 400g | 1.19 | VO |
| VF395 | Cannellini Beans - organic | 400g | 1.15 | OV |
| VF785 | Chickpeas - organic | 2.6kg | 4.39 | OV |
| VF642 | Chickpeas - organic | 400g | 1.15 | VO |
| VF647 | Green Lentils - organic | 400g | 1.15 | VO |
| VF644 | Haricot Beans - organic | 400g | 1.15 | VO |
| VF649 | Mixed Beans - organic | 400g | 1.15 | VO |
| VF255 | Pinto Beans - organic | 400g | 1.15 | OV |
| VF643 | Red Kidney Beans - organic | 400g | 1.19 | VO |
| | Canned From Fresh | | | |
| VF123 | Fresh Borlotti Beans - Organic | 400g | 1.39 | OV |
| VF169 | Fresh Cannellini - Organic | 400g | 1.39 | OV |
| VF560 | Fresh Chickpeas - Organic | 400g | 1.39 | OV |
| VF950 | Fresh Edamame Soybeans - Org | 200g | 1.49 | OV |
| VF350 | Fresh Flageolet Beans - Org | 200g | 1.25 | OV |
| | BIONA | | | |
| VF222 | Baked Beans - Organic | 400g | 1.39 | OVS |
| LJ167 | Brown Lentil Curry | 400g | 1.79 | OV |
| VF042 | Chilli Beans - Organic | 395g | 1.49 | OSV |
| VF227 | Chilli Black Beans - Organic | 400g | 1.59 | OV |

| code | product | size | rrp | bfgosv |
|-------|-------------------------------------------|-------|------|--------|
| VF306 | Edamame Beans | 200g | 1.99 | OV |
| | BIONOVA | | | |
| VF495 | Baked Beans - organic | 340g | 1.79 | OSV |
| | HODMEDOD'S | | | |
| VF232 | Organic Carlin Peas | 400g | 1.89 | OV |
| VF129 | Organic Vaal Dhal - British | 400g | 2.90 | OSV |
| VF098 | Organic Whole Fava Beans | 400g | 1.89 | OV |
| | MR ORGANIC | | | |
| VF215 | BBQ Baked Beans | 400g | 1.79 | OV |
| VF216 | Chilli Mixed Beans | 400g | 1.79 | OV |
| | WHOLE EARTH | | | |
| VF161 | Baked Beans - organic | 400g | 1.39 | GOV |
| | BEANS & PULSES - DRIED | | | |
| | SUMA PREPACKS - ORGANIC | | | |
| PU202 | Aduki Beans - Organic | 500g | 4.35 | VO |
| PU222 | Bean Mix - organic | 500g | 3.15 | OV |
| PU034 | Black Turtle Beans | 500g | 2.95 | OV |
| PU004 | Broth Mix - Organic | 500g | 2.25 | OV |
| PU345 | Butter Beans - organic | 500g | 4.25 | VO |
| PU225 | Cannellini Beans - organic | 500g | 3.25 | OV |
| PU369 | Chickpeas - organic | 500g | 2.79 | VO |
| PU182 | Green Split Peas - organic | 500g | 2.19 | OV |
| PU145 | Haricot Beans - organic | 500g | 3.39 | OV |
| PU135 | Lentils - Brown, organic | 500g | 2.85 | VO |
| PU167 | Lentils - Dark Speckled, org | 500g | 3.25 | OV |
| PU129 | Lentils - Green, organic | 500g | 2.65 | VO |
| PU294 | Lentils - Red split organic | 750g | 3.49 | OV |
| PU267 | Lentils - Red split, organic | 500g | 2.49 | VO |
| PU151 | Mung Beans - organic | 500g | 4.25 | VO |
| PU136 | Pinto Beans - organic | 500g | 3.45 | OV |
| PU156 | Red Kidney Beans - organic | 500g | 3.35 | OV |
| PU146 | Soya Beans - organic | 500g | 2.79 | OV |
| PU166 | Yellow Split Peas - organic | 500g | 2.19 | OV |
| | HODMEDOD'S | | | |
| PU008 | Carlin Peas Organic | 500g | 2.19 | OV |
| PU029 | Fava Beans Organic - whole | 500g | 2.49 | OV |
| | BEERS | | | |
| | BUDELS | | | |
| RT131 | Budels Lager | 330ml | 2.35 | OV |
| | LITTLE VALLEY BREWERY | | | |
| RT027 | Cragg Bitter | 500ml | 2.69 | OV |
| RT016 | Python IPA | 500ml | 2.95 | OV |
| RT019 | Radical Roots Ginger Pale Ale | 500ml | 2.75 | OVF |
| RT015 | Tod's Blonde | 500ml | 2.85 | OV |
| RT024 | Withens Pale Ale | 500ml | 2.69 | OV |
| | SAM SMITHS | | | |
| RT009 | Chocolate Stout | 550ml | 4.49 | OV |
| RT008 | Organic Pale Ale | 550ml | 4.25 | OV |
| RT120 | Pure Brewed Organic Lager | 550ml | 4.25 | OV |
| | STROUD BREWERY | | | |
| RT055 | Budding | 440ml | 3.45 | OV |
| RT060 | IPA | 440ml | 3.95 | OV |
| RT059 | Premium Organic | 440ml | 3.80 | OV |
| RT056 | Tom Long | 440ml | 3.35 | OV |
| | River Cottage | | | |
| RT047 | River Cottage Hemptathy | 440ml | 3.60 | OV |
| RT061 | River Cottage Hopful | 440ml | 3.75 | OV |
| RT046 | River Cottage Stinger | 440ml | 3.50 | OV |
| | BISCUITS CRACKERS & CRISPbread | | | |
| | ADONIS | | | |
| | Keto Crackers | | | |

| code | product | size | rrp | bfgosv |
|-------------------------------|--------------------------------|------|------|--------|
| BT432 | Black Pepper & Sea Salt | 60g | 3.49 | OV |
| BT433 | Olive & Chia Seeds | 60g | 3.49 | OV |
| AMISA | | | | |
| BT560 | Chestnut Crispbread | 100g | 2.39 | GO |
| BT119 | Chickpea Crispbread | 100g | 1.99 | GOV |
| BT185 | Crispbread - Buckwheat W/grain | 120g | 2.95 | GOV |
| BT289 | Crispbread - Quinoa Fibre Plus | 100g | 1.69 | OV |
| BT291 | Crispbread - Veggie Garden GF | 100g | 1.69 | GOV |
| BT211 | Melba Toasts - Spelt, Organic | 200g | 3.45 | OVB |
| BT159 | Protein Lentil Crispbread | 100g | 2.90 | GOV |
| BIONA | | | | |
| BT336 | Blueberry Filled Cookies | 175g | 2.85 | OS |
| BT167 | Caramel Syrup Waffles | 175g | 3.50 | OS |
| BT166 | Hazelnut Syrup Waffles | 175g | 3.50 | OSV |
| BT157 | Honey Waffles | 175g | 2.85 | OS |
| BONN'S & CO | | | | |
| | XMAS 2022 | | | |
| BT168 | Flame Baked Water Cracker | 162g | 3.59 | FOV |
| 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 |
| BT318 | Oatcakes - Sea Vegetable | 200g | 3.19 | OV |
| BT290 | Oatcakes - Sun Dried Tom /Herb | 200g | 3.19 | OV |
| BT319 | Oatcakes, Traditional, Organic | 200g | 2.89 | OV |
| 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 |
| BT576 | Rye Crispbread - Original | 200g | 1.39 | OV |
| BT577 | Rye Crispbread - Sesame | 200g | 1.59 | OV |
| DOVES FARM | | | | |
| BT295 | Choc Chip Cookies | 180g | 2.29 | GOSV |
| BT010 | Digestives | 200g | 1.49 | OSV |
| BT271 | Double Chocolate Cookies - GF | 180g | 2.29 | GOSV |
| BT202 | Fruity Oat Digestives | 200g | 1.79 | OSV |
| BT269 | Lemon Zest Cookies - GF | 150g | 1.59 | GOSV |
| BT092 | Organic Digestive Biscuits | 400g | 2.39 | OSV |
| BT029 | Organic Ginger Oat Biscuits | 200g | 2.90 | OSV |
| BT008 | Stem Ginger Cookies - GF | 150g | 1.59 | GOSV |
| DR KARG | | | | |
| BT001 | 3 Grains & 3 Seeds Crispbreads | 200g | 2.89 | OV |
| BT812 | Classic 3 Seed Crispbread | 200g | 2.69 | OV |
| BT815 | Emmental Cheese & Pumpkin Seed | 200g | 2.99 | O |
| BT813 | Seeded Spelt Crispbread | 200g | 2.95 | O |
| BT550 | Spelt with Emmental Cheese | 200g | 3.15 | O |
| 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 |
| ISLAND BAKERY ORGANICS | | | | |
| BT121 | Apple Crumbles Organic Biscuit | 125g | 3.15 | OS |
| BT252 | Blonde Chocaccinos | 133g | 3.79 | OS |
| BT163 | Chocolate Gingers | 133g | 3.79 | OS |
| BT164 | Lemon Melts | 133g | 3.79 | OS |

| code | product | size | rrp | bfgosv |
|-------|--------------------------------|------|-------|--------|
| BT006 | Lime Melts | 133g | 3.79 | OS |
| BT162 | Oat Crumbles | 125g | 2.55 | OS |
| BT253 | Orange Melts | 135g | 3.79 | OS |
| BT165 | Shortbread Biscuits | 125g | 2.55 | OS |
| | Oatcakes | | | |
| BT351 | Black Pepper Oatcakes | 135g | 2.55 | VOS |
| BT355 | Original Oatcakes | 135g | 2.29 | OSV |
| BT374 | Three Seed Oatcakes | 135g | 2.55 | OSV |
| | XMAS 2022 | | | |
| BT385 | Classic Recipe Shortbread Tin | 175g | 7.49 | O |
| BT388 | Date & Walnut Shortbread Tin | 215g | 9.99 | O |
| BT392 | Lemon Melts Tin | 180g | 11.49 | O |
| BT404 | Orange/Cranbry/Pecan Shortb Tn | 215g | 1.49 | O |
| BT406 | Peanut/Toffee/Choc Shortbr Tin | 215g | 9.99 | O |
| | KALLO | | | |
| BT045 | Ancient Grain Corn Cakes | 150g | 2.19 | GOV |
| BT184 | Corn Cakes OG | 130g | 1.99 | GOV |
| | 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 |
| | 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 |
| | MR ORGANIC | | | |
| BT354 | Breadstick Classic | 150g | 3.29 | OV |
| BT361 | Breadstick with Olives | 130g | 3.29 | OV |
| BT030 | Chocolate Chip Digestive | 250g | 2.59 | OSV |
| ZX221 | Cocoa Biscuits | 250g | 2.39 | OSV |
| BT350 | Flatbread Classic | 150g | 3.29 | OV |
| BT345 | Flatbread with Rosemary | 150g | 3.29 | OV |
| BT057 | Flax & Chia seed Biscuits | 250g | 2.79 | OSV |
| BT047 | Ginger Biscuits with Lemon | 250g | 2.39 | OSV |
| ZX222 | Multigrain Biscuits | 250g | 2.39 | OSV |
| ZX219 | Orange Biscuits/Cocoa Beans | 250g | 2.79 | OSV |
| BT066 | Tomato & Oregano Biscuits | 250g | 2.79 | OSV |
| | NAIRN'S | | | |
| BT273 | Oatcakes - Organic | 250g | 1.69 | OV |
| BT386 | Oatcakes -Organic Super Seeded | 200g | 1.95 | OV |
| | ORGANICO | | | |
| | Rustic Breadsticks | | | |
| BT065 | Classic Grissini - og | 120g | 1.95 | OV |
| BT061 | Omega Grissini - og | 120g | 1.95 | OV |
| BT068 | Sesame Grissini - og | 120g | 2.15 | OV |
| BT067 | Spelt Grissini - og | 120g | 2.50 | OV |
| | 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 |
| BT431 | Hazelnut Chocolate Chip | 135g | 3.90 | OSV |
| BT430 | Hazelnut Chocolate Praline | 135g | 3.90 | OSV |
| BT344 | Lemon Ginger Chia Biscuits | 135g | 3.90 | GOSV |
| | Soft Filled Cookies | | | |
| BT216 | Chocolate Hazelnut Ganache | 50g | 1.75 | OVS |
| BT115 | Double Chocolate Peanut | 50g | 1.75 | OVS |
| | RUDE HEALTH FOODS | | | |
| BT505 | Buckwheat & Chia Crackers | 150g | 3.25 | GOV |

| code | product | size | rrp | bfgosv |
|-----------------------------|--------------------------------|--------|-------|--------|
| 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 |
| 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 |
| BODY CARE | | | | |
| ALTER/NATIVE BY SUMA | | | | |
| | Accessories | | | |
| DY110 | Organic Cotton Soap Bag | bag | 1.95 | OV |
| BADGER | | | | |
| DY286 | Aftersun Balm | 56g | 1.45 | O |
| DY340 | Sunscreen Clear Zinc SPF30 | 87ml | 2.45 | FO |
| BADGER BALM | | | | |
| MD850 | Hardworking Hands Balm | 21g | 6.99 | O |
| DY411 | Lip Balm Sticks - Blue Pack | sticks | 14.99 | O |
| DY417 | Lip Balm Sticks - Green Pack | sticks | 14.99 | O |
| MD874 | Sleep Balm - Mini | 21g | 6.99 | O |
| BEN & ANNA | | | | |
| | Deodorant Stick in Paper Tube | | | |
| DY065 | Soda Deodorant - Coco Mania | 40g | 6.95 | OV |
| DY076 | Soda Deodorant - Green Fusion | 40g | 6.95 | OV |
| DY083 | Soda Deodorant - Mint | 40g | 6.95 | OV |
| DY185 | Soda Deodorant - Persian Lime | 40g | 6.95 | OV |
| DY816 | Soda Deodorant - Pink G/Fruit | 40g | 6.95 | OV |
| DY077 | Soda Deodorant - Urban Black | 40g | 6.95 | OV |
| | Sensitive Deodorant | | | |
| DY462 | Deodorant - Highland Breeze | 60g | 1.95 | OV |
| DY458 | Deodorant - Japanese Blossom | 60g | 1.95 | OV |
| DY463 | Deodorant - Lemon & Lime | 60g | 1.95 | OV |
| DR BRONNER'S | | | | |
| DY208 | Almond Castile Liquid Soap | 946ml | 21.99 | FOV |
| DY191 | Almond Castile liquid Soap | 473ml | 13.29 | FOV |
| DY209 | Baby Castile Liquid Soap | 946ml | 21.99 | FOV |
| DY198 | Baby Castile Liquid Soap | 473ml | 13.29 | FOV |
| DY443 | Lavender - Pump Soap | 355ml | 11.69 | FOV |
| DY213 | Lavender Castile Liquid Soap | 946ml | 21.99 | FOV |
| DY183 | Lavender Castile Liquid Soap | 237ml | 8.79 | FOV |
| DY205 | Lavender Castile Liquid Soap | 473ml | 13.29 | FOV |
| DY338 | Lavender Castile Liquid Soap | 3.8l | 69.99 | FGOVB |
| DY572 | Orange Castile Liquid Soap | 946ml | 21.99 | FOV |
| DY201 | Orange Castile Liquid Soap | 473ml | 13.29 | FOV |
| DY214 | Peppermint Castile Liquid Soap | 946ml | 21.99 | FOV |
| DY207 | Peppermint Castile Liquid Soap | 473ml | 13.29 | FOV |
| | Bar Soap | | | |
| DY117 | Almond Pure Castile Bar Soap | 140g | 5.69 | FOV |
| DY118 | Baby Castile Bar Soap | 140g | 5.69 | FOV |
| DY123 | Lavender Castile Bar Soap | 140g | 5.69 | FOV |
| DY119 | Orange Castile Bar Soap | 140g | 5.69 | FOV |
| DY138 | Peppermint Castile Bar Soap | 140g | 5.69 | FOV |
| | Hand Sanitiser | | | |
| DY455 | Hand Sanitiser - Lavender | 60ml | 5.49 | FOV |
| DY479 | Hand Sanitiser - Peppermint | 60ml | 5.49 | FOV |
| GREEN PEOPLE | | | | |
| | Organic Skincare | | | |

| code | product | size | rrp | bfgosv |
|------------------------------------|------------------------------------------------|-------|-------|--------|
| DY072 | Day Solution SPF15 | 50ml | 24.50 | OV |
| DY258 | Prebiotic Foot Cream Scent Free and Organic | 50ml | 14.00 | GOV |
| 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 Sun Care | 50ml | 22.00 | GOV |
| DY004 | Childrens Sun Lotion SPF 30 | 150ml | 21.50 | O |
| HEAVENLY ORGANICS SKIN CARE | | | | |
| | Chamomile | | | |
| DY348 | Eye & Face Cream Chamomile Lip Balm | 25g | 8.99 | VO |
| DY605 | Lip Balm Lemon & Lime | 12g | 3.99 | OV |
| DY594 | Lip Balm Orange Orange & Grapefruit | 12g | 3.99 | OV |
| DY582 | Facial Scrub Orange & G/Fruit Rose Geranium | 80g | 9.59 | VO |
| DY584 | Body Butter Rose Geranium | 100g | 8.99 | OV |
| DY062 | Eye & Face Cream Rose Geranium | 25g | 1.99 | OV |
| DY059 | Facial Oil Rose Geranium | 50 | 1.99 | OV |
| DY346 | Facial Scrub Rose Geranium | 80g | 9.59 | OV |
| LAVERA | | | | |
| | Basis | | | |
| DY963 | All-Round Cream | 150ml | 8.95 | OV |
| DY202 | Deodorant- Roll On | 50ml | 7.95 | OV |
| DY589 | Hand Cream | 75ml | 4.95 | OV |
| DY583 | Lip Balm Sensitive | 4.5g | 3.95 | OG |
| DY581 | Moisturising Face Cream | 50ml | 11.95 | OV |
| PATCH | | | | |
| | Biodegradable Bamboo Plasters | | | |
| NF547 | Bamboo Kids Plasters - Coconut | 1 | 6.99 | OV |
| NF546 | Bamboo Plasters - Aloe Vera | 1 | 6.99 | OV |
| NF548 | Bamboo Plasters - Charcoal | 1 | 6.99 | OV |
| NF545 | Bamboo Plasters - Natural | 1 | 6.99 | OV |
| SIMPLY GENTLE | | | | |
| DY097 | Cotton Buds - organic | 200 | 2.59 | VO |
| DY098 | Organic Cotton Wool Balls | 100 | 2.59 | O |
| DY099 | Organic Cotton Wool Pads | 100 | 2.59 | O |
| DY100 | Organic Cotton Wool Pleats | 100g | 2.59 | O |
| BREADS & BREAD MIXES | | | | |
| AMAIZIN | | | | |
| BT268 | Og Tortilla Wraps Extra Fibre | 240g | 2.45 | OV |
| BT329 | Organic Tortilla Wraps | 240g | 2.45 | OV |
| AMISA | | | | |
| BT125 | GF Olive Ciabatta | 180g | 3.55 | GOV |
| BIONA | | | | |
| BT465 | Millet Bread - Organic | 250g | 3.75 | O |
| BT135 | Pizza Base - 2 Per Retail Pack | 300g | 3.50 | OV |
| BT440 | Pumpernickel Bread | 500g | 2.39 | OV |
| BT461 | Rice Bread with Sunflower Seed | 500g | 4.95 | GOV |
| BT464 | Rye Bread - Amaranth & Quinoa | 500g | 2.55 | OV |
| BT073 | Rye Bread - Chia & Flax | 500g | 2.65 | OV |
| BT438 | Rye Bread - Hemp Seed | 500g | 2.65 | OV |
| BT206 | Rye Bread - Omega 3 | 500g | 2.45 | OV |
| BT207 | Rye Bread - Pumpkin Seed | 500g | 2.65 | OV |
| BT210 | Rye Bread - Sunflower Seed | 500g | 2.45 | OV |
| BT439 | Rye Bread - Vitality | 500g | 2.55 | OV |
| BT145 | Rye Bread - Wholegrain | 500g | 2.45 | OV |
| BT422 | Spelt Pizza Base - Organic | 300g | 4.25 | OV |

| code | product | size | rrp | bfgosv |
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| EVERFRESH NATURAL FOODS | | | | |
| BT048 | Malt & Raisin Loaf | 330g | 2.15 | OV |
| BT934 | Sprouted Rye Bread | 400g | 2.19 | OV |
| BT935 | Sprouted Spelt Bread | 400g | 2.99 | OV |
| BT086 | Sprouted Wheat Bread | 400g | 2.19 | OV |
| FLORENTIN | | | | |
| BT552 | Pitta Bread - spelt | 260g | 2.70 | OV |
| BT360 | Pitta Bread - white | 260g | 2.25 | OV |
| BT376 | Pitta Bread - wholemeal | 280g | 2.25 | OV |
| GO VEGAN | | | | |
| XMAS 2022 | | | | |
| BT322 | Chocolate Panettone | 500g | 17.99 | OSV |
| MINDFUL BITES | | | | |
| XMAS 2022 | | | | |
| BT282 | Veganettone - Chocolate | 500g | 15.99 | OSV |
| BT251 | Veganettone - Classic | 500g | 15.99 | OSV |
| BT283 | Veganettone - Salt Cara & Choc | 500g | 15.99 | OSV |
| PROBIOS | | | | |
| XMAS 2022 | | | | |
| BT407 | Dark Chocolate Panettone | 300g | 8.99 | OSV |
| BT080 | No Added Sugar Panettone | 500g | 19.99 | O |
| BT370 | Organic Gluten Free Panettone | 500g | 24.99 | GOSV |
| PROFUSION | | | | |
| BT405 | Protein Bread - Rye / Flax | 250g | 3.15 | O |
| SCHNITZER GLUTEN FREE | | | | |
| BT467 | Baguette Classic | 360g | 4.90 | GOV |
| BT466 | Baguette Grainy 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 | | | | |
| CLEARSPRING | | | | |
| SY074 | Organic Soya Chunks | 200g | 3.39 | GOV |
| SY071 | Organic Soya Mince | 300g | 3.89 | GOV |
| JUST WHOLEFOODS | | | | |
| VF706 | Vegetarian Banger Mix -organic | 125g | 2.39 | OV |
| VF705 | Vegetarian Burger Mix | 125g | 2.39 | OV |
| ORGANICO | | | | |
| SY236 | Fajita Strips | 110g | 3.49 | OV |
| SY235 | Soya Kebab Pieces | 100g | 3.49 | OV |
| PROFUSION | | | | |
| SY092 | Protein Chunks Pea & Fava | 125g | 3.50 | GOV |
| SY095 | Protein Mince Pea & Fava | 125g | 3.50 | GOV |
| 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 |
| LYE CROSS FARM | | | | |
| CV085 | Slightly Salted Organic Butter | 250g | 4.50 | O |
| VRAI | | | | |
| Minimum 4 days shelf life | | | | |
| CV632 | Creme Fraiche | 200g | 1.90 | O |

| code | product | size | rrp | bfgosv |
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| YEO VALLEY | | | | |
| CV304 | Slightly Salted Organic Butter | 250g | 3.75 | O |
| CV292 | Spreadable Butter | 500g | 7.30 | O |
| CV726 | Unsalted Organic Butter | 250g | 3.75 | O |
| | Minimum 4 days shelf life | | | |
| CV101 | Double Cream | 220ml | 2.20 | GO |
| CV309 | Half Fat Creme Fraiche | 200g | 1.65 | O |
| CAKES | | | | |
| AUTHENTIC BREAD COMPANY | | | | |
| | XMAS 2022 | | | |
| BT039 | Luxury Mince Pies | 200g | 4.99 | OSV |
| BT040 | Luxury Mince Pies | 200g | 5.59 | OSVG |
| BT154 | Vegan Christmas Cake | 450g | 9.99 | OSV |
| EVERFRESH NATURAL FOODS | | | | |
| BT246 | Sprouted Banana & Walnut Cake | 300g | 3.89 | OV |
| BT242 | Sprouted Carrot & Raisin Cake | 350g | 3.49 | OV |
| BT366 | Sprouted Chocolate Cake | 350g | 3.59 | OV |
| BT241 | Sprouted Date & Pecan Cake | 350g | 4.19 | OV |
| BT365 | Sprouted Fig & Orange Cake | 400g | 3.59 | OV |
| BT238 | Sprouted Ginger Cake | 350g | 4.19 | OV |
| BT368 | Sprouted Rye Ginger Cake | 350g | 4.19 | OV |
| JUST WHOLEFOODS | | | | |
| FG088 | Pancake Mix | 185g | 3.49 | OSV |
| CEREALS & MUESLIS | | | | |
| SUMA BULK MUESLI - ORGANIC | | | | |
| MX052 | Muesli - organic | 10kg | 3.25 | VO |
| ALARA | | | | |
| MX082 | Bircher Apple and Cinnamon | 650g | 3.29 | OV |
| MX123 | Classic Apple Bircher | 450g | 3.49 | OV |
| MX099 | Everyday Muesli | 550g | 2.99 | OV |
| MX085 | Fruits and Seeds Muesli | 650g | 3.29 | OV |
| MX047 | Muesli Super Fruits | 500g | 3.99 | OV |
| | Everyday Range | | | |
| MX023 | Gluten Free Muesli - organic | 250g | 3.29 | GOV |
| MX031 | Rich Muesli - organic | 500g | 2.99 | OV |
| | Into The Garden | | | |
| MX236 | Active Muesli | 250g | 3.99 | GOV |
| AMISA | | | | |
| FX016 | Organic Porridge Oats | 325g | 2.75 | GOV |
| MX007 | Spelt Crispy Flakes - Organic | 250g | 3.25 | O |
| MX029 | Spelt Puffs - Organic | 200g | 2.55 | OV |
| BIOFAIR | | | | |
| MX009 | Quinoa Pops Organic, FT | 120g | 5.50 | GFO |
| BIONA | | | | |
| MX198 | Choco Coco Granola - Organic | 375g | 4.65 | OS |
| MX199 | Honey Hazel Granola - Organic | 375g | 5.39 | O |
| MX058 | Pure Oaty Granola | 375g | 4.35 | OSV |
| MX201 | Wild Berry Granola - Organic | 375g | 5.99 | OS |
| 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 | | | |

| code | product | size | rrp | bfgosv |
|-------|--------------------------------|------|------|--------|
| MX088 | Cocoa Rice Pops | 300g | 3.55 | GOSV |
| | GLEBE FARM | | | |
| MX111 | Granola Org Oats GF | 325g | 2.99 | GOS |
| MX106 | Porridge Oats GF | 450g | 2.79 | GOV |
| | KALLO | | | |
| MX124 | Puffed Rice Cereal - Natural | 225g | 3.35 | GOV |
| | LIZI'S | | | |
| MX011 | Organic Granola | 400g | 4.59 | OSV |
| | 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 |
| MX884 | Millet Rice | 375g | 4.29 | OV |
| | 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 | | | |
| | Children's | | | |
| MX232 | Honey Puffed Spelt Granola | 175g | 3.49 | O |
| MX108 | Crunchy Berry Granola | 400g | 4.99 | OSV |
| MX135 | Ultimate Granola | 400g | 4.99 | OS |
| | Muesli | | | |
| MX060 | Ultimate Muesli | 400g | 4.99 | OSV |
| | Porridge | | | |
| MX208 | Gluten Free Sprouted Porridge | 400g | 4.99 | GOV |
| | SHARPHAM PARK | | | |
| MX022 | Millers Muesli | 450g | 3.89 | OV |
| | WHOLE EARTH | | | |
| MX172 | Classic Cornflakes - organic | 375g | 2.49 | GOSV |
| MX158 | Cocoa Crunch | 375g | 2.99 | OSV |
| MX174 | Maple Frosted Flakes - og | 375g | 3.29 | GOSV |
| MX155 | Organic Muesli | 750g | 4.99 | O |
| MX162 | Red Fruit Crunch | 450g | 3.59 | OSV |
| | CHEESE, DAIRY (CHILLED) | | | |
| | BERGERIE | | | |
| CV583 | Fresh Goat Cheese Organic | 100g | 1.99 | GO |
| CV590 | Organic Sheeps Cheese Fresh | 100g | 1.95 | O |
| | CALON WEN | | | |
| | Organic Welsh Cheese | | | |
| CV397 | Extra Mature Cheddar Cheese | 200g | 3.00 | O |
| CV398 | Mellow Cheddar Cheese | 200g | 3.00 | O |
| CV624 | Rossett Red Cheese | 200g | 3.00 | O |
| | CYPRESSA | | | |
| CV761 | Organic Feta Cheese | 200g | 3.29 | O |
| CV760 | Organic Halloumi Cheese | 200g | 3.55 | O |
| | HIGH WEALD DAIRY | | | |
| CV067 | Duddleswell Sheeps Cheese | 125g | 5.00 | O |
| CV443 | Mixed Case Soft Sheeps Cheese | 100g | 3.45 | O |
| CV047 | Org Brighton Blue Cheese | 150g | 4.20 | O |
| CV082 | Org Cow & Sheeps Milk Halloumi | 150g | 3.75 | O |
| CV051 | Saint Giles Soft Cheese | 150g | 3.85 | O |
| | LYE CROSS FARM | | | |
| CV049 | Double Gloucester Cheese | 245g | 4.50 | O |
| CV591 | Grass Fed Cheddar Cheese | 200g | 3.65 | O |

| code | product | size | rrp | bfgosv |
|-------|------------------------------------|-----------|-------|--------|
| CV506 | Mature Cheddar Cheese | 245g | 4.25 | O |
| CV332 | Mature Cheddar Sliced Cheese | 200g | 3.50 | O |
| CV166 | Medium Cheddar Cheese | 245g | 4.50 | O |
| CV477 | Mild Cheddar Cheese | 245g | 3.95 | O |
| CV105 | Red Leicester Cheese | 245g | 4.50 | O |
| CV522 | Vintage Cheddar Cheese | 245g | 4.40 | O |
| | Grated | | | |
| CV323 | Mature Grated Cheddar Cheese | 180g | 2.90 | O |
| | SOSTER | | | |
| CV003 | Italian Hard Cheese | 200g each | 6.65 | O |
| | WOODLANDS DAIRY | | | |
| CV298 | Organic Sheeps Milk Cheese | 140g | 4.99 | O |
| | CHEESE, NON DAIRY (CHILLED) | | | |
| | BONSAN | | | |
| CV490 | Almond Spread - Plain | 125g | 3.15 | OV |
| CV527 | Almond Spread - Wild Garlic | 125g | 3.25 | OV |
| | MOUSE'S FAVOURITE | | | |
| CV080 | Aged Classic Cheese | 125g | 9.00 | OV |
| CV086 | Apricot Cheese | 135g | 8.25 | OV |
| CV079 | Camembert Blue Style Cheese | 130g | 9.35 | OV |
| CV077 | Camembert Style Cheese | 135g | 9.00 | OV |
| | MOZZARISELLA | | | |
| CV858 | Classic Vegan Cheese | 200g | 4.65 | OV |
| CV027 | MascaRice Vegan Mascarpone | 150g | 3.65 | GOV |
| | CHOCOLATE | | | |
| | SUMA PREPACKS - ORGANIC | | | |
| KB137 | Cacao Nibs - Organic | 100g | 1.85 | OV |
| | ALTERECO | | | |
| KB566 | Dark Chocolate 70% | 100g | 2.89 | FOSV |
| KB567 | Dark Chocolate 85% | 100g | 2.89 | FOSV |
| KB561 | Dark Chocolate with Almond | 100g | 2.89 | FOSV |
| KB568 | Milk Chocolate | 100g | 2.89 | FOS |
| KB571 | Orange Dark Chocolate | 100g | 2.89 | FOSV |
| KB572 | Salted Caramel Milk Chocolate | 100g | 2.89 | FOS |
| | 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 |
| KB987 | Chocolate Salted Caramel | 92g | 5.21 | OSV |
| KB694 | Deeply Chocolate Truffles | 92g | 5.21 | GOSV |
| ZX872 | Fine De Champagne | 92g | 5.21 | GOSV |
| ZX874 | Hazelnut Crunch | 92g | 5.21 | GOVS |
| KB718 | Honeycomb Caramel Truffle | 92g | 5.21 | GOSV |
| | Artist's Collection Gift Boxes | | | |
| KB927 | Fine De Champagne Truffles | 185g | 22.95 | GFOSV |
| KB929 | Hazelnut Truffles | 185g | 22.95 | GFOSV |
| | Four Corners | | | |
| KB655 | The Gourmet Selection | 230g | 18.75 | GOSV |
| | Gift Boxes | | | |
| KB815 | Award-winning Selection | 184g | 1.49 | GOSV |
| KB656 | Champagne Truffles | 138g | 9.95 | GOSV |
| KB793 | The Signature Collection | 184g | 1.43 | GOSV |
| | Gift Range | | | |
| KB623 | Hazelnut Truffles | 138g | 14.50 | GOSV |
| 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 |
| | CHOCOLATE AND LOVE | | | |
| WS082 | Creamy Dark 55% Chocolate | 80g | 3.29 | FOS |

| code | product | size | rrp | bfgosv |
|----------------------------|--------------------------------|------|-------|--------|
| WS004 | Milk Chocolate, Hazelnut | 80g | 3.29 | OS |
| WS079 | Mint 67% Chocolate | 80g | 3.29 | FOSV |
| WS081 | Orange 65% Chocolate | 80g | 3.29 | FOSV |
| WS077 | Panama 80% Chocolate Bar | 80g | 3.35 | FOSV |
| WS078 | Pomegranate 70% Chocolate | 80g | 3.35 | FOSV |
| WS080 | Sea Salt 55% Chocolate | 80g | 3.29 | FOS |
| COCOA LOCO | | | | |
| XMAS 2022 | | | | |
| KB681 | Dark Choc Mint Thins | 170g | 8.49 | FOSV |
| KB063 | Dark Chocolate Coated Ginger | 100g | 5.49 | FOSV |
| KB649 | Dark Chocolate Mango | 110g | 5.49 | FOSV |
| KB641 | Dark Chocolate Raspberry Stars | 100g | 5.49 | FOSV |
| WS026 | Lolly Making Kit | 250g | 14.99 | FOS |
| KB195 | Milk & White Chocolate Robins | 100g | 5.49 | FOS |
| KB474 | Milk Chocolate Elves | 100g | 5.49 | FOS |
| KB642 | Milk Chocolate Santas | 100g | 5.49 | FOS |
| WS119 | Truffle Making Kit | 400g | 14.99 | FOSV |
| ZX864 | White Chocolate Polar Bears | 100g | 5.49 | FOS |
| COCOCARAVAN | | | | |
| XMAS 2022 | | | | |
| KB021 | Choc Covered Dates | 150g | 7.29 | GOV |
| 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 |
| 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 |
| DIVINE ORGANIC | | | | |
| ZX630 | 85% Dark Chocolate | 80g | 3.45 | OSV |
| ZX643 | 95% Dark Chocolate | 80g | 3.45 | SVO |
| 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 |
| EQUAL EXCHANGE | | | | |
| KB659 | 55% Dark Caramel & Sea Salt | 100g | 2.79 | FOS |
| KB698 | 65% Organic Dark Orange | 100g | 2.79 | FOSV |
| KB654 | 71% Organic Very Dark | 100g | 2.79 | FOSV |
| KB977 | Dark 55% Choc with Almond | 100g | 2.79 | FOS |
| KB640 | Lemon, Ginger & Pepper | 100g | 2.79 | OSV |
| GREEN & BLACKS | | | | |
| 90g Bars | | | | |

| code | product | size | rrp | bfgosv |
|-------|--------------------------------|------|-------|--------|
| KB116 | 70% Dark Chocolate | 90g | 2.65 | FOS |
| KB034 | 85% Dark Chocolate | 90g | 2.65 | FOSV |
| KB796 | Dark Choc Hazelnut & Currant | 90g | 2.65 | FOS |
| KB132 | Dark Chocolate & Ginger | 90g | 2.65 | FOS |
| ZX251 | Maya Gold Dark Chocolate | 90g | 2.65 | FSOV |
| KB908 | Milk Choc & Chopped Almonds | 90g | 2.65 | FOS |
| ZX239 | Milk Chocolate | 90g | 2.65 | FOS |
| KB133 | Milk Chocolate & Butterscotch | 90g | 2.65 | FOS |
| WS091 | Milk Chocolate & Sea Salt | 90g | 2.65 | FOS |
| KB370 | White Chocolate | 90g | 2.65 | FOS |
| | Gift Range | | | |
| KB665 | Miniature Collection, Milk | 180g | 7.99 | FOS |
| KB746 | Miniature Collection,Original | 180g | 7.99 | FOS |
| KB405 | Tasting Collection | 395g | 14.95 | FOS |
| KB403 | The Connoisseur Collection | 540g | 2.65 | FOS |
| | Minibars | | | |
| KB199 | 70% Dark Chocolate | 35g | 1.50 | FOS |
| KB198 | Milk Chocolate | 35g | 1.50 | OS |
| KB177 | White Chocolate | 35g | 1.50 | FOS |
| | Smooth Bars | | | |
| KB498 | Dark Chocolate | 90g | 2.29 | OSV |
| KB503 | Mint Chocolate | 90g | 2.29 | OSV |
| | GREGORY'S TREE | | | |
| WS207 | Fruit Twists Blue&Rasp Flvr OG | 18g | 0.79 | GOV |
| WS212 | Strawberry Flvr Fruit Twist OG | 18g | 0.79 | GOV |
| | MONTEZUMA'S | | | |
| | Giant Buttons | | | |
| KB005 | Dark Chocolate Giant Buttons | 180g | 3.99 | OVS |
| KB271 | Milk Chocolate Button Bags | 180g | 3.99 | O |
| KB270 | White Chocolate Button Bag | 180g | 3.99 | OS |
| | Like No Udder | | | |
| 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 | 90g | 2.79 | GOSV |
| | Like No Udder Mini Bars | | | |
| ZX743 | Milk Chocolate Alternative | 25g | 1.90 | GOSV |
| | Organic Bars | | | |
| KB194 | Chilli Bonkers | 90g | 2.49 | OSV |
| KB186 | Darkside 51% Milk Chocolate | 90g | 2.49 | OS |
| KB196 | FitzRoy Very Dark Chocolate | 90g | 2.49 | OSV |
| KB254 | Happy Hippy | 90g | 2.49 | OSV |
| KB616 | Hot Pickle Milk Chocolate | 90g | 2.49 | OS |
| ZX779 | Royal Mint Organic Dark W'Mint | 90g | 2.49 | GOSV |
| KB191 | Smooth Operator Milk Chocolate | 90g | 2.49 | OS |
| KB617 | Splotch Milk Chocolate Bar | 90g | 2.49 | OS |
| | XMAS 2022 | | | |
| ZX811 | Advent Calendar Dark Chocolate | 200g | 11.99 | OSV |
| ZX812 | Advent Calendar Milk Chocolate | 200g | 11.99 | OS |
| ZX334 | Kids Milk Chocolate Advent | 200g | 11.99 | OS |
| ZX322 | Like No Udder Advent Calendar | 200g | 11.99 | OSV |
| ZX361 | Milk Chocolate Hollow Snowman | 100g | 6.99 | OS |
| ZX357 | White Chocolate Hollow Snowman | 100g | 6.99 | OS |
| | MOO FREE | | | |
| | Premium Bar | | | |
| ZX636 | Cinder Toffee Bar | 80g | 2.19 | GSVO |
| WS050 | Cocoa Chocolate Bar | 80g | 2.19 | GSOV |
| WS051 | Sea Salt & Caramel Bar | 80g | 2.19 | GSOV |
| | XMAS 2022 | | | |
| KB310 | Advent Calendar Milk Chocolate | 70g | 4.51 | GOSV |
| KB312 | Selection Box Organic | 320g | 9.49 | GOSV |

| code | product | size | rrp | bfgosv |
|----------------------------------------|-------------------------------------------|------|-------|--------|
| 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 |
| ZX641 | Pistachio Chocolate Bar | 70g | 3.39 | FGOSV |
| ZX644 | Raspberry & Coconut Choc Bar | 70g | 3.39 | FGOSV |
| ZX975 | Salt & Nibs Chocolate Bar Buttons | 70g | 3.39 | FSGOV |
| KB492 | Coco Mylk Chocolate Buttons | 25g | 1.55 | FGOSV |
| OMBAR OAT MYLK CHOCOLATE | | | | |
| 70g Bars | | | | |
| ZX184 | Fruit & Nut | 70g | 2.99 | FOSV |
| ZX187 | Hazelnut | 70g | 2.99 | FOSV |
| ZX155 | Salted Caramel Truffle | 70g | 2.99 | FOSV |
| ZX192 | Smooth & Creamy | 70g | 2.99 | FOSV |
| ORGANIC SEED & BEAN COMPANY | | | | |
| Large Bars | | | | |
| KB152 | 37% Milk Choc Hazel & Almond | 75g | 2.99 | FOS |
| KB733 | 37% Milk Chocolate | 75g | 2.99 | FOS |
| KB970 | 58% Dark Espresso | 75g | 2.99 | FOS |
| KB155 | 58% Dark Hazelnut | 75g | 2.99 | FOSV |
| KB979 | 58% Dark Lemon & Cardamom | 75g | 2.99 | FOS |
| KB188 | 58% Dark Salted Caramel | 80g | 2.99 | FOSV |
| WS117 | 58% Dark Salted Caramel | 75g | 2.99 | OSV |
| KB740 | 66% Dark Raspberry & Coconut | 75g | 2.99 | OSV |
| KB736 | 70% Dark Chocolate & Sea Salt | 75g | 2.99 | FOSV |
| KB743 | 72% Dark Dominican | 75g | 2.99 | FOSV |
| KB767 | 72% Dark Lavender | 75g | 2.99 | FOSV |
| KB772 | 72% Dark Mandarin & Ginger | 75g | 2.99 | FOSV |
| KB200 | 72% Dark Mint | 75g | 2.99 | FOSV |
| KB184 | Coffee | 75g | 2.99 | FOSV |
| KB181 | Salted Caramel | 75g | 2.99 | FOSV |
| KB183 | Sea Salt & Orange | 75g | 2.99 | FOSV |
| ZX126 | Sea Salt & Tropical Lime | 75g | 2.99 | FOS |
| PLAYIN CHOC | | | | |
| WS005 | Dinosaur Surprise | 1 | 2.50 | GOSV |
| WS133 | Endangered Animal Surprise | 1 | 2.50 | GOSV |
| ZX066 | Woodland Animal Surprise XMAS 2022 | 1 | 2.50 | GOSV |
| 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 |

| code | product | size | rrp | bfgosv |
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| 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 | GVO5 |
| KB336 | Super Coconut Swiss Choc Bar | 33g | 1.65 | GSOV |
| KB276 | Sweet N Salty Almond Choc Bar | 33g | 1.65 | GOSV |
| KB994 | Swiss Chocolate Orange Bar | 33g | 1.65 | GSOV |
| | Chocolate Bars | | | |
| KB368 | Cacao Orange | 100g | 4.25 | SVO |
| KB509 | Dark Mint | 100g | 4.25 | OSV |
| KB125 | Hazelnut Truffle | 100g | 4.25 | OSV |
| KB168 | Roasted Almond Butter | 100g | 4.25 | OSV |
| | Multi-Packs | | | |
| KB515 | Hazelnut Praline Chocolate Bar | 3 x 33g | 4.99 | GOSV |
| KB522 | Sweet N Salty Almond Choc Bar | 3 x 33g | 4.99 | GOSV |
| SO FREE | | | | |
| | 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 |
| THE RAW CHOCOLATE CO | | | | |
| WS185 | Alt Milk Chocolate Bar | 70g | 3.59 | OSV |
| KB307 | Cacao Nibs | 150g | 3.75 | GOV |
| WS184 | Caffe Mocha Bar | 70g | 3.59 | OSV |
| WS186 | Peruvian 72% Chocolate Bar | 70g | 3.59 | OSV |
| WS189 | Salted Chocolate Hazelnuts | 110g | 5.99 | OSV |
| WS190 | Salted Vanoffee Cashews | 110g | 5.99 | OSV |
| WS188 | Vanoffee Bar | 60g | 3.59 | OSV |
| WS187 | Vanoffee Hazelnut Bar | 60g | 3.59 | OSV |
| | Raw Chocolate Coated Snacks | | | |
| KB054 | Chocolate Covered Mulberries | 125g | 4.69 | GOSV |
| KB053 | Chocolate Goji Berries | 125g | 4.69 | GOSV |
| KB056 | Chocolate Raisins | 125g | 4.69 | GOSV |
| KB855 | Chocolate Raisins - Snack Pack | 28g | 1.39 | GOSV |
| KB360 | Goji Berries - Snack Pack | 28g | 1.39 | GOSV |
| KB362 | Mulberries - Snack Pack | 28g | 1.39 | GOSV |
| ZX884 | Raw Chocolate Covered Almonds | 25g | 1.39 | GOSV |
| ZX182 | Raw Chocolate Covered Almonds | 110g | 4.69 | GOSV |
| ZX181 | Raw Chocolate Covered Ginger | 125g | 4.69 | GOSV |
| KB903 | Vanoffee Covered Mulberries | 125g | 4.69 | GOSV |
| | XMAS 2022 | | | |
| KB235 | Chocolate Fruit & Nut | 180g | 9.99 | OSV |
| KB238 | Chocolate Ginger & Hazelnuts | 180g | 9.99 | OSV |
| KB233 | Chocolate Selection Box | 270g | 11.19 | OSV |
| TE312 | Luxury Hot Chocolate | 200g | 9.99 | OSV |
| KB222 | M*lk Chocolate Christmas Trees | 180g | 9.99 | OSV |
| KB219 | Spiced Choc Buttons Cracker | 220g | 9.99 | OSV |
| ZX839 | Spiced Chocolate Almonds | 180g | 9.99 | OSV |
| TE303 | Winter Spiced Hot Chocolate | 200g | 9.99 | OSV |
| VEGO | | | | |
| KB821 | Mini Whole Hazel Chocolate Bar | 65g | 2.59 | FGOSV |
| WS003 | Vego Dark Nuts & Berries | 85g | 3.45 | FOVS |
| WS059 | Vego White - Almond Bliss | 50g | 2.25 | FOVS |
| KB943 | Vegolino Pralines | 180g | 5.95 | FOSV |
| KB489 | Whole Hazelnut Chocolate Bar | 150g | 4.55 | FGOSV |
| VIVANI ORGANIC CHOCOLATE | | | | |
| KB485 | 71% Dark Chocolate | 100g | 2.95 | OSV |
| KB851 | Dark Choc & Almonds | 100g | 2.95 | OS |
| KB486 | Dark Choc & Cassis Filling | 100g | 2.95 | OS |
| KB693 | Dark Choc & Nougat | 100g | 2.95 | OSV |
| KB487 | Dark Choc & Peppermint Filling | 100g | 2.95 | OS |
| KB849 | Dark Choc & Whole Hazelnuts | 100g | 2.95 | OSV |

| code | product | size | rrp | bfgosv |
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| KB484 | Dark Chocolate & Orange | 100g | 2.95 | OSV |
| KB243 | Dark Marzipan Amaretto | 100g | 2.95 | OS |
| KB488 | Milk & White Cappuccino Choc | 100g | 2.95 | OS |
| KB480 | Milk Choc & Praline Filling | 100g | 2.95 | OS |
| KB479 | Milk Chocolate | 100g | 2.95 | OS |
| | Premium Large Bars | | | |
| KB919 | 62% Dark Caramel Chocolate | 80g | 2.95 | OSV |
| KB632 | 85% Dark Chocolate | 100g | 2.95 | OSV |
| KB407 | 92% Dark Choc Panama Estate | 80g | 2.95 | OSV |
| KB901 | Dark 75% Chocolate | 80g | 2.95 | OSV |
| KB909 | Dark 75% Mallorca Flor de Sal | 80g | 2.95 | OSV |
| KB048 | Dark Choc & Cranberry | 100g | 2.95 | OSV |
| KB036 | Dark Ginger Turmeric Chocolate | 80g | 2.95 | OSV |
| KB042 | Superior Dark 100% Cocoa | 80g | 2.95 | OV |
| KB035 | Superior Dark 89% Chocolate | 80g | 2.95 | OSV |
| | Snack Size | | | |
| KB420 | Almond Orange Rice Chocolate | 35g | 1.46 | OSV |
| KB430 | Black Cherry | 35g | 1.46 | OSV |
| KB447 | Creamy Caramel | 40g | 1.46 | OS |
| KB049 | Crunchy Coconut Chocolate Bars | 35g | 1.46 | OSV |
| KB585 | Dark & Creamy | 35g | 1.46 | OSV |
| KB475 | Dark Nougat Croccante | 35g | 1.46 | OSV |
| KB452 | Espresso Biscotti | 40g | 1.46 | OS |
| KB588 | Milk Cream | 40g | 1.46 | OSV |
| KB476 | White Nougat Crisp | 35g | 1.46 | OSV |
| | Vivani iChoc | | | |
| KB897 | Almond & Orange | 80g | 2.76 | OSV |
| KB882 | Choco Cookie | 80g | 2.76 | OSV |
| KB922 | Classic Chocolate | 80g | 2.76 | VOS |
| KB579 | Salty Pretzel | 80g | 2.76 | FOSV |
| KB738 | Super Nut | 80g | 2.76 | VOS |
| KB582 | White Barista Art | 80g | 2.76 | FOSV |
| KB881 | White Nougat Crisp | 80g | 2.76 | OSV |
| KB898 | White Vanilla | 80g | 2.76 | OSV |
| | XMAS 2022 | | | |
| KB380 | Chocolate Truffles | 100g | 11.75 | OS |
| KB377 | Dark Almond Caramel Crisp | 80g | 2.61 | OSV |
| WS217 | Vegan Chocolate Truffles | 100g | 11.75 | OSV |
| KB732 | Winter Chocolate | 100g | 2.61 | OS |
| CHOCOLATE & SWEET SPREADS | | | | |
| BIONA | | | | |
| GH112 | CocoBella Spread Organic | 250g | 5.29 | OSV |
| GH840 | Dark Chocolate Spread - org | 350g | 4.50 | OSV |
| GH010 | Milk Choc Hazel Spread - org | 350g | 5.50 | OS |
| BONSAN | | | | |
| GH129 | Mylk Hazelnut Cocoa Spread | 350g | 5.29 | OV |
| GH123 | Plain Choco Spread | 350g | 4.50 | OSV |
| COCOFINA | | | | |
| GH136 | Hazelnut Chocolate Spread -Org | 200g | 4.99 | GOSV |
| ESSENTIAL TRADING | | | | |
| GH092 | Dark Chocolate Spread | 400g | 3.55 | OSV |
| SO FREE | | | | |
| GH223 | Milk Choc Spread (Dairy Free) | 275g | 3.15 | OSCV |
| GH225 | Rich Dark Chocolate Spread | 275g | 3.15 | OVGS |
| VEGO | | | | |
| GH075 | Hazelnut Chocolate Spread | 200g | 4.25 | SVO |
| CHOCOLATES (CHILLED) | | | | |
| BOOJA-BOOJA | | | | |
| | Chilled Chocolate | | | |
| CV194 | Almond Caramel Truffles | 69g | 3.99 | GOSV |
| CV196 | Hazelnut Crunch Truffles | 69g | 3.99 | GOSV |

| code | product | size | rrp | bfgosv |
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| CV192 | Toffee Strudel Truffle Two Packs | 69g | 3.99 | GSOV |
| CV212 | Almond Salted Caramel Truffles | 2 pack | 1.36 | GOV |
| CV219 | Hazelnut Crunch Truffles | 2 pack | 1.35 | GOV |
| CIDERS | | | | |
| ASPALL | | | | |
| RT023 | Aspall Organic Suffolk Cyder | 500ml | 3.69 | OSV |
| 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 |
| WESTONS | | | | |
| RT006 | Wylldwood Organic Cider | 500ml | 3.49 | OSV |
| COCOA | | | | |
| SUMA PREPACKS - ORGANIC | | | | |
| LJ189 | Cocoa Powder - Organic | 250g | 3.25 | FOV |
| COCOA LOCO | | | | |
| XMAS 2022 | | | | |
| ZX253 | FESTIVE SPOON SET | 115g | 7.99 | FOS |
| EQUAL EXCHANGE | | | | |
| TE491 | Hispaniola Cocoa Powder - og | 250g | 4.49 | FOV |
| GREEN & BLACKS | | | | |
| TE453 | Cocoa Powder - organic | 125g | 2.73 | FOV |
| TE131 | Hot Chocolate | 300g | 4.75 | FO |
| MONTEZUMA'S | | | | |
| KB190 | Dark Drinking Chocolate | 300g | 8.15 | FOSV |
| COFFEE | | | | |
| SUMA ORGANIC | | | | |
| Bulk Packs | | | | |
| TE103 | Columbia Beans | 1kg | 23.39 | FOV |
| TE656 | Espresso Beans | 1kg | 23.39 | FOV |
| TE101 | Ethiopia Yirgacheffe Beans | 1kg | 25.39 | FOV |
| TE109 | Honduras Coffee Beans | 1kg | 19.99 | FOV |
| TE758 | Medium Roast Blend Ground | 1kg | 21.99 | FOV |
| TE106 | Peru Cepicafe Beans | 1kg | 19.99 | FOV |
| TE107 | Sumatra Gayo Highlands Beans | 1kg | 24.79 | FOV |
| TE113 | Swiss Water Decaf Beans | 1kg | 25.39 | FOV |
| Roast and Ground Coffees | | | | |
| TE014 | Bolivia Femenino Ground Coffee | 227g | 6.19 | FOV |
| TE372 | Colombia Ground Coffee | 227g | 5.39 | FOV |
| TE650 | Espresso Ground Coffee | 227g | 5.99 | FOV |
| TE374 | Ethiopia Yirgacheffe Ground | 227g | 6.19 | FOV |
| TE384 | Honduras Ground Coffee | 227g | 5.50 | FOV |
| TE643 | Medium Roast Ground Coffee | 227g | 4.89 | FOV |
| TE397 | Peru Ground Coffee | 227g | 5.29 | FOV |
| TE641 | Suma Dark Roast Ground | 227g | 4.89 | FOV |
| TE399 | Sumatra Ground Coffee | 227g | 5.49 | FOV |
| TE400 | Swiss Water Decaf Ground | 227g | 6.19 | FOV |
| Roast Whole Bean Coffees | | | | |
| TE373 | Colombia Coffee Beans | 227g | 5.39 | FOV |
| TE655 | Espresso Coffee Beans | 227g | 5.89 | FOV |
| TE375 | Ethiopia Yirgacheffe Beans | 227g | 6.19 | FOV |
| TE401 | Peru Coffee Beans | 227g | 5.29 | FOV |
| CAFEDIRECT | | | | |
| Roast Wholebean Coffees | | | | |
| TE901 | Machu Picchu Organic Beans | 227g | 5.90 | FOV |
| TE229 | Machu Picchu Organic Beans | 750g | 13.49 | FOV |
| Single Origin - Roast & Ground | | | | |
| TE952 | Machu Picchu Organic Ground | 227g | 4.99 | FOV |
| XMAS 2022 | | | | |
| TE452 | Christmas Blend | 227g | 6.19 | FOV |

| code | product | size | rrp | bfgosv |
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| CLIPPER | | | | |
| | Food Service Range | | | |
| TE724 | Instant - Fairtrade & Organic | 500g | 26.79 | FOV |
| TE526 | Instant Organic Decaff | 500g | 29.99 | FOV |
| | Instant Coffees | | | |
| TE076 | Fairtrade Organic Instant | 100g | 5.79 | FOV |
| TE422 | FT Org Everyday Instant Coffee | 100g | 5.79 | FOV |
| TE879 | FT Org Super Spec Decaf Coffee | 100g | 6.45 | FOV |
| TE739 | FT Org Super Special Coffee | 100g | 5.79 | FOV |
| | Roast and Ground Coffees | | | |
| TE845 | Decaffeinated Ground Coffee | 227g | 5.39 | FOV |
| TE849 | Italian Style Ground Coffee | 227g | 4.59 | FOV |
| TE705 | Papua New Guinea Ground Coffee | 227g | 4.59 | FOV |
| EQUAL EXCHANGE | | | | |
| | Roast & Ground Coffees | | | |
| TE872 | Anytime Medium Roast | 227g | 6.39 | FOV |
| TE875 | Colombian Excelso | 227g | 6.39 | FOV |
| TE874 | Dark City | 227g | 6.39 | FOV |
| TE325 | Dark Roast Decaf | 227g | 6.99 | FOV |
| TE870 | Decaffeinated | 227g | 6.99 | FOV |
| TE867 | Ethiopia Yirgacheffe | 227g | 6.99 | FOV |
| TE876 | Grown by Women | 227g | 6.39 | FOV |
| TE812 | Guatemalen | 227g | 6.39 | FOV |
| TE866 | Italian Blend | 227g | 6.39 | FOV |
| | Roast Wholebean Coffees 1kg | | | |
| TE898 | Anytime Medium Roast | 1kg | 25.99 | FOV |
| TE896 | Espresso | 1kg | 25.99 | FOV |
| TE008 | Italian Blend | 1kg | 25.99 | FOV |
| | Roast Wholebean Coffees 227g | | | |
| TE402 | Dark City | 227g | 6.39 | FOV |
| TE326 | Dark Roast Decaf | 227g | 6.99 | FOV |
| TE403 | Decaffeinated | 227g | 6.99 | FOV |
| TE409 | Grown By Women | 227g | 6.39 | FOV |
| TE834 | Guatemalan | 227g | 6.39 | OV |
| TE408 | Italian Blend | 227g | 6.39 | FOV |
| TE371 | Medium Roast | 227g | 6.39 | FOV |
| GRUMPY MULE | | | | |
| | Roast & Ground Coffees | | | |
| TE286 | Colombia Cafe Equidad | 227g | 5.55 | FOV |
| TE136 | Cool Ground | 227g | 5.49 | FOV |
| TE289 | Decaf Ground Swiss Water | 227g | 6.39 | FOV |
| TE134 | Honduras Fuerza La Labor | 227g | 5.49 | FOV |
| TE132 | Honduras Pico Pijol | 227g | 5.49 | FOV |
| TE559 | Peru Cafe Femenino | 227g | 5.49 | FOV |
| TE285 | Sumatra Gayo Highlands | 227g | 5.69 | FOV |
| | Roast Wholebean Coffees | | | |
| TE718 | Colombia Cafe Equidad Beans | 227g | 5.59 | FOV |
| TE130 | Decaf Beans - Swiss Water | 227g | 6.29 | FOV |
| TE290 | Landscape Espresso Beans | 227g | 5.99 | OV |
| | Roast Wholebean Coffees 1KG | | | |
| TE417 | Landscape Espresso Beans | 1kg | 23.49 | FOV |
| | Roast Wholebean Coffees 227g | | | |
| TE345 | Grumpy Yule | 227g | 5.69 | FOV |
| PERCOL | | | | |
| | Roast & Ground Coffees | | | |
| TE632 | Rich Americano Fairtrade | 200g | 4.75 | FOV |
| COFFEE SUBSTITUTES | | | | |
| BARLEYCUP | | | | |
| TE480 | Chicory Cup Organic | 100g | 4.59 | OV |
| TE698 | Instant Cereal Drink Organic | 100g | 4.45 | OV |

| code | product | size | rrp | bfgosv |
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| | THE CHICORY CO | | | |
| TE589 | Chicory Drink - Organic | 100g | 4.49 | GOV |
| | WHOLE EARTH | | | |
| TE389 | No Caf Coffee Alternative | 100g | 3.19 | VO |
| | CONVENIENCE FOODS | | | |
| | SUMA ORGANIC | | | |
| VF179 | Ravioli with Mushroom Sauce | 400g | 2.95 | O |
| VF181 | Ravioli with Tomato & Ricotta | 400g | 2.95 | OS |
| VF172 | Ravioli with Vegetable Sauce | 400g | 2.85 | OSV |
| | BIONA | | | |
| VF250 | Coconut Milk Green Curry | 400ml | 2.59 | OSV |
| | 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 |
| | GEO ORGANICS | | | |
| KJ182 | Chickpea & Apricot Tagine | 400g | 2.45 | OSV |
| KJ183 | Moroccan Chickpea Tagine | 400g | 2.55 | OV |
| VF074 | Organic Bombay Potatoes | 400g | 2.89 | OSV |
| | Dahl | | | |
| VF148 | Coconut & Kale | 400g | 2.59 | OV |
| VF079 | Organic Chickpea & Lentil Dahl | 400g | 2.45 | OV |
| VF149 | Tadka Dahl | 400g | 2.45 | OV |
| | RIFCO | | | |
| VF108 | Spanish Chickpea Casserole | 400g | 2.89 | OV |
| VF100 | Thai Green Curry Organic | 400g | 2.89 | OV |
| VF093 | Thai Temple Curry | 400g | 2.89 | OV |
| | SUNITA | | | |
| FG601 | Polenta - organic | 500g | 2.15 | OV |
| | CRISPS & SNACKS | | | |
| | AMAIZIN | | | |
| ZX544 | Bio Corn Chips Chilli | 75g | 1.39 | OSV |
| ZX543 | Bio Corn Chips Natural | 150g | 1.89 | OV |
| ZX542 | Bio Corn Chips Natural | 75g | 1.39 | OSV |
| ZX546 | Bio Corn Chips Paprika | 75g | 1.39 | OSV |
| ZX429 | Natural Corn Chips Value Bag | 250g | 2.49 | OV |
| ZX399 | Organic Taco Shells | 150g | 2.99 | OV |
| ZX482 | Rice Paper Organic | 110g | 2.90 | OV |
| ZX406 | Tomato Corn Rolls | 100g | 1.65 | OS |
| | BIONA | | | |
| ZX424 | Potato Chips - Lightly Salted | 100g | 2.15 | OV |
| | CLEARSPRING | | | |
| ZX226 | Tamari Roast Sicilian Almonds | 30g | 1.89 | GOV |
| | EAT REAL | | | |
| | Organic - Sharing | | | |
| ZX215 | Hummus Sea Salt Chips - Org | 100g | 2.69 | GOV |
| ZX214 | Lentil Sea Salt Chips - Org | 100g | 2.69 | GOV |
| ZX213 | Veggie Straws - Organic | 100g | 2.69 | GOSV |
| | REBEL KITCHEN | | | |
| ZX252 | Caramel Bytes | 26g | 1.79 | GOSV |
| ZX240 | Chocolate Bytes | 26g | 1.79 | GOSV |
| | TRAF0 | | | |
| ZX612 | Tortilla Chips - Nacho Cheese | 75g | 1.39 | O |
| ZX136 | Tortilla Chips - Natural | 200g | 1.99 | OV |
| ZX626 | Virgin Olive Oil Crisps | 100g | 2.79 | OV |
| | Flips | | | |
| ZX359 | Chickpea Flips Mild Curry | 75g | 2.45 | GOV |

| code | product | size | rrp | bfgosv |
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| ZX343 | Pea Flips Lightly Salted | 75g | 2.45 | GOV |
| ZX299 | Rosemary Lentil Flips | 75g | 2.45 | GOV |
| | Handcooked Baked Crisps | | | |
| ZX755 | Hand Cook Cheese & Onion | 40g | 1.50 | O |
| ZX460 | Hand Cooked Crisps Seasalt | 40g | 1.50 | O |
| ZX473 | Rosemary & Himalaya Salt | 40g | 1.50 | OV |
| | Hummus Chips | | | |
| ZX932 | Hummus Chips - Paprika | 75g | 2.15 | OV |
| ZX934 | Hummus Chips - Rosemary | 75g | 2.15 | OV |
| ZX933 | Hummus Chips - Sea Salt | 75g | 2.15 | GOV |
| | Lentil Chips | | | |
| ZX732 | Lentil Chips Sea Salted | 75g | 1.99 | OV |
| | Light Baked Crisps | | | |
| ZX759 | Coconut Oil Baked Crisps | 40g | 1.29 | OV |
| ZX625 | Coconut Oil Baked Crisps | 100g | 2.70 | OV |
| ZX758 | Vegetable Chips | 40g | 1.69 | OV |
| ZX624 | Vegetable Chips | 75g | 2.65 | OV |
| ZX575 | Vegetable Chips Sweet Potato | 80g | 2.95 | OV |
| | Potato Crisp Fried | | | |
| ZX616 | Salt & Vinegar Crisps | 125g | 1.89 | OV |
| | Potato Crisps Fried | | | |
| ZX053 | Paprika Crisps - organic | 40g | 1.50 | OV |
| ZX055 | Salted Crisps - organic | 40g | 1.50 | OV |
| | Snacks | | | |
| ZX401 | Corn Peanuts | 75g | 1.59 | OV |
| BT075 | Pretzel Sticks | 100g | 1.39 | OV |
| | Tortilla Chips | | | |
| VF218 | Tortilla Chips - Chilli | 75g | 1.15 | OV |
| VF226 | Tortilla Chips - Natural | 75g | 1.15 | OV |
| | Tortilla Chips - Stoneground | | | |
| VF048 | Tortilla Chips - Natural | 100g | 1.89 | OV |
| DESSERTS | | | | |
| AUTHENTIC BREAD COMPANY | | | | |
| | XMAS 2022 | | | |
| BT155 | Christmas Pudding | 450g | 11.49 | GOSV |
| BIONA | | | | |
| SY192 | Coconut Whipping Cream | 400ml | 3.50 | OV |
| SOJADE | | | | |
| SY099 | Chocolate Soya Dessert | 530g | 1.59 | GOSV |
| SY017 | Cuisine- Organic Soya Cream | 200ml | 1.50 | OV |
| SY107 | Vanilla Soya Dessert | 530ml | 1.59 | GOSV |
| DESSERTS & PUDDINGS (CHILLED) | | | | |
| VRAI | | | | |
| CV627 | Rice Pudding with Vanilla | 110g | 1.20 | GOS |
| CV634 | Sheep's Milk Chocolate Dessert | 110g | 1.20 | OS |
| DESSERTS, DAIRY (FROZEN) | | | | |
| ROSKILLYS | | | | |
| XL219 | Caramel Crunch Ice Cream | 500ml | 5.50 | OS |
| XL174 | Caramel Crunch Ice Cream | 120ml | 1.60 | OS |
| XL325 | Chocolate Ice Cream | 500ml | 5.50 | OS |
| XL171 | Chocolate Ice Cream | 120ml | 1.60 | OS |
| XL170 | Clotted Cream Vanilla Ice | 120ml | 1.60 | OS |
| XL326 | Mint Choc Chip Ice Cream | 500ml | 5.50 | OS |
| XL173 | Mint Choc Chip Ice Cream | 120ml | 1.60 | OS |
| XL327 | Strawberry Ice Cream | 500ml | 5.50 | OS |
| XL172 | Strawberry Ice Cream | 120ml | 1.60 | OS |
| XL220 | Vanilla Ice Cream | 500ml | 5.50 | OS |
| YEO VALLEY | | | | |
| XL159 | Blueberry Kefir Ice Cream | 480ml | 5.49 | OS |
| XL347 | Mint Chocolate Chip Ice Cream | 500ml | 5.49 | OS |

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| XL248 | Sea Salted Caramel Ice Cream | 500ml | 5.49 | OS |
| XL158 | Strawberry Kefir Ice Cream | 480ml | 5.49 | OS |
| XL246 | Vanilla Ice Cream | 500ml | 5.49 | OS |
| DESSERTS, NON-DAIRY (FROZEN) | | | | |
| BOOJA-BOOJA | | | | |
| | Alternative to Dairy Ice Cream | | | |
| XL258 | Caramel Pecan Praline Ice Crea | 110ml | 2.10 | OV |
| XL263 | Caramel Pecan Praline Ice Crm | 500ml | 5.69 | OSV |
| XL259 | Choc Salted Caramel Ice Cream | 500ml | 5.69 | OV |
| XL048 | Choc Salted Caramel Ice Cream | 110ml | 2.10 | OV |
| XL255 | Hazel Choc & Truffle Ice Cream | 500ml | 5.69 | OV |
| XL332 | Hazel Choc & Truffle Ice Cream | 110ml | 2.10 | OV |
| XL102 | Honeycomb Caramel Ice Cream | 500ml | 5.69 | OV |
| XL033 | Hunky Punky Chocolate | 500ml | 5.69 | OV |
| XL031 | Hunky Punky Chocolate | 110ml | 2.10 | OV |
| XL038 | Keep Smiling Vanilla M'Gorilla | 500ml | 5.69 | OV |
| XL410 | Keep Smiling Vanilla M'Gorilla | 110ml | 2.10 | OV |
| XL104 | Mint Chocolate Ice Cream | 500ml | 5.69 | OV |
| XL257 | Raspberry Ripple Ice Cream | 500ml | 5.69 | OV |
| XL256 | Raspberry Ripple Ice Cream | 110ml | 2.10 | OV |
| DRINKS (CHILLED) | | | | |
| BIOTIFUL DAIRY | | | | |
| 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 |
| 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 |
| EQUINOX | | | | |
| CV736 | Kombucha Ginger | 275ml | 2.15 | OSV |
| CV830 | Kombucha Grapefruit & Guava OG | 275ml | 2.15 | OSV |
| CV737 | Kombucha Original OG | 275ml | 2.15 | OSV |
| CV741 | Kombucha Raspberry & Elderflow | 275ml | 2.15 | OSV |
| CV742 | Kombucha Wild Berry OG | 275ml | 2.15 | OSV |
| JARR KOMBUCHA | | | | |
| CV053 | Ginger Kombucha | 240ml | 2.29 | GOV |
| CV064 | Passion Fruit Kombucha | 240ml | 2.29 | GOV |
| CV070 | Raspberry Kombucha | 240ml | 2.29 | GOV |
| KARMA | | | | |
| | Kefir | | | |
| CV753 | Kefruit Elderflower & Hibisc. | 500ml | 3.40 | FOVB |
| CV752 | Kefruit Fig and Lemon | 500ml | 3.40 | FOVB |
| | Kombucha | | | |
| CV425 | Ginger | 500ml | 3.65 | OVB |
| CV256 | Ginger | 1l | 6.25 | FOVB |
| CV245 | Mango | 500ml | 3.85 | FOVB |
| CV762 | Mango | 1l | 6.45 | FOVB |
| CV426 | Pomegranate | 500ml | 3.65 | OVB |
| CV258 | Pomegranate | 1l | 6.25 | FOVB |
| CV435 | Raspberry | 500ml | 3.85 | OVB |
| LOVING FOODS | | | | |
| CV176 | Blueberry & Lavender Kombucha | 330ml | 2.99 | OSV |
| CV173 | Hibiscus & Lime Jun Kombucha | 330ml | 2.99 | OS |
| CV231 | Jun Kombucha | 330ml | 2.99 | OS |
| CV205 | Lemon & Ginger Jun Kombucha | 330ml | 2.99 | OS |
| CV233 | Matcha & Mint Kombucha | 330ml | 2.99 | OSV |
| CV244 | Raspberry & Tulsi Kombucha | 330ml | 2.99 | OSV |
| SOJADE | | | | |
| CV264 | Blueberry & Cherry Soya Kefir | 250ml | 1.85 | OV |
| CV268 | Natural Organic Soya Kefir | 250ml | 1.80 | OV |

| code | product | size | rrp | bfgosv |
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| | SUUR | | | |
| | Live Shots | | | |
| CV312 | Beet Kvass Shot | 100ml | 2.49 | OSV |
| CV313 | Garlic & Dill Shot | 100ml | 2.49 | OSV |
| CV354 | Golden Ginger Shot | 100ml | 2.49 | OSV |
| CV362 | Kimchi Shot | 100ml | 2.49 | OSV |
| | EGGS | | | |
| | THE ORGANIC EGG COMPANY | | | |
| | Minimum 5 days 'best before' | | | |
| CV794 | Organic Eggs | per dozen | 4.40 | O |
| | ESSENTIAL OILS | | | |
| | AQUA OLEUM | | | |
| | Organic Essential Oils | | | |
| AR021 | Frankincense Organic | 10ml | 18.29 | OV |
| AR010 | Geranium Organic | 10ml | 13.19 | VO |
| AR241 | Lavender Organic | 10ml | 8.00 | VO |
| AR006 | Organic Eucalyptus | 10ml | 5.19 | OV |
| AR012 | Patchouli Organic | 10ml | 9.19 | VO |
| AR025 | Peppermint Organic | 10ml | 6.69 | OV |
| AR016 | Tea Tree Organic | 10ml | 5.89 | VO |
| | FAR EASTERN FOOD | | | |
| | SUMA ORGANIC | | | |
| VF007 | Coconut Cream | 400ml | 2.19 | OV |
| LJ350 | Coconut Milk Organic | 400ml | 1.99 | OV |
| LJ400 | Creamed Coconut Organic | 200g | 2.15 | OV |
| | BIONA | | | |
| WT071 | Asia Noodles Organic | 250g | 2.75 | OV |
| KJ094 | Coconut Aminos Original | 250ml | 4.50 | OSV |
| VF167 | Coconut Cream | 400ml | 2.29 | OV |
| VF187 | Coconut Milk Light Organic | 400ml | 1.99 | OV |
| VF775 | Coconut Milk Organic | 400ml | 2.90 | OV |
| VF772 | Creamed Coconut Organic | 200g | 2.29 | OV |
| VF058 | Golden Coconut Milk | 400ml | 2.45 | OV |
| VF077 | Organic Coconut Milk | 200ml | 1.49 | OV |
| VF323 | Organic Tempeh | 400g | 3.55 | OV |
| JP042 | Seitan Pieces | 350g | 4.45 | OV |
| WT101 | Spelt Noodles Organic | 250g | 3.15 | OV |
| JP041 | Tofu | 500g | 4.35 | OV |
| JP014 | Wasabi Style Horseradish Paste | 50g | 3.85 | OV |
| | CLEARSPRING | | | |
| JP060 | Brown Rice Vinegar - Organic | 150ml | 2.49 | OV |
| JP033 | Brown Rice Vinegar - Organic | 250ml | 3.59 | OV |
| JP111 | Instant Noodle Broth | 245ml | 5.59 | OV |
| JP025 | Japanese Brown Miso - Tub | 1kg | 16.39 | OV |
| JP096 | Japanese Rice Vinegar | 250ml | 3.39 | OV |
| JP134 | Mikawa Mirin | 150ml | 4.89 | OV |
| JP100 | Rice Mirin | 250ml | 5.99 | OV |
| JP066 | Shiitake Mushrooms - Organic | 40g | 7.99 | OV |
| JP059 | Shoyu Ramen Noodles/Soy Soup | 210g | 4.99 | OV |
| JP044 | Shoyu Soya Sauce | 250ml | 3.99 | OV |
| JP016 | Sushi Ginger Pickle Organic | 50g | 3.69 | OV |
| JP314 | Sushi Rice - Organic | 500g | 2.79 | OV |
| JP680 | Teriyaki Sauce | 150ml | 3.89 | OV |
| JP103 | Teriyaki Sauce - Organic & GF | 150ml | 4.29 | GOV |
| JP026 | Tofu | 300g | 2.10 | GOV |
| JP112 | Umami Instant Stock Paste | 112g | 3.49 | OV |
| JP032 | Umami Paste with Ginger - Org | 150g | 4.49 | OV |
| JP101 | Ume Su Seasoning | 150ml | 2.89 | OV |
| JP027 | Umeboshi Paste - Organic | 150g | 6.99 | OV |
| JP079 | Umeboshi Plums Organic | 200g | 9.99 | OV |

| code | product | size | rrp | bfgosv |
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| JP031 | Yuzu Ponzu Seasoning | 150ml | 4.99 | OV |
| | Miso Products | | | |
| JP211 | Barley Miso Jar | 300g | 6.49 | OV |
| JP212 | Brown Rice Miso Jar | 300g | 5.29 | OV |
| JP020 | Brown Rice Miso Jar (Mini) | 150g | 3.39 | OV |
| JP030 | Brown Rice Miso Pouch | 300g | 5.59 | OV |
| JP120 | Chickpea Miso | 150g | 3.59 | OV |
| JP048 | Creamy Sesame Miso Soup | 4 x 15g | 2.99 | GOV |
| JP049 | Ginger & Turmeric Miso Soup | 4 x 15g | 2.99 | GOV |
| JP047 | Hot & Spicy Miso Soup Paste | 4 x 15g | 2.99 | GOV |
| JP321 | Instant Miso Soup and Sea Veg | 4 x 10g | 3.99 | OV |
| JP018 | Instant Miso Soup Paste | 4 x 15g | 2.99 | OV |
| JP011 | Instant White Miso Paste OG | 60g | 2.99 | OV |
| JP046 | Japanese Reduced Salt Miso | 270g | 4.99 | OV |
| JP022 | Japanese White Miso | 270g | 3.99 | OV |
| JP213 | Miso - Hatcho | 300g | 5.59 | OV |
| JP057 | Miso Ramen Noodles/Miso Soup | 210g | 4.99 | OV |
| JP086 | Sweet White Miso - Organic Noodles | 250g | 4.99 | OV |
| JP056 | All Buckwheat Soba Noodles | 200g | 4.49 | GOV |
| JP053 | Brown Rice Noodles - GF | 200g | 3.99 | GOV |
| JP037 | Brown Rice Udon Noodles | 200g | 3.39 | OV |
| JP054 | Brown Rice Wide Noodles - GF | 200g | 3.99 | GOV |
| JP036 | Skinny Soba Somen Noodles | 200g | 3.39 | OV |
| JP038 | Soba Noodles | 200g | 3.39 | OV |
| JP039 | Udon Noodles | 200g | 3.39 | OV |
| JP040 | Wide Udon Noodles Sea Veg | 200g | 3.39 | OV |
| JP003 | Dulse - Atlantic Coast Organic | 25g | 4.59 | OV |
| 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 |
| JP092 | Wakame Organic | 25g | 3.99 | OV |
| | Soya Sauce | | | |
| JP605 | Shoyu | 2.5l | 26.39 | OV |
| JP129 | Shoyu Soya Sauce | 150ml | 2.79 | VO |
| JP500 | Shoyu Soya Sauce | 500ml | 5.79 | VO |
| JP679 | Soya Sauce | 150ml | 2.69 | OV |
| JP130 | Tamari Soy Sauce Double Strnth | 150ml | 3.79 | GOV |
| JP029 | Tamari Soy Sauce Double Strnth | 250ml | 5.79 | GOV |
| JP098 | Tamari Soya Sauce | 150ml | 2.79 | GOV |
| JP099 | Tamari Soya Sauce | 250ml | 3.79 | GOV |
| JP001 | Tamari Soya Sauce | 2.5l | 44.99 | GOV |
| JP501 | Tamari Soya Sauce | 500ml | 1.00 | GOV |
| JP110 | Tamari Soya Sauce | 1l | 18.39 | GOV |
| | COCOFINA | | | |
| KJ319 | Coconut Amino Sauce | 250ml | 5.99 | OV |
| | GEO ORGANICS | | | |
| VF228 | Indonesian Rendang Curry Paste | 180g | 3.19 | OV |
| VF229 | Indonesian Satay Curry Paste | 180g | 3.19 | OV |
| VF738 | Thai Green Curry Paste OG | 180g | 2.99 | OV |
| VF739 | Thai Red Curry Paste OG | 180g | 2.99 | OV |
| VF247 | Thai Yellow Curry Paste | 180g | 2.99 | OV |
| | KIKKOMAN | | | |
| JP051 | Organic Soy Sauce | 250ml | 3.99 | OV |
| | KING SOBA | | | |
| WT210 | 100% Buckwheat Noodles | 250g | 2.59 | OV |
| WT954 | Black Rice Noodles | 250g | 2.59 | OV |
| WT037 | Brown Rice Noodles | 250g | 2.59 | OV |
| JP087 | Brown Rice Paper | 200g | 2.89 | GOV |

| code | product | size | rrp | bfgosv |
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| WT952 | Brown Rice Wakame Noodles | 250g | 2.59 | OV |
| WT953 | Buckwheat & Sweet Potato | 250g | 2.59 | OV |
| WT212 | Millet & Brown Rice Noodles | 250g | 2.59 | OV |
| WT057 | Miso Soup Edamame Soya Bean | 60g | 3.50 | OV |
| WT123 | Og Basmati White Rice Noodles | 250g | 2.59 | OFV |
| WT058 | Og Miso Soup Pumpkin & Veg | 60g | 3.50 | OV |
| WT059 | Og Miso Soup Tofu & Ginger | 60g | 3.50 | OV |
| WT099 | Organic Brown Rice Ramen | 280g | 3.19 | OV |
| WT097 | Organic Buckwheat Ramen | 280g | 3.19 | OV |
| WT054 | Organic Chilli Miso Ramen Cup | 85g | 2.39 | OV |
| WT055 | Organic Classic Miso Ramen | 85g | 2.39 | OV |
| WT088 | Organic Vermicelli Noodles | 250g | 2.59 | OV |
| WT087 | Pad Thai Noodles Fairtrade | 250g | 2.59 | FOV |
| WT002 | Pho Noodles | 250g | 2.59 | GOV |
| WT951 | Pumpkin Ginger & Rice Noodles | 250g | 2.59 | OV |
| WT217 | Thai Rice Noodles | 250g | 2.59 | OV |
| 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 |
| SANCHI | | | | |
| JP670 | Tamari - organic | 150ml | 3.95 | OV |
| YAKSO | | | | |
| JP012 | Coconut Aminos | 250ml | 7.25 | GOV |
| WT164 | Egg Noodles - organic | 250g | 2.39 | O |
| JP088 | Chee | 300g | 11.65 | O |
| WT070 | Rice Noodle Nests Organic | 240g | 4.85 | OV |
| JP024 | Rice Paper | 150g | 3.65 | OV |
| VF010 | Seitan in Tamari | 330ml | 3.59 | OV |
| JP002 | Tamari - organic | 125ml | 2.25 | GOV |
| JP113 | Tamari - organic | 250ml | 3.95 | CVO |
| VF005 | Tempeh | 175g | 3.39 | OV |
| YUTAKA | | | | |
| JP005 | Miso Paste - Organic | 300g | 5.15 | OV |
| FLAKES, BRANS & WHEATGERM | | | | |
| SUMA PREPACKS - ORGANIC | | | | |
| FX067 | Bran Sticks - organic | 250g | 1.75 | OV |
| FX024 | Buckwheat Flakes - organic | 500g | 3.99 | OV |
| QS124 | Oat Groats - Organic | 500g | 2.19 | VO |
| FX042 | Oats - Jumbo Gluten Free | 750g | 3.99 | GOV |
| FX047 | Oats - jumbo, organic | 750g | 2.95 | VO |
| FX048 | Oats - Porridge - Organic | 750g | 2.95 | OV |
| FX044 | Oats - Porridge & Gluten Free | 750g | 3.99 | GOV |
| FX031 | Organic Millet Flakes | 500g | 3.99 | OV |
| FX092 | Organic Pearl Barley Flakes | 500g | 1.79 | OV |
| FX656 | Quinoa Flakes - organic | 500g | 4.49 | OV |
| FX032 | Rice Flakes Brown - organic | 500g | 3.95 | OV |
| FX093 | Rye Flakes - organic | 500g | 1.79 | OV |
| FX213 | Toasted Malted Wheat Flakes OG | 400g | 2.25 | OV |
| ALARA | | | | |
| FX026 | Gluten Free Scottish Porridge | 500g | 3.19 | GOV |
| PIMHILL | | | | |
| FX006 | Oats - jumbo, organic | 850g | 2.55 | OV |
| FX005 | Oats - porridge, organic | 850g | 2.55 | OV |

| code | product | size | rrp | bfgosv |
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| FLOURS & BREAD MIXES | | | | |
| SUMA PREPACKS - ORGANIC | | | | |
| FG149 | Brown Rice Flour - organic | 500g | 2.15 | OV |
| LJ105 | Coconut Flour, Organic | 500g | 2.99 | OV |
| FG128 | Maize Flour - organic | 500g | 1.75 | OV |
| AMISA | | | | |
| FG085 | Chestnut Flour - Organic | 350g | 5.99 | GOV |
| FG065 | Chickpea Flour | 400g | 3.45 | GOV |
| FG013 | Quinoa Flour | 375g | 4.85 | GOV |
| BACHELDRE | | | | |
| FG165 | Stoneground Malted Blend Flour | 1.5kg | 2.59 | OV |
| FG187 | Stoneground Plain White Flour | 1.5kg | 2.45 | OV |
| FG175 | Stoneground Rye Flour | 1.5kg | 2.59 | OV |
| FG179 | Stoneground Spelt Flour | 1.5kg | 3.69 | OV |
| FG160 | Stoneground Strong White Flour | 1.5kg | 2.45 | OV |
| FG162 | Strong 100% Wholemeal Flour | 1.5kg | 2.45 | OV |
| BIONA | | | | |
| FG163 | Coconut Flour - Organic | 500g | 3.50 | GOV |
| CLEARSPRING | | | | |
| FG180 | Breadcrumbs - Brown Rice, GF | 250g | 4.49 | GOV |
| COCONUT MERCHANT | | | | |
| FG073 | Organic Coconut Flour | 500g | 4.99 | OV |
| DOVES FARM | | | | |
| FG097 | Chickpea Flour | 260g | 2.45 | GOV |
| FG069 | Fine Plain White Flour | 1kg | 1.65 | OV |
| FG010 | Fine Plain Wholemeal Flour | 1kg | 1.49 | VO |
| FG103 | Heritage Seeded Bread Flour | 1kg | 3.49 | OV |
| FG004 | Malthouse Bread Flour | 1kg | 1.79 | OV |
| FG096 | OAT FLOUR | 450g | 4.19 | GOV |
| FG047 | Organic Coconut Flour | 500g | 3.95 | GOV |
| FG101 | Seeded Bread Flour | 1kg | 3.19 | OV |
| FG115 | Self Raising Wholemeal Flour | 1kg | 1.49 | OV |
| FG997 | Speciality Pasta Flour | 1kg | 1.99 | OV |
| FG072 | Strong White Bread Flour | 1.5kg | 2.15 | OV |
| FG008 | Strong Wholemeal Bread Flour | 1.5kg | 2.90 | OV |
| FG070 | White Self Raising Flour | 1kg | 1.65 | OV |
| | Artisan Flour | | | |
| FG028 | Buckwheat Wholegrain Flour | 1kg | 4.75 | OV |
| FG082 | Einkorn Flour | 1kg | 3.69 | OV |
| FG011 | Khorasan Flour Wholegrain | 1kg | 4.79 | OV |
| FG152 | Rye Flour White Organic | 1kg | 1.99 | OV |
| FG016 | Rye Flour Wholegrain Organic | 1kg | 1.69 | OV |
| FG071 | Spelt Flour White Organic | 1kg | 3.69 | OV |
| FG102 | Spelt Flour Whole Meal Organic | 1kg | 3.15 | OV |
| GILCHESTERS ORGANICS | | | | |
| FG014 | Pizza & Ciabatta Wheat Flour | 1.5kg | 4.50 | OV |
| FG018 | Semolina Fine Wheat Flour | 500g | 2.90 | OV |
| FG009 | Strong 100% Whole Wheat Flour | 1.5kg | 3.55 | OV |
| FG006 | Strong White Wheat Flour | 1.5kg | 3.95 | OV |
| FG025 | White Flour Strong Unbleached | 3kg | 7.69 | OV |
| HODMEDOD'S | | | | |
| FG099 | YQ Population Wheat Flour | 1.5kg | 2.99 | OV |
| LITTLE SALKELD WATERMILL | | | | |
| FG804 | Barley Flour - organic | 500g | 2.44 | OVb |
| SHIPTON MILL | | | | |
| FG899 | 3 Malts/Sunflower Brown Flour | 1kg | 2.47 | OV |
| FG133 | Light Rye 997 Flour Organic | 1kg | 1.89 | OV |
| FG136 | Soft Cake & Pastry White Flour | 1kg | 1.85 | OV |
| FG190 | Spelt Flour - White, Organic | 1kg | 3.71 | OV |
| FG189 | Spelt Flour - Wholemeal, Org | 1kg | 2.90 | OV |
| FG898 | White Flour - Organic | 1kg | 1.95 | OV |
| FG876 | White Strong Organic Flour | 2.5kg | 4.56 | OV |

| code | product | size | rrp | bfgosv |
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| FG077 | Wholemeal Flour - Organic | 1kg | 2.50 | OV |
| FG079 | Wholemeal Organic Flour | 2.5kg | 4.74 | OV |
| | Specialist Flour | | | |
| FG080 | Chestnut Flour | 500g | 6.95 | GOV |
| FRUIT - CANNED & JARRED | | | | |
| SUMA ORGANIC | | | | |
| KJ700 | Organic Young Jackfruit Chunks | 400g | 2.79 | OV |
| BIONA | | | | |
| VF134 | Apple Puree Organic | 700g | 2.95 | OSV |
| KJ184 | Banana Blossom in Salted Water | 400g | 2.45 | OV |
| KJ166 | Jackfruit In Salted Water | 2.8kg | 1.79 | OV |
| KJ506 | Organic Jackfruit in Water | 400g | 3.50 | OV |
| KJ288 | Tropical Fruit Cocktail | 400g | 3.15 | OV |
| CLEARSPRING | | | | |
| VF190 | Apple & Apricot Puree - Org | 2 x 100g | 1.79 | OV |
| VF188 | Apple & Blueberry Puree - Org | 2 x 100g | 1.79 | OV |
| VF170 | Apple & Mango Puree - Org | 2 x 100g | 1.79 | OV |
| VF189 | Apple & Plum Puree - Organic | 2 x 100g | 1.79 | OV |
| VF335 | Apple & Strawberry Puree - og | 2 x 100g | 1.79 | OV |
| JP061 | Apple,Banana&S'berry Puree Org | 2 x 100g | 1.99 | OV |
| JP076 | Apple,Mango,Coconut Puree Org | 2 x 100g | 1.99 | OV |
| VF152 | Jackfruit Chunks | 500g | 3.49 | OV |
| VF155 | Pear Puree - organic | 2 x 100g | 1.79 | OV |
| JP084 | Pear,Apple,Peach Puree Org | 2 x 100g | 1.99 | OV |
| ESSENTIAL TRADING | | | | |
| KJ263 | Mango Chunks in Org Juice | 400g | 2.49 | VO |
| KJ262 | Pineapple Chunks In Org Juice | 400g | 2.49 | VO |
| KJ260 | Tropical Fruits in Org Juice | 400g | 2.45 | VO |
| FRUIT - DRIED | | | | |
| SUMA PREPACKS - ORGANIC | | | | |
| DR063 | Apricots - organic | 250g | 3.99 | OV |
| DR250 | Apricots - organic | 500g | 7.49 | OV |
| DR655 | Banana Chips - Organic | 250g | 2.55 | OS |
| DR132 | Cherries sour - Organic | 125g | 3.25 | OV |
| DR325 | Cranberries - organic | 125g | 1.85 | OSV |
| DR057 | Cranberries - organic | 250g | 3.29 | OSV |
| DR073 | Currants - organic | 250g | 2.15 | OV |
| DR251 | Currants - organic | 500g | 3.75 | OV |
| DR159 | Dates - Medjool Organic | 250g | 4.25 | OV |
| DR074 | Dates - pitted organic | 250g | 2.39 | OV |
| DR252 | Dates - pitted organic | 500g | 4.15 | OV |
| DR720 | Dates -og pitted fairly traded | 250g | 2.99 | FOV |
| DR064 | Figs - organic | 250g | 3.50 | OV |
| DR254 | Figs - organic | 500g | 5.65 | OV |
| DR011 | Ginger - crystallised organic | 125g | 1.99 | OSV |
| DR020 | Ginger - crystallised organic | 250g | 3.49 | OSV |
| DR049 | Mulberries White - Organic | 125g | 1.79 | OV |
| DR077 | Pitted Prunes - organic | 250g | 3.85 | OV |
| DR253 | Pitted Prunes - organic | 500g | 7.25 | OV |
| DR065 | Raisins - organic | 250g | 1.99 | OV |
| DR255 | Raisins - organic | 500g | 3.19 | OV |
| DR066 | Sultanas - organic | 250g | 1.99 | OV |
| DR256 | Sultanas - organic | 500g | 3.15 | OV |
| DR365 | Vine Fruit Mix - organic | 500g | 3.75 | OV |
| CRAZY JACK | | | | |
| DR030 | Organic Soft Apricots | 200g | 3.25 | OV |
| DR031 | Organic Soft Dates | 200g | 2.59 | OV |
| DR034 | Organic Soft Figs | 200g | 2.59 | OV |
| DR356 | Organic Soft Prunes | 200g | 3.89 | OV |
| PEARLS OF SAMARKAND | | | | |
| DR217 | Sour Cherries | 100g | 5.15 | OV |

| code | product | size | rrp | bfgosv |
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| DR232 | Sweet Cherries | 100g | 5.15 | OV |
| | THE RAW CHOCOLATE CO | | | |
| DR188 | Goji Berries | 150g | 5.59 | GOV |
| | TROPICAL WHOLEFOODS | | | |
| DR200 | Fairtrade Organic Mango | 100g | 3.19 | FOV |
| DR233 | Sun Dried Banana Chips | 150g | 2.45 | FOV |
| | 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 | | | |
| | SUMA ORGANIC | | | |
| JU245 | Lemon Juice - organic | 250ml | 2.29 | OV |
| JU251 | Lemon Juice - organic | 1l | 6.99 | OV |
| | BEE T IT | | | |
| | From James White | | | |
| JU453 | Beetroot Juice | 750ml | 3.55 | OV |
| JU454 | Beetroot Juice | 250ml | 1.79 | OV |
| JU719 | Beetroot Juice with Apple | 1l | 4.39 | OV |
| JU204 | Beetroot Juice with Ginger | 750ml | 3.69 | OV |
| | BIONA | | | |
| | 1L Pressed Juices | | | |
| JU448 | Peach, Apricot & Apple Juice | 1l | 4.25 | OV |
| JU181 | Pomegranate | 1l | 5.89 | OV |
| JU130 | Tart Cherry Juice | 1l | 5.89 | OV |
| | 750ml Pure Pressed | | | |
| JU543 | Apple Juice | 750ml | 3.25 | OV |
| JU288 | Carrot Juice | 750ml | 3.55 | OV |
| JU541 | Orange Juice | 750ml | 5.59 | OV |
| JU269 | Red Grape Juice | 750ml | 4.55 | OV |
| JU289 | Tomato Juice | 750ml | 3.55 | OV |
| | Glass Bottles | | | |
| JU521 | Cranberry Fruit Drink | 750ml | 5.95 | OV |
| JU182 | Pomegranate Juice | 200ml | 2.15 | OV |
| | Organic Pure Pressed Juices | | | |
| JU703 | Ginger Juice | 200ml | 4.99 | OV |
| JU702 | Lemon Juice | 200ml | 2.55 | OV |
| JU802 | Lime Juice | 200ml | 2.69 | OV |
| | Superjuice | | | |
| JU297 | Acerola Cherry Juice | 330ml | 7.35 | OV |
| JU028 | Blueberry Juice | 330ml | 8.90 | OV |
| JU508 | Cranberry Juice | 330ml | 5.89 | OV |
| JU127 | Cranberry Juice | 750ml | 9.79 | OV |
| JU132 | Elderberry Juice | 330ml | 4.45 | OV |
| | Tetrapacks | | | |
| JU286 | Apple and Blueberry Juice | 1l | 4.99 | OV |
| JU295 | Apple and Cranberry Juice | 1l | 5.69 | OV |
| JU252 | Apple Juice | 1l | 3.65 | OV |
| JU184 | Beetroot Juice | 500ml | 2.35 | OV |
| JU151 | Carrot Juice | 500ml | 2.25 | OV |
| | JAMES WHITE | | | |
| | Glass Bottles 250ml | | | |
| JU621 | Apple & Crushed Ginger | 250ml | 1.59 | OV |
| JU064 | Apple Juice | 250ml | 1.59 | OV |
| JU608 | Carrot & Apple Juice | 250ml | 1.59 | OV |
| JU599 | Pear Juice | 250ml | 1.59 | OV |
| | Glass Bottles 750ml | | | |
| JU864 | Apple & Ginger | 750ml | 3.55 | OV |

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| JU095 | Apple Juice | 750ml | 3.45 | OV |
| JU325 | Carrot | 750ml | 3.55 | OV |
| JU862 | Carrot & Apple Juice | 750ml | 3.55 | OV |
| JU863 | Pear & Raspberry Juice | 750ml | 4.89 | OV |
| JU860 | Pear Juice | 750ml | 3.55 | OV |
| JU431 | Tomato | 750ml | 3.55 | OV |
| JU324 | Vegetable Juice | 750ml | 3.55 | OV |
| PIP ORGANIC | | | | |
| | Fruit Juice | | | |
| JU670 | Cloudy Apple | 4 x 180ml | 4.99 | OV |
| JU696 | Strawberry & Blackcurrant | 4 x 180ml | 4.99 | OV |
| | Fruit Juice with Spring Water | | | |
| JU698 | Blackcurrant, Raspberry, Apple | 4 x 180ml | 4.99 | OV |
| JU699 | Mango, Orange & Apple | 4 x 180ml | 4.99 | OV |
| | Smoothies | | | |
| JU697 | Pineapple & Mango Smoothie | 4 x 180ml | 4.99 | OV |
| JU065 | Strawberry & Banana Smoothie | 4 x 180ml | 4.99 | OV |
| SUNITA | | | | |
| JU671 | Lemon Juice - organic | 250ml | 2.79 | OV |
| JU672 | Lemon Juice - organic | 1l | 8.99 | OV |
| JU129 | Orange Juice - organic | 1l | 5.55 | OV |
| ZINGER | | | | |
| | Zinger Health Shots | | | |
| JU647 | Extra Hot Ginger Zinger Shot | 70ml | 1.79 | OV |
| JU571 | Ginger Zinger Shot | 70ml | 1.69 | OV |
| GRAINS | | | | |
| SUMA PREPACKS - ORGANIC | | | | |
| QS068 | Buckwheat - unroasted organic | 500g | 2.99 | OV |
| QS300 | Bulgar wheat - organic | 500g | 2.50 | OV |
| QS150 | Corn Couscous - Organic | 500g | 3.25 | OV |
| QS301 | Couscous - wholemeal, organic | 500g | 2.15 | OV |
| QS322 | Millet - organic | 500g | 2.49 | VO |
| QS165 | Pearl barley, organic | 500g | 1.55 | OV |
| QS070 | Popcorn - organic | 500g | 2.29 | OV |
| QS065 | Quinoa, Red - Organic | 500g | 3.25 | OV |
| QS075 | Quinoa, Tricolour - Organic | 500g | 3.45 | OV |
| QS086 | Quinoa, White - Organic | 500g | 2.99 | OV |
| QS677 | Rice - arborio, organic | 500g | 2.85 | OV |
| QS302 | Rice - basmati, brown organic | 500g | 2.85 | OV |
| QS252 | Rice - basmati, brown organic | 750g | 3.85 | OV |
| QS303 | Rice - white basmati organic | 500g | 2.95 | OV |
| QS213 | Rice - white basmati, organic | 750g | 3.99 | OV |
| QS100 | Rice -long grain brown organic | 750g | 3.15 | VO |
| QS066 | Rice-long grain brown organic | 500g | 2.25 | OV |
| QS067 | Rice-short grain brown organic | 500g | 2.25 | OV |
| QS101 | Rice-short grain brown organic | 750g | 2.99 | VO |
| QS072 | Wheat grain - organic | 500g | 1.35 | OV |
| BIONA | | | | |
| QS013 | Fonio | 350g | 4.75 | OV |
| QS096 | Jasmine Brown Rice Organic | 500g | 3.75 | OV |
| QS105 | Pudding Rice Organic | 500g | 2.95 | OV |
| QS099 | Red Camargue Rice Organic | 500g | 3.75 | OV |
| QS098 | Risotto Brown Rice Organic | 500g | 3.35 | OV |
| QS097 | Wild Rice Mix Organic | 500g | 3.85 | OV |
| MR ORGANIC | | | | |
| QS020 | Red Lentil Rice | 250g | 3.69 | GOV |
| SHARPHAM PARK | | | | |
| QS058 | Pearled Spelt Organic | 500g | 3.29 | OV |
| QS148 | Spelt Grain Organic | 500g | 2.55 | OV |
| ZAYTOUN | | | | |
| QS014 | Maftoul Giant Couscous | 200g | 3.49 | FOV |

| code | product | size | rrp | bfgosv |
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| GRAVY, STOCK & BOUILLON | | | | |
| SUMA ORGANIC | | | | |
| LJ650 | Organic Bouillon | 150g | 2.55 | GOV |
| KALLO | | | | |
| LJ102 | French Onion Stock Cubes | 66g | 1.75 | GOVS |
| LJ103 | Garlic & Herb Stock Cubes | 66g | 1.75 | GOVS |
| LJ034 | Low Salt Org Gravy Granules | 160g | 3.29 | OSV |
| LJ171 | Low Salt Vegetable Stock Cubes | 60g | 1.75 | GOVS |
| LJ122 | Mushroom Stock Cubes | 66g | 1.75 | GOVS |
| LJ001 | Paprika Stock Cubes | 66g | 1.75 | GOV |
| LJ232 | Sriracha Stock Cubes | 66g | 1.69 | GOV |
| LJ101 | Tomato & Herb Stock Cubes | 66g | 1.75 | GOVS |
| LJ205 | Umami Stock Cubes | 66g | 1.69 | GOV |
| LJ120 | Vegetable Stock Cubes | 66g | 1.75 | GOV |
| LJ249 | Vegetable Stock Paste | 100g | 2.89 | OV |
| MARIGOLD | | | | |
| LJ211 | Bouillon Cubes | 8 | 1.29 | GOV |
| LJ073 | Bouillon Powder - Organic | 150g | 2.35 | GOV |
| LJ238 | Bouillon Powder - Organic | 500g | 7.15 | GOV |
| LJ326 | Gravy Powder - Organic | 110g | 2.39 | OVS |
| LJ208 | Organic Bouillon | 2kg | 22.15 | FGOV |
| LJ074 | Organic Bouillon Reduced Salt | 140g | 2.49 | GOV |
| LJ193 | Organic Bouillon Reduced Salt | 500g | 7.15 | OV |
| LJ253 | Organic Reduced Salt Bouillon | 2kg | 36.39 | FGOV |
| LJ321 | Yeast Free Bouillon Stock Cube | 84g | 1.39 | GOV |
| NINE MEALS FROM ANARCHY | | | | |
| LJ210 | Real Veg Stock - Garden Herb | 105g | 3.49 | OV |
| LJ033 | Real Veg Stock - Original | 105g | 3.49 | OV |
| LJ213 | Real Veg Stock - Umami | 105g | 3.49 | OV |
| RIVER COTTAGE | | | | |
| LJ254 | Garlic & Herb Veg Stock | 105g | 3.49 | OV |
| LJ257 | Hugh's Classic Veg Stock | 105g | 3.49 | OV |
| LJ258 | Smoky Spicy Veg Stock | 105g | 3.49 | OV |
| LJ263 | Tomato & Basil Veg Stock | 105g | 3.49 | OV |
| LJ264 | Ultimate Umami Veg Stock | 105g | 3.49 | OV |
| HERB & FRUIT TEA INFUSIONS | | | | |
| CELESTIAL SEASONINGS | | | | |
| TE987 | Cinnamon & Cardamom | 20 bags | 3.29 | OV |
| TE986 | Ginger & Turmeric | 20 bags | 3.29 | OV |
| CLIPPER | | | | |
| TE011 | Rooibos | 80 bags | 3.99 | OV |
| | Everyday Infusions | | | |
| TE788 | Chamomile | 20 bags | 2.20 | OV |
| TE963 | Dandelion | 20 bags | 2.20 | OV |
| TE694 | Fennel | 20 bags | 2.20 | OV |
| TE035 | Indian Chai | 20 bags | 2.19 | FGOV |
| TE960 | Lemon & Ginger | 20 bags | 2.20 | OV |
| TE942 | Liquorice | 20 bags | 2.20 | OV |
| TE959 | Nettle | 20 bags | 2.20 | OV |
| TE629 | Organic Detox | 20 bags | 2.20 | OV |
| TE631 | Organic Sleep Easy | 20 bags | 2.20 | OV |
| TE789 | Peppermint | 20 bags | 2.20 | OV |
| TE307 | Raspberry Leaf | 20 bags | 2.20 | OV |
| | Food Service Range | | | |
| TE148 | Chamomile | 25 bags | 2.99 | FOV |
| TE455 | Lemon & Ginger | 25 bags | 3.35 | OV |
| TE166 | Peppermint | 25 bags | 2.99 | FOV |
| TE454 | Wild Berry | 25 bags | 3.35 | OV |
| | Mood Infusions | | | |
| TE118 | After Dinner Mints | 20 bags | 2.49 | OV |
| TE264 | Groovy Ginger | 20 bags | 2.99 | OV |

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| TE070 | Karma Mama | 20 bags | 2.99 | OV |
| TE352 | Restoring Roots | 20 bags | 2.49 | OV |
| TE127 | Snore & Peace | 20 bags | 2.49 | OV |
| | DRAGONFLY TEA | | | |
| TE440 | Cape Malay Rooibos Chai | 20 bags | 2.65 | OV |
| TE588 | Cape Rooibos & Honeybush Tea | 20 bags | 2.65 | OV |
| TE569 | Golden Balance Turmeric Tea | 20 bags | 2.89 | OV |
| TE813 | Good Dragon Pu'er Tea | 20 bags | 2.65 | OV |
| TE139 | Happy Times Tulsi | 20 bags | 2.89 | OV |
| TE581 | Mint Garden Digestif | 20 bags | 2.89 | OV |
| TE338 | Moonlight Jasmine | 20 bags | 2.65 | OV |
| TE339 | Moroccan Mint | 20 bags | 2.65 | OV |
| TE046 | Mountain Honeybush Tea | 20 bags | 2.65 | OV |
| TE546 | Night Sky Calm | 20 bags | 2.89 | OV |
| TE234 | Swirling Mist White Tea | 20 bags | 2.89 | OV |
| TE145 | True Clarity Ginger | 20 bags | 2.89 | OV |
| | Rooibos Teas | | | |
| TE363 | Rooibos | 40 bags | 3.10 | OV |
| TE367 | Rooibos Earl Grey | 40 bags | 3.10 | OV |
| TE376 | Rooibos Vanilla | 40 bags | 3.10 | OV |
| | ELEVEN O'CLOCK | | | |
| TE381 | Rooibos | 40 bags | 2.59 | OV |
| TE382 | Rooibos | 80 bags | 5.90 | OV |
| | ESSENTIAL | | | |
| TE271 | Camomile Herbal Infusion | 20 bags | 2.35 | OV |
| TE279 | Peppermint Herbal Infusion | 20 bags | 2.35 | OV |
| | FLORADIX | | | |
| TE126 | Hawthorn | 15 bags | 2.35 | OV |
| TE457 | Sage | 15 bags | 2.35 | VO |
| | GREENYPEEPS | | | |
| | Carbon Negative Tea | | | |
| TE439 | Camomile | 20 bags | 2.99 | FOV |
| TE446 | Lemongrass & Ginger | 20 bags | 2.99 | FOV |
| TE444 | Peppermint | 20 bags | 2.99 | FOV |
| TE445 | Spiced Chai | 20 bags | 2.99 | FOV |
| | HAMPSTEAD TEA | | | |
| TE550 | Camomile | 20 bags | 2.99 | OVB |
| TE600 | Fennel and Peppermint | 20 bags | 2.99 | OVB |
| TE555 | Lavender Valerian | 20 bags | 2.99 | OVB |
| TE572 | Lemon Ginger | 20 bags | 2.99 | OVB |
| TE556 | Peppermint Spearmint | 20 bags | 2.99 | FOVB |
| TE557 | Rosehip Hibiscus | 20 bags | 2.99 | FOVB |
| | Wellness Teas | | | |
| TE184 | Matcha Green Tea with Nettle | 20 bags | 2.99 | OVB |
| TE220 | Rooibos | 20 bags | 2.99 | OVB |
| TE180 | Sleep Well | 20 bags | 2.99 | OVB |
| TE227 | Turmeric with Cinnamon | 20 bags | 2.99 | OVB |
| | HEATH AND HEATHER | | | |
| | Botanicals | | | |
| TE295 | Morning Time | 20 bags | 3.55 | OV |
| TE296 | Night Time Tea | 20 bags | 3.55 | OV |
| TE594 | Turmeric Root Brew | 20 bags | 3.55 | GOV |
| | Infusions | | | |
| TE096 | Apple & Cinnamon | 20 bags | 2.95 | OV |
| TE665 | Camomile | 20 bags | 2.95 | OV |
| TE122 | Camomile & Spearmint | 20 bags | 2.95 | OV |
| TE160 | Dandelion, Burdock & Hawthorn | 20 bags | 2.95 | OV |
| TE681 | Fennel | 20 bags | 2.95 | OV |
| TE685 | Nettle | 20 bags | 2.95 | OV |
| TE662 | Peppermint | 20 bags | 2.95 | OV |
| TE682 | Raspberry Leaf | 20 bags | 3.55 | OV |
| TE274 | Wild Rosehip | 20 bags | 2.95 | OV |

| code | product | size | rrp | bfgosv |
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| JUST T | | | | |
| TE163 | Apple Moringa Affair | 20 bags | 3.29 | OV |
| TE074 | Baby It's Cold Outside | 20 bags | 3.29 | OV |
| TE144 | Cheek to Cheek | 20 bags | 3.29 | OV |
| TE059 | Daring Peach | 20 bags | 3.29 | OV |
| TE174 | Dynamic Day | 20 bags | 3.29 | OV |
| TE051 | Nordic Blueberry | 20 bags | 3.29 | OV |
| TE049 | Rhubarb Hygge | 20 bags | 3.29 | OV |
| TE123 | The Lucky Irishman | 20 bags | 3.29 | OV |
| TE060 | Turmeric Ginger Treasure | 20 bags | 3.29 | OV |
| PUKKA | | | | |
| TE438 | After Dinner Tea | 20 bags | 3.45 | OV |
| TE927 | Blackcurrant Beauty | 20 bags | 3.45 | OV |
| TE394 | Breathe In | 20 bags | 2.76 | O |
| TE719 | Chamomile Vanilla Manuka Hon | 20 bags | 3.45 | O |
| TE421 | Clean Matcha Green | 20 bags | 3.45 | FOV |
| TE568 | Cleanse | 20 bags | 3.45 | OV |
| TE331 | Elderberry & Echinacea | 20 bags | 3.45 | OV |
| TE731 | Feel New | 20 bags | 3.45 | OV |
| TE235 | Fresh Start | 20 bags | 3.45 | OV |
| TE609 | Ginseng Matcha Green | 20 bags | 3.45 | FOV |
| TE318 | Joy | 20 bags | 3.45 | OV |
| TE334 | Lemon Ginger & Manuka Honey | 20 bags | 3.45 | O |
| TE481 | Lemongrass and Ginger | 20 bags | 3.45 | OV |
| TE478 | Licorice and Cinnamon | 20 bags | 3.45 | OV |
| TE393 | Love | 20 bags | 3.45 | OV |
| TE490 | Mint Matcha Green | 20 bags | 2.76 | FOV |
| TE165 | Mint Refresh | 20 bags | 2.76 | OV |
| TE246 | Night Time | 20 bags | 3.45 | OV |
| TE231 | Night Time Berry | 20 bags | 3.45 | OV |
| TE095 | Original (Black Spice) Chai | 20 bags | 3.45 | FOV |
| TE102 | Peace | 20 bags | 3.45 | OV |
| TE043 | Peppermint and Licorice | 20 bags | 2.76 | OV |
| TE170 | Relax | 20 bags | 3.45 | OV |
| TE171 | Revitalising | 20 bags | 3.45 | OV |
| TE542 | Supreme Green Matcha | 20 bags | 3.45 | FOV |
| TE811 | Three Chamomile | 20 bags | 3.45 | OV |
| TE328 | Three Cinnamon | 20 bags | 3.45 | OV |
| TE602 | Three Fennel | 20 bags | 3.45 | OV |
| TE245 | Three Ginger | 20 bags | 3.45 | OV |
| TE814 | Three Licorice | 20 bags | 3.45 | OV |
| TE238 | Three Mint | 20 bags | 2.76 | OV |
| TE592 | Tulsi Clarity | 20 bags | 3.45 | OV |
| TE058 | Turmeric Active | 20 bags | 3.45 | GOV |
| TE623 | Turmeric Gold | 20 bags | 3.45 | FOV |
| TE094 | Vanilla Chai | 20 bags | 3.45 | FOV |
| TE725 | Wild Apple Cinnamon & Ginger | 20 bags | 3.45 | OV |
| TE727 | Womankind | 20 bags | 3.45 | OV |
| Aqua Herbs | | | | |
| TE288 | Chamomile Relax | 30ml | 3.95 | O |
| TE294 | Citrus Zing | 30ml | 3.95 | O |
| TE301 | Turmeric Active | 30ml | 3.95 | O |
| Collections | | | | |
| TE509 | Day To Night Collection | 20 bags | 3.75 | OV |
| TE678 | Green Collection | 20 bags | 3.75 | OV |
| TE721 | Herbal Collection | 20 bags | 3.75 | O |
| Gift Range | | | | |
| TE322 | Pukka Calm Collection | 30 sachet | 9.99 | O |
| TE335 | Pukka Discovery Collection | 42 | 24.99 | OV |
| TE230 | Tea Selection Box | 1 | 14.99 | O |
| XMAS 2022 | | | | |

| code | product | size | rrp | bfgosv |
|------------------|--------------------------------|-----------|-------|--------|
| TE268 | Days of Giving Advent Calendar | 48 sachet | 25.99 | VFO |
| TE269 | Days of Joy Advent Calendar | 24 sachet | 1.99 | O |
| TE314 | Pukka Festive Collection | 30 sachet | 9.99 | FOV |
| TE292 | Winter Warmer | 20 bags | 3.45 | OV |
| TAKA | | | | |
| TE306 | Ginger Lemon Turmeric | 15 bags | 3.15 | OV |
| TE304 | Hibiscus Cinnamon Turmeric | 15 bags | 3.15 | OV |
| TE305 | Masala Chai Turmeric | 15 bags | 3.15 | OV |
| TE309 | Rooibos Honeybush Turmeric | 15 bags | 3.15 | OV |
| TICK TOCK | | | | |
| 40 Bags | | | | |
| TE431 | Green Rooibos - organic | 40 bags | 2.89 | OV |
| TE430 | Rooibos - organic | 40 bags | 2.79 | OV |
| 80 Bags | | | | |
| TE434 | Rooibos - organic | 80 bags | 5.35 | OV |
| Loose Leaf | | | | |
| TE436 | Rooibos Loose Leaf - organic | 100g | 2.75 | OV |
| YOGI TEA | | | | |
| TE593 | Alkaline Herbs | 17 bags | 2.59 | GOV |
| TE553 | Bedtime | 17 bags | 2.59 | OV |
| TE250 | Bedtime Rooibos Vanilla | 17 bags | 2.59 | OV |
| TE067 | Bee Happy | 17 bags | 2.59 | GOV |
| TE204 | Black Chai | 17 bags | 2.59 | OV |
| TE346 | Breathe Deep | 17 bags | 2.59 | OV |
| TE597 | Choco | 17 bags | 2.59 | OV |
| TE192 | Classic Original | 17 bags | 2.59 | OV |
| TE551 | Detox | 17 bags | 2.59 | OV |
| TE208 | Echinacea | 17 bags | 2.59 | OV |
| TE630 | Feel Pure with Lemon | 17 bags | 2.59 | GOV |
| TE591 | Finest Selection | 18 bags | 2.79 | GOV |
| TE835 | Ginger | 17 bags | 2.59 | OV |
| TE293 | Ginger Lemon | 17 bags | 2.59 | OV |
| TE836 | Ginger Orange & Vanilla | 17 bags | 2.59 | OV |
| TE195 | Green Balance | 17 bags | 2.59 | OV |
| TE209 | Green Chai | 17 bags | 2.59 | OV |
| TE194 | Green Energy | 17 bags | 2.59 | OV |
| TE787 | Green Tea Matcha Lemon | 17 bags | 2.59 | OV |
| TE645 | Heartwarming | 17 bags | 2.59 | OV |
| TE187 | Himalaya | 17 bags | 2.59 | OV |
| TE785 | Immune Support | 17 bags | 2.59 | OV |
| TE998 | Inner Harmony | 17 bags | 2.59 | OV |
| TE193 | Licorice | 17 bags | 2.59 | OV |
| TE837 | Licorice Mint | 17 bags | 2.59 | OV |
| TE638 | Lime Mint | 17 bags | 2.59 | OV |
| TE342 | Maca Chai | 17 bags | 2.59 | OV |
| TE552 | Men's Tea | 17 bags | 2.59 | OV |
| TE252 | Positive Energy Cranberry Hib | 17 bags | 2.59 | OV |
| TE413 | Pumpkin Chai | 17 bags | 2.59 | OV |
| TE348 | Relax | 17 bags | 2.59 | OV |
| TE001 | Rooibos | 17 bags | 2.59 | OV |
| TE283 | Rose | 17 bags | 2.59 | OV |
| TE414 | Soul Balm | 17 bags | 2.59 | OV |
| TE350 | Stomach Ease | 17 bags | 2.59 | OV |
| TE211 | Sweet Chai | 17 bags | 2.59 | OV |
| TE428 | Sweet Chilli | 17 bags | 2.59 | OV |
| TE554 | Throat Comfort | 17 bags | 2.59 | OV |
| TE349 | Tulsi Relax | 17 bags | 2.59 | OV |
| TE018 | Turmeric Chai | 17 bags | 2.59 | OV |
| TE088 | Turmeric Orange | 17 bags | 2.59 | OV |
| TE733 | Wellbeing | 17 bags | 2.59 | OV |
| TE012 | White Tea with Aloe Vera | 17 bags | 2.59 | OV |
| TE017 | Women's Balance | 17 bags | 2.59 | OV |

| code | product | size | rrp | bfgosv |
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| TE355 | Women's Energy | 17 bags | 2.59 | OV |
| TE351 | Women's Tea For The Senses | 17 bags | 2.59 | OV |
| 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 Loose Tea | 1 | 11.99 | GOV |
| TE620 | Classic Chai | 90g | 2.95 | OV |
| TE341 | Turmeric Chai XMAS 2022 | 90g | 2.95 | OV |
| TE267 | Christmas Calendar | 1 | 1.49 | OV |
| TE031 | Christmas Tea | 17 bags | 2.59 | OV |
| TE270 | Yogi Gift Pack with Backpack | 1 | 11.99 | OV |
| TE027 | Yogi Gift Pack with Cup | 1 | 13.99 | OV |
| TE298 | Yogi Gift Pk with Thermos Cup | 1 | 18.99 | OV |

HERBS & SPICES - PREPACKED

SUMA ORGANIC

| | | | | |
|-------|--------------------------------------------------------------------------------|-----|------|----|
| HE070 | Curry Spices Curry Leaves - organic Herbs - organic | 5g | 1.69 | OV |
| HE365 | Basil - organic | 20g | 1.69 | OV |
| HE366 | Bay Leaves - organic | 10g | 1.69 | OV |
| HE377 | Dill Herb - organic | 15g | 1.69 | OV |
| HE378 | Garlic Granules - organic | 20g | 1.69 | OV |
| HE380 | Mixed Herbs - organic | 20g | 1.69 | OV |
| HE385 | Oregano - organic | 20g | 1.69 | OV |
| HE017 | Organic Herb Selection | 12 | 1.69 | OV |
| HE387 | Parsley - organic | 15g | 1.69 | OV |
| HE390 | Rosemary - organic | 20g | 1.69 | OV |
| HE391 | Sage - organic | 25g | 1.69 | OV |
| HE393 | Thyme - Organic | 25g | 1.69 | OV |
| HE062 | Milled Spices - Organic Cayenne Pepper - organic Milled Spices - organic | 35g | 1.69 | OV |
| HE371 | Chilli powder - organic | 25g | 1.69 | OV |
| HE370 | Cinnamon - organic | 30g | 1.69 | OV |
| HE374 | Coriander - organic | 40g | 1.69 | OV |
| HE376 | Cumin Ground - organic | 25g | 1.69 | OV |
| HE379 | Ginger - organic | 30g | 1.69 | OV |
| HE381 | Mixed Spice - organic | 25g | 1.69 | OV |
| HE384 | Nutmeg, organic | 20g | 1.69 | OV |
| HE386 | Paprika - organic | 25g | 1.69 | OV |
| HE094 | Smoked Paprika - organic | 25g | 1.69 | OV |
| HE394 | Turmeric - organic Whole Spices - organic | 30g | 1.69 | OV |
| HE367 | Caraway Seeds - organic | 30g | 1.69 | OV |
| HE092 | Chilli Flakes - organic | 25g | 1.69 | OV |
| HE369 | Cinnamon Bark - organic | 15g | 1.69 | OV |
| HE372 | Cloves - organic | 20g | 1.69 | OV |
| HE373 | Coriander Seed - organic | 40g | 1.69 | OV |
| HE375 | Cumin Seed - organic | 25g | 1.69 | OV |
| HE073 | Fennel Seeds - organic | 40g | 1.69 | OV |
| HE060 | Fenugreek Seeds - organic | 40g | 1.69 | OV |
| HE368 | Green Cardamom Pods - organic | 10g | 1.69 | OV |
| HE382 | Mustard Seed - black, organic | 50g | 1.69 | OV |
| HE388 | Peppercorns - black, organic | 25g | 1.69 | OV |
| HE389 | Poppy Seed Blue - organic | 40g | 1.69 | OV |

| code | product | size | rrp | bfgosv |
|------------------------------------|--------------------------------|-------|-------|--------|
| HE089 | Star Anise - organic | 15g | 1.69 | OV |
| HE091 | Whole Nutmeg - organic | 20g | 1.69 | OV |
| STEENBERGS | | | | |
| | XMAS 2022 | | | |
| HE114 | Mulled Wine Sachets-Fairtrade | 20g | 2.19 | FOV |
| HONEY | | | | |
| EQUAL EXCHANGE | | | | |
| HY005 | Organic Raw Clear | 500g | 6.69 | FO |
| HY004 | Organic Raw Set | 500g | 6.69 | FO |
| HILLTOP HONEY | | | | |
| HY075 | Organic Acacia Honey | 340g | 4.49 | O |
| HY076 | Organic Blossom Honey | 340g | 4.25 | GO |
| HY036 | Organic Brazilian Mountain | 340g | 6.75 | O |
| LITTLEOVER APIARIES | | | | |
| HY037 | Organic Acacia Honey | 340g | 5.69 | O |
| HY040 | Organic Clear Wildflower Honey | 340g | 3.99 | O |
| HY052 | Organic Forest Honey | 340g | 8.29 | O |
| HY041 | Organic Wildflower Set Honey | 340g | 3.99 | O |
| RAW HEALTH | | | | |
| HY013 | Acacia Honey | 350g | 6.90 | O |
| HY016 | Tropical Honey | 350g | 6.79 | O |
| ROWSE | | | | |
| HY263 | Organic Honey - Clear | 340g | 4.35 | O |
| HY264 | Organic Honey - Set | 340g | 4.35 | O |
| HY267 | Squeezable Organic Honey | 340g | 4.35 | O |
| WAINWRIGHT'S | | | | |
| HY100 | Organic Forest Honey - Clear | 380g | 4.79 | FO |
| HY099 | Organic Forest Honey - Set | 380g | 4.79 | FO |
| HOUSEHOLD CLEANING PRODUCTS | | | | |
| GREEN FROG BOTANIC | | | | |
| HJ190 | Laundry Soap Nuts - 1kg | 1kg | 15.49 | OV |
| HJ189 | Laundry Soap Nuts - 250g Bag | 250g | 5.29 | OV |
| HJ183 | Laundry Soap Nuts - 500g Bag | 500g | 9.19 | OV |
| HOUSEHOLD PRODUCTS | | | | |
| WAFI ROOM FRAGRANCE | | | | |
| NF527 | Lavender Air Freshener | 100ml | 5.99 | OV |
| NF528 | Lemongrass Room Fragrance | 100ml | 5.99 | OV |
| WAX WRAP | | | | |
| | Reusable Cotton Roll | | | |
| NF249 | Beeswax Cotton Food Roll - Lrg | 1 | 19.99 | O |
| NF247 | Beeswax Cotton Food Roll - Med | 1 | 15.99 | O |
| INDIAN FOOD | | | | |
| GEO ORGANICS | | | | |
| VF740 | Balti Paste OG | 180g | 2.95 | OV |
| VF249 | Bhuna Curry Paste | 180g | 2.99 | OV |
| VF743 | Korma Paste OG | 180g | 2.69 | OV |
| VF742 | Madras Curry Paste OG | 180g | 2.99 | OV |
| KJ573 | Mango Chutney OG Fairtrade | 300g | 3.39 | FOSV |
| VF744 | Tikka Masala Paste OG | 180g | 2.79 | OV |
| SEEDS OF CHANGE | | | | |
| VF064 | Tikka Masala Sauce - OG | 350g | 2.99 | OS |
| INTIMATE CARE | | | | |
| HERE WE FLO | | | | |
| | Flo | | | |
| NF017 | Bamboo Day Pads | 16 | 3.95 | OV |
| NF010 | Bamboo Liners | 24 | 3.29 | OV |
| NF041 | Bamboo Night Pads | 14 | 3.95 | OV |
| NF060 | Bamboo Ultra-Long Pads | 10 | 3.95 | OV |
| NF009 | Eco-Applicator Tampons | 14 | 4.39 | OV |
| | Glo | | | |

| code | product | size | rrp | bfgosv |
|-------------------------------------------|--------------------------------|-------|------|--------|
| NF082 | Bamboo Liner Sensitive Bladder | 16 | 3.29 | OV |
| NF075 | Bamboo Ultra-Long Pad | 10 | 3.29 | OV |
| NF066 | Bamboo Ultra-Secure Pads | 12 | 3.29 | OV |
| NATRACARE | | | | |
| | Pads | | | |
| NF048 | Organic Cotton Panty Liners | 22 | 2.30 | OV |
| | Tampons | | | |
| NF826 | Applicator Tampon - Super | 16 | 3.15 | OV |
| NF823 | Applicator Tampons - Regular | 16 | 3.50 | OV |
| NF085 | Tampons Regular - Organic | 20 | 2.75 | VO |
| NF086 | Tampons Super - Organic | 20 | 2.85 | OV |
| NF087 | Tampons Super Plus - OG | 20 | 2.95 | VO |
| | Wipes | | | |
| NF204 | Organic Cotton Intimate Wipes | 12 | 2.50 | OV |
| JAMS & FRUIT SPREADS | | | | |
| BIONA | | | | |
| JS039 | Organic Strawberry Spread | 250g | 3.35 | OV |
| BIONOVA | | | | |
| JS137 | Bilberry Jam - organic | 340g | 3.15 | OSV |
| JS141 | Raspberry Jam - organic | 340g | 3.85 | VOS |
| JS140 | Strawberry Jam - organic | 340g | 3.15 | OSV |
| JS133 | Tangy Marmalade - organic | 340g | 2.85 | OSV |
| FRUTETO ITALIA | | | | |
| KJ197 | Apricot Fruit Spread | 250g | 3.99 | OV |
| KJ201 | Blueberry Fruit Spread | 250g | 3.99 | OV |
| KJ227 | Cherry Fruit Spread | 250g | 3.99 | OV |
| KJ204 | Mango Fruit Spread OG | 250g | 3.99 | OV |
| KJ198 | Peach Fruit Spread | 250g | 3.99 | OV |
| KJ199 | Raspberry Fruit Spread | 250g | 3.99 | OV |
| KJ196 | Strawberry Fruit Spread | 250g | 3.99 | OV |
| KJ200 | Summer Berries Fruit Spread OG | 250g | 3.99 | OV |
| MERIDIAN | | | | |
| JS018 | Apricot Spread - organic | 284g | 3.89 | VO |
| JS019 | Blackcurrant Spread - organic | 284g | 3.89 | VO |
| JS304 | Cherries & Berries Spread - og | 284g | 3.89 | OV |
| JS020 | Morello Cherry Spread -organic | 284g | 3.89 | VO |
| JS245 | Raspberry Spread - organic | 284g | 4.89 | OV |
| JS017 | Seville Orange Spread -organic | 284g | 3.89 | VO |
| JS021 | Strawberry Spread - organic | 284g | 3.89 | VO |
| JS100 | Wild Blueberry Spread - og | 284g | 4.39 | OV |
| TRADCRAFT | | | | |
| GH165 | Organic Orange Marmalade | 340g | 3.29 | FOVS |
| JUICE CONCENTRATES & CORDIALS | | | | |
| SUMA ORGANIC | | | | |
| JU241 | Apple & Blackcurrant Juice | 400ml | 6.29 | OV |
| JU240 | Apple Juice - Concentrate | 400ml | 5.69 | OV |
| BELVOIR | | | | |
| 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 |
| MARGARINES & SPREADS (CHILLED) | | | | |
| BIONA | | | | |
| MA468 | Extra Olive Spread | 250g | 3.85 | OV |
| MA061 | Vegetable Margarine | 250g | 3.25 | OV |
| MA030 | Vegetable Margarine | 500g | 5.10 | OV |
| NATURLI' | | | | |
| CV879 | Spreadable Vegan Butter | 225g | 2.20 | GOV |
| CV735 | Spreadable Vegan Butter | 450g | 4.25 | GOV |
| CV880 | Vegan Butter Block | 200g | 2.10 | GOV |

| code | product | size | rrp | bfgosv |
|-----------------------------------------|--------------------------------|-------|------|--------|
| MAYONNAISE & SALAD DRESSINGS | | | | |
| SUMA ORGANIC | | | | |
| KJ080 | Organic Mayonnaise | 300g | 2.95 | O |
| BIONA | | | | |
| KJ401 | Mayo - Egg & Soya Free | 230g | 2.85 | OV |
| KJ013 | Original Squeezy Mayonnaise | 270g | 3.75 | OS |
| BONSAN | | | | |
| KJ176 | Caesar Dressing | 310ml | 3.44 | OSV |
| GEO ORGANICS | | | | |
| KJ333 | Organic Mayo, Vegan | 232g | 2.55 | OV |
| HLTHPUNK | | | | |
| KJ299 | Bionnaise Plant Based Mayo OG | 135g | 3.99 | OV |
| MR ORGANIC | | | | |
| KJ055 | Egg Free Mayo | 180g | 2.79 | OSV |
| MEAT FREE ALTERNATIVES(FROZEN) | | | | |
| IMPULSE FOODS | | | | |
| XL109 | Organic Garlic & Herb Tempeh | 227g | 3.00 | OV |
| XL107 | Organic Tempeh | 227g | 3.00 | OV |
| THE TOFOO COMPANY | | | | |
| XL169 | Crispy Spicy Bites | 280g | 2.85 | OV |
| XL184 | Original Crispy Bites | 280g | 2.85 | OV |
| XL072 | Original Crispy Chunkies | 200g | 2.85 | OV |
| | Straight To Wok | | | |
| XL138 | Ginger & Chilli | 280g | 3.20 | OSV |
| XL139 | Naked | 280g | 3.20 | OV |
| XL209 | Sriracha | 280g | 3.20 | OSV |
| MEATLESS SUBSTITUTES (CHILLED) | | | | |
| BIONA | | | | |
| CV184 | Beetroot Burger | 150g | 4.60 | OV |
| CV377 | Black Bean & Cashew Nut Burger | 160g | 4.60 | OV |
| CV371 | Edemame Bean Burgers | 150g | 4.55 | OV |
| CV441 | Energy Tofu Mini Burgers | 250g | 4.60 | OV |
| CV321 | Mini Quinoa Burgers | 195g | 4.60 | OV |
| CV188 | Mushroom Burger | 150g | 4.60 | OV |
| CV319 | Quinoa & Broad Bean Burger | 150g | 4.60 | OV |
| CV372 | Red Lentil Sun Seed Burger | 160g | 4.60 | OV |
| CV745 | Sweet Potato Buckwheat Burger | 160g | 4.60 | OV |
| BONSAN | | | | |
| CV837 | Kofu Fishfree fillet | 150g | 4.50 | GOSV |
| CV843 | Kofu Ragu Chunks | 150g | 3.95 | GOSV |
| CV586 | Kofu Sausages | 170g | 4.35 | OV |
| CV641 | Kofu Steak | 120g | 3.25 | OSV |
| CV573 | Vegan Breakfast Scramble | 200g | 4.50 | OSV |
| CLEAR SPOT | | | | |
| CV017 | Cumberland Sausages | 250g | 3.90 | OV |
| CV015 | Lincolnshire Sausages | 250g | 3.90 | OV |
| CV525 | Smoked Sausages | 250g | 3.90 | OV |
| CV528 | Spicy Tomato Sausages | 250g | 3.90 | OV |
| CV358 | Tofu and Bean Burger | 250g | 2.80 | OV |
| FLORENTIN | | | | |
| CV930 | Falafel | 240g | 4.55 | GOV |
| CV571 | Sweet Potato Falafel | 240g | 4.55 | GOV |
| CV944 | Tamruc Falafel | 240g | 4.70 | GOV |
| TAIFUN | | | | |
| CV011 | Grill Sausages | 250g | 4.80 | OV |
| CV010 | Weiner/Frankfurters | 300g | 5.70 | OV |
| VIANA | | | | |
| CV404 | Bonanza Veggie Steaks | 210g | 4.10 | OSV |
| CV414 | Real Jumbo Frankfurters | 275g | 4.50 | SOV |
| WHEATY | | | | |
| CV683 | Chorizo Grande | 200g | 6.20 | OV |
| CV241 | Merguez Vegan Sausage | 200g | 4.00 | OV |

| code | product | size | rrp | bfgosv |
|------------------------------------------|--------------------------------------|-------|-------|--------|
| CV689 | Salami Slices | 100g | 2.55 | OV |
| CV505 | Seitan Medallions | 175g | 4.50 | OV |
| CV690 | Smoked Slices | 100g | 2.55 | OV |
| CV851 | Vegan Bacon | 60g | 2.00 | OV |
| CV267 | Vegan Chorizo Slices | 80g | 2.50 | OV |
| CV261 | Vegan Doner Kebab | 200g | 4.40 | OV |
| CV250 | Vegan Hot Dogs | 200g | 4.00 | OV |
| CV023 | Vegan Steak with Peppercorn Snackers | 175g | 4.50 | OV |
| CV303 | Chilli | 40g | 1.30 | OV |
| CV691 | Chorizo | 40g | 1.30 | OV |
| MIDDLE EASTERN & AFRICAN FOOD | | | | |
| AMISA | | | | |
| KJ105 | Falafel Mix | 160g | 2.45 | GOV |
| CARLEY'S | | | | |
| KJ240 | Preserved Lemon - Organic | 700g | 6.25 | OV |
| HLTHPUNK | | | | |
| KJ300 | Harissa Chilli Paste Organic | 150g | 4.99 | OV |
| JUST WHOLEFOODS | | | | |
| VF183 | Falafel Mix - organic | 120g | 2.39 | OV |
| MILK - NON DAIRY | | | | |
| ABBOT KINNEYS | | | | |
| SY106 | Best of Plants - Barista Milk | 1l | 2.29 | OV |
| SY103 | Best of Plants - Chocolate | 1l | 2.49 | OSV |
| SY100 | Best of Plants Milk - Mild | 1l | 2.19 | OV |
| ALPRO | | | | |
| SY047 | Organic Almond Drink | 1l | 1.95 | GOV |
| SY049 | Organic Coconut Drink | 1l | 1.85 | GOV |
| SY050 | Organic Soya Drink | 1l | 1.79 | GOV |
| BIONA | | | | |
| VF103 | Coconut Milk Powder | 150g | 4.50 | OV |
| VF324 | Condensed Coconut Milk | 210ml | 2.39 | OSV |
| COCONUT MERCHANT | | | | |
| VF082 | Coconut Milk Powder | 250g | 5.99 | OV |
| DREAM | | | | |
| JU361 | Rice Dream Organic - Original | 1l | 2.15 | OV |
| ECOMIL | | | | |
| SY139 | Almond Barista Drink | 1l | 2.79 | OSV |
| 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 |
| SY053 | No Sugar Almond + Calcium | 1l | 3.35 | OV |
| SY021 | No Sugar Almond Drink | 1l | 3.35 | OV |
| SY058 | No Sugar Coconut Milk | 1l | 3.35 | OV |
| SY133 | No Sugar Oat + Calcium | 1l | 1.99 | OV |
| SY279 | Soya Drink Powder (sweetened) | 400g | 1.49 | OV |
| MINOR FIGURES | | | | |
| SY196 | Organic Barista Oat Drink | 1l | 2.19 | OV |
| OATLY | | | | |
| SY019 | Cream - Dairy Free | 250ml | 1.90 | VO |
| JU377 | Oatly Oat Drink Organic | 1l | 1.85 | OV |
| PLAMIL | | | | |
| SY009 | Organic Soya Milk Heritage | 1l | 2.25 | VOG |
| PLENISH | | | | |
| SY119 | Almond M*lk - Organic | 1l | 2.95 | OV |
| SY120 | Cashew M*lk | 1l | 2.95 | OV |
| SY118 | Coconut M*lk | 1l | 2.95 | OV |
| SY121 | Hazelnut M*lk | 1l | 2.95 | OV |
| SY170 | Oat M*lk - Gluten Free | 1l | 2.39 | GOV |
| SY191 | Soya M*lk | 1l | 2.39 | OV |

| code | product | size | rrp | bfgosv |
|-------------------------------|---------------------------------------|-------|------|--------|
| REBEL KITCHEN | | | | |
| SY093 | Barista Mylk | 1l | 2.55 | OV |
| 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 |
| SY130 | Brown Rice Drink - Organic | 1l | 2.29 | GOV |
| SY085 | Cashew Drink - Organic | 1l | 3.50 | GOV |
| SY224 | Chocolate Oat Drink OG | 1l | 2.49 | OV |
| SY044 | Coconut Drink Organic | 1l | 2.99 | GOV |
| SY148 | Hazelnut Drink - Organic | 1l | 2.99 | GOV |
| SY037 | Oat Drink - Organic | 1l | 2.29 | GOV |
| SY189 | Organic Almond Barista Drink | 1l | 2.99 | OV |
| SY190 | Organic Oat Barista Drink | 1l | 2.49 | OV |
| SY036 | Organic Soya Barista | 1l | 2.49 | GOV |
| SY194 | Organic Soya Drink | 1l | 2.50 | GOV |
| SY225 | Pea and Oat Drink OG | 1l | 2.49 | OV |
| SY223 | Roast Almond Oat Drink OG | 1l | 2.49 | OV |
| SY117 | Tiger Nut Drink Organic | 1l | 2.99 | GOV |
| SY159 | Ultimate Almond Milk - Organic | 1l | 3.85 | GOV |
| SHARPHAM PARK | | | | |
| SY144 | Barista Drink | 1l | 2.59 | OV |
| SY135 | Naked Oats Drink | 1l | 2.29 | OV |
| SOJADE | | | | |
| SY211 | Barista Soya Drink | 1l | 1.89 | GOV |
| SY147 | Chocolate Soya Drink | 1l | 2.45 | GOSV |
| SY010 | Hemp Drink - Unsweetened | 1l | 2.89 | OV |
| SY141 | Oat Drink Organic | 1l | 2.50 | OV |
| SY018 | Soya Drink - Mild Sweetened | 1l | 1.95 | GOV |
| SY016 | Soya Drink - Unsweetened | 1l | 1.65 | GOV |
| SY023 | Vanilla Soya Drink | 1l | 2.50 | GOV |
| THE BRIDGE | | | | |
| SY160 | Coconut Drink | 1l | 2.29 | GOV |
| SY002 | Oat Drink | 1l | 1.95 | OV |
| SY112 | Oat Drink - Barista | 1l | 2.90 | OV |
| SY560 | Oat Drink - Calcium Enriched | 1l | 2.90 | OV |
| SY068 | Rice Drink - Cacao | 250ml | 0.99 | OV |
| SY042 | Rice Drink - Calcium Enriched | 1l | 2.50 | GOV |
| SY487 | Rice Drink - Original | 1l | 1.75 | GOV |
| SY452 | Rice Drink + Almond | 1l | 2.25 | GOV |
| SY008 | Rice Drink + Coconut Cooking Cream | 1l | 2.35 | GOV |
| SY188 | Coconut Cream - Organic | 200ml | 1.55 | GOV |
| SY187 | Oat Cream - Organic | 200ml | 1.29 | OV |
| SY150 | Rice Cream - Organic | 200ml | 1.90 | OV |
| SY186 | Soya Cream - Organic | 200ml | 1.15 | GOV |
| THE COCONUT COMPANY | | | | |
| SY116 | Coconut Milk Powder - Organic | 250g | 6.99 | GOV |
| MILK (LONGLIFE) | | | | |
| MOO | | | | |
| MJ011 | Semi Skimmed Milk - Organic | 1l | 2.25 | O |
| NUT & SEED BUTTERS | | | | |
| SUMA ORGANIC | | | | |
| GH047 | Peanut Butter Crunchy + Salt | 700g | 8.90 | VO |
| GH022 | Peanut Butter, Crunchy + Salt | 340g | 4.90 | VO |
| GH135 | Peanut Butter, Crunchy + Salt | 340g | 4.35 | FVO |
| GH256 | Peanut Butter, Crunchy No Salt | 340g | 4.90 | VO |
| GH248 | Peanut Butter, Crunchy No Salt | 700g | 8.90 | VO |
| GH023 | Peanut Butter, Smooth + Salt | 340g | 4.90 | OV |
| GH051 | Peanut Butter, Smooth + Salt | 700g | 8.90 | VO |

| code | product | size | rrp | bfgosv |
|--------------------------------|--------------------------------|------|-------|--------|
| GH257 | Peanut Butter, Smooth No Salt | 340g | 4.90 | VO |
| GH096 | Peanut Butter, Smooth No Salt | 700g | 8.90 | VO |
| GH950 | Tahini - dark, organic | 280g | 4.50 | OV |
| GH675 | Tahini - light, organic | 280g | 4.50 | OV |
| BIONA | | | | |
| GH210 | Almond Butter Smooth Organic | 170g | 6.90 | OV |
| GH102 | Almond Butter Smooth Organic | 350g | 11.85 | OV |
| GH211 | Cashew Nut Butter - og | 170g | 4.95 | OV |
| GH132 | Cocoa Hazel Peanut Butter | 250g | 3.75 | GOSV |
| GH141 | ORGANIC HAZELNUT BUTTER | 170g | 6.90 | OV |
| GH103 | Organic Peanut Butter Crunchy | 1kg | 1.50 | OV |
| GH104 | Organic Peanut Butter Smooth | 1kg | 1.50 | OV |
| CARLEY'S | | | | |
| GH024 | Almond Butter- Organic | 170g | 4.65 | OV |
| GH025 | Cashew Butter- Organic | 170g | 4.45 | OV |
| GH034 | Pumpkinseed Butter - og | 250g | 4.75 | OV |
| GH215 | Raw Almond Butter | 250g | 6.35 | OV |
| GH216 | Raw Almond Butter | 425g | 1.35 | OV |
| GH709 | Raw Hemp & Linseed Butter | 170g | 3.65 | OV |
| GH014 | Raw Pecan Butter | 170g | 6.25 | OV |
| GH041 | Raw Rainforest Nut Butter | 170g | 5.57 | OV |
| GH213 | Raw Walnut Butter | 170g | 3.75 | OV |
| GH712 | Raw White Almond Butter | 170g | 4.65 | OV |
| GH042 | Sunflower Butter- Organic | 250g | 2.75 | OV |
| CLEARSPRING | | | | |
| GH131 | Tahini - Black Sesame | 170g | 3.29 | OV |
| COCONUT MERCHANT | | | | |
| GH076 | Coconut Butter | 300g | 5.99 | GOV |
| MERIDIAN | | | | |
| GH072 | Almond Butter Smooth + salt | 170g | 5.89 | OV |
| GH081 | Cashew Butter Smooth | 470g | 1.49 | OV |
| GH057 | Cashew Butter Smooth Organic | 170g | 3.99 | OV |
| GH128 | Organic Crunchy Peanut Butter | 470g | 5.49 | OV |
| GH009 | Organic Dark Tahini | 470g | 5.19 | OV |
| GH205 | Organic Light Tahini | 470g | 5.19 | OV |
| GH169 | Organic Smooth Almond Butter | 470g | 14.79 | OV |
| GH200 | Organic Smooth Peanut Butter | 470g | 5.49 | OV |
| GH028 | Peanut Butter Crunchy + Salt | 280g | 3.39 | OV |
| GH109 | Peanut Butter Smooth-org +salt | 280g | 3.39 | OV |
| GH064 | Tahini - dark, organic | 270g | 3.49 | OV |
| GH020 | Tahini - light, organic | 270g | 3.49 | OV |
| 100% Nuts | | | | |
| GH094 | Almond Butter Smooth Organic | 170g | 5.89 | OV |
| GH063 | Peanut Butter Crunchy | 280g | 3.39 | OV |
| GH097 | Peanut Butter Crunchy-Organic | 1kg | 1.75 | OV |
| GH110 | Peanut Butter Smooth | 280g | 3.39 | OV |
| GH069 | Peanut Butter Smooth-Organic | 1kg | 1.75 | OV |
| 100% Seeds | | | | |
| GH046 | Pumpkin Seed Butter - og | 170g | 4.45 | OV |
| RAW HEALTH | | | | |
| GH011 | Whole Raw Almond Butter - og | 170g | 6.49 | OV |
| SUNITA | | | | |
| GH149 | Tahini - light, organic | 3kg | 39.45 | VO |
| GH996 | Tahini, Whole, Organic | 3kg | 39.45 | VO |
| WHOLE EARTH | | | | |
| GH091 | Peanut Butter - smooth organic | 227g | 3.29 | GOV |
| GH090 | Peanut Butter -crunchy organic | 227g | 3.29 | GOV |
| GH151 | Peanut Butter-100% Nuts,Crunch | 227g | 3.15 | GOV |
| NUTS & SEEDS | | | | |
| SUMA PREPACKS - ORGANIC | | | | |
| NU217 | Almonds - organic | 125g | 2.99 | OV |
| NU102 | Almonds - organic | 250g | 5.49 | OV |

| code | product | size | rrp | bfgosv |
|-------|--------------------------------|--------|-------|--------|
| NU159 | Almonds - organic | 500g | 1.49 | OV |
| NU097 | Almonds, Flaked - Organic | 125g | 3.35 | OV |
| NU387 | Almonds, ground - organic | 125g | 3.15 | OV |
| NU043 | Almonds, ground - organic | 250g | 5.79 | OV |
| NU344 | Brazils - organic | 125g | 2.89 | OV |
| NU219 | Brazils - organic | 250g | 5.35 | OV |
| NU033 | Cashews whole - organic | 125g | 2.55 | OV |
| NU255 | Cashews whole - organic | 250g | 4.59 | OV |
| NU120 | Chia Seeds, Black - organic | 250g | 2.75 | VO |
| NU041 | Coconut - desiccated, organic | 125g | 1.35 | OV |
| NU103 | Hazelnuts - organic | 125g | 2.25 | OV |
| NU258 | Hazelnuts - organic | 250g | 3.99 | OV |
| NU272 | Hemp Seeds - organic | 250g | 2.49 | VO |
| NU322 | Linseed, golden - organic | 250g | 1.65 | OV |
| NU288 | Omega Seed Mix - organic | 125g | 1.49 | OV |
| NU293 | Omega Seed Mix - organic | 250g | 2.25 | OV |
| NU069 | Peanuts - organic | 125g | 1.35 | OV |
| NU218 | Peanuts - organic | 500g | 3.89 | OV |
| NU545 | Pine Kernels - organic | 125g | 7.65 | OV |
| NU212 | Pumpkin seeds - organic | 125g | 1.79 | OV |
| NU323 | Pumpkin seeds - organic | 250g | 3.15 | OV |
| NU261 | Pumpkin seeds - organic | 500g | 5.69 | OV |
| NU213 | Sesame seeds - organic | 125g | 1.19 | OV |
| NU356 | Sesame seeds - organic | 250g | 1.99 | OV |
| NU105 | Sunflower seeds - organic | 125g | 1.25 | OV |
| NU254 | Sunflower Seeds - organic | 250g | 1.79 | OV |
| NU457 | Sunflower seeds - organic | 500g | 2.99 | OV |
| NU104 | Walnuts - organic | 125g | 2.45 | OV |
| NU012 | Walnuts - organic | 250g | 4.45 | OV |
| NU289 | Walnuts - organic | 375g | 6.35 | OV |
| | ALARA | | | |
| NU098 | Raw Milled Linseeds | 500g | 3.95 | OV |
| | BIONA | | | |
| NU304 | Amaranth Seeds | 500g | 2.75 | OV |
| | PEARLS OF SAMARKAND | | | |
| NU141 | Og Black Sesame Seeds | 330g | 5.15 | OV |
| | RAW HEALTH | | | |
| NU187 | Organic Black Chia Seeds | 450g | 9.15 | OV |
| | ZAYTOUN | | | |
| NU108 | Palestinian Almonds | 150g | 5.99 | FOV |
| | OILS & FATS | | | |
| | SUMA ORGANIC | | | |
| GT350 | Coconut Oil - Culinary | 320ml | 4.19 | OV |
| GT750 | Coconut Oil - Culinary | 650ml | 7.15 | OV |
| GT075 | Coconut Oil - Culinary | 1000ml | 1.79 | OV |
| GT320 | Coconut Oil - Extra Virgin | 320ml | 7.20 | OV |
| GT650 | Coconut Oil - Extra Virgin | 650ml | 12.50 | OV |
| GT017 | Italian Organic Olive Oil | 500ml | 8.39 | OV |
| GT018 | Italian Organic Olive Oil | 750ml | 11.25 | OV |
| GT019 | Italian Organic Olive Oil | 3l | 42.40 | OV |
| GT085 | Olive Oil-Extra Virgin,organic | 500ml | 7.89 | VO |
| GT087 | Olive Oil-Extra Virgin,organic | 5l | 62.49 | VO |
| GT080 | Sunflower Oil - organic | 500ml | 4.35 | VO |
| GT091 | Sunflower Oil - organic | 5l | 46.25 | VO |
| | BIONA | | | |
| GT030 | Avocado Oil Cold Pressed | 250ml | 8.99 | OV |
| GT025 | Coconut Oil Cuisine Organic | 875ml | 9.90 | OV |
| VM271 | Flax Seed Oil (was Linseed) | 250ml | 6.95 | OVB |
| GT060 | Mild / Odourless Coconut Oil | 610ml | 6.90 | OV |
| GT061 | Mild / Odourless Coconut Oil | 470ml | 4.95 | OV |
| GT014 | Sesame Seed Oil Cold Pressed | 500ml | 7.39 | OV |
| GT024 | Toasted Sesame Seed Oil | 250ml | 5.50 | OV |

| code | product | size | rrp | bfgosv |
|-------|--------------------------------|-------|-------|--------|
| VF773 | Virgin Coconut Oil Organic | 200g | 4.55 | OV |
| VF774 | Virgin Coconut Oil Organic | 400g | 8.90 | OV |
| GT069 | Virgin Coconut Oil Organic | 800g | 15.90 | OV |
| GT071 | Virgin Coconut Oil Raw | 1.2kg | 2.19 | OV |
| | CLEARSPRING | | | |
| GT070 | Avocado Oil - Organic | 250ml | 8.89 | OV |
| GT035 | Flax Oil Organic | 250ml | 4.59 | OV |
| GT001 | Hemp Oil Organic | 250ml | 6.59 | OV |
| GT049 | Italian Olive Oil Organic | 250ml | 5.19 | OV |
| GT204 | Italian Olive Oil Organic | 1l | 16.89 | OV |
| GT203 | Italian Olive Oil Organic | 500ml | 8.89 | OV |
| GT038 | Organic Toasted Sesame Oil | 500ml | 8.69 | OV |
| GT009 | Rapeseed Oil Organic | 500ml | 4.49 | OV |
| GT037 | Sesame Oil organic | 1l | 13.49 | GOV |
| GT207 | Sesame Oil organic | 500ml | 7.29 | OV |
| GT208 | Sesame Oil Toasted organic | 250ml | 5.29 | OV |
| GT231 | Sunflower Frying Oil organic | 500ml | 4.69 | OV |
| GT230 | Sunflower Frying Oil organic | 1l | 7.89 | OV |
| GT063 | Sunflower Frying Oil Organic | 2l | 13.29 | OV |
| GT051 | Sunflower Oil | 2l | 11.19 | OV |
| GT201 | Sunflower Oil Organic | 500ml | 3.99 | OV |
| GT202 | Sunflower Oil organic | 1l | 7.10 | OV |
| GT209 | Toasted Pumpkin Seed Oil Org | 250ml | 13.59 | OV |
| GT211 | Walnut Oil Toasted, Organic | 250ml | 11.99 | OV |
| | COCOFINA | | | |
| GT003 | Organic Coconut Oil | 975ml | 14.99 | OV |
| GH074 | Organic Coconut Oil - neutral | 450ml | 3.99 | OV |
| | COCONUT MERCHANT | | | |
| GT042 | Raw Extra Virgin Coconut Oil | 500ml | 8.99 | OV |
| | HAPPY BUTTER | | | |
| VF204 | Organic Ghee | 300g | 9.49 | O |
| VF202 | Organic Ghee | 150g | 5.55 | O |
| | LA BIO IDEA | | | |
| GT044 | Italian Og Virgin Olive Oil | 1l | 14.65 | OV |
| | MANI | | | |
| GT041 | Greek Olive Oil with Ginger | 250ml | 5.99 | OV |
| GT043 | Greek Olive Oil with Lemon | 250ml | 5.99 | OV |
| GT039 | Greek Olive Oil with Orange | 250ml | 5.99 | OV |
| GT007 | Og Extra Virgin Olive Oil | 500ml | 8.99 | OV |
| GT002 | Og Extra Virgin Olive Oil | 1l | 14.99 | OV |
| | MERIDIAN | | | |
| GT012 | Olive Oil-Extra Virgin,organic | 500ml | 11.19 | VO |
| GT034 | Sesame Oil - og | 500ml | 1.75 | OV |
| GT016 | Sunflower Oil - organic | 500ml | 5.95 | VO |
| GT033 | Toasted Sesame Oil - og | 500ml | 13.89 | OV |
| | NATURES AID | | | |
| GT077 | Avocado Oil Organic | 250ml | 9.45 | OV |
| GT076 | Pumpkin Seed Oil Organic | 250ml | 9.45 | OV |
| | SUNITA | | | |
| GT099 | Olive Oil-Extra Virgin Organic | 5l | 69.00 | VO |
| | ZAYTOUN | | | |
| GT056 | Olive Oil - Fair Trade | 500ml | 15.75 | FOV |
| GT020 | Olive Oil - Organic Fairtrade | 250ml | 9.39 | FOV |
| GT022 | Olive Oil - Organic Fairtrade | 750ml | 22.85 | FOV |
| | OLIVES | | | |
| | MANI | | | |
| KJ432 | Og Green & Kalamata Olives | 175g | 3.99 | OV |
| KJ424 | Og Green Olives al Naturel | 205g | 3.99 | OV |
| KJ430 | Og Kalamata Olives al Naturel | 205g | 3.99 | OV |
| KJ425 | Og Kalamata Olives in OliveOil | 280g | 4.99 | GOV |
| KJ250 | Og Mixed Olives al Naturel | 205g | 3.99 | OV |

| code | product | size | rrp | bfgosv |
|-------|-------------------------------------|------|------|--------|
| | ORGANICO | | | |
| KJ079 | OG Black Olives | 280g | 2.95 | FOV |
| KJ410 | OG Pitted Green Olives | 280g | 2.95 | FOV |
| | SUNITA | | | |
| KJ494 | Green Olives Organic | 360g | 2.99 | OV |
| KJ555 | Kalamon Olives - organic | 360g | 3.90 | VO |
| | PASTA | | | |
| | SUMA / IRIS ORGANIC | | | |
| WT018 | Tricolore Spirals Pasta | 500g | 1.95 | OV |
| WT075 | White Fusilli Pasta | 500g | 1.59 | OV |
| WT016 | White Macaroni Pasta | 500g | 1.59 | OV |
| WT085 | White Penne Pasta | 500g | 1.59 | OV |
| WT090 | White Spaghetti Pasta | 500g | 1.59 | OV |
| WT125 | Wholewheat Fusilli Pasta | 500g | 1.59 | OV |
| WT095 | Wholewheat Penne Pasta | 500g | 1.59 | OV |
| WT120 | Wholewheat Spaghetti Pasta | 500g | 1.59 | OV |
| | 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 |
| | BIONA | | | |
| WT331 | Penne Wholemeal Spelt | 500g | 2.95 | OV |
| WT333 | Spelt Lasagne Sheets - Organic | 250g | 3.50 | OV |
| WT021 | Spelt Pasta Spaghetti White | 500g | 3.15 | OV |
| WT025 | White Spelt Fusilli | 500g | 3.45 | OV |
| WT024 | White Spelt Penne | 500g | 3.45 | OV |
| WT334 | Whole Spelt Spaghetti -Organic | 500g | 2.95 | OV |
| WT332 | Wholewheat Spelt Fusilli Org | 500g | 2.95 | OV |
| | 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 |
| | 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 |
| 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 |
| | IRIS | | | |
| WT076 | Spaghetti White Pasta | 5kg | | OV |
| | LA BIO IDEA | | | |
| WT103 | Tagliatelle Egg Pasta Speciality | 250g | 2.39 | O |

| code | product | size | rrp | bfgosv |
|----------------------------------|----------------------------------------------|-------|------|--------|
| WT232 | Lasagne green White | 250g | 1.99 | OV |
| WT974 | Lasagne white | 250g | 1.99 | OV |
| WT048 | Macaroni Elbows | 500g | 2.29 | VO |
| WT050 | Penne White | 500g | 2.29 | VO |
| WT049 | Spaghetti - White Wholewheat | 500g | 2.29 | VO |
| WT023 | Lasagne | 250g | 1.99 | OV |
| WT040 | Macaroni Elbows - wholewheat | 500g | 2.29 | VO |
| WT074 | Penne Wholewheat | 500g | 2.29 | VO |
| WT046 | Tagliatelle - organic | 500g | 2.39 | VO |
| LA TERRA E IL CIELO | | | | |
| WT874 | Spelt Fusilli | 500g | 3.65 | OV |
| WT899 | White Pappardelle Nest White | 500g | 3.75 | OV |
| WT990 | Cavatappi - spirals | 500g | 2.59 | OV |
| WT982 | Fusilli with Spinach - organic Wholewheat | 500g | 2.99 | OV |
| WT978 | Spelt Spaghetti - organic | 500g | 3.55 | OV |
| MR ORGANIC | | | | |
| WT029 | Tortellini / Porcini Mushrooms | 250g | 4.90 | OV |
| WT031 | Tortellini with Vegetables | 250g | 4.90 | OV |
| WT068 | Vegan Formaggio & Leek Ravioli | 250g | 4.90 | OV |
| PROFUSION | | | | |
| WT130 | Chick Pea Fusilli | 250g | 3.25 | GOV |
| WT129 | Red Lentil Fusilli | 250g | 3.15 | GOV |
| SEEDS OF CHANGE | | | | |
| WT003 | Spinach Trotolle | 500g | 2.59 | OV |
| WT001 | Tortiglione - og | 500g | 2.59 | OV |
| PASTA (CHILLED) | | | | |
| BIONA | | | | |
| CV440 | Fresh Gnocchetti with Pumpkin | 400g | 5.40 | OV |
| CV181 | Fresh Gnocchi | 400g | 4.80 | OV |
| CV059 | Fresh Green Tortellini | 250g | 4.10 | O |
| CV136 | Sweet Potato Gnocchi | 400g | 5.10 | OV |
| CV649 | Tortelloni with Ricotta | 250g | 4.15 | O |
| BONSAN | | | | |
| CV532 | Mezzelune Sweet Potato/Chilli | 250g | 4.55 | OV |
| CV523 | Tortelloni Spinach & Pine Nuts | 250g | 4.55 | OV |
| PASTA SAUCES & PESTOS | | | | |
| SUMA ORGANIC | | | | |
| | Organic Pasta Sauces | | | |
| VF201 | Organic Arrabbiata Sauce | 350g | 2.69 | OV |
| VF191 | Organic Bolognese Sauce | 340g | 2.69 | OV |
| VF192 | Organic Napoletana Sauce | 350g | 2.69 | OV |
| | Organic Pestos | | | |
| KJ162 | Organic Pesto Alla Genovese | 190g | 3.99 | O |
| KJ161 | Organic Pesto Rosso - Vegan | 190g | 3.99 | OV |
| KJ160 | Organic Pesto Siciliano -Vegan | 190g | 3.99 | OV |
| KJ192 | Pesto - Green, vegan | 160g | 3.15 | GOV |
| KJ189 | Pesto - Red, vegan | 160g | 3.15 | GOV |
| MERIDIAN | | | | |
| VF173 | Tomato & Basil Pasta Sauce | 350g | 3.29 | GOV |
| VF197 | Tomato & Herb - organic | 440g | 3.39 | GVO |
| MR ORGANIC | | | | |
| KJ087 | Basilico Pasta Sauce | 660g | 3.79 | OV |
| KJ238 | Chilli & Garlic Passata Sauce | 400g | 2.49 | OV |
| KJ328 | Chilli & Garlic Pesto | 130g | 2.29 | GOV |
| KJ331 | Grilled Aubergine Add-in | 190g | 2.69 | GOV |
| KJ239 | Mixed Herbs Passata | 400g | 2.49 | OV |
| VF106 | Parmagiana Sauce | 350ml | 2.29 | GOV |

| code | product | size | rrp | bfgosv |
|------------------------------------------|--------------------------------|------|-------|--------|
| KJ327 | Red Pepper Pesto (vegan) | 130g | 14.81 | GOV |
| KJ215 | Seitan Pasta Sauce | 350g | 2.29 | OSV |
| KJ216 | Soya Pasta Sauce | 350g | 2.29 | GOVS |
| KJ214 | Tofu Pasta Sauce | 350g | 2.29 | OVS |
| ORGANICO | | | | |
| VF043 | Olive, Chilli & Garlic - og | 360g | 3.69 | OSV |
| VF055 | Red Wine and Porcini | 360g | 3.55 | OSV |
| VF032 | Vegetable Bolognese - og | 360g | 3.35 | OSV |
| SEEDS OF CHANGE | | | | |
| VF072 | Bolognese Sauce OG | 500g | 2.99 | OSV |
| VF038 | Sundried Tom & Basil Stir in | 195g | 3.49 | OSV |
| VF194 | Tomato & Basil Pasta Sauce | 350g | 2.89 | OV |
| VF076 | Tomato and Basil - og | 500g | 3.10 | OSV |
| SUNITA | | | | |
| KJ790 | Organic Pesto Genovese | 130g | 4.19 | OV |
| PATE | | | | |
| SUMA ORGANIC | | | | |
| GH052 | Bruschetta - Tomato & Basil | 140g | 2.59 | OV |
| GH048 | Hummus - Edamame | 135g | 2.59 | OV |
| GH016 | Pate - Bean & Mustard | 140g | 2.59 | OV |
| GH003 | Pate - Kidney Bean, Red Pepper | 140g | 2.59 | OV |
| BONSAN | | | | |
| GH095 | Beetroot & Horseradish Pate | 130g | 1.95 | OV |
| GH100 | Cashew & Bell Pepper Pate | 130g | 3.50 | OV |
| GH105 | Lentil & Turmeric Pate | 140g | 2.95 | OSV |
| GH085 | Tomato & Lupin Pate | 140g | 3.25 | OV |
| GRANOVITA | | | | |
| GH651 | Mushroom Pate - organic | 200g | 3.35 | GOV |
| GH168 | Spicy Mexican Pate - organic | 200g | 3.35 | GOV |
| SUNITA | | | | |
| KJ791 | Kalamata Olive Pate | 180g | 3.99 | OV |
| TARTEX | | | | |
| GH001 | Classic Pate - og | 200g | 3.19 | GOV |
| GH012 | Herb & Garlic Pate - og | 200g | 3.19 | OV |
| GH006 | Herb Pate - og | 200g | 3.19 | OV |
| GH007 | Mushroom pate - og | 200g | 3.19 | OV |
| PATES, DIPS & TAPAS (CHILLED) | | | | |
| FLORENTIN | | | | |
| CV931 | Houmous | 200g | 3.80 | GOV |
| CV526 | Houmous Extra with Pinenuts | 200g | 3.70 | GOV |
| THE REAL OLIVE COMPANY | | | | |
| CV806 | Fresh Basil Pesto | 150g | 3.25 | OV |
| CV807 | Fresh Tomato & Olive Pesto | 150g | 3.25 | OV |
| CV903 | Harissa Tapenade | 180g | 3.35 | OV |
| CV902 | Kalamata Olive Tapenade | 180g | 3.35 | OV |
| CV554 | Kalamata Olives | 210g | 3.70 | OV |
| CV538 | Kasbah Olives | 185g | 3.85 | OV |
| CV536 | La Verde Olives | 185g | 3.85 | OV |
| CV549 | Nocellara Del Belice Olives | 210g | 3.70 | OV |
| PET FOODS & PET CARE | | | | |
| YARRAH | | | | |
| PF023 | Dog Biscuits - Vegan Org | 500g | 6.35 | OV |
| PF501 | Dogfood Vegetarian Organic | 2kg | 15.65 | O |
| PF502 | Dogfood Vegetarian Organic | 10kg | 75.40 | O |
| PF503 | Multi Dog Biscuits | 250g | 3.90 | OV |
| PF040 | Organic Clay Cat Litter | 7kg | 13.35 | OV |
| PICKLES, CHUTNEYS & MUSTARDS | | | | |
| BIONA | | | | |
| KJ283 | Biona Sauerkraut Golden Turmer | 350g | 2.29 | OSVB |
| KJ052 | Cherkin Slices | 350g | 3.85 | OSV |
| LJ664 | Harissa Relish - prepared | 125g | 3.15 | OV |

| code | product | size | rrp | bfgosv |
|-------------------------------------|--------------------------------|-------|------|--------|
| KJ076 | Mustard Medium Hot | 300ml | 2.95 | OV |
| KJ377 | Org Cornichons (Mini Gherkins) | 330g | 4.55 | OSV |
| KJ036 | Sauerkraut - Organic | 360g | 1.99 | OVB |
| BIONOVA | | | | |
| KJ119 | Classic Mustard - Organic | 180g | 2.45 | OV |
| KJ346 | Cherkins - Sour | 680g | 4.35 | VOS |
| KJ025 | Cherkins - Sweet & Sour | 330g | 3.85 | OV |
| BYODO | | | | |
| KJ351 | Mustard - Dijon, organic | 1kg | 1.99 | VO |
| KJ354 | Mustard - wholegrain, organic | 1kg | 8.30 | VO |
| CULTURED FOOD COMPANY | | | | |
| KJ510 | Raw Carrot & Fennel Sauerkraut | 400g | 5.35 | OV |
| KJ512 | Raw Juniper Berry Sauerkraut | 400g | 5.35 | OV |
| KJ513 | Raw Ruby Red Sauerkraut | 400g | 5.35 | OV |
| KJ514 | Raw Sauerkraut | 400g | 5.35 | OV |
| DELOUIS | | | | |
| KJ001 | Organic Dijon Mustard | 200g | 2.49 | OV |
| KJ007 | Organic Wholegrain Mustard | 200g | 2.49 | OV |
| HLTHPUNK | | | | |
| KJ301 | Hot Dijon Style Yellow Mustard | 150g | 2.99 | OV |
| READY MEALS (FROZEN) | | | | |
| CLIVE'S | | | | |
| | Nut Roasts | | | |
| XL199 | Mushroom Nut Roast | 280g | 5.70 | GOV |
| XL338 | Organic Nut Roast | 280g | 5.70 | GOSV |
| | Pies & Pastries | | | |
| XL019 | Arabian Chickpea Pie | 250g | 3.25 | OSV |
| XL021 | Chestnut & Bean Pie | 250g | 3.25 | OV |
| XL105 | Creamy Cauliflower Pie | 250g | 3.25 | OV |
| XL028 | Gltn Free French Cassoulet Pie | 250g | 3.35 | GOSV |
| XL026 | Gluten Free Aloo Gobi Pie | 250g | 3.35 | GOSV |
| XL030 | Gluten Free Chickpea Tagine | 250g | 3.35 | GOSV |
| XL032 | Gluten Free Mexican Chilli Pie | 250g | 3.35 | GOSV |
| XL025 | Mushroom Pie | 250g | 3.25 | OSV |
| XL114 | Org G/F Mushroom & Leek Pie | 235g | 3.35 | GOV |
| XL020 | Saag Aloo Curry Pie | 250g | 3.25 | OSV |
| | Puff Pastry Pies | | | |
| XL200 | Beefy Ale Puff Pie | 235g | 3.50 | OV |
| XL201 | Chicken Puff Pie | 235g | 3.50 | OV |
| | Quiches | | | |
| XL157 | Broccoli & Green Pesto Quiche | 165g | 2.99 | OV |
| XL152 | Cauliflower Quiche | 165g | 2.99 | OV |
| XL151 | Quiche Lorraine | 165g | 2.99 | OV |
| XL154 | Roasted Red Pepper & Tomato | 165g | 2.99 | OV |
| | Tarts | | | |
| XL323 | Bombay Curry Tart | 195g | 3.70 | GOSV |
| XL324 | Lentil and Kale Tart | 195g | 3.70 | GOSV |
| XL336 | Tomato and Olive Tart | 195g | 3.70 | GOSV |
| READY TO EAT FOODS (CHILLED) | | | | |
| BIONA | | | | |
| CV577 | Ballini Mediterranean Style | 250g | 4.45 | O |
| CV680 | Ballini Provencale | 250g | 4.45 | OV |
| CV563 | Falafel Balls | 220g | 4.35 | OV |
| CV328 | Falafel Balls Mint and Sesame | 220g | 4.60 | OV |
| CV678 | Horseradish Sauce | 125g | 3.50 | OBV |
| CV063 | Lucky Stars | 250g | 4.60 | OV |
| CV180 | Mini Vegan Spring Rolls | 200g | 4.70 | OSV |
| CV376 | Samosas | 230g | 5.55 | OV |
| CV613 | Spring Rolls | 220g | 5.10 | OV |
| CV422 | Thai Spring Rolls | 220g | 5.10 | OV |

| code | product | size | rrp | bfgosv |
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| FOLLOW YOUR HEART | | | | |
| | Dressings | | | |
| CV672 | Caesar Salad Dressing | 355ml | 4.15 | OV |
| | Vegan Mayo | | | |
| CV137 | Organic Garlic Veganaise | 340g | 3.29 | OV |
| CV127 | Organic Vegenaise | 340g | 3.29 | OSV |
| LAURIE'S TUMMY LOVING FOODS | | | | |
| CV208 | Beet Kraut | 300g | 4.89 | OV |
| CV320 | Golden Kraut | 300g | 4.89 | OV |
| CV203 | Kimchi Kraut | 300g | 5.49 | OV |
| CV207 | Original Sauerkraut | 300g | 3.49 | OV |
| LOVING FOODS | | | | |
| | Raw, Organic, Vegan & UK made | | | |
| CV316 | 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 |
| PROFUSION | | | | |
| CV006 | Fresh Organic Sauerkraut | 520g | 2.75 | OV |
| RAW HEALTH | | | | |
| | Fresh Sauerkraut | | | |
| CV813 | Feel The Heat | 410g | 4.80 | OV |
| CV814 | Golden Glow | 410g | 4.80 | OV |
| CV815 | In the Pink | 410g | 4.80 | OV |
| CV747 | Organic Fresh Sauerkraut | 410g | 4.60 | OV |
| SUUR | | | | |
| | Hot Sauces | | | |
| CV287 | Lemon Sriracha Hot Sauce | 160ml | 4.99 | OSV |
| CV301 | Sriracha Hot Sauce | 160ml | 4.99 | OSV |
| | Krauts | | | |
| CV251 | Beetroot and Ginger Kraut | 270g | 3.99 | OV |
| CV252 | Classic Kraut | 270g | 2.99 | OV |
| CV253 | Garlic & Pepper Kraut | 270g | 3.99 | OV |
| CV254 | Kimchi Style Kraut | 270g | 3.99 | OV |
| CV263 | Turmeric & Curry Kraut | 270g | 3.99 | OV |
| SALADS & SPROUTS (CHILLED) | | | | |
| SKY SPROUTS | | | | |
| | Minimum 4 days shelf life | | | |
| CV479 | Alfalfa & Broccoli Sprouts | 100g | 2.10 | OV |
| CV481 | Alfalfa & Fenugreek Sprouts | 100g | 2.10 | OV |
| CV476 | Alfalfa & Radish Sprouts | 100g | 2.10 | OV |
| CV475 | Alfalfa Sprouts | 100g | 2.00 | OV |
| CV721 | Broccoli Sprouts | 100g | 2.20 | OV |
| CV504 | Mixed Bean Sprouts | 225g | 2.20 | OV |
| CV503 | Mung Bean Sprouts | 200g | 2.10 | OV |
| CV510 | Organic Sprouts Multi Pack | 160g | 3.00 | OV |
| CV121 | Organic Sprouts Protein Pack | 175g | 3.00 | OV |
| CV131 | Organic Sprouts Superfood Pack | 110g | 3.00 | OV |
| CV509 | Radish Sprout | 100g | 2.10 | OV |
| SALT & SEASONINGS | | | | |
| GEO ORGANICS | | | | |
| LJ005 | Atlantic Fine Ground Sea Salt | 500g | 2.95 | OV |
| LJ555 | Atlantic Sea Salt Crystals | 250g | 1.35 | OV |
| PINK MOUNTAIN | | | | |
| LJ170 | Pink Himalayan Coarse Salt | 300g | 2.79 | OV |
| LJ174 | Pink Himalayan Coarse Salt | 1kg | 6.69 | OV |
| LJ169 | Pink Himalayan Fine Salt | 300g | 2.79 | OV |
| LJ172 | Pink Himalayan Fine Salt | 1kg | 6.69 | OV |
| PROFUSION | | | | |
| LJ269 | Pink Himalayan Salt Shaker | 100g | 2.75 | OV |

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| SEA VEGETABLES | | | | |
| CORNISH SEAWEED COMPANY | | | | |
| HE040 | Organic Cornish Seaweed Salt | 70g | 3.90 | OV |
| HE006 | Organic Dulse | 20g | 4.59 | OV |
| HE014 | Organic Mixed Seaweed Flakes | 60g | 5.59 | OV |
| HE048 | Organic sea Salad | 30g | 5.75 | OV |
| HE043 | Organic Sea Spaghetti | 40g | 4.59 | OV |
| I SEA BACON | | | | |
| LJ176 | Seaweed Bacon | 30g | 5.79 | OV |
| I SEA PASTA | | | | |
| LJ198 | Seaweed Tagliatelle | 100g | 5.79 | OV |
| MAREVITA | | | | |
| HE012 | Dried & Ground Seaweed Organic | 100g | 7.29 | OV |
| SNACK BARS & FLAPJACKS | | | | |
| CLIF BAR | | | | |
| KB328 | Chocolate Hazelnut Butter | 50g | 1.99 | OSV |
| KB365 | Chocolate Peanut Butter | 50g | 1.99 | OSV |
| DOVES FARM | | | | |
| | Impulse | | | |
| KB228 | Apple & Sultana Flapjack | 35g | 0.79 | GOSV |
| KB230 | Apricot & Chia Seed Flapjack | 35g | 0.79 | GOSV |
| KB234 | Chocolate Chip Flapjack Multipack | 35g | 0.79 | GOSV |
| KB237 | Apple & Sultana Flapjack | 4 x 35g | 2.89 | GOSV |
| KB261 | Apricot & Chia Seed Flapjack | 4 x 35g | 2.89 | GOSV |
| KB463 | Chocolate Chip Flapjack | 4 x 35g | 2.89 | GOSV |
| ORGANICA | | | | |
| KB525 | Creamy Marzipan Dream Bar | 40g | 1.15 | OSV |
| KB703 | Golden Coconut Delight | 40g | 1.15 | OSV |
| KB702 | Hazelnut Nougat Delight | 40g | 1.15 | OSV |
| PLANET ORGANIC | | | | |
| | Energy Bar | | | |
| BT070 | Cacao Brazil Nut Energise Bar | 30g | 1.19 | GOV |
| PROPER | | | | |
| KB115 | Hazelnut Praline Popcorn Bar | 26g | 1.75 | FGOS |
| SUNITA | | | | |
| KB998 | Sesame & Honey Bar - organic | 30g | 0.99 | O |
| TROPICAL WHOLEFOODS | | | | |
| | JUST 5 | | | |
| KB769 | Organic F/T Apricot & Almond Just 5 | 40g | 1.25 | FOV |
| KB592 | Organic F/T Banana & Cocoa | 40g | 1.25 | FOV |
| KB590 | Organic F/T Date & Cocoa JUST 5 | 40g | 1.25 | FOV |
| DR051 | Organic F/T Date & Walnut | 40g | 1.25 | FOV |
| KB710 | Organic F/T Mango & Brazil | 40g | 1.25 | FOV |
| DR037 | Organic F/T Pineapple & Cashew | 40g | 1.25 | FOV |
| SOFT DRINKS | | | | |
| BELVOIR | | | | |
| JU810 | Elderflower Presse | 250ml | 1.79 | GOSV |
| JU814 | Ginger Beer | 250ml | 1.79 | GOSV |
| JU811 | Handmade Lemonade 750ML Bottles | 250ml | 1.79 | GOS |
| JU792 | Elderflower Presse | 750ml | 3.80 | GOSV |
| JU813 | Ginger Beer | 750ml | 3.80 | GOSV |
| BIONA | | | | |
| | Kombucha | | | |
| JU556 | Kombucha Ginger Lime | 330ml | 3.19 | OSV |
| JU523 | Kombucha Original | 330ml | 3.19 | OSV |
| JU551 | Kombucha Sour Cherry Mint | 330ml | 3.19 | OSV |
| CHARITEA | | | | |
| JU598 | CharITea Black | 330ml | 1.47 | FOSV |

| code | product | size | rrp | bfgosv |
|---------------------------|--------------------------------|-------|------|--------|
| JU597 | CharITea Green | 330ml | 1.47 | FOS |
| JU596 | CharITea Mate | 330ml | 1.47 | FOSV |
| JU595 | CharITea Red | 330ml | 1.47 | FOSV |
| COCOFINA | | | | |
| JU368 | Cocofina Natural Coconut Water | 1l | 4.10 | OV |
| DAIONI ORGANIC | | | | |
| JU080 | Banana Flavour Milk | 200ml | 0.99 | OS |
| JU081 | Chocolate Flavour Milk | 200ml | 0.99 | OS |
| JU082 | Strawberry Flavour Milk | 200ml | 0.99 | OS |
| | On the Go - Ready to Drink | | | |
| JU230 | Caffe Latte | 330ml | 2.10 | FO |
| JU225 | Double Shot Coffee | 330ml | 2.10 | FO |
| JU219 | Skinny Latte Coffee | 330ml | 2.10 | FO |
| GUSTO | | | | |
| JU222 | Cherry Cola | 275ml | 2.90 | OV |
| JU223 | Fiery Ginger With Chipotle | 275ml | 2.90 | FOV |
| JU148 | Lemon Energy | 250ml | 2.90 | OV |
| JU353 | Organic Real Cola | 275ml | 2.90 | FGOV |
| JU147 | Original Energy | 250ml | 2.90 | OV |
| JU224 | Sicilian Blood Orange | 275ml | 2.90 | FOV |
| JU159 | Sicilian Lemon with Fresh Yuzu | 275ml | 2.15 | FOV |
| HIP POP | | | | |
| | Organic Kombucha | | | |
| JU364 | Apple Elderflower Kombucha | 330ml | 2.90 | OV |
| JU360 | Blueberry Ginger Kombucha | 330ml | 2.90 | OV |
| JU363 | Ginger Yuzu Kombucha | 330ml | 2.90 | OV |
| JU365 | Strawberry Pineapple Kombucha | 330ml | 2.90 | OV |
| KARMA DRINKS | | | | |
| | Cans | | | |
| JU617 | Gingerella Ginger Ale | 250ml | 1.19 | FOSV |
| JU616 | Karma Cola | 250ml | 1.19 | FOSV |
| JU800 | Karma Orangeade | 250ml | 1.19 | FOSV |
| JU615 | Lemony Lemon | 250ml | 1.19 | FSOV |
| JU420 | Razza Raspberry Lemonade | 250ml | 1.19 | FOSV |
| | Glass Bottles | | | |
| JU073 | Gingerella Ginger Ale | 300ml | 1.79 | FOVS |
| JU075 | Karma Cola | 300ml | 1.79 | FOSV |
| JU750 | Karma Cola - Sugar Free | 300ml | 1.79 | FOV |
| JU078 | Lemony Lemon | 300ml | 1.79 | FOSV |
| JU418 | Razza Raspberry Lemonade | 300ml | 1.79 | FOVS |
| JU302 | Summer Orangeade | 300ml | 1.79 | FOSV |
| LEMONAID BEVERAGES | | | | |
| JU592 | Lemonaid Blood Orange | 330ml | 1.91 | FOSV |
| JU068 | Lemonaid Ginger | 330ml | 1.91 | FOSV |
| JU587 | Lemonaid Lime | 330ml | 1.91 | OSV |
| JU589 | Lemonaid Passion Fruit | 330ml | 1.91 | FOSV |
| LUSCOMBE DRINKS | | | | |
| JU584 | Cool Ginger Beer | 270ml | 1.95 | OSV |
| JU586 | Hot Ginger Beer | 270ml | 1.95 | OV |
| JU145 | Raspberry Crush | 270ml | 1.95 | OSV |
| JU583 | Sicilian Lemonade | 270ml | 1.95 | OSV |
| JU439 | St Clements | 270ml | 1.95 | OSV |
| PIP ORGANIC | | | | |
| JU399 | Sparkling Apple | 250ml | 1.89 | OV |
| JU405 | Sparkling Lemon | 250ml | 1.89 | OV |
| REBEL KITCHEN | | | | |
| JU059 | Banana Mylk | 250ml | 1.65 | GOV |
| JU178 | Chocolate Mylk | 250ml | 1.65 | GOV |
| VITA COCO | | | | |
| | 1L | | | |
| JU239 | Pressed Coconut Water Organic | 1l | 4.19 | OV |
| JU221 | Pure Coconut Water Organic | 1l | 4.19 | OV |

| code | product | size | rrp | bfgosv |
|-------------------------------------|-----------------------------------|-------|-------|--------|
| WHOLE EARTH | | | | |
| JU311 | Apple | 330ml | 1.29 | OSV |
| JU946 | Cola | 330ml | 1.29 | OSV |
| JU935 | Lemonaid | 330ml | 1.29 | OSV |
| JU947 | Mountain Cranberry | 330ml | 1.29 | OSV |
| JU310 | Orange & Lemonade | 330ml | 1.29 | OSV |
| JU189 | Sparkling Elderflower | 330ml | 1.29 | OV |
| JU186 | Sparkling Ginger | 330ml | 1.29 | OV |
| SOUPS | | | | |
| SUMA ORGANIC | | | | |
| VF390 | Organic Minestrone Soup | 400g | 1.95 | OV |
| VF655 | Organic Mushroom Soup | 400g | 2.25 | OV |
| VF595 | Organic Pea Soup | 400g | 2.25 | OV |
| VF525 | Organic Rustic Vegetable Soup | 400g | 1.99 | OV |
| VF365 | Organic Spicy Lentil Soup | 400g | 1.95 | OV |
| VF345 | Organic Tomato & Basil Soup | 400g | 1.95 | OSV |
| VF600 | Organic Tomato Soup | 400g | 1.95 | OV |
| VF685 | Organic Tuscan Bean Soup | 400g | 1.95 | OV |
| ESSENTIAL TRADING | | | | |
| VF085 | Lentil & Pumpkin Soup | 680g | 2.95 | OV |
| VF375 | Pea Soup | 680g | 2.95 | OV |
| 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 |
| RIFCO | | | | |
| VF220 | Balinese Lentil & Pepper Soup | 400g | 2.19 | OV |
| VF233 | Mexican Bean Soup | 400g | 2.19 | OV |
| VF225 | Moroccan Chickpea Soup | 400g | 2.19 | OV |
| VF114 | Sri Lankan Lentil & Coconut | 400g | 2.19 | OV |
| SOUPS (CHILLED) | | | | |
| TIDEFORD ORGANIC VEGAN FOODS | | | | |
| CV733 | Butternut Squash & Sage Soup | 600g | 3.49 | GOV |
| CV882 | Creamy Mushroom Soup | 600g | 3.49 | OV |
| 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 |
| CV644 | Pea Soup | 600g | 3.49 | OV |
| CV783 | Spiced Parsnip Soup | 600g | 3.49 | GOV |
| CV885 | Tomato & Butterbean Soup | 600g | 3.49 | OV |
| SPIRITS & LIQUEURS | | | | |
| WN005 | Papagayo Golden Rum | 70cl | 32.25 | GOV |
| WN067 | Port - Casal Dos Jordoos | 75cl | 3.99 | OV |
| FATTYS ORGANIC SPIRITS | | | | |
| WN036 | London Dry Gin | 70cl | 45.00 | OV |
| WN037 | Pink Grapefruit Spirit | 70cl | 35.00 | OV |
| WN038 | Vodka | 70cl | 35.00 | OV |
| WN039 | Winter Spiced Orange Gin | 70cl | 45.00 | OV |
| SUGARS & SYRUPS | | | | |
| SUMA ORGANIC | | | | |
| LJ099 | Agave Syrup - organic | 240ml | 3.99 | OV |
| LJ121 | Agave Syrup - organic | 500ml | 7.99 | OV |

| code | product | size | rrp | bfgosv |
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| LJ260 | Barley Malt Extract - Organic | 340g | 2.99 | OV |
| LJ300 | Coconut Blossom Syrup Organic | 350g | 5.99 | OV |
| SUMA PREPACKS - ORGANIC | | | | |
| LJ100 | Coconut Palm Sugar, Organic | 500g | 4.89 | OV |
| LJ261 | Demerara Sugar - organic | 500g | 3.15 | OV |
| LJ255 | Icing Sugar - organic | 500g | 4.59 | OV |
| LJ251 | Raw Cane Sugar - organic | 500g | 3.89 | OV |
| BILLINGTONS | | | | |
| LJ999 | Granulated Sugar - organic | 500g | 2.59 | VO |
| LJ190 | Organic Natural Caster | 500g | 2.79 | OV |
| BIONA | | | | |
| LJ083 | Coconut Blossom Nectar | 350g | 6.79 | OV |
| LJ011 | Coconut Palm Sugar - Organic | 250g | 3.50 | OV |
| LJ014 | Coconut Palm Sugar - Organic | 500g | 5.59 | OV |
| LJ182 | Dark Agave Syrup | 250ml | 3.75 | OV |
| HY026 | Organic Brown Rice Syrup | 350g | 3.65 | OV |
| HY020 | Organic Date Syrup | 350g | 4.45 | OV |
| HY022 | Organic Maple Agave Syrup | 350g | 5.49 | OV |
| LJ181 | Rapadura / Sucanat Sugar | 500g | 4.35 | OV |
| CLEARSPRING | | | | |
| JP123 | Barley Malt Syrup | 300g | 3.49 | OV |
| JP126 | Coconut Blossom Syrup | 300g | 4.99 | OV |
| JP125 | Date Syrup | 300g | 3.69 | OV |
| JP124 | Oat Syrup | 300g | 3.99 | OV |
| HY210 | Rice Malt Syrup | 300g | 3.49 | OV |
| EQUAL EXCHANGE | | | | |
| LJ500 | Raw Cane Sugar - organic | 500g | 2.39 | FOV |
| MERIDIAN | | | | |
| HY006 | Barley Malt Extract - og | 370g | 3.29 | OV |
| HY300 | Blackstrap Molasses - Organic | 350g | 2.29 | FOV |
| HY012 | Blackstrap Molasses - Organic | 600g | 2.79 | FOV |
| HY250 | Maple Syrup - organic | 330g | 8.99 | OV |
| RAYNERS | | | | |
| LJ901 | Black Treacle - organic | 340g | 3.15 | GOV |
| LJ704 | Golden Syrup - Organic | 5kg | 42.59 | FOV |
| LJ900 | Malt Extract - Organic | 340g | 4.50 | OV |
| LJ589 | Malt Extract - Organic | 5kg | 32.50 | OV |
| LJ587 | Organic Golden Syrup | 340g | 4.50 | OV |
| SHADY MAPLE FARMS | | | | |
| HY025 | Maple Syrup - organic | 250ml | 7.99 | OV |
| ST LAWRENCE GOLD | | | | |
| HY053 | Og Maple Syrup Grade A Amber | 250ml | 7.49 | OV |
| HY056 | Og Maple Syrup Grade a Amber | 1l | 25.99 | OV |
| HY042 | Og Maple Syrup Grade A Dark | 250ml | 7.49 | OV |
| SUPERFOODS & SPORTS NUTRITION | | | | |
| BEET IT | | | | |
| JU201 | From James White Beet It Stamina Shot | 70ml | 1.99 | OV |
| BIONA | | | | |
| MD736 | Cracked Linseed Gold Organic | 500g | 5.39 | OV |
| GRANOVITA | | | | |
| GT300 | Flax Oil - Organic | 260ml | 11.75 | GOV |
| GT302 | Hemp Oil - Organic | 260ml | 8.85 | GOV |
| LINWOODS | | | | |
| MD113 | Chia Seed | 200g | 6.49 | GOV |
| 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 |
| MD048 | Milled Hemp Organic Sprouted Range | 200g | 4.49 | GOV |

| code | product | size | rrp | bfgosv |
|-------|-----------------------------------|-------------|-------|--------|
| VM263 | Sprouted Flaxseed | 360g | 7.35 | GOV |
| | 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 |
| MD150 | Organic Maca Powder | 300g | 6.99 | OV |
| MD155 | Organic Spirulina Powder | 200g | 8.99 | GOV |
| MD067 | Organic Turmeric Superblend | 250g | 7.99 | GOV |
| MD154 | Organic Wheatgrass Powder | 200g | 7.99 | GOV |
| | PREWETT'S | | | |
| VM020 | Organic Ground Flaxseed | 175g | 3.90 | GOV |
| | SUPPLEMENTS & REMEDIES | | | |
| | NATURES AID | | | |
| VM185 | Evening Primrose Oil Organic | 90 capsules | 15.45 | OV |
| VM030 | Mushroom Complex Organic | 60 capsules | 19.45 | OV |
| | NATURES OWN | | | |
| | Organic Range | | | |
| VM126 | Organic Kelp | 60 capsules | 11.80 | OV |
| | PUKKA | | | |
| MD063 | Ashwagandha - Wholistic | 60 capsules | 29.95 | O |
| MD202 | Castor Oil | 250ml | 9.95 | OV |
| MD160 | Elderberry Syrup | 100ml | 14.99 | FOS |
| MD015 | Inner Peace | 60 capsules | 24.99 | OV |
| MD014 | Mind Focus | 60 capsules | 24.99 | OV |
| MD002 | Night Time | 60 capsules | 19.99 | OV |
| MD117 | Organic Aloe Vera Juice | 500ml | 1.35 | OV |
| MD056 | Organic Aloe Vera Juice | 1l | 17.32 | OV |
| MD062 | Power Immune | 60 capsules | 24.99 | OV |
| MD018 | Wholistic Turmeric | 30 capsules | 15.99 | OV |
| | SIMPLEE ALOE | | | |
| MD041 | Aloe Juice Health Supplement | 500ml | 9.99 | GOV |
| MD025 | Aloe Juice Health Supplement | 1l | 15.99 | GOV |
| | TAKA | | | |
| TE317 | Joint Care Capsules | 90 capsules | 16.99 | OV |
| TE311 | Turmeric Blk Pepper Capsules | 60 capsules | 9.99 | OV |
| TE315 | Turmeric Blk Pepper Capsules | 120 CAP | 16.99 | OV |
| | TOGETHER HEALTH | | | |
| VM032 | Ashwagandha Complex | 30 | 9.99 | GOV |
| VM102 | Iodine | 30 | 6.99 | GOV |
| VM150 | Zinc | 30 | 9.99 | OV |
| | WILD EARTH BY NATURES AID | | | |
| VM207 | Organic Evening Primrose Oil | 30 capsules | 9.99 | GOV |
| VM208 | Organic Turmeric | 30 capsules | 19.99 | GOV |
| | SWEET SNACKS | | | |
| | BIONA | | | |
| ZX002 | Berry Burst Sweets - Organic | 75g | 2.19 | GOSV |
| ZX662 | Cola Bottle Sweets - Organic | 75g | 1.85 | OSV |
| 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 |
| ZX576 | Sour Snakes | 75g | 1.85 | OSV |
| ZX367 | Tutti Frutti Gums | 75g | 1.85 | OSV |
| | JUST WHOLEFOODS | | | |
| ZX573 | Frooty Fruits, Organic, Vegan | 70g | 1.99 | OSV |
| ZX209 | Vegebears, Organic, Vegan | 70g | 1.99 | OSV |
| ZX571 | Vegebears, Organic, Vegan | 70g | 1.99 | SOV |

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|-------|--------------------------------|----------|--------|--------|
| ZX876 | VegeHogs | 70g | 1.99 | OSV |
| | NOT GUILTY | | | |
| KB142 | Kiss me Softly Sour Gummy | 100g | 1.99 | OSVG |
| KB130 | Marilyn Mallow | 80g | 2.19 | GSOV |
| | SUNITA | | | |
| ZX587 | Grape Juice & Sultana Halva OG | 75g | 1.83 | OV |
| ZX850 | Honey Halva - organic | 75g | 1.90 | O |
| ZX588 | Honey Halva with Almonds OG | 75g | 2.40 | O |
| ZX099 | Og Halva with Coconut | 75g | 1.83 | O |
| ZX524 | Organic Honey Halva with Cocoa | 75g | 2.34 | O |
| | TABLE SAUCES | | | |
| | BIONA | | | |
| KJ228 | Balsamic Glaze Organic | 150ml | 3.95 | OV |
| KJ225 | BBQ Sauce Organic | 250ml | 3.25 | OSV |
| KJ082 | Brown Sauce Organic | 270g | 3.75 | OV |
| KJ106 | Classic Tomato Ketchup Squeezy | 560g | 3.75 | GOSV |
| KJ226 | Sweet Chilli Sauce Organic | 250ml | 3.25 | OSV |
| KJ232 | Tomato Ketchup, Organic | 340g | 2.75 | OV |
| KJ463 | Worcester Sauce | 140ml | 4.50 | GOSV |
| | GEO ORGANICS | | | |
| KJ212 | Worcestershire Sauce - organic | 150ml | 3.45 | OSV |
| | HLTHPUNK | | | |
| KJ303 | UFO Impos Awesome Burger Sauce | 150g | 4.99 | OV |
| | MERIDIAN | | | |
| KJ621 | Tomato Ketchup - organic | 285g | 2.79 | GOSV |
| | MR ORGANIC | | | |
| KJ050 | Italian Organic Ketchup | 480g | 2.49 | OSV |
| KJ496 | Naturally sweetened Ketchup | 480g | 3.79 | GOV |
| | TEAS | | | |
| | CLEARSPRING | | | |
| JP210 | Genmaicha Green Tea Tea Bags | 20 bags | 3.39 | OV |
| JP097 | Hojicha Roasted Green Tea | 20 bags | 3.39 | OV |
| TE236 | Japanese Oolong Tea (bags) | 36g | 3.89 | OV |
| JP063 | Kukicha,Roasted Twig Teabags | 20 bags | 3.39 | OV |
| JP010 | Matcha Sencha Green Tea (bags) | 20 bags | 3.89 | OV |
| TE259 | Matcha Sencha loose Tea | 85g | 12.99 | OV |
| TE237 | Matcha Tea Ceremonial Tin | 30g | 16.99 | OV |
| TE504 | Matcha Tea Premium (bulk) | 1kg | 193.00 | OV |
| TE243 | Matcha Tea Premium (Pouch) | 40g | 1.99 | OV |
| JP302 | Sencha Green Tea | 20 bags | 3.39 | OV |
| JP019 | Sencha Traditional Green Tea | 90g | 7.49 | OV |
| | CLIPPER | | | |
| TE983 | Assam | 50 bags | 2.53 | FOV |
| | Food Service Range - 250's | | | |
| TE152 | Earl Grey | 250 bags | 23.99 | FOV |
| TE451 | Speciality English Breakfast | 250 bags | 23.99 | FOV |
| | Food Service Range - 6 X 25's | | | |
| TE150 | Earl Grey | 25 bags | 2.89 | FOV |
| | Food Service Range - 6 x 25's | | | |
| TE635 | Everyday Decaffeinated Tea | 25 bags | 3.35 | OV |
| | Food Service Range - 6 X 25's | | | |
| TE161 | Green Tea | 25 bags | 2.89 | FOV |
| | Green Tea 20's | | | |
| TE990 | Green Tea with Lemon Organic | 20 bags | 2.45 | OFV |
| TE989 | Organic Pure Green Tea | 20 bags | 2.45 | OFV |
| | Looseleaf Tea | | | |
| TE982 | Assam | 125g | 2.99 | FOV |
| TE897 | English Breakfast Organic | 125g | 2.99 | FOV |
| TE877 | Green Tea | 100g | 2.99 | FOV |
| | Pack 40 | | | |
| TE154 | Decaffeinated Green | 40 bags | 3.49 | FOV |

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|-------|--------------------------------|---------|-------|--------|
| TE151 | Decaffeinated Tea | 40 bags | 3.49 | FOV |
| TE158 | Earl Grey Decaff | 40 bags | 3.49 | FOV |
| TE172 | English Breakfast Tea Organic | 40 bags | 2.89 | FGOV |
| TE177 | FT Organic Earl Grey | 40 bags | 2.89 | FGOV |
| TE168 | FT Organic Everyday Tea | 40 bags | 2.89 | FGOV |
| TE182 | FT Organic Green Tea | 40 bags | 2.89 | FGOV |
| TE183 | FT Organic White Tea | 40 bags | 2.89 | FGOV |
| | Pack 80 | | | |
| TE164 | Decaffeinated Tea | 80 bags | 5.99 | FOV |
| TE053 | Earl Grey | 80 bags | 3.99 | FOV |
| TE507 | English Breakfast Organic | 80 bags | 3.99 | FGOV |
| TE189 | FT Organic Everyday Tea | 80 bags | 3.85 | FGOV |
| TE190 | FT Organic Green Tea | 80 bags | 3.99 | FGOV |
| TE179 | Green and Mint | 80 bags | 3.99 | FOV |
| | Super Green Teas | | | |
| TE391 | Defending Organic Green Tea | 20 bags | 2.49 | FOV |
| TE379 | Reviving Organic Green Tea | 20 bags | 2.49 | FOV |
| | ENGLISH TEA SHOP | | | |
| | Christmas | | | |
| TE282 | Holiday White Prism | 12 bags | 3.99 | FOV |
| | XMAS 2022 | | | |
| TE284 | Advent Calendar Hanging | 25 bags | 12.99 | FOV |
| TE173 | Advent Calendar Puzzle -White | 25 bags | 9.99 | FOV |
| TE278 | Advent Calendar Triangle | 25 bags | 9.99 | FOV |
| TE115 | Advent Tea Calendar - Sachets | 25 bags | 4.49 | FOV |
| TE140 | Book Style Advent Calendar-Red | 25 bags | 9.99 | FOV |
| TE116 | Book Style Advent Calndr-Night | 25 bags | 9.99 | FOV |
| TE143 | Book Style Advent Calndr-White | 25 bags | 9.99 | FOV |
| TE273 | Uplifting Moments | 32 bags | 8.99 | FOV |
| | GREENYPEEPS | | | |
| | Carbon Negative Tea | | | |
| TE441 | Darjeeling | 20 bags | 2.49 | FOV |
| TE426 | Earl Grey | 20 bags | 2.49 | FOV |
| TE425 | English Breakfast | 20 bags | 2.49 | FOV |
| TE435 | Green Tea | 20 bags | 2.49 | FOV |
| | HAMPSTEAD TEA | | | |
| TE369 | Assam | 20 bags | 2.99 | OV |
| TE939 | Clean Green | 20 bags | 2.99 | FOV |
| TE936 | Divine Earl Grey | 20 bags | 2.99 | FOV |
| TE932 | English Breakfast | 20 bags | 2.99 | FOV |
| TE935 | Pure Darjeeling | 20 bags | 2.99 | FOV |
| | Looseleaf | | | |
| TE249 | Darjeeling | 100g | 5.99 | BOV |
| TE251 | Earl Grey | 100g | 5.99 | OVB |
| TE677 | English Breakfast | 100g | 5.99 | GOVB |
| TE255 | Green Tea | 100g | 5.99 | BOV |
| | Selection Box | | | |
| TE365 | Black Tea Selection | 20 bags | 2.99 | OV |
| TE364 | Green Tea Selection | 20 bags | 2.99 | OV |
| | PUKKA | | | |
| TE213 | Elegant English Breakfast | 20 bags | 3.45 | FOV |
| TE214 | Gorgeous Earl Grey | 20 bags | 3.45 | FOV |
| | QI | | | |
| TE308 | Decaffeinated Green Tea | 20 bags | 2.75 | OV |
| TE485 | Fairtrade Green Tea | 25 bags | 1.94 | FOV |
| TE114 | Fairtrade White Tea | 25 bags | 2.17 | FOV |
| TE112 | Jasmine Green Tea | 25 bags | 2.17 | FOV |
| TE310 | Matcha Green Tea Powder | 40g | 19.99 | OV |
| | Looseleaf | | | |
| TE819 | Fairtrade Chun Mee Tea | 100g | 2.75 | FOV |
| | RUDE HEALTH FOODS | | | |
| | Hot Drinks | | | |

| code | product | size | rrp | bfgosv |
|---------------------------------------|--------------------------------|-------|------|--------|
| TE100 | Hot Chocolate - Organic | 1l | 2.99 | OV |
| TE157 | Turmeric Latte - Organic | 1l | 2.99 | OV |
| TOFU & TEMPEH (CHILLED) | | | | |
| BETTER NATURE | | | | |
| CV201 | Organic Tempeh | 200g | 2.99 | OV |
| CV247 | Smoked Tempeh | 170g | 3.29 | OV |
| CAULDRON | | | | |
| CV562 | Organic Marinated Tofu Pieces | 160g | 3.10 | SOV |
| CV561 | Organic Tofu | 396g | 3.20 | OV |
| CLEAR SPOT | | | | |
| CV209 | Marinated Tofu | 190g | 2.70 | OV |
| CV612 | Oriental Tofu | 225g | 3.20 | OV |
| CV206 | Plain Tofu | 280g | 2.20 | OV |
| CV272 | Plain Tofu | 450g | 3.45 | OV |
| CV777 | Scrambled Tofu | 200g | 3.65 | GOV |
| CV913 | Silken Tofu | 250g | 2.30 | GOV |
| CV249 | Smoked Tofu | 225g | 3.00 | OV |
| CV074 | Tempeh | 200g | 3.69 | OV |
| CV214 | Tofu Sea Cakes | 190g | 2.35 | OV |
| 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 |
| IMPULSE FOODS | | | | |
| CV537 | Classic Original Tempeh | 200g | 3.00 | OV |
| CV543 | Tempeh with Hemp Seeds | 200g | 3.20 | OV |
| CV544 | Tempeh with Sea Vegetables | 200g | 3.15 | OV |
| CV890 | Tempeh with Sunflower Seeds | 200g | 3.35 | OV |
| NATUREMADE OASIS | | | | |
| CV582 | Marinated Tofu | 200g | 2.45 | OV |
| TAIFUN | | | | |
| CV007 | Almond/Ses Tofu Slice | 200g | 4.25 | OV |
| CV835 | Basil Tofu with Fresh Herbs | 200g | 4.25 | OVB |
| CV716 | Curcuma Turmeric Tofu | 200g | 4.25 | OV |
| CV635 | Feto Natural Tofu | 200g | 4.10 | OV |
| CV684 | Firm Tofu - Natural | 200g | 2.45 | OV |
| CV833 | Smoked Tofu- Eat hot or cold. | 200g | 3.75 | OV |
| CV841 | Tofu Fillet - Japanese Style | 160g | 3.55 | OVB |
| CV840 | Tofu Fillet - Mild Wild Garlic | 160g | 3.85 | OVB |
| CV832 | Tofu Rosso - Taste of the Med | 200g | 4.25 | OVB |
| VIANA | | | | |
| | Demeter Organic Standard | | | |
| CV408 | Real Smoked Firm Tofu | 250g | 3.35 | OV |
| TOMATOES & TOMATO PRODUCTS | | | | |
| SUMA ORGANIC | | | | |
| LJ660 | Organic Basil Passata | 690g | 1.99 | VO |
| LJ560 | Organic Passata | 690g | 1.95 | VO |
| LJ088 | Tomato Puree - organic | 200g | 1.49 | OV |
| | Canned | | | |
| LJ075 | Cherry Tomatoes - organic | 400g | 1.39 | OV |
| LJ750 | Chopped Tomatoes with Basil | 400g | 1.15 | VO |
| LJ080 | Tomatoes - chopped, organic | 400g | 1.90 | OV |
| LJ123 | Tomatoes - chopped, organic | 2.5kg | 5.35 | OV |
| LJ081 | Tomatoes - peeled, whole OG | 400g | 1.90 | VO |
| SUMA PREPACKS - ORGANIC | | | | |
| | Dried | | | |
| LJ602 | Sundried Tomatoes - organic | 125g | 1.75 | OV |
| MR ORGANIC | | | | |
| KJ071 | Italian Tomato Puree | 200g | 2.90 | OV |
| ORGANICO | | | | |
| KJ010 | Sundried Tomatoes - og | 190g | 3.95 | FOV |

| code | product | size | rrp | bfgosv |
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| TOOTH CARE | | | | |
| BEN & ANNA | | | | |
| DY300 | Mouthwash - Sensitive | 500ml | 1.95 | OV |
| DY302 | Toothpaste - Charcoal | 100ml | 8.95 | OV |
| DY293 | Toothpaste - Sensitive | 100ml | 8.95 | OV |
| DY291 | Toothpaste - Whitening | 100ml | 8.95 | OV |
| | Toothpaste Tablets | | | |
| DY246 | Toothpaste Tablets- Mint | 36g | 8.95 | VO |
| GREEN PEOPLE | | | | |
| DY256 | Childrens Mandarin | 50ml | 4.99 | VO |
| DY014 | Childrens Spearmint&AloeVera | 50ml | 4.99 | VO |
| VEGETABLES | | | | |
| SUMA ORGANIC | | | | |
| | Canned from Fresh | | | |
| VF111 | Fresh Peas - Organic | 340g | 1.39 | OV |
| LJ270 | Supersweet Sweetcorn - Organic | 160g | 1.29 | OV |
| LJ800 | Supersweet Sweetcorn - Organic | 340g | 1.65 | OV |
| LJ550 | Sweetcorn - Organic | 340g | 1.65 | OV |
| AMAIZIN | | | | |
| KJ117 | Jalapeno Peppers | 150g | 2.65 | OV |
| BIONA | | | | |
| LJ243 | Capers In Olive Oil | 120g | 4.55 | OV |
| BIONOVA | | | | |
| VF039 | Garden Peas | 350g | 2.90 | O |
| VF040 | Sauerkraut | 360g | 2.69 | VO |
| VF030 | Sweetcorn - organic | 340g | 2.90 | VO |
| CLEARSPRING | | | | |
| | Bio Kitchen | | | |
| VF339 | Sauerkraut | 360g | 1.79 | OVB |
| MANI | | | | |
| KJ440 | Og Capers in Olive Oil | 180g | 3.99 | OV |
| KJ434 | Og Kalamata Oilve Paste | 180g | 3.99 | OV |
| KJ437 | Og Sun Dried Tomato Paste | 180g | 3.99 | OV |
| ORGANICO | | | | |
| KJ016 | Artichoke Hearts - og | 190g | 4.49 | FOV |
| KJ428 | Capers | 100g | 1.95 | OV |
| KJ429 | Capers | 250g | 3.15 | OV |
| VF088 | French Chestnuts in box - og | 200g | 5.29 | OV |
| 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 |
| XL176 | Cut Green Beans | 450g | 2.40 | OVB |
| XL177 | Leaf Spinach Portions | 450g | 2.45 | OVB |
| 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 |
| VINEGARS | | | | |
| SUMA ORGANIC | | | | |
| KJ290 | Apple Cider Vinegar Og | 5l | 14.29 | OV |
| KJ304 | Apple Cider Vinegar Organic | 500ml | 2.59 | OV |
| KJ335 | Apple Cider Vinegar Organic | 750ml | 3.10 | OV |
| KJ151 | OG Balsamic Vinegar - oak aged | 250ml | 3.89 | OV |
| KJ153 | Org Balsamic 5 Litre | 5l | 37.90 | OV |
| KJ099 | Organic Red Wine Vinegar | 5l | 18.59 | OV |
| KJ089 | Organic Red Wine Vinegar | 500ml | 2.29 | OV |
| KJ107 | Organic White Wine Vinegar | 5l | 18.59 | OV |

| code | product | size | rrp | bfgosv |
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| KJ091 | Organic White Wine Vinegar | 500ml | 2.29 | OV |
| ASPALL | | | | |
| KJ382 | Balsamic Vinegar - og | 5l | 37.95 | OV |
| KJ478 | Balsamic Vinegar - organic | 350ml | 3.90 | OV |
| KJ252 | Cyder Vinegar - og | 25l | 42.88 | OV |
| KJ481 | Cyder Vinegar - organic | 350ml | 1.59 | VO |
| KJ069 | Cyder Vinegar - organic | 500ml | 1.99 | VO |
| KJ205 | Cyder Vinegar - organic | 5l | 15.49 | OV |
| KJ395 | Raw Unfiltered Cyder Vinegar | 500ml | 2.35 | OV |
| KJ321 | Raw Unfiltered Cyder Vinegar | 5l | 16.65 | OV |
| KJ475 | Red Wine Vinegar - organic | 350ml | 1.55 | OV |
| KJ474 | White Wine Vinegar - organic | 350ml | 1.55 | OV |
| KJ210 | White Wine Vinegar - organic | 5l | 17.19 | OV |
| BIONA | | | | |
| KJ131 | Cider Vinegar with 'Mother' | 5 l | 15.79 | OV |
| KJ130 | Cider Vinegar with 'Mother' | 500ml | 2.85 | OV |
| KJ311 | Cider Vinegar with 'Mother' | 75cl | 3.55 | OV |
| 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 |
| RAW HEALTH | | | | |
| KJ008 | ACV Infusion Turmeric Ginger | 500ml | 3.35 | OV |
| KJ489 | Apple Cider Vinegar | 1 l | 4.35 | OV |
| KJ490 | Apple Cider Vinegar With Honey | 500ml | 4.75 | O |
| KJ129 | Raw Organic Cider vinegar | 500ml | 3.50 | OV |
| RAYNERS | | | | |
| LJ272 | Apple Cider Vinegar | 750ml | 3.99 | OV |
| KJ500 | Apple Cider Vinegar | 500ml | 3.59 | OV |
| KJ505 | Coconut Aminos | 250ml | 5.85 | OV |
| WATERS | | | | |
| CHEDDAR WATER | | | | |
| WA011 | Natural Spring Water Sparkling | 750ml | 1.25 | OV |
| WA007 | Natural Spring Water Still | 750ml | 1.25 | OV |
| WINES | | | | |
| RED WINE | | | | |
| Argentina | | | | |
| WN119 | Made in Mendoza Malbec | 75cl | 9.99 | OV |
| Chile | | | | |
| WN055 | MontGras Pinot Noir | 750ml | 14.59 | GOV |
| France | | | | |
| WN006 | La Marouette Merlot | 75cl | 13.39 | OV |
| WN078 | La Marouette Red | 750ml | 13.59 | OV |
| Italy | | | | |
| WN063 | Era Nero d'Avola | 75cl | 13.79 | OV |
| WN140 | Fedele Nero D'Avola | 75cl | 12.29 | OV |
| WN058 | Ingeno Nero D'Avola | 75cl | 1.49 | OV |
| WN020 | Integro Organic Primitivo | 75cl | 12.99 | GOV |
| South Africa | | | | |
| WN114 | Running Duck Cab. Sauvignon | 75cl | 1.99 | FOV |
| WN197 | Running Duck Merlot | 75cl | 1.79 | FOV |
| WN196 | Running Duck Pinotage | 75cl | 1.99 | FOV |
| WN116 | Running Duck Shiraz | 75cl | 1.79 | FOV |
| WN138 | Stellar Organics Merlot | 75cl | 11.90 | FOV |
| Spain | | | | |
| WN050 | Amigo de la Tierra Red | 750ml | 1.69 | GOV |
| WN232 | Camino Tinto Tempranillo | 75cl | 1.59 | OV |
| WN207 | Cuesta Colora Tempranillo | 75cl | 13.59 | OV |
| WN080 | Finca Fabian Tempranillo | 750ml | 11.29 | OV |
| WN103 | Rioja Garnacha Crianza | 75cl | 17.99 | OV |

| code | product | size | rrp | bfgovs |
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| ROSE WINE | | | | |
| | France | | | |
| WN060 | La Marouette French Rose | 750ml | 14.19 | OV |
| WN229 | La Marouette Grenache Rose | 75cl | 13.49 | OV |
| | South Africa | | | |
| WN118 | Running Duck Shiraz Rose | 75cl | 1.79 | FOV |
| | Spain | | | |
| WN022 | Coral de Penascal Rose | 75cl | 12.99 | GOV |
| SPARKLING WINE | | | | |
| | Italy | | | |
| WN015 | Era Prosecco | 75cl | 16.79 | OV |
| WN009 | Perlage Col Di Manza Prosecco | 75cl | 22.99 | OVB |
| WN133 | Proverbio Prosecco | 75cl | 16.65 | OV |
| | Spain | | | |
| WN081 | Bodegas Enguera Cava | 750ml | 15.99 | O |
| WN054 | Vallformosa Bio Organic Cava | 750ml | 16.79 | GOV |
| WHITE WINE | | | | |
| | Chile | | | |
| WN016 | MontGras Sauvignon Blanc | 75cl | 14.99 | GOV |
| | France | | | |
| WN076 | La Marouette White | 750ml | 14.99 | OV |
| | Italy | | | |
| WN141 | Fedele Catarratto Pinot Grigio | 75cl | 12.29 | OV |
| WN057 | Ingeno Pinot Grigio | 75cl | 1.49 | OV |
| WN029 | Spinola Cas. Tassarolo Gavi | 75cl | 19.99 | OV |
| | South Africa | | | |
| WN008 | Running Duck Chenin Blanc | 75cl | 1.79 | FOV |
| WN115 | Running Duck Chenin Sauv Blanc | 75cl | 1.79 | FOV |
| WN019 | Stellar Org. Sauvignon Blanc | 75cl | 1.79 | FOV |
| | Spain | | | |
| WN040 | Amigo de la Tierra White | 750ml | 1.69 | GOV |
| WN079 | Finca Fabian Verdejo | 750ml | 11.29 | OV |
| YOGHURT, DAIRY (CHILLED) | | | | |
| BERGERIE | | | | |
| CV581 | Goat Milk Yoghurt Natural Org | 125g | 0.75 | GO |
| CV084 | Natural Goat Milk Yoghurt | 400g | 3.10 | O |
| CV585 | Sheep Milk Yoghurt Greek Style | 250g | 1.65 | GO |
| CV621 | Sheep's Milk Yoghurt Natural | 125g | 0.80 | O |
| CV625 | Sheep's Milk Yoghurt Natural | 400g | 3.50 | O |
| WOODLANDS DAIRY | | | | |
| CV420 | Natural Sheeps Yoghurt | 450g | 3.59 | O |
| YEO VALLEY | | | | |
| | Kefir Yoghurt | | | |
| CV863 | Mango & Passionfruit | 350g | 2.00 | GOS |
| CV864 | Natural | 350g | 2.00 | GOS |
| CV862 | Strawberry | 350g | 2.00 | GOS |
| | Minimum 4 days shelf life | | | |
| CV366 | Apricot & Peach Yoghurt | 450g | 2.50 | OS |
| CV709 | Blueberry Yoghurt | 450g | 2.50 | O |
| CV746 | Fat Free Natural Yoghurt | 500g | 2.45 | OS |
| CV403 | Greek Style Natural | 450g | 2.80 | O |
| CV604 | Lemon Curd Yoghurt | 450g | 2.50 | OS |
| CV360 | Natural Yoghurt | 500g | 2.45 | O |
| CV365 | Raspberry Yoghurt | 450g | 2.50 | OS |
| CV363 | Strawberry Yoghurt | 450g | 2.50 | OS |
| | Multipack Range | | | |
| CV603 | Fruity Favourites | 4 x 120g | 2.80 | OS |
| YOGHURT, NON-DAIRY (CHILLED) | | | | |
| COCOS | | | | |
| CV892 | Mango & Passionfruit | 125g | 2.15 | GOV |
| CV893 | Mixed Berry Coconut Yoghurt | 125g | 2.15 | GOV |

| code | product | size | rrp | bfgosv |
|-------|--------------------------------|------|------|--------|
| 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 |
| | 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 Raspberrry 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 |
| | SOON | | | |
| CV616 | Banana & Coconut Oat Yogurt | 350g | 2.70 | OSV |
| CV636 | Chocolate Hemp Dessert | 150g | 1.30 | OSV |
| CV637 | Coconut Yogurt | 350g | 2.89 | OV |
| CV681 | Hazelnut Hemp Dessert | 150g | 1.30 | OSV |
| CV559 | Oat Yogurt | 350g | 2.49 | OV |
| CV622 | Spelt Yogurt | 350g | 2.80 | OV |

Suma

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