

The logo for Summa, featuring the word "Summa" in a large, stylized, serif font. The letter 'S' is particularly large and has a decorative flourish. The background of the entire page is a vibrant orange with large, abstract, purple shapes that create a dynamic, modern feel.

Summa

CO-OPERATIVE SINCE 1977

CATERING

JAN - FEB 2023

CATERING

A bit more about it..

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

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

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



Key BFGSOV

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

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

code	product	size	price	bfgosv
ALCOHOL FREE BEVERAGES				
NORFOLK PUNCH				
XMAS 2022				
JU195	Original Norfolk Punch	6 x 700ml	25.97	S
ALCOHOLIC DRINKS				
HOLLOWS				
From Fentimans				
RT017	Superior Alcoholic Ginger Beer	8 x 500ml	21.17	GVS
BAGS, BOXES AND BASKETS				
ECOLEAF BY SUMA				
Refuse Sacks				
NF270	Refuse Sacks-Recycled Plastic	12 x 8 rolls	15.65	V
NF483	Refuse Sacks-Recycled Plastic	1 x 200 bags	28.79	V
SUMA				
Plastic Free Cellophane Bags				
NF487	Cellophane Bags - Large	1 x 1000 bags	89.35	V
NF476	Cellophane Bags - Medium	1 x 1000 bags	64.90	V
NF484	Cellophane Bags - Small	1 x 1000 bags	47.30	V
NF477	Cellophane Bags - XLarge	1 x 1000 bags	129.75	V
NF482	Cellophane Bags - XSmall	1 x 1000 bags	41.15	V
SUMA PAPER BAGS				
Counter Bags				
NF489	Paper Flour Bags - Holds 1.5kg	1 x 250 bags	47.32	V
D2W				
NF406	100% Degradable Refuse Sacks	24 x 10 bags	26.92	V
NF407	Degradable Swing Bin Liners	50 x 15 bags	68.51	V
NF169	Pedal Bin Liners (44x46cm)	50 x 30 bags	69.90	V
BAKING SUNDRIES				
SUMA				
LJ039	Baking Powder - Gluten Free	6 x 200g	11.30	GV
LJ019	Cornflour	6 x 500g	1.13	V
LJ040	G/Free Bicarbonate of Soda	6 x 200g	8.60	GV
LJ223	Gluten Free Xanthan Gum	6 x 100g	12.72	GV
DOVES FARM				
LJ168	Baking Powder Bulk	3 x 1kg	16.70	GV
LJ166	Cornflour Bulk	3 x 1kg	16.70	GOV
LJ423	Quick Yeast	2 x 8 x 125g	23.64	GV
LJ165	Xanthan Gum	3 x 1kg	44.43	GV
FERMIPAN				
LJ061	Dried Yeast	20 x 500g	115.72	V
GREEN & BLACKS				
Cooks Chocolate				
KB058	Dark Cooking Chocolate-Organic	15 x 150g	32.10	FOS
KB429	Milk Cooks Chocolate - organic	15 x 150g	32.10	OS
JUST WHOLEFOODS				
LJ162	Vegezet - setting agent	10 x 25g	2.93	V
ORGRAN				
LJ656	Egg Replacer	8 x 200g	18.86	GV
STEENBERGS				
LJ116	Almond Extract	6 x 100ml	3.17	V
LJ117	Orange Flower Water Organic	6 x 100ml	18.85	OV
LJ085	Rose Water Organic	6 x 100ml	18.85	OV
TAYLOR & COLLEDGE				
LJ115	Vanilla Bean Extract	6 x 100ml	41.91	FOV
LJ113	Vanilla Bean Paste	12 x 65g	63.14	SOV
BEANS & PULSES - CANNED				
SUMA				
VF707	Borlotti Beans	12 x 400g	7.11	V
VF119	Butter Beans	12 x 400g	7.11	V

code	product	size	price	bfgosv
VF709	Cannellini Beans	12 x 400g	7.11	V
VF117	Chickpeas	12 x 400g	7.11	V
VF118	Red Kidney Beans	12 x 400g	7.11	V
SUMA ORGANIC				
VF675	Aduki Beans - organic	12 x 400g	1.35	OV
VF550	Baked Beans - Organic	12 x 400g	12.51	OSV
VF750	Baked Beans - Organic	6 x 2.65K	28.00	OSV
VF900	Black Beans - Organic	6 x 2.6kg	19.25	OV
VF645	Butter Beans - organic	12 x 400g	1.71	VO
VF395	Cannellini Beans - organic	12 x 400g	1.35	OV
VF642	Chickpeas - organic	12 x 400g	1.35	VO
VF785	Chickpeas - organic	6 x 2.6kg	19.75	OV
VF647	Green Lentils - organic	12 x 400g	1.35	VO
VF644	Haricot Beans - organic	12 x 400g	1.35	VO
VF649	Mixed Beans - organic	12 x 400g	1.35	VO
VF643	Red Kidney Beans - organic	12 x 400g	1.71	VO
BIONA				
VF222	Baked Beans - Organic	6 x 400g	6.35	OVS
BIONOVA				
VF495	Baked Beans - organic	6 x 340g	8.00	OSV
WHOLE EARTH				
VF161	Baked Beans - organic	12 x 400g	12.73	GOV
BEANS & PULSES - DRIED				
SUMA BAGGED DOWN				
PU147	Black Turtle Beans	3kg	7.99	V
PU015	Blackeye Beans	3kg	8.99	V
PU030	Butter Beans	3kg	12.29	V
PU041	Cannellini Beans - Alubia	3kg	8.85	V
PU019	Chickpeas	10kg	24.89	V
PU143	Chickpeas	3kg	7.59	V
PU055	Kidney Beans - red	3kg	8.75	V
PU185	Lentils - brown	3kg	8.50	V
PU054	Lentils - Dark Speckled	3kg	12.29	V
PU186	Lentils - green	3kg	8.29	V
PU040	Lentils - red split	10kg	24.75	V
PU137	Lentils - red split	3kg	7.25	V
PU179	Moong Dahl	3kg	1.25	V
PU051	Mung Beans	3kg	8.89	V
SUMA BAGGED DOWN - ORGANIC				
PU212	Aduki Beans - Organic	3kg	18.29	VO
PU243	Butter Beans - Organic	3kg	17.89	VO
PU117	Chickpeas - organic	1kg	4.25	VO
PU190	Chickpeas - organic	3kg	11.29	VO
PU162	Green Split Peas - organic	3kg	8.59	VO
PU191	Haricot Beans - organic	3kg	13.99	VO
PU003	Lentils - brown, organic	3kg	11.45	VO
PU171	Lentils - Dark Speckled, org	1kg	5.15	VO
PU172	Lentils - Dark Speckled, org	3kg	14.15	VO
PU118	Lentils - green, organic	1kg	4.50	VO
PU193	Lentils - green, organic	3kg	1.89	VO
PU127	Lentils - red split, organic	1kg	3.69	VO
PU194	Lentils - red split, organic	3kg	9.25	VO
PU120	Mung Beans - organic	1kg	5.79	VO
PU195	Mung Beans - organic	3kg	15.90	VO
PU192	Red Kidney Beans - organic	3kg	13.85	VO
PU197	Yellow Split Peas - organic	3kg	8.75	VO
BULK COMMODITIES				
PU150	Black Turtle Beans	25kg	5.50	V

code	product	size	price	bfgov
PU303	Blackeye Beans	25kg	57.75	V
PU114	Broth Mix	25kg	45.75	V
PU111	Butter Beans (Lima)	25kg	82.00	V
PU016	Cannellini Beans - Alubia	25kg	57.00	V
PU018	Chickpeas	25kg	48.00	V
PU028	Haricot Beans - pea	25kg	53.00	V
PU039	Kidney Beans - red	25kg	55.00	V
PU010	Lentils - brown	25kg	51.00	V
PU082	Lentils - Dark Speckled	25kg	82.00	V
PU022	Lentils - green	25kg	53.00	V
PU081	Lentils - red split	25kg	43.00	V
PU032	Marrowfat Peas	12.5kg	29.00	V
PU175	Moong Dahl	25kg	67.00	V
PU033	Mung Beans	25kg	57.00	V
PU035	Pinto Beans	25kg	49.00	V
PU025	Split Peas - green	25kg	33.00	V
PU047	Split Peas - yellow	25kg	29.00	V
BULK COMMODITIES - ORGANIC				
PU200	Aduki Beans - Organic	25kg	126.00	VO
PU210	Butter Beans, Chinese - org	25kg	123.00	OV
PU220	Cannellini Beans - organic	25kg	89.00	OV
PU140	Chickpeas - organic	25kg	75.00	OV
PU083	Green Split Peas - organic	25kg	55.00	OV
PU052	Haricot Beans - organic	25kg	95.00	VO
PU001	Lentils - brown, organic	25kg	76.00	VO
PU084	Lentils - Dark Speckled, Org	25kg	92.00	VO
PU116	Lentils - green , organic	25kg	72.00	VO
PU126	Lentils - red split, organic	25kg	6.00	VO
PU062	Mung Beans - organic	25kg	11.00	VO
PU061	Pinto Beans - organic	25kg	87.00	OV
PU057	Soya Beans - organic	25kg	75.00	VO
PU059	Yellow Split Peas - organic	25kg	55.00	OV
BEERS				
BUDELS				
RT131	Budels Lager	24 x 330ml	36.29	OV
SAM SMITHS				
RT008	Organic Pale Ale	12 x 550ml	31.75	OV
RT120	Pure Brewed Organic Lager	12 x 550ml	31.75	OV
BISCUITS CRACKERS & CRISPBREAD				
DOVES FARM				
BT010	Digestives	12 x 200g	13.40	OSV
BT092	Organic Digestive Biscuits	12 x 400g	21.49	OSV
ORGANICO				
Rustic Breadsticks				
BT065	Classic Grissini - og	8 x 120g	14.90	OV
BT061	Omega Grissini - og	8 x 120g	14.90	OV
BT068	Sesame Grissini - og	8 x 120g	15.91	OV
BT067	Spelt Grissini - og	8 x 120g	17.69	OV
BODY CARE				
ALTER/NATIVE BY SUMA				
20L/5L POS Refill Accessories				
DY484	5l pump - 30ml Dispenser	each	3.35	V
FAITH IN NATURE				
Soap				
DY050	Loose Soap - Aloe Vera	18 x 100g	23.91	V
DY154	Loose Soap - Hemp	18 x 100g	23.91	V
DY005	Loose Soap - Lavender	18 x 100g	23.91	V

code	product	size	price	bfgosv
DY006	Loose Soap - Orange	18 x 100g	23.91	V
DY008	Loose Soap - Rosemary	18 x 100g	23.91	V
DY239	Loose Soap - Tea Tree	18 x 100g	23.91	V
	OLIVA			
DY561	Olive Oil Soap - Large Bar	6 x 600g	14.61	V
	BREADS & BREAD MIXES			
	AMAIZIN			
BT329	Organic Tortilla Wraps	16 x 240g	34.93	OV
	BIONA			
BT135	Pizza Base - 2 Per Retail Pack	10 x 300g	22.75	OV
BT422	Spelt Pizza Base - Organic	10 x 300g	31.88	OV
	ISABEL'S NATURALLY FREE FROM			
BT203	Gluten & Wheat Free Pizza Mix	8 x 300g	23.80	G
	BURGERS SAUSAGES & TVP MIXES			
	SUMA BAGGED DOWN			
SY097	Burger Mix - Vegan	1kg	12.99	V
VF406	Burger Mix - Vegan	5kg	62.79	V
SY098	Sausage Mix - Vegan	1kg	11.89	V
VF407	Sausage Mix - Vegan	5kg	57.39	V
SY113	Vegan TVP Mince	1kg	5.49	V
	BULK COMMODITIES			
VF404	Burger Mix - Vegan	25kg	267.46	V
VF405	Sausage Mix - Vegan	25kg	243.75	V
	PROTOVEG			
VF839	Sausage Mix	10kg	6.60	V
	BUTTER, CREAM & MILK (CHILLED)			
	DELAMERE DAIRY			
	Butter			
CV239	Goats Butter	10 x 250g	19.95	
	YEO VALLEY			
CV304	Slightly Salted Organic Butter	20 x 250g	56.60	O
	CEREALS & MUESLIS			
	SUMA BULK MUESLI			
MX184	Cranberry Crunch	3kg	12.64	
MX025	Crunchy Apricot Muesli	25kg	77.17	
MX026	Crunchy Apricot Muesli	10kg	33.54	
MX027	Crunchy Apricot Muesli	3kg	1.72	
MX017	Luxury Tropical Muesli	10kg	27.30	V
MX185	Luxury Tropical Muesli	3kg	8.77	V
MX041	Roast Hazelnut Muesli	10kg	28.84	V
MX042	Roast Hazelnut Muesli	3kg	1.90	V
MX032	Simply Muesli Base	20kg	3.72	V
MX033	Simply Muesli Base	10kg	17.90	V
MX034	Simply Muesli Base	3kg	5.94	V
	SUMA BULK MUESLI - ORGANIC			
MX130	De Luxe Muesli - organic	3kg	12.46	OV
MX119	Deluxe Muesli - Organic	10kg	35.94	OV
MX052	Muesli - organic	10kg	31.54	VO
MX160	Muesli - organic	25kg	73.91	VO
MX183	Muesli - organic	3kg	11.14	OV
	CHEESE, DAIRY (CHILLED)			
	LYE CROSS FARM			
	Catering Sizes			
CV028	Mature Cheddar Cheese	per kg	12.98	O
CV451	Mild Cheddar Cheese	per kg	11.98	O

code	product	size	price	bfgov
CHOCOLATE				
BULK COMMODITIES - ORGANIC				
KB081	Cacao Nibs - Organic	15kg	124.80	OV
COCOA				
SUMA BAGGED DOWN - ORGANIC				
LJ149	Cocoa Powder - Organic	3kg	25.35	FOV
BULK COMMODITIES - ORGANIC				
LJ173	Cocoa Powder Org Fairly Traded	25kg	17.00	FOV
CLIPPER				
TE196	Instant Hot Chocolate	4 x 1kg	38.99	FS
DIVINE				
TE687	Drinking Chocolate	6 x 400g	2.50	FVS
COFFEE				
SUMA ORGANIC				
Bulk Packs				
TE103	Columbia Beans	1kg	17.49	FOV
TE656	Espresso Beans	1kg	17.49	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	18.99	FOV
TE109	Honduras Coffee Beans	1kg	14.99	FOV
TE106	Peru Cephacafe Beans	1kg	14.99	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	18.49	FOV
TE113	Swiss Water Decaff Beans	1kg	18.99	FOV
CAFEDIRECT				
Instant Coffees				
TE395	Smooth Roast Instant	6 x 500g	113.99	FV
CLIPPER				
Food Service Range				
TE724	Instant - Fairtrade & Organic	4 x 500g	79.99	FOV
TE526	Instant Organic Decaff	4 x 500g	89.99	FOV
CONVENIENCE FOODS				
FREE & EASY				
VF125	Bean Cassoulet - og	6 x 400g	12.99	GOV
VF006	Chickpea / Vegetable Curry	6 x 400g	12.99	GOV
VF116	Chickpea & Bean Tagine	6 x 400g	12.99	GOV
VF014	Three Bean Chilli - og	6 x 400g	12.99	GOV
SUNITA				
FG601	Polenta - organic	6 x 500g	9.62	OV
CRISPS & SNACKS				
SUMA BAGGED DOWN				
ZX332	Bombay Mix	1kg	3.89	V
ZX083	Fruit & Nut Mix	5kg	34.75	V
ZX477	Wasabi Peas - Spicy	1kg	1.59	V
AMAIZIN				
ZX543	Bio Corn Chips Natural	10 x 150g	15.24	OV
ZX429	Natural Corn Chips Value Bag	10 x 250g	21.37	OV
BULK COMMODITIES				
ZX033	Bhusu	5kg	15.42	V
ZX034	Bombay Mix	10kg	27.80	V
ZX741	Bombay Mix w/ Coriander & Lime	10kg	32.50	V
ZX288	Garlic Gathia	5kg	16.33	V
ZX037	Spiced Roast Chickpeas	2.5kg	7.92	V
ZX038	Spicy Noodles	5kg	15.83	V
ZX087	Trail Mix	10kg	69.95	SV
ZX468	Wasabi Peas - Spicy	10kg	86.80	V
KETTLE CHIPS				
Sharing Bags				
ZX248	Lightly Salted	12 x 150g	21.87	GV

code	product	size	price	bfgosv
PIPERS CRISPS				
	Sharing Bag			
ZX291	Anglesey Sea Salt	15 x 150g	2.47	GV
ZX289	Lye Cross Cheddar & Onion	15 x 150g	2.47	GS
ZX283	Sea Salt & Somerset Cider V'gr	15 x 150g	2.47	GS
TRAFO				
	Snacks			
BT075	Pretzel Sticks	12 x 100g	12.51	OV
DESSERTS				
JUST WHOLEFOODS				
VF067	Jelly, Lemon, Vegan	12 x 85g	17.72	SV
VF068	Jelly, Strawberry, Vegan	12 x 85g	17.72	SV
VF066	Jelly, Tropical, Vegan	12 x 85g	17.72	SV
SOJADE				
SY017	Cuisine- Organic Soya Cream	24 x 200ml	2.94	OV
DESSERTS, NON-DAIRY (FROZEN)				
FOOD HEAVEN				
	Dairy-Free Desserts			
XL400	Cool Vanilla Ice Cream	6 x 900ml	16.83	GSV
FAR EASTERN FOOD				
BIONA				
VF775	Coconut Milk Organic	6 x 400ml	1.46	OV
VF772	Creamed Coconut Organic	12 x 200g	22.73	OV
BLUE DRAGON				
JP220	Tofu - Firm Silken	12 x 349g	21.34	V
CLEARSPRING				
	Soya Sauce			
JP605	Shoyu	2.5l	2.20	OV
JP001	Tamari Soya Sauce	2.5l	33.74	GOV
MERIDIAN				
JP058	Tamari	5l	28.73	GV
MORI-NU				
JP205	Tofu - Firm Tofu	12 x 349g	19.54	V
FLAKES, BRANS & WHEATGERM				
SUMA BAGGED DOWN				
FX104	Oats - Porridge	10kg	16.35	V
FX063	Wheatgerm	5kg	25.50	V
SUMA BAGGED DOWN - ORGANIC				
QS012	Oat Groats - Organic	5kg	15.39	VO
FX085	Oats - Porridge - Organic	10kg	24.99	OV
BULK COMMODITIES				
FX504	Oats - jumbo	25kg	28.75	V
FX010	Oats - Porridge Flakes	25kg	28.75	V
BULK COMMODITIES - ORGANIC				
FX250	Bran Sticks - Organic	15kg	5.64	OV
FX027	Buckwheat Flakes - Organic	15kg	68.90	OV
FX053	Millet Flakes - Organic	15kg	73.38	VO
QS002	Oat Groats - Organic	25kg	6.00	VO
FX503	Oats - Jumbo - Organic	25kg	47.92	OV
FX009	Oats - Porridge - Organic	20kg	38.33	OV
FX014	Oats - Porridge - Organic	25kg	47.92	OV
FX004	Rice Flakes - Brown - Organic	15kg	71.54	OV
FLOURS & BREAD MIXES				
SUMA BAGGED DOWN				
FG093	Polenta	5kg	9.75	V
SUMA PREPACKS				
FG002	Teff Flour - Brown	6 x 500g	17.78	V

code	product	size	price	bfgosv
BULK COMMODITIES				
FG046	Gram Flour	5kg	11.70	V
FG094	Polenta	25kg	35.23	V
FG048	Potato Starch	25kg	49.88	V
FG049	Semolina - fine	25kg	4.83	V
DOVES FARM				
FG069	Fine Plain White Flour	5 x 1kg	6.94	OV
FG010	Fine Plain Wholemeal Flour	5 x 1kg	6.30	VO
FG522	Gluten Free Brown Bread Flour	5 x 1kg	1.82	CV
FG700	Gluten Free Plain White Flour	5 x 1kg	1.82	CV
FG520	Gluten Free White Bread Flour	5 x 1kg	1.82	CV
FG004	Malthouse Bread Flour	5 x 1kg	7.55	OV
FG117	Rice Flour	5 x 1kg	9.30	CV
FG115	Self Raising Wholemeal Flour	5 x 1kg	6.30	OV
FG997	Speciality Pasta Flour	5 x 1kg	8.40	OV
FG116	Stoneground Gram Flour	5 x 1kg	1.97	CV
FG072	Strong White Bread Flour	5 x 1.5kg	9.58	OV
FG008	Strong Wholemeal Bread Flour	5 x 1.5kg	8.94	OV
FG070	White Self Raising Flour	5 x 1kg	6.94	OV
FG701	White Self Raising Flour GF Artisan Flour	5 x 1kg	1.82	CV
FG082	Einkorn Flour	5 x 1kg	13.76	OV
FG011	Khorasan Flour Wholegrain	5 x 1kg	17.94	OV
FG016	Rye Flour Wholegrain Organic	5 x 1kg	7.14	OV
FG071	Spelt Flour White Organic	5 x 1kg	13.76	OV
FG102	Spelt Flour Whole Meal Organic Bulk	5 x 1kg	11.77	OV
FG499	Gluten Free Plain White	16kg	29.41	CV
FG052	Gluten Free Self Raising Flour	16kg	29.41	CV
FG005	Maize Flour - organic	25kg	44.43	GOV
FG888	Malthouse Flour - organic	25kg	34.91	OV
FG067	Spelt Flour - organic	25kg	53.80	OV
FG020	Strong White Flour	25kg	29.83	VO
FG075	White flour - plain organic	25kg	28.57	VO
FG497	White flour - self raising org	25kg	31.21	OV
FG498	White flour - strong organic	16kg	19.57	OV
FG015	Wholemeal Rye Flour	25kg	2.31	V
FG995	Wholewheat Flour	25kg	25.92	OV
FG007	Wholewheat strong flour org	25kg	25.92	VO
GILCHESTERS ORGANICS				
FG014	Pizza & Ciabatta Wheat Flour	6 x 1.5kg	18.17	OV
FG018	Semolina Fine Wheat Flour	6 x 500g	9.30	OV
FG009	Strong 100% Whole Wheat Flour	6 x 1.5kg	15.91	OV
FG006	Strong White Wheat Flour Bulk	6 x 1.5kg	17.83	OV
FG109	Strong White Flour - S/ground	15kg	25.15	OV
FG108	Wholemeal Flour - Stoneground	15kg	23.54	OV
LITTLE SALKELD WATERMILL				
FG804	Barley Flour - organic	6 x 500g	1.98	OV
SHIPTON MILL				
FG876	White Strong Organic Flour	5 x 2.5kg	19.63	OV
FG079	Wholemeal Organic Flour	5 x 2.5kg	19.90	OV
SUPREME				
FG021	Gram Flour Blend Bulk	20kg	41.00	V
FRUIT - CANNED & JARRED				
ESSENTIAL TRADING				
KJ263	Mango Chunks in Org Juice	6 x 400g	11.21	VO
KJ262	Pineapple Chunks In Org Juice	6 x 400g	11.21	VO

code	product	size	price	bfgosv
KJ260	Tropical Fruits in Org Juice	6 x 400g	11.30	VO
	FRUIT - DRIED			
	SUMA BAGGED DOWN			
DR004	Apple - Rings SO2	5kg	44.69	V
DR293	Apple - Rings SO2	1kg	8.55	V
DR090	Apricots - select SO2	2.5kg	27.49	V
DR168	Apricots - select SO2	1kg	11.69	V
DR122	Apricots - unsulphured	5kg	54.75	V
DR207	Apricots - unsulphured	1kg	11.95	V
DR174	Banana - Whole Chips	1kg	5.55	SV
DR027	Blueberries	1kg	21.19	SV
DR225	Cherries Glace - Dark Red	1kg	6.99	VS
DR058	Cranberries	1kg	8.55	VS
DR092	Cranberries	2.5kg	19.65	VS
DR126	Currants - medium	5kg	19.25	V
DR173	Currants - medium	1kg	4.75	V
DR227	Dates - Chopped	1kg	3.85	V
DR148	Dates - loosepack	5kg	12.55	V
DR183	Dates - loosepack	1kg	3.59	V
DR208	Figs	1kg	9.90	V
DR178	Fruit Cake Mix	1kg	4.85	VS
DR068	Fruit Salad - SO2	5kg	39.99	V
DR344	Fruit Salad - SO2	1kg	8.89	V
DR169	Ginger	1kg	6.65	VS
DR153	Goji Berries	1kg	12.49	V
DR320	Mango Slices - SO2	1kg	18.59	V
DR228	Mixed Peel - Contains SO2	1kg	4.95	VS
DR209	Papaya	1kg	7.59	VS
DR210	Peaches - SO2	1kg	9.85	V
DR211	Pears - SO2	1kg	9.85	V
DR212	Pineapple - diced, SO2	1kg	7.69	VS
DR103	Prunes - pitted, Ashlock	2.5kg	19.49	V
DR239	Prunes - pitted, Ashlock	1kg	8.49	V
DR667	Raisins - Dark flame	1kg	4.85	V
DR078	Raisins - Thompson Seedless	5kg	18.39	V
DR109	Raisins - Thompson Seedless	2.5kg	9.85	V
DR171	Raisins - Thompson Seedless	1kg	4.65	V
DR128	Sultanas - 5 crown	5kg	32.15	V
DR152	Sultanas - No 9's	5kg	15.29	V
DR216	Sultanas - No 9's	1kg	4.50	V
DR069	Vine Fruit Mix	5kg	2.25	V
DR691	Vine Fruit Mix	1kg	4.85	V
	SUMA BAGGED DOWN - ORGANIC			
DR050	Apricots - organic	1kg	13.85	OV
DR082	Apricots - organic	2.5kg	32.89	OV
DR219	Cranberries - organic	1kg	11.90	OSV
DR079	Currants - organic	2.5kg	14.19	OV
DR062	Dates - Medjool Organic	1kg	13.45	OV
DR080	Dates - organic	2.5kg	15.69	VO
DR236	Dates - organic	1kg	6.99	OV
DR072	Dates OG pitted fairly traded	1kg	9.15	FOV
DR048	Figs - Organic	1kg	9.79	OV
DR105	Figs - organic	2.5kg	22.75	OV
DR026	Ginger - crystallised organic	1kg	8.59	OSV
DR052	Prunes, pitted - organic	1kg	12.45	OV
DR081	Prunes, pitted - organic	2.5kg	29.45	OV
DR053	Raisins - organic	1kg	5.55	OV

code	product	size	price	bfgosv
DR145	Raisins - organic	2.5kg	12.15	OV
DR056	Sultanas - organic	1kg	5.49	OV
DR146	Sultanas - organic	2.5kg	11.99	OV
DR391	Vine Fruit Mix - organic	5kg	29.49	OV
DR423	Vine Fruit Mix - organic	1kg	6.75	OV
BULK COMMODITIES				
DR003	Apple - Rings SO2	10kg	75.38	V
DR005	Apricots - Chopped SO2	12.5kg	82.50	V
DR008	Apricots - Select SO2	12.5kg	113.37	V
DR010	Apricots - Unsulphured	12.5kg	115.96	V
DR012	Banana - Whole Chips	15lb	26.31	SV
DR528	Blueberries	25lb	197.14	SV
DR999	Cranberries - Sliced	25lb	71.60	VS
DR015	Currants	12.5kg	36.25	V
DR017	Dates - chopped	12.5kg	25.00	V
DR018	Dates - Whole Pitted	10kg	18.85	V
DR044	Figs - Organic	10kg	74.90	OV
DR022	Ginger - Crystallised	5kg	25.00	VS
DR300	Mango Slices - SO2	12.50kg	189.00	V
DR023	Mixed Peel - Contains SO2	10kg	3.85	VS
DR024	Papaya - Diced & Sweetened	5kg	29.92	VS
DR025	Peaches - Halves SO2	12.5kg	93.27	V
DR163	Pears - Halves SO2	12.5kg	93.27	V
DR029	Pineapple - Diced SO2	5kg	27.83	VS
DR801	Prunes - Pitted Ashlock	10kg	62.79	V
DR143	Raisins - Dark Flame	10kg	29.25	V
DR039	Raisins - Thompson Seedless	12.5kg	36.00	V
DR041	Sultanas - Australian 5 Crown	14kg	71.80	V
DR042	Sultanas - Turkey/South Africa	12.5kg	29.70	V
BULK COMMODITIES - ORGANIC				
DR043	Apricots - Organic	12.5kg	137.31	VO
DR869	Banana Chips - Organic	6.8kg	33.95	OS
DR908	Cranberries - Organic	11.34kg	97.40	OSV
DR111	Currants - Organic	12.5kg	6.71	OV
DR986	Dates - Organic Fairly Traded	5kg	33.15	FOV
DR007	Ginger - Organic	5kg	31.65	OSV
DR045	Raisins - Organic	12.5kg	45.76	OV
DR046	Sultanas - Organic	12.5kg	44.92	OV
FRUIT & VEGETABLE JUICES				
SUNITA				
JU672	Lemon Juice - organic Foodservice	6 x 1l	35.49	OV
JU997	Lemon Juice - E224	5l	14.99	V
JU524	Lime juice	5l	12.99	V
GRAINS				
SUMA BAGGED DOWN				
QS026	Barley Grain - pearl	10kg	17.99	V
QS112	Bulgar wheat - coarse	3kg	6.99	V
QS018	Couscous	10kg	28.50	V
QS062	Couscous	3kg	8.49	V
QS032	Couscous - Pearl	3kg	8.75	V
QS078	Rice - arborio (risotto)	5kg	19.15	V
QS005	Rice - basmati, brown	10kg	28.99	V
QS064	Rice - basmati, brown	3kg	8.79	V
QS074	Rice - basmati, white	3kg	9.15	V
QS403	Rice - basmati, white	10kg	29.95	V
QS007	Rice - long grain brown	5kg	1.55	V

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QS079	Rice - white pudding	5kg	13.15	V
QS033	Rice - wild	2.5kg	32.89	V
QS083	Tapioca	3kg	9.49	V
SUMA BAGGED DOWN - ORGANIC				
QS040	Buckwheat - unroasted, organic	5kg	21.79	VO
QS030	Bulgar wheat - organic	3kg	8.39	VO
QS049	Couscous - wholemeal, organic	3kg	9.35	VO
QS092	Millet - organic	3kg	1.39	OV
QS151	Popcorn - organic	1kg	3.55	VO
QS153	Popcorn - organic	3kg	9.55	VO
QS069	Quinoa, Red - Organic	1kg	5.15	OV
QS071	Quinoa, Red - Organic	3kg	14.15	OV
QS606	Quinoa, White - Organic	3kg	12.99	OV
QS566	Rice - arborio, organic	3kg	17.99	OV
QS668	Rice - basmati, brown organic	3kg	11.29	VO
QS664	Rice - basmati, white organic	3kg	12.49	VO
QS035	Rice- long grain brown organic	10kg	32.79	VO
QS036	Rice- long grain brown organic	3kg	9.55	VO
QS038	Rice-short grain brown organic	10kg	34.49	VO
QS039	Rice-short grain brown organic	3kg	1.49	VO
BULK COMMODITIES				
QS117	Barley Grain - pearl	25kg	32.31	V
QS990	Bulgar wheat - coarse	25kg	43.17	V
QS017	Couscous	25kg	54.39	V
QS031	Couscous - Pearl	15kg	33.75	V
QS125	Rice - Arborio (risotto)	25kg	76.26	V
QS004	Rice - basmati, brown	20kg	45.45	V
QS402	Rice - basmati, white	20kg	47.00	V
QS006	Rice - long grain brown	25kg	38.53	V
QS501	Rice - white pudding	25kg	56.48	V
QS037	Rice-short grain brown organic	25kg	51.30	VO
QS008	Sushi Rice	10kg	2.75	V
BULK COMMODITIES - ORGANIC				
QS116	Buckwheat - unroasted, organic	25kg	87.00	OV
QS250	Bulgar wheat - organic	25kg	53.57	OV
QS115	Couscous - wholemeal, organic	25kg	6.83	OV
QS235	Millet - organic	25kg	68.90	OV
QS042	Popcorn - organic	25kg	57.85	OV
QS201	Quinoa - organic	25kg	87.50	OV
QS063	Red Quinoa - organic	25kg	95.84	OV
QS666	Rice - basmati, white organic	25kg	79.17	OV
DOVES FARM				
QS047	Wheat grain - organic	25kg	25.60	VO
GRAVY, STOCK & BOUILLON				
MARIGOLD				
LJ238	Bouillon Powder - Organic	6 x 500g	34.88	GOV
LJ321	Yeast Free Bouillon Stock Cube	12 x 84g	13.50	GOV
VECON				
LJ049	Vegetable Stock	1kg	11.65	V
HERB & FRUIT TEA INFUSIONS				
CLIPPER				
Food Service Range				
TE148	Chamomile	6 x 25 bags	13.39	FOV
TE455	Lemon & Ginger	6 x 25 bags	14.99	OV
TE166	Peppermint	6 x 25 bags	13.39	FOV
TE454	Wild Berry	6 x 25 bags	14.99	OV

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HERBS & SPICES - BULK				
BULK MILLED SPICES - ORGANIC				
HE707	Cassia Cinnamon Ground - OG	500g	7.52	OV
HE735	Ginger Powder Organic	500g	8.37	OV
HE732	Turmeric - Organic	500g	5.45	OV
BULK WHOLE SPICES				
ZX100	Liquorice Root	1kg	11.80	V
HE021	Peppercorns - black	1kg	9.79	V
HE022	Peppercorns - black	3kg	28.15	V
HE207	Tamarind	200g	2.88	V
HE027	Vanilla Pods	10 pack	17.25	V
BULK WHOLE SPICES - ORGANIC				
HE703	Whole Black Peppercorns - OG	500g	9.75	OV
HERBS & SPICES - PREPACKED				
SUMA				
Whole Spices				
HE001	Peppercorns - black	6 x 250g	15.80	V
HONEY				
SUMA				
HY082	Wildflower Pure Clear Honey	3kg	17.66	
HY083	Wildflower Pure Set Honey	3kg	17.66	
HOUSEHOLD CLEANING PRODUCTS				
ECOLEAF BY SUMA				
HJ105	Fabric Conditioner	6 x 1.5l	18.00	V
HJ055	Laundry Liquid	6 x 1.5l	29.72	V
HJ050	Multi Surface Cleaner	6 x 500ml	1.68	V
20 Litres Bulk				
HJ083	Fabric Conditioner Bulk	20l	26.30	V
HJ060	Laundry Liquid Bulk	20l	51.90	V
HJ077	Washing Up Liquid Bulk	20l	28.30	V
5 Litres Bulk				
HJ078	Fabric Conditioner	5l	7.15	V
HJ075	Laundry Liquid	5l	14.99	V
HJ072	Toilet Cleaner	5l	8.17	V
HJ067	Washing Up Liquid	5l	7.95	V
Powders				
HJ129	Washing Powder Concentrated	10kg	26.25	V
BIO - D				
HJ004	Fabric Conditioner	12 x 1l	27.25	V
HJ003	Laundry Liquid	12 x 1l	46.85	V
HJ244	Toilet Cleaner - angled head	12 x 750ml	21.60	V
BIO D				
5 Litres Bulk				
HJ608	Fabric Conditioner	5l	9.19	V
HJ116	Handwash - Lime & Aloe Vera	5l	13.79	V
HJ107	Handwash - unfragranced	5l	11.69	V
HJ247	Home & Garden Cleaner	5l	8.99	V
HJ800	Laundry Liquid	5l	17.50	V
HJ654	Multi Surface Cleaner	5l	1.69	V
HJ665	Toilet Cleaner	5l	8.79	V
HJ097	Washing Up Liquid	5l	8.10	V
Handwash				
HJ119	Handwash - Lime & Aloe Vera	6 x 500ml	16.85	V
HJ117	Handwash - unfragranced	6 x 500ml	15.85	V
Powders				
HJ081	Washing Powder Concentrated	1kg	3.25	V
HJ082	Washing Powder Concentrated	2kg	6.19	V

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HJ103	Washing Powder Concentrated	12.5kg	38.59	V
CAMBRIDGE TRADITIONAL PRODUCTS				
HJ017	Pure Beeswax	16 x 1oz	23.23	
ECOVER				
HJ024	Floor Cleaner	12 x 1l	28.11	V
5 Litres Bulk				
HJ070	Floor Soap - Porous Surfaces	5l	11.57	V
HJ527	Hand Soap	5l	2.15	V
HJ071	Laundry Liquid - Delicate	5l	15.73	V
Bag in Box Range				
HJ084	15L Refill Tap	each	4.99	V
HJ034	Washing Up Liquid	15l	26.58	V
Dishwasher Products				
HJ086	Dishwasher Rinse Aid	12 x 500ml	33.99	V
HJ132	Dishwasher Tablets Classic	5 x 70 tablets	49.19	V
Hand Products				
HJ054	Liquid Hand Soap Refill	6 x 1l	38.32	V
Laundry				
HJ549	Laundry Liquid - Non Bio	6 x 1.5l	32.64	V
Zero				
HJ203	Washing Powder Zero	7.5kg	25.91	V
HOUSEHOLD PRODUCTS				
ECOLEAF BY SUMA				
NF091	Ecoleaf 3 Ply Kitchen Towels	12 x 2 rolls	2.55	V
NF209	Ecoleaf Toilet Tissue	10 x 4 pack	21.21	V
NF214	Ecoleaf Toilet Tissue	5 x 9 rolls	22.99	V
NF210	Ecoleaf Toilet Tissue Bulkpack	5 x 12 pack	28.57	V
HILL BRUSH COMPANY				
NF781	Vegetable Brush	each	5.35	V
NF782	Washing Up Brush + Four Heads	each	6.69	V
IF YOU CARE				
NF500	100% Recycled Aluminium Foil	12 x rolls	37.18	V
NF032	Heavy Duty Aluminium Foil	12 x 1 rolls	5.82	V
NF023	Large Baking Cups	24 x 1 x 60	25.41	V
NF021	Parchment Paper Rolls	12 x 1 rolls	38.86	V
NF018	Sponge Cloths	12 x 5 cloths	38.59	V
TRADCRAFT				
NF181	Fair Trade Rubber Gloves	12 x 1 pairs	17.19	GFV
INDIAN FOOD				
PATAKS				
Pappadums				
VF293	Pappadums - Plain	12 x 100g	18.38	V
JUICE CONCENTRATES & CORDIALS				
SUMA				
Chilled products				
JU057	Apple Juice - Concentrate	5l	37.99	V
SUMA ORGANIC				
Chilled products				
JU243	Apple Juice Org - Concentrate	5l	41.49	OV
MARGARINES & SPREADS (CHILLED)				
SUMA				
MA003	Olive Spread	8 x 500g	15.90	V
MA055	Soya Spread	8 x 500g	13.82	V
MA051	Sunflower Spread	6 x 2kg	43.63	V
MA053	Sunflower Spread	8 x 500g	14.00	V
BIONA				
MA030	Vegetable Margarine	16 x 500g	64.37	OV

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MA061	Vegetable Margarine	8 x 250g	2.62	OV
MIDDLE EASTERN & AFRICAN FOOD				
CARLEY'S				
KJ240	Preserved Lemon - Organic	6 x 700g	27.18	OV
MILK - NON DAIRY				
BONSOY				
SY072	Soya Milk	6 x 1l	18.85	V
ECOMIL				
SY012	Almond Drink Powder	6 x 400g	61.38	GOV
SY030	Cuisine - Almond Cream	24 x 200ml	28.62	GOV
KOKO DAIRY FREE				
SY038	Coconut Milk Drink	12 x 1l	19.38	GSV
OATLY				
SY019	Cream - Dairy Free	18 x 250ml	16.45	VO
THE BRIDGE				
SY002	Oat Drink	12 x 1l	17.55	OV
SY560	Oat Drink - Calcium Enriched	12 x 1l	18.80	OV
SY042	Rice Drink - Calcium Enriched	12 x 1l	18.45	GOV
NUT & SEED BUTTERS				
SUNITA				
GH080	Tahini - light	3kg	24.19	V
GH149	Tahini - light, organic	3kg	29.71	VO
GH079	Tahini - Whole	3kg	24.19	V
GH996	Tahini, Whole, Organic	3kg	29.71	VO
NUTS & SEEDS				
SUMA BAGGED DOWN				
NU004	Almonds	5kg	39.85	V
NU005	Almonds	1kg	8.39	V
NU135	Almonds - blanched	1kg	9.79	V
NU007	Almonds - Flaked	5kg	44.25	V
NU008	Almonds - flaked	1kg	9.49	V
NU010	Almonds - ground	5kg	41.59	V
NU011	Almonds - ground	1kg	8.79	V
NU017	Brazil - broken	5kg	46.35	V
NU078	Brazil - broken	1kg	9.65	V
NU015	Brazil - whole, medium	5kg	67.35	V
NU077	Brazil - whole, medium	1kg	13.85	V
NU019	Cashew - large pieces	5kg	38.75	V
NU020	Cashew - large pieces	1kg	8.15	V
NU237	Cashew - roasted & salted	1kg	18.55	V
NU131	Cashew - whole	5kg	54.90	V
NU134	Cashew - whole	1kg	11.49	V
NU054	Chia Seeds	1kg	6.75	V
NU274	Coconut - chips	1kg	5.69	V
NU240	Coconut - desiccated , medium	5kg	22.85	V
NU241	Coconut - desiccated , medium	1kg	4.99	V
NU030	Hazelnuts	5kg	48.85	V
NU096	Hazelnuts	1kg	1.25	V
NU204	Linseed / Flax	1kg	3.45	V
NU206	Linseed / Flax	5kg	12.50	V
NU079	Macadamia Nuts - Style 2	1kg	24.99	V
NU035	Mixed nuts	5kg	43.45	V
NU239	Mixed nuts	1kg	9.55	V
NU107	Mixed nuts - chopped	1kg	7.35	V
NU046	Peanuts - redskin	5kg	2.35	V
NU027	Pecan nuts	2.5kg	5.55	V
NU055	Pecan nuts	1kg	2.55	V

code	product	size	price	bfgosv
NU057	Pine kernels	1kg	37.39	V
NU251	Pistachio - raw, shelled	1kg	27.55	V
NU060	Pistachio - roasted & salted	1kg	15.29	V
HE026	Poppy Seeds	1kg	5.19	V
NU062	Pumpkin seeds	5kg	32.75	V
NU063	Pumpkin seeds	1kg	6.95	V
NU066	Sesame seeds - natural	5kg	2.35	V
NU227	Sesame seeds - natural	1kg	4.49	V
NU068	Sunflower seeds	5kg	12.89	V
NU231	Sunflower seeds	1kg	3.75	V
SUMA BAGGED DOWN - ORGANIC				
NU201	Almonds - organic	1kg	14.85	VO
NU430	Almonds, ground - organic	1kg	17.90	OV
NU032	Brazils Whole - organic	2.5kg	38.95	OV
NU278	Brazils Whole - organic	1kg	15.95	OV
NU070	Cashews - whole, organic	1kg	13.65	OV
NU038	Coconut - desiccated, organic	2.5kg	14.19	VO
NU071	Coconut - desiccated, organic	1kg	5.99	VO
NU202	Hazelnuts - organic	1kg	11.79	OV
NU271	Hemp Seeds - organic	1kg	6.95	VO
NU039	Linseed, golden - organic	2.5kg	9.49	OV
NU244	Linseed, golden - organic	1kg	4.19	OV
NU001	Omega Seed Mix - organic	1kg	6.95	OV
NU287	Omega Seed Mix - organic	5kg	29.25	OV
NU072	Peanuts - organic	1kg	6.45	OV
NU543	Pine Kernels - organic	1kg	4.85	OV
NU209	Pumpkin seeds - organic	1kg	8.95	OV
NU210	Sesame seeds - organic	1kg	5.15	OV
NU084	Sunflower seeds - organic	2.5kg	1.59	VO
NU203	Sunflower seeds - organic	1kg	4.59	OV
NU200	Walnuts - organic	1kg	13.75	OV
BULK COMMODITIES				
NU003	Almonds	50lb	15.75	V
NU126	Almonds - blanched	10kg	78.45	V
NU009	Almonds - ground	10kg	69.17	V
NU016	Brazil - broken	44lb	156.67	V
NU014	Brazil - whole, medium	44lb	23.00	V
NU018	Cashew - large pieces	50lb	145.46	V
NU021	Cashew - roasted & salted	3kg	46.25	V
NU125	Cashew - whole	50lb	26.59	V
NU050	Chia Seeds	25kg	13.00	V
NU024	Coconut - chips	10kg	41.73	V
NU888	Coconut - desiccated medium	25kg	92.61	V
NU028	Hazelnuts	25kg	23.15	V
NU205	Linseed / Flax	25kg	44.59	V
NU076	Macadamia Nuts	25lb	229.42	V
NU036	Mixed nuts - chopped	12.5kg	71.15	V
NU250	Peanuts - paleskin	25kg	6.45	V
NU044	Peanuts - redskin	25kg	81.54	V
NU051	Peanuts - roasted & salted	12.5kg	45.45	V
NU047	Peanuts - Roasted with Skins	12.5kg	43.25	V
NU312	Pecan Nuts	30lb	236.60	V
NU056	Pine kernels - China	12.5kg	41.10	V
NU300	Pistachio - raw, shelled	10kg	23.00	V
NU061	Pumpkin seeds	25kg	135.81	V
NU065	Sesame seeds - natural	25kg	81.66	V
BULK COMMODITIES - ORGANIC				
NU789	Alfalfa seeds - organic	25kg	268.85	OV

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NU800	Almonds, Ground - organic	10kg	136.00	OV
NU890	Brazils Whole - organic	44lb	258.33	OV
NU112	Cashews - whole organic	50lb	255.30	OV
NU117	Coconut - desiccated, organic	25kg	14.17	OV
NU301	Hazelnuts - organic	10kg	96.75	VO
NU002	Hemp Seeds - organic	25kg	135.42	OV
NU791	Linseed, golden - organic	25kg	74.23	OV
NU885	Peanuts - organic	25kg	123.80	OV
NU542	Pine Kernels - organic	12.5kg	439.37	OV
NU207	Pumpkin seeds - organic	25kg	179.50	OV
NU208	Sesame seeds - organic	25kg	94.25	OV
NU083	Sunflower seeds - organic	25kg	83.75	OV
NU118	Walnuts Light Halves - organic	10kg	17.50	VO
OILS & FATS				
SUMA				
GT010	Extra Virgin Rapeseed Oil	5l	21.34	V
GT100	Grapeseed Oil	6 x 500ml	24.00	V
GT086	Olive Oil - Extra Virgin	5l	41.15	V
GT090	Sunflower Oil - cold pressed	5l	33.70	V
SUMA ORGANIC				
GT018	Italian Organic Olive Oil	6 x 750ml	62.40	OV
GT019	Italian Organic Olive Oil	4 x 3l	155.00	OV
GT087	Olive Oil-Extra Virgin,organic	5l	46.65	VO
GT091	Sunflower Oil - organic	5l	34.50	VO
SUMA PREPACKS				
GT028	Gluten Free Vegetarian Suet	6 x 250g	14.18	CV
BIONA				
VF774	Virgin Coconut Oil Organic	6 x 400g	36.47	OV
CLEARSPRING				
GT204	Italian Olive Oil Organic	6 x 1l	79.61	OV
GT009	Rapeseed Oil Organic	6 x 500ml	21.56	OV
GT230	Sunflower Frying Oil organic	6 x 1l	4.46	OV
GT202	Sunflower Oil organic	6 x 1l	39.11	OV
EQUAL EXCHANGE				
Palestinian Fairtrade Oils				
GT555	Olive Oil	6 x 1l	96.00	FV
HELLENIC				
GT005	Olive Oil - Extra Virgin	4 x 3l	82.94	V
GT031	Olive Oil Extra Virgin	4 x 5l	132.36	V
KHYBER				
VF751	Ghee	1 x 2lb	5.90	V
KTC				
GT052	Sunflower Oil - refined	5l	13.99	V
LA BIO IDEA				
GT044	Italian Og Virgin Olive Oil	6 x 1l	67.98	OV
SUNITA				
GT099	Olive Oil-Extra Virgin Organic	5l	52.00	VO
WHARFE VALLEY FARMS				
GT015	Rapeseed Oil	5l	21.32	V
OLIVES				
CYPRESSA				
KJ867	Cypressa Pitted Green Olives	2kg	9.78	V
SUNITA				
VF383	Green Olives	3kg	11.64	V
KJ556	Kalamon Olives - pitted OG	2kg	2.85	VO
PASTA				
IRIS				
WT086	Fusilli Wholewheat Pasta	5kg	11.80	OV
WT082	Penne Wholewheat Pasta	5kg	11.80	OV

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WT079	Spaghetti Wholewheat Pasta	5kg	11.80	OV
PASTA SAUCES & PESTOS				
SUMA ORGANIC				
	Organic Pasta Sauces			
VF201	Organic Arrabbiata Sauce	12 x 350g	24.21	OV
VF191	Organic Bolognese Sauce	12 x 340g	24.21	OV
VF192	Organic Napoletana Sauce	12 x 350g	24.21	OV
PICKLES, CHUTNEYS & MUSTARDS				
BIONA				
LJ664	Harissa Relish - prepared	6 x 125g	14.57	OV
BIONOVA				
KJ346	Gherkins - Sour	6 x 680g	19.48	VOS
BYODO				
KJ351	Mustard - Dijon, organic	1kg	8.20	VO
KJ354	Mustard - wholegrain, organic	1kg	6.20	VO
SALADS & SPROUTS (CHILLED)				
SKY SPROUTS				
	Minimum 4 days shelf life			
CV479	Alfalfa & Broccoli Sprouts	100g	1.66	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	1.66	OV
CV476	Alfalfa & Radish Sprouts	100g	1.66	OV
CV475	Alfalfa Sprouts	100g	1.61	OV
CV721	Broccoli Sprouts	100g	1.74	OV
CV504	Mixed Bean Sprouts	225g	1.74	OV
CV503	Mung Bean Sprouts	200g	1.66	OV
CV510	Organic Sprouts Multi Pack	160g	2.40	OV
CV509	Radish Sprout	100g	1.66	OV
SALT & SEASONINGS				
SUMA				
LJ031	Sea Salt - fine	10kg	6.30	V
BIOFORCE				
LJ054	Herbamare	6 x 250g	19.30	V
BULK COMMODITIES				
LJ030	Sea Salt - coarse	10kg	7.28	V
GEO ORGANICS				
LJ005	Atlantic Fine Ground Sea Salt	6 x 500g	13.25	OV
MARIGOLD				
LJ444	Liquid Aminos	6 x 250ml	17.96	GV
PINK MOUNTAIN				
LJ174	Pink Himalayan Coarse Salt	6 x 1kg	29.70	OV
LJ172	Pink Himalayan Fine Salt	6 x 1kg	29.70	OV
TIDMANS				
LJ023	Tidmans Rock Salt	12 x 500g	16.37	V
SOFT DRINKS				
FENTIMANS				
	275ML Range			
JU008	Cherry Cola	12 x 275ml	15.40	GSV
JU625	Curiosity Cola	12 x 275ml	15.40	GSV
JU908	Dandelion & Burdock	12 x 275ml	15.40	GSV
JU346	Ginger Beer	12 x 275ml	15.40	GSV
JU354	Mandarin Seville Orange Jigger	12 x 275ml	15.40	GSV
JU618	Rose Lemonade	12 x 275ml	15.97	GSV
JU435	Victorian Lemonade	12 x 275ml	15.40	GSV
FEVERTREE				
JU387	Tonic Water	6 x 4x200ml	18.48	GSV
FIREFLY NATURAL DRINKS				
	Fruit Juice & Botanic Extracts			
JU299	Lemon, Lime & Ginger	12 x 330ml	15.45	V

code	product	size	price	bfgosv
JU296	Peach & Green Tea	12 x 330ml	15.45	V
JU180	Pomegranate & Elderflower	12 x 330ml	15.45	V
GUSTO				
JU148	Lemon Energy	12 x 250ml	16.92	OV
JU147	Original Energy	12 x 250ml	16.92	OV
WHOLE EARTH				
JU311	Apple	24 x 330ml	19.35	OSV
JU946	Cola	24 x 330ml	19.35	OSV
JU935	Lemonaid	24 x 330ml	19.35	OSV
JU947	Mountain Cranberry	24 x 330ml	19.35	OSV
JU310	Orange & Lemonade	24 x 330ml	19.35	OSV
JU189	Sparkling Elderflower	24 x 330ml	19.35	OV
JU186	Sparkling Ginger	24 x 330ml	19.35	OV
SUGARS & SYRUPS				
SUMA				
HY019	Malt Extract	3.18kg	11.75	V
SUMA BAGGED DOWN				
LJ095	Dark Muscovado Sugar	3kg	12.45	V
LJ053	Demerara Sugar	3kg	11.85	V
LJ180	Demerara Sugar	10kg	38.99	V
LJ094	Light Muscovado Sugar	3kg	12.49	V
LJ097	Soft Brown Sugar	3kg	11.99	V
LJ184	Soft Brown Sugar	10kg	39.49	V
SUMA BAGGED DOWN - ORGANIC				
LJ679	Demerara Sugar - organic	3kg	9.95	OV
LJ159	Icing Sugar - organic	3kg	17.19	OV
LJ055	Raw Cane Sugar - organic	10kg	44.75	OV
LJ096	Raw Cane Sugar - organic	3kg	13.55	OV
SUMA ORGANIC				
LJ121	Agave Syrup - organic	6 x 500ml	35.96	OV
LJ150	Agave Syrup - organic	5l	5.00	OV
BILLINGTONS				
LJ056	Sugar - Golden Granulated	10 x 1kg	29.55	V
BULK COMMODITIES				
LJ066	Dark Muscovado Sugar	25kg	82.92	VS
LJ052	Demerara Sugar	25kg	79.00	V
LJ546	Fairly Traded Golden Granular	25kg	8.80	FV
LJ065	Light Muscovado Sugar	25kg	83.42	V
LJ069	Soft Brown Sugar	25kg	79.79	V
BULK COMMODITIES - ORGANIC				
LJ876	Demerara Sugar, organic	25kg	64.00	OV
LJ890	Icing Sugar - organic	25kg	115.50	OV
LJ068	Raw Cane Sugar - organic	25kg	91.33	OV
RAYNERS				
LJ901	Black Treacle - organic	6 x 340g	13.46	GOV
LJ704	Golden Syrup - Organic	5kg	3.00	FOV
LJ589	Malt Extract - Organic	5kg	23.57	OV
SWEET FREEDOM				
LJ041	Natural Sweetness - Original	6 x 350g	15.70	V
LJ137	Natural Sweetness - Original	5l	38.42	V
TOTAL SWEET				
LJ125	Total Sweet	6 x 1kg	5.37	V
TRADCRAFT				
LJ515	Brown Sugar Sticks	500 x 3g	9.31	FV
TRUVIA				
LJ086	Sweetener from the Stevia Leaf	6 x 270g	29.84	V
XYLITOL UK				
LJ047	Xylitol Sweetener	6 x 1kg	51.55	V

code	product	size	price	bfgovs
SWEET SNACKS				
SUNITA				
ZX097	Honey & Pistachio Halva	2.5kg	33.66	
TABLE SAUCES				
BIONA				
KJ106	Classic Tomato Ketchup Squeezy	12 x 560g	33.68	GOSV
KJ050	Italian Organic Ketchup	6 x 480g	15.71	OSV
TEAS				
CLIPPER				
Food Service Range				
TE448	Fairtrade Everyday One Cup Bag Food Service Range - 250's	1100 bags	25.99	FV
TE152	Earl Grey	250 bags	17.99	FOV
TE451	Speciality English Breakfast Food Service Range - 6 X 25's	250 bags	17.99	FOV
TE150	Earl Grey	6 x 25 bags	12.99	FOV
TE161	Green Tea	6 x 25 bags	12.99	FOV
TOFU & TEMPEH (CHILLED)				
CLEAR SPOT				
CV209	Marinated Tofu	8 x 190g	17.14	OV
CV249	Smoked Tofu	8 x 225g	19.37	OV
NATUREMADE OASIS				
CV582	Marinated Tofu	5 x 200g	9.12	OV
TOMATOES & TOMATO PRODUCTS				
SUMA BAGGED DOWN - ORGANIC				
Dried				
LJ601	Sundried Tomatoes-organic	1kg	8.25	OV
SUMA ORGANIC				
LJ660	Organic Basil Passata	12 x 690g	17.91	VO
LJ560	Organic Passata	12 x 690g	17.55	VO
Canned				
LJ075	Cherry Tomatoes - organic	12 x 400g	12.51	OV
LJ080	Tomatoes - chopped, organic	12 x 400g	9.81	OV
LJ123	Tomatoes - chopped, organic	6 x 2.5kg	24.70	OV
LJ081	Tomatoes - peeled, whole OG	12 x 400g	9.81	VO
SUMA PREPACKS - ORGANIC				
Dried				
LJ602	Sundried Tomatoes - organic	6 x 125g	7.88	OV
BULK COMMODITIES - ORGANIC				
Dried				
LJ600	Sundried Tomatoes - organic	10kg	63.20	OV
ZEST				
LJ042	Sun-dried Tomato Paste	6 x 170g	15.53	V
VEGETABLES				
BIONOVA				
VF039	Garden Peas	6 x 350g	1.00	O
VF040	Sauerkraut	6 x 350g	12.38	VO
VF030	Sweetcorn - organic	6 x 340g	1.00	VO
ORGANICO				
VF088	French Chestnuts in box - og	12 x 200g	44.51	OV
ST DALFOUR				
VF112	Whole Chestnuts	6 x 200g	17.95	GV
TROPICAL WHOLEFOODS				
VF514	Shiitake Mushrooms	6 x 50g	18.00	V

code	product	size	price	bfgosv
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VEGETABLES (FROZEN)

NATURAL COOL

XL156	Chips - Oven or Fry	6 x 1.25kg	33.37	GOVB
XL177	Leaf Spinach Portions	8 x 450g	15.46	OVB
XL181	Sweetcorn	8 x 450g	22.78	GOV

VINEGARS

ASPALL

KJ382	Balsamic Vinegar - og	5l	38.78	OV
KJ067	Cyder Vinegar	5l	12.69	V
KJ180	Cyder Vinegar	25l	48.48	V
KJ252	Cyder Vinegar - og	25l	58.43	OV
KJ205	Cyder Vinegar - organic	5l	15.62	OV
KJ381	Malt Vinegar	5l	1.70	V
KJ353	Red Wine Vinegar	5l	12.69	V
KJ356	White Wine Vinegar	5l	12.69	V

WATERS

HARROGATE SPRING WATER

	750ml Glass Bottles			
WA222	Spring Water - Sparkling	12 x 750ml	11.39	V
WA223	Spring Water - Still	12 x 750ml	1.39	V

Suma

CO-OPERATIVE SINCE 1977

Lacy Way, Lowfields Business Park, HX5 9DB

Email: sales@suma.coop

Sales: +44 (0)1422 313848

Shop online: www.suma.coop/wholesale