

Suma

CO-OPERATIVE SINCE 1977

ORGANIC

NOV - DEC 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				
JU260	Apple Lemon Refresher	750ml	2.99	OV
JU259	Perfect Passionfruit Fizz	750ml	2.99	OV
ST PETER'S				
	Alcohol Free Beers			
RT026	St Peter's Without Pale Ale	500ml	2.19	OV
BABY & CHILD FOOD				
ANNABEL KARMEL				
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	300g	2.99	OV
BB151	Gluten Free Mini Gnocchi	250g	2.39	GOV
BB043	Red Lentil Dinosaur Pasta	250g	3.55	GOV
BB051	Teddy Bear Pasta	300g	2.99	VO
BB174	Travel Pasta Shapes - Tricolor	250g	1.95	OV
ORGANIX				
	Cereals - Stage 2			
BB052	Banana & Plum Porridge	200g	2.95	OV
BB053	Multigrain Porridge	200g	2.95	OV
	Cereals - Stage 3			

code	product	size	rrp	bfgosv
BB057	Banana,Peach & Apple Muesli	200g	3.50	OV
BB060	Raspberry & Banana Muesli	200g	3.50	OV
	Finger Foods - from 7 months			
BB713	Apple Rice Cakes	50g	1.69	OV
BB153	Banana Rice Cakes	50g	1.69	OV
BB715	Crunchy Carrot Sticks	20g	0.95	OV
BB717	Crunchy Sweetcorn Rings	20g	0.79	OV
	Goodies Biscuits			
BB711	Alphabet Biscuits	5 x 25g	3.25	OV
BB022	Animal Biscuits	100g	2.45	OV
BB247	Gingerbread Men	135g	3.25	OV
	Goodies Fruit Snacks			
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	12 x 14g	3.19	OV
	Goodies Savouries			
BB549	Carrot Stix	15g	0.55	OV
BB248	Cheese & Herb Curly Puffs	15g	0.65	O
BB094	Mini Cheese Crackers	4 x 20g	2.99	O
	Goodies Snack Bars			
BB076	Apple & Orange Soft Oaty Bar	6 x 30g	4.29	OV
BB075	Carrot Cake Soft Oaty Bars	6 x 30g	4.29	OV
BB080	Raspberry & Apple Soft Oaty	6 x 30g	4.29	OV
	Gruffalo Snacks			
BB073	Gruffalo Cocoa & Vanilla	5 x 20g	3.39	O
	Rice Cake Clouds			
BB030	Apple Rice Cake	40g	1.69	OV
BB039	Banana Rice Cake	40g	1.69	OV
BB036	Strawberry Rice Cake	40g	1.69	OV

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	50	4.15	OV
	NURSING PADS			
NF370	Natural Nursing Pads	26	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
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CLEARSPRING

LJ138	Agar Agar Flakes Gelling Agent	30g	5.79	OV
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COCOA LOCO

KB139	Dark Chocolate Couverture	1.5kg	22.99	FOSV
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DOVES FARM

LJ203	Cornflour Organic	110g	1.79	GOV
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ENGEVITA

LJ144	Organic Yeast Flakes	100g	5.99	FGOV
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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	7.95	FOV
LJ113	Vanilla Bean Paste	65g	2.19	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	3.39	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	2.45	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	3.15	OS
BT166	Hazelnut Syrup Waffles	175g	3.15	OSV
BT157	Honey Waffles	175g	2.85	OS
BONN'S & CO				
	XMAS 2022			
BT168	Flame Baked Water Cracker	162g	3.59	OV
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	1.35	OSV
BT271	Double Chocolate Cookies - GF	180g	2.29	GOSV
BT202	Fruity Oat Digestives	200g	1.59	OSV
BT269	Lemon Zest Cookies - GF	150g	1.59	GOSV
BT092	Organic Digestive Biscuits	400g	2.15	OSV
BT029	Organic Ginger Oat Biscuits	200g	1.89	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	270g	2.79	OSV
	NAIRN'S			
BT273	Oatcakes - Organic	250g	1.35	OV
BT386	Oatcakes -Organic Super Seeded	200g	1.56	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	3.29	GOV
BT334	Coconut Cookie	135g	3.29	GOV
BT335	Double Choco Hazelnut Biscuits	135g	3.29	OVG
BT431	Hazelnut Chocolate Chip	135g	3.29	OSV
BT430	Hazelnut Chocolate Praline	135g	3.29	OSV
BT344	Lemon Ginger Chia Biscuits	135g	3.29	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
DY198	Baby Castile Liquid Soap	473ml	13.29	FOV
DY209	Baby Castile Liquid Soap	945ml	17.59	FOV
DY443	Lavender - Pump Soap	355ml	11.69	FOV
DY183	Lavender Castile Liquid Soap	237ml	8.79	FOV
DY205	Lavender Castile Liquid Soap	473ml	13.29	FOV
DY213	Lavender Castile Liquid Soap	945ml	17.59	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	945ml	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
	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
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	OV
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
BT472	Seeded Breakfast Rolls	188g	3.55	GOV
BT468	Sundried Tomato Ciabatta	180g	3.75	GOV
	BIONA			
BT465	Millet Bread - Organic	250g	3.75	O
BT135	Pizza Base - 2 Per Retail Pack	300g	3.50	OV
BT440	Pumpnickel Bread	500g	2.39	OV
BT461	Rice Bread with Sunflower Seed	500g	5.50	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
	DILLON ORGANIC			
BT449	Beetroot Flax Keto Bread	250g	4.99	GOV
BT463	Chia Flax Keto Bread	250g	4.99	GOV
BT447	Original Flax Keto Bread	250g	4.99	GOV
	EVERFRESH NATURAL FOODS			
BT048	Malt & Raisin Loaf	330g	2.39	OV
BT934	Sprouted Rye Bread	400g	2.65	OV
BT935	Sprouted Spelt Bread	400g	3.55	OV
BT086	Sprouted Wheat Bread	400g	2.59	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

code	product	size	rrp	bfgosv
	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	GOS
	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	2.79	GOV
BT462	Focaccia Rolls	220g	3.45	GOV
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	4.10	GO
CV174	Spreadable Butter	250g	3.75	GO
CV204	Unsalted Welsh Butter	250g	4.10	GO
	LYE CROSS FARM			
CV085	Slightly Salted Organic Butter	250g	4.10	O
	VRAI			
	Minimum 4 days shelf life			
CV632	Creme Fraiche	200g	1.90	O
	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

code	product	size	rrp	bfgosv
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	350g	4.29	OV
BT242	Sprouted Carrot & Raisin Cake	350g	3.89	OV
BT366	Sprouted Chocolate Cake	350g	3.99	OV
BT241	Sprouted Date & Pecan Cake	350g	4.65	OV
BT365	Sprouted Fig & Orange Cake	350g	3.99	OV
BT238	Sprouted Ginger Cake	350g	4.65	OV
BT368	Sprouted Rye Ginger Cake	350g	4.65	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
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			
MX088	Cocoa Rice Pops	300g	3.55	GOSV
GLEBE FARM				
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

code	product	size	rrp	bfgosv
	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	175g	3.49	O
	Granola			
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	3.25	O
CV398	Mellow Cheddar Cheese	200g	3.25	O
CV624	Rossett Red Cheese	200g	3.25	O
	CYPRESSA			
CV761	Organic Feta Cheese	200g	3.29	O
CV760	Organic Halloumi Cheese	200g	4.60	O
	HIGH WEALD DAIRY			
CV067	Duddleswell Sheeps Cheese	125g	5.30	O
CV443	Mixed Case Soft Sheeps Cheese	100g	3.75	O
CV047	Org Brighton Blue Cheese	150g	4.45	O
CV082	Org Cow & Sheeps Milk Halloumi	150g	3.85	O
CV051	Saint Giles Soft Cheese	150g	4.10	O
	LYE CROSS FARM			
CV049	Double Gloucester Cheese	245g	4.20	O
CV860	Grass Fed Cheddar Cheese	350g	5.95	O
CV591	Grass Fed Cheddar Cheese	200g	3.80	O
CV506	Mature Cheddar Cheese	245g	4.40	O
CV332	Mature Cheddar Sliced Cheese	200g	3.65	O
CV166	Medium Cheddar Cheese	245g	4.20	O
CV477	Mild Cheddar Cheese	245g	4.10	O
CV105	Red Leicester Cheese	245g	4.20	O
CV522	Vintage Cheddar Cheese	245g	4.55	O
	Grated			
CV323	Mature Grated Cheddar Cheese	180g	3.50	O

code	product	size	rrp	bfgosv
	SOSTER			
CV003	Italian Hard Cheese	200g each	6.70	O
	WOODLANDS DAIRY			
CV298	Organic Sheeps Milk Cheese	140g	4.99	O
	CHEESE, NON DAIRY (CHILLED)			
	BONSAN			
CV490	Almond Spread - Plain	125g	3.25	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	6.25	GOSV
ZX871	Around Midnight Espresso	92g	6.25	GOSV
KB749	Chocolate Orange Truffles	92g	6.25	GOSV
KB987	Chocolate Salted Caramel	92g	6.25	OSV
KB694	Deeply Chocolate Truffles	92g	6.25	GOSV
ZX872	Fine De Champagne	92g	6.25	GOSV
ZX874	Hazelnut Crunch	92g	6.25	GOVS
KB718	Honeycomb Caramel Truffle Artist's Collection Gift Boxes	92g	6.25	GOSV
KB927	Fine De Champagne Truffles	185g	24.99	GFOSV
KB929	Hazelnut Truffles	185g	24.99	GFOSV
	Four Corners			
KB655	The Gourmet Selection Gift Boxes	230g	19.79	GOSV
KB815	Award-winning Selection	184g	12.49	GOSV
KB656	Champagne Truffles	138g	1.95	GOSV
KB612	Fine de Champagne Truffles	184g	12.49	OSV
KB605	Salted Caramel Choc Truffles	184g	12.49	OSV
KB793	The Signature Collection Gift Range	184g	12.49	GOSV
KB623	Hazelnut Truffles	138g	15.15	GOSV
KB624	Truffle Selection 1	138g	15.15	GOSV
KB873	Truffle Selection 2 Two Packs	138g	15.15	GOSV
KB507	Almond Salted Caramel Truffles	23g	1.45	GOSV
KB513	Hazelnut Crunch Truffles	23g	1.45	GOSV
KB594	Honeycomb Caramel Truffles	23g	1.45	OSV
KB595	Orange Chocolate Truffles	23g	1.45	OSV
KB602	Salted Caramel Choc Truffles	23g	1.45	OSV
	CHOCOLATE AND LOVE			
WS082	Creamy Dark 55% Chocolate	80g	3.29	FOS
WS004	Milk Chocolate, Hazelnut	80g	3.29	OS
WS079	Mint 67% Chocolate	80g	3.29	FOSV
WS081	Orange 65% Chocolate	80g	3.29	FOSV

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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
	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			
KB116	70% Dark Chocolate	90g	2.65	FOSV
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

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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
	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	0.89	GOV
WS212	Strawberry Flvr Fruit Twist OG	18g	0.89	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
	Mini Bars			
KB414	Smooth Operator Milk Mini Bar	25g	0.99	SO
	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
	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

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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 Oat Mylk	25g	1.55	FGOSV
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
WS117	58% Dark Salted Caramel	75g	2.99	OSV
KB188	58% Dark Salted Pretzel	80g	2.99	FOSV
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	1	2.50	GOSV
XMAS 2022				
WS029	Christmas Characters Gift Set	gIFT	14.99	GOSV
WS088	Christmas Surprise Collection	1	2.49	GOSV
RAW HALO				
70g Bars				
KB002	Dark 76%	70g	2.99	GOSV
KB055	Dark 85%	70g	2.99	GOSV
KB006	Dark Raspberry	70g	2.99	GOSV
KB047	Dark Salted Caramel	70g	2.99	GOSV
KB020	Mylk & Pink Himalayan Salt	70g	2.99	GOSV
KB065	Mylk & Salted Caramel	70g	2.99	GOSV
KB007	Mylk & Vanilla	70g	2.99	GOSV
RHYTHM 108				
KB506	Hazelnut Praline Chocolate Bar	33g	1.85	GVOS
KB336	Super Coconut Swiss Choc Bar	33g	1.85	GSOV

code	product	size	rrp	bfgosv
KB276	Sweet N Salty Almond Choc Bar	33g	1.85	GOSV
KB994	Swiss Chocolate Orange Bar	33g	1.85	GSOV
	Chocolate Bars			
KB368	Cacao Orange	100g	4.25	SVO
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	OSVGV
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	Milk 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 ICHOC CHOCOLATE			
	Vivani iChoc			
KB579	Salty Pretzel	80g	2.76	FOSV
KB582	White Barista Art	80g	2.76	FOSV
	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
KB484	Dark Chocolate & Orange	100g	2.95	OSV
KB243	Dark Marzipan Amaretto	100g	2.95	OS

code	product	size	rrp	bfgosv
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	FOSV
KB882	Choco Cookie	80g	2.76	FOSV
KB922	Classic Style	80g	2.76	FOSV
KB738	Super Nut	80g	2.76	FOSV
KB881	White Nougat Crisp	80g	2.76	FOSV
KB898	White Vanilla	80g	2.76	FOSV
	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				
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
CV192	Toffee Strudel Truffle	69g	3.99	GSOV
	Two Packs			
CV219	Hazelnut Crunch Truffles	2 pack	1.35	GOV

code	product	size	rrp	bfgosv
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	Vintage Organic Cider 6% ABV	500ml	2.99	GOV
COCOA				
SUMA PREPACKS - ORGANIC				
LJ189	Cocoa Powder - Organic	250g	3.35	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 Decaff 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
CLIPPER				
Food Service Range				
TE724	Instant - Fairtrade & Organic	500g	26.79	FOV
TE526	Instant Organic Decaff	500g	29.99	FOV

code	product	size	rrp	bfgosv
	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	200g	6.39	FOV
TE875	Colombian Excelso	200g	6.39	FOV
TE874	Dark City	200g	6.39	FOV
TE325	Dark Roast Decaffeinated	200g	6.99	FOV
TE870	Decaffeinated	200g	6.99	FOV
TE867	Ethiopia Yirgacheffe	200g	6.99	FOV
TE876	Grown by Women	200g	6.39	FOV
TE812	Guatemalen	200g	6.39	FOV
TE866	Italian Blend	200g	6.39	FOV
	Roast Wholebean Coffees 1kg			
TE471	Anytime Medium Roast	1kg	25.99	FOV
TE898	Anytime Medium Roast	1kg	25.99	FOV
TE469	Espresso	1kg	25.99	FOV
TE896	Espresso	1kg	25.99	FOV
TE472	Italian Blend	1kg	25.99	FOV
TE008	Italian Blend	1kg	25.99	FOV
	Roast Wholebean Coffees 200g			
TE402	Dark City	200g	6.39	FOV
TE409	Grown By Women	200g	6.39	FOV
TE834	Guatemalen	200g	6.39	FOV
TE408	Italian Blend	200g	6.39	FOV
TE371	Medium Roast	200g	6.39	FOV
	Roast Wholebean Coffees 227g			
TE326	Dark Roast Decaf	227g	6.99	FOV
TE403	Decaffeinated	227g	6.99	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
	XMAS 2022			
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	5.19	OV
TE698	Instant Cereal Drink Organic	100g	5.10	OV

code	product	size	rrp	bfgosv
	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	2.89	GOV
VF006	Chickpea / Vegetable Curry	400g	2.89	GOV
VF116	Chickpea & Bean Tagine	400g	2.89	GOV
VF132	Middle Eastern Casserole	400g	2.89	GOV
VF141	Sweet Pot/Kale/Coconut Curry	400g	2.89	GOV
VF014	Three Bean Chilli - og	400g	2.89	GOV
VF127	Vegetable Balti - og	400g	2.89	GOV
VF128	Vegetable Hotpot - og	400g	2.89	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	VOS
	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			
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
ZX343	Pea Flips Lightly Salted	75g	2.45	GOV

code	product	size	rrp	bfgosv
ZX299	Rosemary Lentil Flips	75g	2.45	GOV
	Handcooked Baked Crisps			
ZX755	Hand Cook Cheese & Onion	40g	1.90	O
ZX460	Hand Cooked Crisps Seasalt	40g	1.90	O
ZX473	Rosemary & Himalaya Salt	40g	1.90	OV
	Hummus Chips			
ZX932	Hummus Chips - Paprika	75g	2.65	OV
ZX933	Hummus Chips - Sea Salt	75g	2.65	GOV
	Lentil Chips			
ZX732	Lentil Chips Sea Salted	75g	2.65	OV
	Light Baked Crisps			
ZX759	Coconut Oil Baked Crisps	40g	1.35	OV
ZX625	Coconut Oil Baked Crisps	100g	2.75	OV
ZX758	Vegetable Chips	40g	1.75	OV
ZX624	Vegetable Chips	75g	2.69	OV
ZX575	Vegetable Chips Sweet Potato	80g	2.99	OV
	Potato Crisp Fried			
ZX616	Salt & Vinegar Crisps	125g	1.99	OV
	Potato Crisps Fried			
ZX053	Paprika Crisps - organic	40g	1.90	OV
ZX055	Salted Crisps - organic	40g	1.90	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

DESSERTS

AUTHENTIC BREAD COMPANY

XMAS 2022

BT155	Christmas Pudding	450g	11.49	GOSV
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BIONA

SY192	Coconut Whipping Cream	400ml	3.50	OV
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SOJADE

SY099	Chocolate Soya Dessert	530g	1.65	GOSV
SY017	Cuisine- Organic Soya Cream	200ml	1.15	OV
SY107	Vanilla Soya Dessert	530ml	1.69	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
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

code	product	size	rrp	bfgosv
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
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	1.95	OV
CV268	Natural Organic Soya Kefir	250ml	1.90	OV
SUUR				
	Live Shots			
CV312	Beet Kvass Shot	100ml	2.49	OSV
CV313	Garlic & Dill Shot	100ml	2.49	OSV

code	product	size	rrp	bfgosv
CV354	Golden Ginger Shot	100ml	2.49	OSV
CV362	Kimchi Shot	100ml	2.49	OSV
EGGS				
THE ORGANIC EGG COMPANY				
CV794	Minimum 5 days 'best before' Organic Eggs	per dozen	4.40	O
ESSENTIAL OILS				
AQUA OLEUM				
AR021	Organic Essential Oils 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
LJ273	Light Coconut Milk	400ml	1.99	OV
BIONA				
WT071	Asia Noodles Organic	250g	2.75	OV
KJ094	Coconut Aminos Original	250ml	4.50	OSV
VF167	Coconut Cream	400ml	2.55	OV
VF187	Coconut Milk Light Organic	400ml	1.99	OV
VF775	Coconut Milk Organic	400ml	2.19	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	4.45	OV
JP042	Seitan Pieces	350g	5.50	OV
WT101	Spelt Noodles Organic	250g	3.15	OV
JP041	Tofu	500g	4.75	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
JP031	Yuzu Ponzu Seasoning	150ml	4.99	OV
Miso Products				
JP211	Barley Miso Jar	300g	6.49	OV

code	product	size	rrp	bfgosv
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	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
JP605	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
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

code	product	size	rrp	bfgosv
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
WT055	Organic Classic Miso Ramen	85g	2.39	OV
WT088	Organic Vermicelli Noodles	250g	2.59	OV
WT002	Pho Noodles	250g	2.99	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
MEKHALA				
VF234	Green Curry Paste	100g	4.39	GOV
VF241	Lemongrass Turmeric Paste	100g	4.39	GOV
VF238	Miso Ginger Paste	100g	4.39	GOV
VF235	Red Curry Paste	100g	4.39	GOV
VF237	Tom Yum Paste	100g	4.39	GOV
VF236	Yellow Curry Paste	100g	4.39	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	Ghee	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	3.99	OV
JP002	Tamari - organic	125ml	2.25	GOV
JP113	Tamari - organic	250ml	3.95	GOV
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	1.99	OV
FX024	Buckwheat Flakes - organic	500g	4.25	OV
QS124	Oat Groats - Organic	500g	2.25	VO
FX042	Oats - Jumbo Gluten Free	750g	4.25	GOV
FX047	Oats - jumbo, organic	750g	3.49	VO
FX048	Oats - Porridge - Organic	750g	3.49	OV
FX044	Oats - Porridge & Gluten Free	750g	4.25	GOV
FX031	Organic Millet Flakes	500g	4.15	OV
FX092	Organic Pearl Barley Flakes	500g	1.89	OV
FX656	Quinoa Flakes - organic	500g	4.75	OV
FX032	Rice Flakes Brown - organic	500g	4.35	OV
FX093	Rye Flakes - organic	500g	1.85	OV
FX213	Toasted Malted Wheat Flakes OG	400g	2.35	OV
ALARA				
FX026	Gluten Free Scottish Porridge	500g	3.19	GOV
PIMHILL				
FX006	Oats - jumbo, organic	850g	2.86	OV
FX005	Oats - porridge, organic	850g	2.86	OV
FLOURS & BREAD MIXES				
SUMA PREPACKS - ORGANIC				
FG149	Brown Rice Flour - organic	500g	2.45	OV
LJ105	Coconut Flour, Organic	500g	2.99	OV
FG128	Maize Flour - organic	500g	1.85	OV
AMISA				
FG085	Chestnut Flour - Organic	350g	5.99	GOV
FG065	Chickpea Flour	400g	3.45	GOV

code	product	size	rrp	bfgosv
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	OV
	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
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

code	product	size	rrp	bfgosv
BIONA				
VF134	Apple Puree Organic	700g	3.25	OSV
KJ184	Banana Blossom in Salted Water	400g	2.55	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	4.19	OV
DR250	Apricots - organic	500g	7.89	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
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

code	product	size	rrp	bfgosv
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
BEET IT				
	From James White			
JU453	Beetroot Juice	750ml	3.89	OV
JU454	Beetroot Juice	250ml	1.79	OV
JU719	Beetroot Juice with Apple	1l	4.65	OV
JU204	Beetroot Juice with Ginger	750ml	3.99	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			
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	1.75	OV
JU064	Apple Juice	250ml	1.75	OV
JU608	Carrot & Apple Juice	250ml	1.75	OV
JU599	Pear Juice	250ml	1.75	OV
	Glass Bottles 750ml			
JU864	Apple & Ginger	750ml	3.89	OV
JU095	Apple Juice	750ml	3.89	OV
JU325	Carrot	750ml	3.89	OV
JU862	Carrot & Apple Juice	750ml	3.89	OV
JU863	Pear & Raspberry Juice	750ml	5.25	OV
JU860	Pear Juice	750ml	3.89	OV
JU431	Tomato	750ml	3.89	OV
JU324	Vegetable Juice	750ml	3.89	OV

code	product	size	rrp	bfgosv
	LUSCOMBE DRINKS			
JU105	English Apple Juice	270ml	1.99	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	2.25	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
	GRAVY, STOCK & BOUILLON			
	SUMA ORGANIC			
LJ650	Organic Bouillon	150g	2.55	GOV
	KALLO			
LJ102	French Onion Stock Cubes	66g	1.75	GOVS

code	product	size	rrp	bfgosv
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
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
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

code	product	size	rrp	bfgosv
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
	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

code	product	size	rrp	bfgosv
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	2.75	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	2.75	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	2.75	O
TE481	Lemongrass and Ginger	20 bags	3.45	OV
TE478	Liquorice & Cinnamon	20 bags	2.75	OV
TE393	Love	20 bags	3.45	OV
TE490	Mint Matcha Green	20 bags	3.45	FOV
TE165	Mint Refresh	20 bags	3.45	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 & Liquorice	20 bags	3.45	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	2.75	OV
TE602	Three Fennel	20 bags	3.45	OV
TE245	Three Ginger	20 bags	2.75	OV
TE814	Three liquorice	20 bags	2.75	OV
TE238	Three Mint	20 bags	3.45	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
TE727	Womankind	20 bags	3.45	OV
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				
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

code	product	size	rrp	bfgosv
TE434	80 Bags Rooibos - organic Loose Leaf	80 bags	5.35	OV
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
TE638	Lime Mint	17 bags	2.59	OV
TE193	Liquorice	17 bags	2.59	OV
TE837	Liquorice 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
TE355	Women's Energy	17 bags	2.59	OV
TE351	Women's Tea	17 bags	2.59	OV
	For The Senses			
TE625	Fresh Inspiration	17 bags	2.59	GOV
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	17 bags	2.59	GOV
	Gift Range			
TE265	Yogi Tea Selection Box Loose Tea	1	11.99	GOV
TE620	Classic Chai	90g	2.95	OV

code	product	size	rrp	bfgosv
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

HERBS & SPICES - PREPACKED

SUMA ORGANIC

	Curry Spices			
HE070	Curry Leaves - organic	5g	1.69	OV
	Herbs - organic			
HE365	Basil - organic	20g	1.69	OV
HE366	Bay Leaves - organic	10g	1.69	OV
HE377	Dill Herb - organic	15g	1.69	OV
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
	Milled Spices - Organic			
HE062	Cayenne Pepper - organic	35g	1.69	OV
	Milled Spices - organic			
HE371	Chilli powder - organic	25g	1.69	OV
HE370	Cinnamon - organic	30g	1.69	OV
HE374	Coriander - organic	40g	1.69	OV
HE376	Cumin Ground - organic	25g	1.69	OV
HE379	Ginger - organic	30g	1.69	OV
HE381	Mixed Spice - organic	25g	1.69	OV
HE384	Nutmeg, organic	20g	1.69	OV
HE386	Paprika - organic	25g	1.69	OV
HE094	Smoked Paprika - organic	25g	1.69	OV
HE394	Turmeric - organic	30g	1.69	OV
	Whole Spices - organic			
HE367	Caraway Seeds - organic	30g	1.69	OV
HE092	Chilli Flakes - organic	25g	1.69	OV
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
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

code	product	size	rrp	bfgosv
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	6.39	O
HY016	Tropical Honey	350g	6.99	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
INTIMATE CARE				
HERE WE FLO				
	Flo Period Care			
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 Bladder Care			
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				
	Panty Liners			
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

code	product	size	rrp	bfgosv
JAMS & FRUIT SPREADS				
BIONA				
JS039	Organic Strawberry Spread	250g	3.45	OV
BIONOVA				
JS137	Bilberry Jam - organic	340g	3.39	OSV
JS141	Raspberry Jam - organic	340g	4.35	VOS
JS140	Strawberry Jam - organic	340g	3.79	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
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	3.35	OV
MA030	Vegetable Margarine	500g	5.10	OV
NATURLI'				
CV879	Spreadable Vegan Butter	225g	1.85	GOV
CV735	Spreadable Vegan Butter	450g	3.60	GOV
CV880	Vegan Butter Block	200g	1.80	GOV
MAYONNAISE & SALAD DRESSINGS				
SUMA ORGANIC				
KJ080	Organic Mayonnaise	300g	4.65	O
BIONA				
KJ401	Mayo - Egg & Soya Free	230g	3.55	OV
KJ013	Original Squeezy Mayonnaise	270g	4.75	OS
BONSAN				
KJ176	Caesar Dressing	310ml	4.45	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

code	product	size	rrp	bfgosv
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
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	Chili Snacker	40g	1.30	OV
CV691	Chorizo Spacebar	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

code	product	size	rrp	bfgosv
	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			
SY240	Almond & Calcium	1l	3.35	GOV
SY246	Almond Drink Classic	1l	2.49	OV
SY247	Almond Drink Classic Low Sugar	1l	2.49	GOSV
SY012	Almond Drink Powder	400g	13.65	GOV
SY248	Coconut Drink Sugar Free	1l	2.49	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
SY250	Oat Drink Gluten Free	1l	2.69	GOV
SY133	Oat Drink NAS Plus	1l	2.29	OV
SY249	Oat Drink Sugar Free	1l	2.29	OV
SY279	Soya Drink Powder (sweetened)	400g	11.49	OV
	MINOR FIGURES			
SY196	Organic Barista Oat Drink	1l	2.25	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
	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	2.69	GOV
SY004	Almond Drink - Organic	250ml	1.65	GOV
SY130	Brown Rice Drink - Organic	1l	2.49	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	2.49	GOV
SY036	Organic Soya Barista	1l	2.49	GOV

code	product	size	rrp	bfgosv
SY194	Organic Soya Drink	1l	2.29	GOV
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				
SY147	Chocolate Soya Drink	1l	2.65	GOSV
SY010	Hemp Drink - Unsweetened	1l	3.15	OV
SY141	Oat Drink Organic	1l	2.19	OV
SY018	Soya Drink - Mild Sweetened	1l	2.90	GOV
SY016	Soya Drink - Unsweetened	1l	1.79	GOV
SY023	Vanilla Soya Drink	1l	2.25	GOV
SOON				
SY244	Organic Almond Drink	1l	2.99	OV
SY241	Organic Hemp Drink	1l	3.90	OV
SY242	Organic Oat Drink	1l	2.19	OV
SY243	Organic Rice Drink	1l	1.99	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	1l	2.35	GOV
	Cooking Cream			
SY188	Coconut Cream - Organic	200ml	1.55	GOV
SY187	Oat Cream - Organic	200ml	1.29	OV
SY150	Rice Cream - Organic	200ml	1.90	OV
SY186	Soya Cream - Organic	200ml	1.15	GOV
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
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	4.35	OV
GH675	Tahini - light, organic	280g	4.35	OV
BIONA				
GH210	Almond Butter Smooth Organic	170g	6.90	OV
GH102	Almond Butter Smooth Organic	350g	12.15	OV
GH211	Cashew Nut Butter - og	170g	5.50	OV
GH132	Cocoa Hazel Peanut Butter	250g	3.75	GOSV
GH141	ORGANIC HAZELNUT BUTTER	170g	6.90	OV
GH103	Organic Peanut Butter Crunchy	1kg	11.50	OV
GH104	Organic Peanut Butter Smooth	1kg	11.50	OV

code	product	size	rrp	bfgosv
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
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
SUNITA				
GH149	Tahini - light, organic	3kg	39.62	VO
GH996	Tahini, Whole, Organic	3kg	39.62	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
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

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NU288	Omega Seed Mix - organic	125g	1.49	OV
NU293	Omega Seed Mix - organic	250g	2.25	OV
NU069	Peanuts - organic	125g	1.39	OV
NU218	Peanuts - organic	500g	4.90	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	2.55	OV
NU012	Walnuts - organic	250g	4.65	OV
NU289	Walnuts - organic	375g	6.65	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	4.95	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
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
GT203	Italian Olive Oil Organic	500ml	8.89	OV
GT204	Italian Olive Oil Organic	1l	16.89	OV
GT038	Organic Toasted Sesame Oil	500ml	8.69	OV
GT009	Rapeseed Oil Organic	500ml	4.49	OV
GT207	Sesame Oil organic	500ml	7.29	OV

code	product	size	rrp	bfgosv
GT037	Sesame Oil organic	1l	13.49	GOV
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	OVB
GT211	Walnut Oil Toasted, Organic	250ml	11.99	OV
COCOFINA				
GH074	Coconut Oil Neutral	500ml	4.99	OV
GT003	Organic Coconut Oil	975ml	14.99	OV
GT053	Virgin Coconut Oil	500ml	8.99	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 Naturale	205g	3.99	OV
KJ425	Og Kalamata Olives in OliveOil	280g	4.99	GOV
KJ250	Og Mixed Olives al Naturale	205g	3.99	OV
ORGANICO				
KJ079	OG Black Olives	280g	2.95	FOV
KJ410	OG Pitted Green Olives	280g	2.95	FOV
SUNITA				
KJ494	Green Olives Organic	360g	3.55	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

code	product	size	rrp	bfgosv
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	3.45	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
	LA BIO IDEA			
WT103	Tagliatelle Egg Pasta Speciality	250g	2.39	O
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

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WT982	Fusilli with Spinach - organic	500g	2.99	OV
WT978	Wholewheat 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	3.35	GOV
WT129	Red Lentil Fusilli	250g	3.45	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				
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
KJ239	Mixed Herbs Passata	400g	2.49	OV
VF106	Parmagiana Sauce	350ml	3.29	GOV
KJ215	Seitan Pasta Sauce	350g	3.29	OSV
KJ216	Soya Pasta Sauce	350g	3.29	GOVS
KJ214	Tofu Pasta Sauce	350g	3.29	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	3.89	OV
PATE				
SUMA ORGANIC				
GH052	Bruschetta - Tomato & Basil	140g	2.59	OV
GH048	Hummus - Edamame	135g	2.59	OV

code	product	size	rrp	bfgosv
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	2.55	OSVB
KJ052	Cherkin Slices	350g	4.50	OSV
LJ664	Harissa Relish - prepared	125g	3.15	OV
KJ076	Mustard Medium Hot	300ml	2.95	OV
KJ377	Org Cornichons (Mini Gherkins)	330g	4.55	OSV
KJ036	Sauerkraut - Organic	360g	2.29	OV
BIONOVA				
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	2.69	OV
KJ007	Organic Wholegrain Mustard	200g	2.69	OV

code	product	size	rrp	bfgosv
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	Chickeny 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
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

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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	2.20	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	2.20	OV
CV476	Alfalfa & Radish Sprouts	100g	2.20	OV
CV475	Alfalfa Sprouts	100g	2.15	OV
CV721	Broccoli Sprouts	100g	2.35	OV
CV504	Mixed Bean Sprouts	225g	2.35	OV
CV503	Mung Bean Sprouts	200g	2.20	OV
CV510	Organic Sprouts Multi Pack	160g	3.20	OV
CV121	Organic Sprouts Protein Pack	175g	3.20	OV
CV131	Organic Sprouts Superfood Pack	110g	3.20	OV
CV509	Radish Sprout	100g	2.20	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
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	7.49	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	35g	0.79	GOSV
	Multipack			
KB237	Apple & Sultana Flapjack	4 x 35g	2.89	GOSV
KB261	Apricot & Chia Seed Flapjack	4 x 35g	2.89	GOSV

code	product	size	rrp	bfgosv
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
	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	1.95	FOSV
JU597	ChariTea Green	330ml	1.95	FOS
JU596	ChariTea Mate	330ml	1.95	FOSV
JU595	ChariTea Red	330ml	1.95	FOSV
	COCOFINA			
JU368	Cocofina Natural Coconut Water	1l	4.10	OV
	DAIONI ORGANIC			
JU080	Banana Flavour Milk	200ml	1.35	OS
JU081	Chocolate Flavour Milk	200ml	1.35	OS
JU082	Strawberry Flavour Milk On the Go - Ready to Drink	200ml	1.35	OS
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
	KARMA DRINKS			
	Cans			
JU617	Gingerella Ginger Ale	250ml	1.42	FOSV
JU616	Karma Cola	250ml	1.42	FOSV
JU800	Karma Orangeade	250ml	1.42	FOSV

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JU615	Lemony Lemon	250ml	1.42	FSOV
JU420	Razza Raspberry Lemonade Glass Bottles	250ml	1.42	FOSV
JU073	Gingerella Ginger Ale	300ml	2.15	FOVS
JU075	Karma Cola	300ml	2.15	FOSV
JU078	Lemony Lemon	300ml	2.15	FOSV
JU418	Razza Raspberry Lemonade	300ml	2.15	FOVS
JU302	Summer Orangeade	300ml	2.15	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
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	OSV
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	2.19	GOV
VF096	Butternut Squash & Ginger - Og	400g	2.19	GOV
VF297	Butternut, Sweet Potato, Turmeric	400g	2.19	GOV
VF124	Carrot & Coconut Soup	400g	2.19	GOV
VF720	Lentil & Red Pepper Soup - Org	400g	2.19	GOV
VF086	Pea & Mint Soup - Org	400g	2.19	GOV
VF097	Sweet Potato & Chia Soup - Org	400g	2.19	GOV
VF083	Tomato Soup - Org	400g	2.19	GOV
RIFCO				
VF220	Balinese Lentil & Pepper Soup	400g	2.19	OV
VF233	Mexican Bean Soup	400g	2.19	OV

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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	4.50	GOV
CV882	Creamy Mushroom Soup	600g	4.50	OV
CV725	Indian Cauliflower Masala Soup	600g	4.50	GOV
CV754	Lebanese Lentil & Kale Soup	600g	4.50	GOV
CV782	Lentil and Spinach Dahl	600g	4.50	GOV
CV720	Malaysian Coconut Noodle Soup	600g	4.50	GOV
CV617	Moroccan Spiced Chickpea Soup	600g	4.50	GOV
CV783	Spiced Parsnip Soup	600g	4.50	GOV
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
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	350g	4.50	OV
HY026	Organic Brown Rice Syrup	350g	3.85	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	2.99	GOV
LJ704	Golden Syrup - Organic	5kg	39.99	FOV
LJ900	Malt Extract - Organic	340g	3.89	OV
LJ589	Malt Extract - Organic	5kg	31.39	OV

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LJ587	Organic Golden Syrup	340g	4.55	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			
	From James White			
JU201	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	200g	4.49	GOV
	Organic Sprouted Range			
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 OWN			
	Organic Range			
VM126	Organic Kelp	60 capsules	12.00	OV
	PUKKA			
MD063	Ashwagandha - Wholistic	60 capsules	29.95	O
MD202	Castor Oil	250ml	9.95	OV
MD160	Elderberry Syrup	100ml	11.99	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
TE315	Turmeric Blk Pepper Capsules	120 CAP	16.99	OV

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TOGETHER HEALTH				
VM032	Ashwagandha Complex	30	1.99	GOV
VM102	Iodine	30	6.99	GOV
VM150	Zinc	30	1.99	OV
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
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	3.45	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	3.49	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
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 Food Service Range - 250's	50 bags	2.53	FOV

code	product	size	rrp	bfgosv
TE152	Earl Grey	250 bags	23.99	FOV
TE451	Speciality English Breakfast Food Service Range - 6 X 25's	250 bags	23.99	FOV
TE150	Earl Grey Food Service Range - 6 x 25's	25 bags	2.89	FOV
TE635	Everyday Decaffeinated Tea Food Service Range - 6 X 25's	25 bags	3.35	OV
TE161	Green Tea Green Tea 20's	25 bags	2.89	FOV
TE990	Green Tea with Lemon Organic	20 bags	2.45	OFV
TE989	Organic Pure Green Tea Loose Leaf 80g	20 bags	2.45	OFV
TE463	Earl Grey	80g	3.79	FOV
TE467	English Breakfast	80g	3.79	FOV
TE460	Green Tea and Lemon	80g	3.79	FOV
TE466	Pure Green Loose Leaf Tea 80g	80g	3.79	FOV
TE458	Lemon & Ginger Looseleaf Tea	80g	3.79	FOV
TE982	Assam	125g	2.99	FOV
TE897	English Breakfast Organic	125g	2.99	FOV
TE877	Green Tea Pack 40	100g	2.99	FOV
TE154	Decaffeinated Green	40 bags	3.49	FOV
TE151	Decaffeinated Tea	40 bags	3.49	FOV
TE158	Earl Grey Decaff	40 bags	3.49	FOV
TE172	English Breakfast Tea Organic	40 bags	2.89	FGOV
TE177	FT Organic Earl Grey	40 bags	2.89	FGOV
TE168	FT Organic Everyday Tea	40 bags	2.89	FGOV
TE182	FT Organic Green Tea	40 bags	2.89	FGOV
TE183	FT Organic White Tea Pack 80	40 bags	2.89	FGOV
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 Super Green Teas	80 bags	3.99	FOV
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 XMAS 2022	12 bags	3.99	FOV
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

code	product	size	rrp	bfgovs
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			
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 Firm Natural Tofu	300g	2.75	OV
CV395	Org Smoked Tofu	300g	3.20	OV
CV394	Org Super Firm Natural Tofu	300g	2.75	OV
	HIKARI MISO			
CV861	Shizenno Megumi Firm Tofu	300g	2.75	OV
CV865	Shizenno Megumi Soft Tofu	250g	2.75	OV
CV866	Shizenno Megumi SuperFirm Tofu	300g	2.75	OV
	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
	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

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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 Canned	200g	1.49	OV
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
	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	2.25	O
VF040	Sauerkraut	360g	2.75	VO
VF030	Sweetcorn - organic	340g	2.25	VO
	CLEARSPRING			
	Bio Kitchen			
VF339	Sauerkraut	360g	1.79	OVB
	MANI			
KJ440	Og Capers in Olive Oil	180g	3.99	OV
KJ434	Og Kalamata Olive Paste	180g	3.99	OV
KJ437	Og Sun Dried Tomato Paste	180g	3.99	OV
	ORGANICO			
KJ016	Artichoke Hearts - og	190g	4.49	FOV

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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
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	2.99	OV
KJ505	Coconut Aminos	250ml	6.29	OV
WATERS				
CHEDDAR WATER				
WA011	Natural Spring Water Sparkling	750ml	1.25	OV
WA007	Natural Spring Water Still	750ml	1.25	OV

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WINES				
RED WINE				
WN119	Argentina Made in Mendoza Malbec Chile	75cl	9.99	OV
WN055	MontGras Pinot Noir France	750ml	14.59	GOV
WN006	La Marouette Merlot	75cl	13.39	OV
WN078	La Marouette Red Italy	750ml	13.59	OV
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 South Africa	75cl	12.99	GOV
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 Spain	75cl	11.90	FOV
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
ROSE WINE				
WN060	France La Marouette French Rose	750ml	14.19	OV
WN229	La Marouette Grenache Rose South Africa	75cl	13.49	OV
WN118	Running Duck Shiraz Rose Spain	75cl	1.79	FOV
WN022	Coral de Penascal Rose	75cl	12.99	GOV
SPARKLING WINE				
WN015	Italy Era Prosecco	75cl	16.79	OV
WN009	Perlage Col Di Manza Prosecco	75cl	22.99	OVB
WN133	Proverbio Prosecco Spain	75cl	16.65	OV
WN081	Bodegas Enguera Cava	750ml	15.99	O
WN054	Vallformosa Bio Organic Cava	750ml	16.79	GOV
WHITE WINE				
WN016	Chile MontGras Sauvignon Blanc France	75cl	14.99	GOV
WN076	La Marouette White Italy	750ml	14.99	OV
WN141	Fedele Catarratto Pinot Grigio	75cl	12.29	OV
WN057	Ingeno Pinot Grigio	75cl	1.49	OV
WN029	Spinola Cas. Tassarolo Gavi South Africa	75cl	19.99	OV
WN008	Running Duck Chenin Blanc	75cl	1.79	FOV
WN115	Running Duck Chenin Sauv Blanc	75cl	1.79	FOV
WN019	Stellar Org. Sauvignon Blanc Spain	75cl	1.79	FOV
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

code	product	size	rrp	bfgosv
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
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	1.10	GOV
CV918	Mango Yoghurt	150g	1.10	GOV
CV919	Natural Yoghurt	150g	0.75	GOV
CV915	Peach and Mango Yoghurt	150g	1.10	GOV
CV917	Strawberry Yoghurt	150g	1.10	GOV
	Soya Based Yoghurts			
CV485	Apricot Yoghurt	400g	2.30	GOSV
CV269	Banana & Passion Yoghurt	400g	2.75	GOV
CV289	Blueberry Cherry Yoghurt	400g	2.75	GOV
CV486	Blueberry Yoghurt	400g	2.30	GOSV
CV461	Greek Style Hazelnut Yoghurt	400g	3.50	GOSV
CV730	Greek Style Raspberry Yoghurt	400g	3.50	GOV
CV876	Greek Style Yoghurt	400g	2.30	GOV
CV724	Lemon Yoghurt	400g	2.30	GOSV
CV494	Mango & Peach Yoghurt	400g	2.30	GOSV
CV483	Natural Yoghurt	400g	1.50	GOV
CV266	Sojade Natural Yoghurt	250g	1.50	GOV
CV723	Vanilla Yoghurt	400g	2.30	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

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