

The background of the page is composed of large, overlapping, organic shapes in two colors: a vibrant teal and a soft pink. The shapes are fluid and abstract, creating a modern, artistic feel. The teal shapes are more angular and layered, while the pink shapes are smoother and more rounded. The overall composition is balanced and visually appealing.

Suma

CO-OPERATIVE SINCE 1977

FAIRTRADE

MAR - APR 2023

FAIRTRADE

A bit more about it..

Fairtrade is an organised social movement whose goal is to help producers in developing countries achieve better trading conditions and promote sustainability. Members of the movement advocate paying higher prices to growers and exporters, as well as aiming to establish higher social and environmental standards. The movement focuses in particular on exports from developing countries to developed countries, most notably coffee, cocoa, sugar, tea, bananas, and chocolate.

The movement seeks to promote greater equity in international trading partnerships through dialogue, transparency and respect. It promotes sustainable development by offering better trading conditions to, and securing the rights of, marginalised producers and workers in developing countries.

To find out more www.fairtrade.org.uk



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
BABY & CHILD FOOD				
CHEEKY MONKEY				
BB024	Peanut Butter Puffs	12 x 60g	2.49	FGOV
BAGS, BOXES AND BASKETS				
SIESTA CRAFTS				
NF467	Recycled Saree Bag - Folding	each	4.79	FV
BAKING SUNDRIES				
COCOA LOCO				
KB139	Dark Chocolate Couverture	4 x 1.5kg	22.99	FOSV
ENGEVITA				
LJ144	Organic Yeast Flakes	6 x 100g	6.49	FGOV
LJ143	Yeast Flakes Protein & Fibre	6 x 100g	3.95	FGV
LJ020	Yeast Flakes with Vitamin B12	6 x 100g	4.25	FGV
GREEN & BLACKS				
Cooks Chocolate				
KB058	Dark Cooking Chocolate-Organic	15 x 150g	2.85	FOS
TAYLOR & COLLEDGE				
LJ115	Vanilla Bean Extract	6 x 100ml	1.55	FOV
VEGO				
KB072	Hazelnut Chocolate Melts	10 x 180g	6.15	OFVS
BEERS				
LITTLE VALLEY BREWERY				
RT019	Radical Roots Ginger Pale Ale	12 x 500ml	2.75	OVF
BISCUITS CRACKERS & CRISP BREAD				
TRAI DCRAFT				
BT547	Double Chocolate Chunk Cookies	8 x 180g	2.79	FSV
BT481	Stem Ginger Cookies	8 x 180g	2.79	FSV
BODY CARE				
BADGER				
DY340	Sunscreen Clear Zinc SPF30	1 x 87ml	2.45	FO
DR BRONNER'S				
DY443	Lavender - Pump Soap	1 x 355ml	13.99	FOV
DY183	Lavender Castile Liquid Soap	1 x 237ml	9.69	FOV
DY338	Lavender Castile Liquid Soap 473ml Bottle	1 x 3.8l	77.99	FGOVB
DY191	Almond Castile Liquid Soap	1 x 473ml	14.99	FOV
DY198	Baby Castile Liquid Soap	1 x 473ml	14.99	FOV
DY205	Lavender Castile Liquid Soap	1 x 473ml	14.99	FOV
DY201	Orange Castile Liquid Soap	1 x 473ml	14.99	FOV
DY207	Peppermint Castile Liquid Soap 946ml Bottle	1 x 473ml	14.99	FOV
DY208	Almond Castile Liquid Soap	1 x 946ml	24.49	FOV
DY209	Baby Castile Liquid Soap	1 x 945ml	24.49	FOV
DY213	Lavender Castile Liquid Soap	1 x 945ml	24.49	FOV
DY572	Orange Castile Liquid Soap	1 x 946ml	24.49	FOV
DY214	Peppermint Castile Liquid Soap Bar Soap	1 x 945ml	24.49	FOV
DY117	Almond Pure Castile Bar Soap	12 x 140g	6.39	FOV
DY118	Baby Castile Bar Soap	12 x 140g	6.39	FOV
DY123	Lavender Castile Bar Soap	12 x 140g	6.39	FOV
DY119	Orange Castile Bar Soap	12 x 140g	6.39	FOV
DY138	Peppermint Castile Bar Soap Hand Sanitiser	12 x 140g	6.39	FOV
DY455	Hand Sanitiser - Lavender	1 x 60ml	5.49	FOV
DY479	Hand Sanitiser - Peppermint	1 x 60ml	5.49	FOV
ETHIQUE				
Accessories				
DY521	Aqua In - Shower Container BODY	3 x 1	1.99	FV
DY557	Botanical Deodorant Tube	6 x 70g	11.00	FV
DY499	Jasmine + Ylang Ylang Butter	6 x 100g	12.00	FV
DY492	Lavender + P/mint Body Wash	6 x 120g	5.50	FV

code	product	size	rrp	bfgosv
DY496	Orange + Vanilla Body Wash	6 x 120g	5.50	FV
DY519	Sweet Orange + Vanilla Butter CONCENTRATES	6 x 100g	12.00	FV
DY547	Bloom Conditioner Concentrate	6 x 25g	7.00	FV
DY552	Sorbet Hand Wash Concentrate CONDITIONER BARS	6 x 50g	7.00	FV
DY465	Curliosity Conditioner Bar	6 x 110g	14.00	FV
DY451	The Guardian Conditioner Bar	6 x 60g	14.00	FV
DY453	Wonderbar Conditioner Bar DISCOVERY PACKS	6 x 60g	14.00	FV
DY523	Discovery Pack - Balanced Hair	6 x 45g	8.50	FV
DY522	Discovery Pack - Dry Hair	6 x 45g	8.50	FV
DY533	Discovery Pack - Touchy Scalps SHAMPOO BARS	6 x 45g	8.50	FV
DY428	Frizz Wrangler Shampoo Bar	6 x 110g	13.00	FV
DY429	Heali Kiwi Shampoo Bar	6 x 110g	13.00	FV
DY434	Pinkalicious Shampoo Bar	6 x 110g	13.00	FV
DY439	Professor Curl Shampoo Bar	6 x 108g	13.00	FV

WELEDA

	Skin Food			
DY814	Skin Food	5 x 75ml	11.49	FB
DY134	Skin Food Body Butter	150ml	23.99	FVB
DY086	Skin Food Body Lotion	5 x 200ml	14.95	FVB
DY133	Skin Food Light	75ml	11.49	FV

CANDLES, INCENSE & HOLDERS

GREATER GOODS

	Display Units With Stock			
NF365	Display with Stock - 162 Units	1 x 1	2.00	FV
NF119	Mother's Incense Fan - Mixed	1 x 12 fans	6.99	F
NF366	Mother's India Display & Stock Mother's Vegan Incense	1 x 60	3.50	F
NF444	Cinnamon & Spice	6 x 12 sticks	2.00	FV
NF440	Frankincense	6 x 12 sticks	2.00	FV
NF448	Jasmine	6 x 12 sticks	2.00	FV
NF447	Orange Blossom	6 x 12 sticks	2.00	FV
NF441	Patchouli The Mother's India Incense	6 x 12 sticks	2.00	FV
NF526	Aditi - Crisp Blend of Sage	5 x 20 sticks	3.50	F
NF394	Amrita - Earthy and Spicy	5 x 20 sticks	3.50	F
NF403	Ganesh - Rich and Sumptuous	5 x 20 sticks	3.50	F
NF469	Lila - Woody Patchouli	5 x 20 sticks	3.50	F
NF525	Meera - Sandalwood Blend	5 x 20 sticks	3.50	F
NF412	Om - Cassia, Vanilla, Amber	5 x 20 sticks	3.50	F
NF408	Oudh - Sensuous	5 x 20 sticks	3.50	F
NF410	Prem - Sweet blend of Jasmine	5 x 20 sticks	3.50	F
NF402	Rishi - Exotic Rose	5 x 20 sticks	3.50	F
NF411	Shanti - Woody, w/Rose, Jasmine	5 x 20 sticks	3.50	F
NF393	Yoga - Sandalwood blend	5 x 20 sticks	3.50	F

SIESTA CRAFTS

NF285	Satya Sai Nag Champa Incense	12 x 15g	0.99	FV
NF577	Satya Sai Patchouli Incense	12 x 15g	0.99	FV
NF576	Satya Sai Sandalwood Incense	12 x 15g	0.99	FV
NF578	Satya Sai White Sage Incense	12 x 15g	0.99	FV

CHOCOLATE

ALTERECO

KB566	Dark Chocolate 70%	14 x 100g	2.89	FOSV
KB567	Dark Chocolate 85%	14 x 100g	2.89	FOSV
KB561	Dark Chocolate with Almond	14 x 100g	2.89	FOSV
KB568	Milk Chocolate	14 x 100g	2.89	FOS
KB571	Orange Dark Chocolate	14 x 100g	2.89	FOSV
KB572	Salted Caramel Milk Chocolate	14 x 100g	2.89	FOS

BOOJA-BOOJA

Artist's Collection Gift Boxes

code	product	size	rrp	bfgosv
KB927	Fine De Champagne Truffles	3 x 185g	24.99	GFOSV
KB929	Hazelnut Truffles	3 x 185g	24.99	GFOSV
CHOCOLATE AND LOVE				
WS082	Creamy Dark 55% Chocolate	14 x 80g	3.29	FOS
WS079	Mint 67% Chocolate	14 x 80g	3.29	FOSV
WS081	Orange 65% Chocolate	14 x 80g	3.29	FOSV
WS077	Panama 80% Chocolate Bar	14 x 80g	3.35	FOSV
WS078	Pomegranate 70% Chocolate	14 x 80g	3.35	FOSV
WS080	Sea Salt 55% Chocolate	14 x 80g	3.29	FOS
COCOA LOCO				
EASTER 2023				
KB495	Chocolate Egg & Spoon	6 x 100g	5.99	FOS
KB320	Marbled Chocolate Egg	6 x 225g	12.99	FOS
KB300	Marbled Chocolate Rabbit	6 x 200g	11.99	FSO
KB496	Milk & White Chocolate Chicks	6 x 100g	5.49	FOS
KB363	Milk Choc Mini Eggs	6 x 140g	6.99	FOS
KB497	Raspberry Chocolate Pigs	6 x 100g	5.49	FOS
DIVINE				
35g Bars				
ZX286	70% Dark Chocolate	30 x 35g	1.25	FSV
ZX828	70% Dark with Cool Mint Crisp	30 x 35g	1.25	FSV
ZX180	Cappuccino Bar Fairtrade	30 x 35g	1.25	FS
ZX499	Milk Chocolate	30 x 35g	1.25	FS
ZX422	Orange Milk Chocolate Bars	30 x 35g	1.25	FS
ZX287	White Chocolate Mini Bar	30 x 35g	1.25	FS
90g Bars				
ZX365	41% Dark Smooth Hazelnut	15 x 90g	2.95	SVF
KB039	60% Dark Pretzel & Caramel	15 x 90g	2.95	FS
ZX498	70% Dark Chocolate	15 x 90g	2.95	FSV
ZX469	85% Dark Chocolate	15 x 90g	2.95	FSV
ZX471	Dark Choc with Ginger & Orange	15 x 90g	2.95	FSV
KB534	Dark Choc with Raspberries	15 x 90g	2.95	FSV
ZX001	Dark Chocolate with Mint	15 x 90g	2.95	FSV
ZX789	Dark Chocolate with Pink Salt	15 x 90g	2.95	FSV
KB045	Milk Choc Almond & Salt Caramel	15 x 90g	2.95	FS
KB459	Milk Choc with Salted Caramel	15 x 90g	2.95	FS
ZX370	Milk Chocolate 45% Cocoa	15 x 90g	2.95	FS
KB043	Milk Chocolate Orange Crisp	15 x 90g	2.95	FS
KB364	White Choc with Strawberries	15 x 90g	2.95	FS
EASTER 2023				
WS177	Dark 70% Chocolate Egg	6 x 90g	6.50	FSV
ZX457	Dark 70% Chocolate Mini Eggs	12 x 152g	5.45	FSV
ZX309	Luxury Dark 70% Chocolate Egg	6 x 260g	11.59	FSV
KB577	Milk Chocolate Mini Eggs	12 x 152g	5.45	FS
EQUAL EXCHANGE				
KB659	55% Dark Caramel & Sea Salt	12 x 100g	2.79	FOS
KB698	65% Organic Dark Orange	12 x 100g	2.79	FOSV
KB654	71% Organic Very Dark	12 x 100g	2.79	FOSV
KB977	Dark 55% Choc with Almond	12 x 100g	2.79	FOS
GREEN & BLACKS				
90g Bars				
KB116	70% Dark Chocolate	15 x 90g	2.65	FOSV
KB034	85% Dark Chocolate	15 x 90g	2.65	FOSV
KB796	Dark Choc Hazelnut & Currant	15 x 90g	2.65	FOS
KB132	Dark Chocolate & Ginger	15 x 90g	2.65	FOS
ZX251	Maya Gold Dark Chocolate	15 x 90g	2.65	FSOV
KB908	Milk Choc & Chopped Almonds	15 x 90g	2.65	FOS
ZX239	Milk Chocolate	15 x 90g	2.65	FOS
KB133	Milk Chocolate & Butterscotch	15 x 90g	2.65	FOS
WS091	Milk Chocolate & Sea Salt	15 x 90g	2.65	FOS
KB370	White Chocolate	15 x 90g	2.65	FOS
Minibars				
KB199	70% Dark Chocolate	30 x 35g	1.50	FOS

code	product	size	rrp	bfgosv
OMBAR CHOCOLATE				
ZX419	100% Cacao Chocolate Bar	10 x 35g	2.50	FGOV
KB763	72% Cacao Chocolate Bar	10 x 35g	2.50	FGOSV
ZX659	90% Cacao Chocolate Bar	10 x 35g	2.50	FGOSV
KB759	Blueberry & Acai Chocolate Bar	10 x 35g	2.50	FGOSV
KB761	Coco 60% Chocolate Bar	10 x 35g	2.50	FGOSV
KB406	Coco Mylk Chocolate Bar	10 x 35g	2.50	FGOSV
ZX657	Coconut & Vanilla Choc Centres	10 x 35g	2.50	FGOSV
ZX397	Hazelnut Truffle Centre Bar	10 x 35g	2.50	FGOSV
ZX421	Pistachio Centres Choc Bar	10 x 35g	2.50	FGOSV
ZX663	Raspberry & Coconut Centre Bar	10 x 35g	2.50	FGOSV
KB764	Strawberry Mylk Chocolate Bar 70g Bars	10 x 35g	2.50	FGOSV
ZX951	72% Cacao Chocolate Bar	10 x 70g	3.39	FGOSV
ZX952	Coco Almond Chocolate Bar	10 x 70g	3.39	FSGOV
ZX953	Coco Mylk Chocolate Bar	10 x 70g	3.39	FGOSV
ZX639	Coconut & Vanilla Chocolate	10 x 70g	3.39	FGOSV
ZX403	Hazelnut Truffle Chocolate Bar	10 x 70g	3.39	FGOSV
ZX641	Pistachio Chocolate Bar	10 x 70g	3.39	FGOSV
ZX644	Raspberry & Coconut Choc Bar	10 x 70g	3.39	FGOSV
ZX975	Salt & Nibs Chocolate Bar Buttons	10 x 70g	3.39	FSGOV
KB492	Coco Mylk Chocolate Buttons Oat Mylk	15 x 25g	1.55	FGOSV
ZX184	Fruit & Nut	10 x 70g	2.99	FOSV
ZX187	Hazelnut	10 x 70g	2.99	FOSV
ZX155	Salted Caramel Truffle	10 x 70g	2.99	FOSV
ZX192	Smooth & Creamy	10 x 70g	2.99	FOSV
ORGANIC SEED & BEAN COMPANY				
Large Bars				
KB152	37% Milk Choc Hazel & Almond	10 x 75g	2.99	FOS
KB733	37% Milk Chocolate	10 x 75g	2.99	FOS
KB970	58% Dark Espresso	10 x 75g	2.99	FOS
KB155	58% Dark Hazelnut	10 x 75g	2.99	FOSV
KB979	58% Dark Lemon & Cardamom	10 x 75g	2.99	FOS
KB188	58% Dark Salted Pretzel	10 x 80g	2.99	FOSV
KB736	70% Dark Chocolate & Sea Salt	10 x 75g	2.99	FOSV
KB743	72% Dark Dominican	10 x 75g	2.99	FOSV
KB767	72% Dark Lavender	10 x 75g	2.99	FOSV
KB772	72% Dark Mandarin & Ginger	10 x 75g	2.99	FOSV
KB200	72% Dark Mint	10 x 75g	2.99	FOSV
KB184	Coffee	10 x 75g	2.99	FOSV
KB181	Salted Caramel	10 x 75g	2.99	FOSV
KB183	Sea Salt & Orange	10 x 75g	2.99	FOSV
ZX126	Sea Salt & Tropical Lime	10 x 75g	2.99	FOS
TONY'S CHOCOLONELY				
180g Bars				
ZX337	Dark Choc 51% Almonds&Sea Salt	15 x 180g	3.65	FSV
ZX345	Dark Chocolate 70%	15 x 180g	3.65	FSV
ZX218	Dark Chocolate Lemony Caramel	15 x 180g	3.65	FSV
ZX105	Dark/Milk Choc Pretzel&Toffee	15 x 180g	3.65	FS
KB886	Milk Choc Caramel/Sea Salt	15 x 180g	3.65	FS
ZX091	Milk Chocolate	15 x 180g	3.65	FS
ZX369	Milk Chocolate Hazelnut	15 x 180g	3.65	FS
ZX724	White Chocolate & Raspberry	15 x 180g	3.65	FS
EASTER 2023				
WS156	Easter Egg Assortment	24 x 150g	4.55	FS
WS159	Easter Eggs Caramel Sea Salt	8 x 178g	5.25	FS
WS158	Easter Eggs Milk Chocolate	8 x 180g	5.25	FS
WS157	Easter Eggs Mix	8 x 255g	6.29	FS
Gift Range				
KB838	Small Bar Tasting Pack	12 x 288g	1.99	FS
KB178	Tiny Tony Gift Box	6 x 180g	7.35	FS
Non Grocery Exclusives				

code	product	size	rrp	bfgosv
ZX642	Milk Chocolate Chip Cookie	15 x 180g	3.65	FS
ZX673	Milk Pecan Caramel Crunch Small Bars	15 x 180g	3.65	FS
ZX101	Dark Chocolate 51% Almond	35 x 47g	1.49	FSV
ZX612	Milk 32% Almond Honey Nougat	35 x 47g	1.49	FS
ZX111	Milk Choc Caramel & Sea Salt	35 x 47g	1.49	FS
ZX102	Milk Chocolate Sweet Solution Bars	35 x 50g	1.49	FS
ZX994	Milk Caramel Biscuit	15 x 180g	3.65	FS
KB697	Milk Chocolate 32% Nougat	15 x 180g	3.65	FS
ZX996	Milk Creamy Hazelnut Crunch	15 x 180g	3.65	FS
WS032	Milk Crispy Wafer	15 x 180g	3.65	FS
VEGO				
KB821	Mini Whole Hazel Chocolate Bar	30 x 65g	2.59	FGOSV
WS003	Vego Dark Nuts & Berries	12 x 85g	3.45	FOVS
WS059	Vego White - Almond Bliss	18 x 50g	2.25	FOVS
KB943	Vegolino Pralines	8 x 180g	5.95	FOSV
KB489	Whole Hazelnut Chocolate Bar	30 x 150g	4.55	FGOSV
VIVANI ORGANIC CHOCOLATE				
	Vivani iChoc			
KB897	Almond & Orange	10 x 80g	2.76	FOSV
KB882	Choco Cookie	10 x 80g	2.76	FOSV
KB922	Classic Style	10 x 80g	2.76	FOSV
KB579	Salty Pretzel	10 x 80g	2.76	FOSV
KB738	Super Nut	10 x 80g	2.76	FOSV
KB582	White Barista Art	10 x 80g	2.76	FOSV
KB881	White Nougat Crisp	10 x 80g	2.76	FOSV
KB898	White Vanilla	10 x 80g	2.76	FOSV
CLOTHING				
SIESTA CRAFTS				
NF088	Recycled Sari Gift Wrap/Scarf	each	4.29	FV
COCOA				
SUMA PREPACKS - ORGANIC				
LJ189	Cocoa Powder - Organic	6 x 250g	3.35	FOV
CLIPPER				
TE205	Drinking Chocolate	6 x 250g	4.45	FSV
TE188	Instant Hot Chocolate	6 x 350g	4.79	FS
TE196	Instant Hot Chocolate	4 x 1kg	15.55	FS
DIVINE				
TE687	Drinking Chocolate	6 x 400g	4.55	FVS
EQUAL EXCHANGE				
TE491	Hispaniola Cocoa Powder - og	6 x 250g	4.49	FOV
GREEN & BLACKS				
TE453	Cocoa Powder - FT Organic	6 x 125g	2.75	FOV
TE131	Hot Chocolate	6 x 300g	4.95	FO
HASSLACHER'S				
TE078	Bar of Drinking Chocolate	19 x 250g	6.49	FV
MONTEZUMA'S				
KB190	Dark Drinking Chocolate	6 x 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 Cephacafe Beans	1kg	19.99	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	24.79	FOV
TE113	Swiss Water Decaff Beans Roast and Ground Coffees	1kg	25.39	FOV
TE014	Bolivia Femenino Ground Coffee	6 x 227g	6.19	FOV
TE372	Colombia Ground Coffee	6 x 227g	5.39	FOV

code	product	size	rrp	bfgosv
TE650	Espresso Ground Coffee	6 x 227g	5.99	FOV
TE374	Ethiopia Yirgacheffe Ground	6 x 227g	6.19	FOV
TE384	Honduras Ground Coffee	6 x 227g	5.50	FOV
TE643	Medium Roast Ground Coffee	6 x 227g	4.89	FOV
TE397	Peru Ground Coffee	6 x 227g	5.29	FOV
TE641	Suma Dark Roast Ground	6 x 227g	4.89	FOV
TE399	Sumatra Ground Coffee	6 x 227g	5.49	FOV
TE400	Swiss Water Decaf Ground	6 x 227g	6.19	FOV
	Roast Whole Bean Coffees			
TE373	Colombia Coffee Beans	6 x 227g	5.39	FOV
TE655	Espresso Coffee Beans	6 x 227g	5.89	FOV
TE375	Ethiopia Yirgacheffe Beans	6 x 227g	6.19	FOV
TE401	Peru Coffee Beans	6 x 227g	5.29	FOV
	CAFEDIRECT			
	Blend - Roast & Ground			
TE666	Intense Roast Ground	6 x 227g	5.35	FV
TE156	Lively Roast Ground	6 x 227g	5.35	FV
TE176	Smooth Roast Ground	6 x 227g	5.35	FV
	Instant Coffees			
TE513	Machu Picchu Instant	6 x 100g	6.35	FV
TE383	Machu Picchu Instant	6 x 200g	8.99	FV
TE377	Machu Picchu Instant Decaff	6 x 100g	5.69	FV
TE449	Mayan Gold Instant	6 x 100g	6.35	FV
TE395	Smooth Roast Instant	6 x 500g	25.49	FV
	Roast Wholebean Coffees			
TE320	Machu Picchu Decaf Beans	6 x 227g	5.90	FV
TE901	Machu Picchu Organic Beans	6 x 227g	5.55	FOV
TE229	Machu Picchu Organic Beans	6 x 750g	14.99	FOV
TE302	Mayan Gold Beans	6 x 227g	5.55	FV
	Single Origin - Roast & Ground			
TE323	Cauca Valley Columbia Ground	6 x 227g	5.55	FV
TE951	Kilimanjaro Tanzania Ground	6 x 227g	5.55	FV
TE493	Machu Picchu Decaf Ground	6 x 227g	5.39	FV
TE952	Machu Picchu Organic Ground	6 x 227g	5.55	FOV
TE226	Mayan Gold Ground	6 x 227g	5.55	FV
	CLIPPER			
	Food Service Range			
TE724	Instant - Fairtrade & Organic	4 x 500g	36.45	FOV
TE526	Instant Organic Decaff	4 x 500g	41.35	FOV
	Instant Coffees			
TE076	Fairtrade Organic Instant	6 x 100g	7.55	FOV
TE422	FT Org Everyday Instant Coffee	6 x 100g	7.15	FOV
TE879	FT Org Super Spec Decaf Coffee	6 x 100g	8.29	FOV
TE739	FT Org Super Special Coffee	6 x 100g	7.55	FOV
	Roast and Ground Coffees			
TE845	Decaffeinated Ground Coffee	8 x 227g	6.65	FOV
TE849	Italian Style Ground Coffee	8 x 227g	5.69	FOV
TE705	Papua New Guinea Ground Coffee	8 x 227g	5.69	FOV
	EQUAL EXCHANGE			
	Roast & Ground Coffees			
TE872	Anytime Medium Roast	8 x 200g	6.39	FOV
TE875	Colombian Excelso	8 x 200g	6.39	FOV
TE874	Dark City	8 x 200g	6.39	FOV
TE325	Dark Roast Decaffeinated	8 x 200g	6.99	FOV
TE870	Decaffeinated	8 x 200g	6.99	FOV
TE867	Ethiopia Yirgacheffe	8 x 200g	6.99	FOV
TE876	Grown by Women	8 x 200g	6.39	FOV
TE812	Guatemalen	8 x 200g	6.39	FOV
TE866	Italian Blend	8 x 200g	6.39	FOV
	Roast Wholebean Coffees 1kg			
TE898	Anytime Medium Roast	6 x 1kg	25.99	FOV
TE896	Espresso	6 x 1kg	25.99	FOV
TE008	Italian Blend	6 x 1kg	25.99	FOV
	Roast Wholebean Coffees 200g			

code	product	size	rrp	bfgosv
TE402	Dark City	8 x 200g	6.39	FOV
TE403	Decaffeinated	8 x 200g	6.99	FOV
TE409	Grown By Women	8 x 200g	6.39	FOV
TE834	Guatemalen	8 x 200g	6.39	FOV
TE408	Italian Blend	8 x 200g	6.39	FOV
TE371	Medium Roast	8 x 200g	6.39	FOV
TE326	Roast Wholebean Coffees 227g Dark Roast Decaf	8 x 227g	6.99	FOV
	GRUMPY MULE			
	Roast & Ground Coffees			
TE286	Colombia Cafe Equidad	6 x 227g	5.55	FOV
TE136	Cool Ground	6 x 227g	5.49	FOV
TE289	Decaf Ground Swiss Water	6 x 227g	6.39	FOV
TE839	Guatemala Pocola	6 x 227g	6.69	FV
TE134	Honduras Fuerza La Labor	6 x 227g	5.49	FOV
TE132	Honduras Pico Pijol	6 x 227g	5.49	FOV
TE559	Peru Cafe Femenino	6 x 227g	5.49	FOV
TE285	Sumatra Gayo Highlands	6 x 227g	5.69	FOV
	Roast Wholebean Coffees			
TE718	Colombia Cafe Equidad Beans	6 x 227g	5.59	FOV
TE130	Decaf Beans - Swiss Water	6 x 227g	6.29	FOV
	Roast Wholebean Coffees 1KG			
TE416	Dark Peak Espresso Beans	1kg	21.79	FV
TE417	Landscape Espresso Beans	1kg	23.49	FOV
TE424	Milestone Espresso Beans	1kg	21.79	FV
	PERCOL			
	Instant Coffees			
TE679	Delicious Decaf	6 x 100g	4.79	FV
TE005	Smooth Colombian	6 x 100g	4.79	FV
	Roast & Ground Coffees			
TE632	Rich Americano Fairtrade	6 x 200g	4.75	FOV
	DRINKS (CHILLED)			
	COCOS			
CV482	Mango & Passionfruit Kefir	6 x 200ml	3.00	FGOV
	KARMA			
	Kefir			
CV753	Kefruit Elderflower & Hibisc.	6 x 500ml	3.40	FOVB
CV752	Kefruit Fig and Lemon	6 x 500ml	3.40	FOVB
	Kombucha			
CV256	Ginger	6 x 1l	6.25	FOVB
CV245	Mango	6 x 500ml	3.85	FOVB
CV258	Pomegranate	6 x 1l	6.25	FOVB
	FAR EASTERN FOOD			
	KING SOBA			
WT123	Og Basmati White Rice Noodles	12 x 250g	2.59	OFV
	FRUIT - DRIED			
	SUMA PREPACKS - ORGANIC			
DR720	Dates -og pitted fairly traded	6 x 250g	2.99	FOV
	TROPICAL WHOLEFOODS			
DR200	Fairtrade Organic Mango	14 x 100g	3.19	FOV
DR233	Sun Dried Banana Chips	14 x 150g	2.45	FOV
DR234	Sun Dried Pineapple	14 x 100g	3.19	FV
	ZAYTOUN			
DR164	Palestinian Medjoul Dates	6 x 250g	5.29	FV
DR028	Palestinian Medjoul Dates	6 x 500g	1.69	FV
	FRUIT & VEGETABLE JUICES			
	JAMES WHITE			
	Tetrapack 1L			
JU391	British Carrot	8 x 1l	3.69	FGVB
	GRAINS			
	ZAYTOUN			
QS014	Maftoul Giant Couscous	6 x 200g	3.89	FOV

code	product	size	rrp	bfgovs
QS131	Smoky Freekeh	6 x 200g	3.65	FV
GRAVY, STOCK & BOUILLON				
MARIGOLD				
LJ178	Bouillon Reduced Salt	1 x 2kg	22.49	FGV
LJ208	Organic Bouillon	1 x 2kg	23.49	FGOV
LJ253	Organic Reduced Salt Bouillon	1 x 2kg	4.65	FGOV
LJ139	Original Bouillon	1 x 2kg	21.75	FGV
HERB & FRUIT TEA INFUSIONS				
CLIPPER				
TE035	Everyday Infusions Indian Chai	4 x 20 bags	2.19	FGOV
TE148	Food Service Range Chamomile	6 x 25 bags	3.49	FOV
TE166	Peppermint	6 x 25 bags	3.49	FOV
GREENYPEEPS				
TE439	Carbon Negative Tea Camomile	6 x 20 bags	2.99	FOV
TE446	Lemongrass & Ginger	6 x 20 bags	2.99	FOV
TE444	Peppermint	6 x 20 bags	2.99	FOV
TE445	Spiced Chai	6 x 20 bags	2.99	FOV
HAMPSTEAD TEA				
TE556	Peppermint Spearmint	4 x 20 bags	2.99	FOVB
TE557	Rosehip Hibiscus	4 x 20 bags	2.99	FOVB
PUKKA				
TE421	Clean Matcha Green	4 x 20 bags	4.29	FOV
TE268	Days of Giving Advent Calendar	5 x 48 sachet	25.99	FO
TE609	Ginseng Matcha Green	4 x 20 bags	4.29	FOV
TE490	Mint Matcha Green	4 x 20 bags	4.29	FOV
TE095	Original (Black Spice) Chai	4 x 20 bags	4.29	FOV
TE542	Supreme Green Matcha	4 x 20 bags	4.29	FOV
TE623	Turmeric Gold	4 x 20 bags	4.29	FOV
TE094	Vanilla Chai	4 x 20 bags	4.29	FOV
HONEY				
EQUAL EXCHANGE				
HY005	Organic Raw Clear	10 x 500g	6.69	FO
HY004	Organic Raw Set	10 x 500g	6.69	FO
WAINWRIGHT'S				
HY100	Organic Forest Honey - Clear	6 x 380g	4.79	FO
HY099	Organic Forest Honey - Set	6 x 380g	4.79	FO
HOUSEHOLD PRODUCTS				
IF YOU CARE				
NF223	Cleaning Household Gloves - Large	12 x 1ARgE	4.79	FV
TRADCRAFT				
NF181	Fair Trade Rubber Gloves	12 x 1 pairs	1.89	GFV
INDIAN FOOD				
GEO ORGANICS				
KJ573	Mango Chutney OG Fairtrade	6 x 300g	3.39	FOSV
INTIMATE CARE				
FAIR SQUARED				
DY943	Natural Latex. Carbon Neutral Original Condoms	6 x 10	9.95	FV
JAMS & FRUIT SPREADS				
TRADCRAFT				
GH165	Organic Orange Marmalade	6 x 340g	3.95	FOVS
MEATLESS SUBSTITUTES (CHILLED)				
EAT PLANTED				
CV942	Herb & Spice Skewers	4 x 200g	4.49	FV
CV946	Kebab	6 x 220g	4.49	FV
CV940	Lemon & Herb Chicken	6 x 220g	4.49	FV
CV939	Original Chicken	6 x 220g	4.49	FV

code	product	size	rrp	bfgosv
CV941	Original Pulled Pork	6 x 220g	4.49	FV
CV945	Pulled 'Pork' Spicy Herbs	6 x 220g	4.49	FV
CV943	Pulled BBQ 'Pork'	6 x 220g	4.49	FSV
MILK - NON DAIRY				
GLEBE FARM				
SY165	Almond Drink Barista	6 x 1l	2.50	FGV
SY164	Coconut Drink Barista	6 x 1l	2.15	FGV
SPROUD				
SY218	Iced Coffee - Caramel	12 x 330ml	2.35	FGSV
SY217	Iced Coffee - Original	12 x 330ml	2.35	FGSV
NUT & SEED BUTTERS				
SUMA ORGANIC				
GH135	Peanut Butter, Crunchy + Salt	6 x 340g	4.35	FVO
NUTS & SEEDS				
ZAYTOUN				
NU108	Palestinian Almonds XMAS 2022	6 x 150g	6.45	FOV
NU045	Caramelised Almonds	6 x 140g	5.99	FVS
OILS & FATS				
EQUAL EXCHANGE				
Palestinian Fairtrade Oils				
GT555	Olive Oil	6 x 1l	21.39	FV
ZAYTOUN				
GT056	Olive Oil - Fair Trade	6 x 500ml	16.89	FOV
GT020	Olive Oil - Organic Fairtrade	6 x 250ml	1.90	FOV
GT022	Olive Oil - Organic Fairtrade	6 x 750ml	24.35	FOV
OLIVES				
ORGANICO				
KJ079	OG Black Olives	5 x 280g	3.50	FOV
SNACK BARS & FLAPJACKS				
CLIF				
Mini				
KB278	Chocolate Chip	10 x 28g	1.50	FSV
KB298	Crunchy Peanut Butter	10 x 28g	1.50	FSV
KB316	White Chocolate Macadamia Nut	10 x 28g	1.50	FSV
TROPICAL WHOLEFOODS				
JUST 5				
KB769	Organic F/T Apricot & Almond Just 5	18 x 40g	1.25	FOV
KB592	Organic F/T Banana & Cocoa	18 x 40g	1.25	FOV
KB590	Organic F/T Date & Cocoa Just 5	18 x 40g	1.25	FOV
KB710	Organic F/T Mango & Brazil	18 x 40g	1.25	FOV
SOFT DRINKS				
CHARITEA				
JU598	ChariTea Black	24 x 330ml	1.95	FOSV
JU597	ChariTea Green	24 x 330ml	1.95	FOS
JU596	ChariTea Mate	24 x 330ml	1.95	FOSV
JU595	ChariTea Red	24 x 330ml	1.95	FOSV
DAIONI ORGANIC				
On the Go - Ready to Drink				
JU230	Caffe Latte	12 x 330ml	2.10	FO
JU225	Double Shot Coffee	12 x 330ml	2.10	FO
JU219	Skinny Latte Coffee	12 x 330ml	2.10	FO
GUSTO				
JU223	Fiery Ginger With Chipotle	12 x 275ml	2.15	FOV
JU376	Naturally Slim Cola	12 x 275ml	2.15	FGV
JU353	Organic Real Cola	12 x 275ml	2.15	FGOV
JU224	Sicilian Blood Orange	12 x 275ml	2.15	FOV
JU159	Sicilian Lemon with Fresh Yuzu	12 x 275ml	2.25	FOV

code	product	size	rrp	bfgosv
KARMA DRINKS				
Cans				
JU617	Gingerella Ginger Ale	24 x 250ml	1.42	FOSV
JU616	Karma Cola	24 x 250ml	1.42	FOSV
JU800	Karma Orangeade	24 x 250ml	1.42	FOSV
JU615	Lemony Lemon	24 x 250ml	1.42	FSOV
JU420	Razza Raspberry Lemonade	24 x 250ml	1.42	FOSV
Glass Bottles				
JU073	Gingerella Ginger Ale	24 x 300ml	2.15	FOVS
JU075	Karma Cola	24 x 300ml	2.15	FOSV
JU078	Lemony Lemon	24 x 300ml	2.15	FOSV
JU418	Razza Raspberry Lemonade	24 x 300ml	2.15	FOVS
JU302	Summer Orangeade	24 x 300ml	2.15	FOSV
LEMONAID BEVERAGES				
JU592	Lemonaid Blood Orange	24 x 330ml	1.91	FOSV
JU068	Lemonaid Ginger	24 x 330ml	1.91	FOSV
JU589	Lemonaid Passion Fruit	24 x 330ml	1.91	FOSV
SUGARS & SYRUPS				
SUMA PREPACKS				
LJ090	Golden Granulated Sugar	6 x 500g	3.55	FV
BILLINGTONS				
LJ185	Fairtrade Golden Gran Sugar	10 x 500g	2.90	FV
EQUAL EXCHANGE				
LJ500	Raw Cane Sugar - organic	10 x 500g	2.39	FOV
MERIDIAN				
HY300	Blackstrap Molasses - Organic	6 x 350g	2.29	FOV
HY012	Blackstrap Molasses - Organic	6 x 600g	2.79	FOV
RAYNERS				
LJ704	Golden Syrup - Organic	5kg	45.90	FOV
TRADCRAFT				
LJ515	Brown Sugar Sticks	500 x 3g	12.39	FV
LJ889	Caster Sugar - Golden Caster	6 x 500g	2.45	FSV
LJ990	Sugar - Demerara	6 x 500g	2.19	FSV
SUPERFOODS & SPORTS NUTRITION				
NATURES AID				
VM003	MCT Oil	6 x 500ml	18.95	FGV
NATURYA				
MD040	Greens Blend Organic	6 x 250g	12.99	FGOV
MD216	Organic Cacao Powder F/trade	6 x 250g	6.99	FGVO
SUPPLEMENTS & REMEDIES				
PUKKA				
MD160	Elderberry Syrup	100ml	14.99	FOS
SWEET SNACKS				
BEAR				
Yoyos in multipacks				
ZX009	Yoyo-Blueberry&Banana Smoothie	6 x 5 x 20g	3.90	FV
ZX050	Yoyos - Apple Multipack	6 x 5 x 20g	3.90	FV
ZX015	Yoyos -Peach & Banana Smoothie	6 x 5 x 20g	3.90	FV
COTSWOLD FUDGE CO				
ZX064	Vegan Btterscotch Fudge	12 x 150g	3.79	FGSV
ZX463	Vegan Chocolate Fudge	12 x 150g	3.79	FGSV
ZX464	Vegan Seasalt Fudge	12 x 150g	3.79	FGSV
ZX465	Vegan Vanilla Fudge	12 x 150g	3.79	FGSV
TEAS				
CAFEDIRECT				
TE388	Everyday Tea	6 x 440 bags	14.49	FV
CLIPPER				
TE983	Assam	6 x 50 bags	2.53	FOV
Food Service Range				
TE178	Fairtrade Everyday	6 x 100 bags	7.69	FV
TE448	Fairtrade Everyday One Cup Bag	1120 bags	35.25	FV
TE726	Fairtrade One Cup Teabags	440 bags	16.75	FV

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TE152	Food Service Range - 250's Earl Grey	250 bags	27.59	FOV
TE451	Speciality English Breakfast Food Service Range - 6 X 25's	250 bags	27.59	FOV
TE150	Earl Grey	6 x 25 bags	3.35	FOV
TE161	Green Tea Green Tea 20's	6 x 25 bags	3.49	FOV
TE990	Green Tea with Lemon Organic	6 x 20 bags	2.95	OFV
TE989	Organic Pure Green Tea Loose Leaf 80g	6 x 20 bags	2.95	OFV
TE463	Earl Grey	6 x 80g	3.79	FOV
TE467	English Breakfast	6 x 80g	3.79	FOV
TE460	Green Tea and Lemon	6 x 80g	3.79	FOV
TE466	Pure Green Loose Leaf Tea 80g	6 x 80g	3.79	FOV
TE458	Lemon & Ginger Looseleaf Tea	6 x 80g	3.79	FOV
TE982	Assam	6 x 125g	3.45	FOV
TE897	English Breakfast Organic	6 x 125g	3.45	FOV
TE877	Green Tea Pack 40	6 x 100g	3.59	FOV
TE154	Decaffeinated Green	6 x 40 bags	4.19	FOV
TE151	Decaffeinated Tea	6 x 40 bags	3.99	FOV
TE158	Earl Grey Decaff	6 x 40 bags	3.99	FOV
TE172	English Breakfast Tea Organic	6 x 40 bags	3.35	FGOV
TE177	FT Organic Earl Grey	6 x 40 bags	3.29	FGOV
TE168	FT Organic Everyday Tea	6 x 40 bags	3.29	FGOV
TE182	FT Organic Green Tea	6 x 40 bags	3.49	FGOV
TE183	FT Organic White Tea Pack 80	6 x 40 bags	3.55	FGOV
TE164	Decaffeinated Tea	4 x 80 bags	6.89	FOV
TE053	Earl Grey	6 x 80 bags	4.59	FOV
TE507	English Breakfast Organic	4 x 80 bags	4.65	FGOV
TE189	FT Organic Everyday Tea	4 x 80 bags	4.45	FGOV
TE190	FT Organic Green Tea	4 x 80 bags	4.79	FGOV
TE179	Green and Mint Super Green Teas	4 x 80 bags	4.79	FOV
TE391	Defending Organic Green Tea	4 x 20 bags	2.99	FOV
TE379	Reviving Organic Green Tea	4 x 20 bags	2.99	FOV
ENGLISH TEA SHOP				
XMAS 2022				
TE284	Advent Calendar Hanging	6 x 25 bags	12.99	FOV
TE273	Uplifting Moments	6 x 32 bags	8.99	FOV
GREENYPEEPS				
Carbon Negative Tea				
TE426	Earl Grey	6 x 20 bags	2.49	FOV
TE425	English Breakfast	6 x 20 bags	2.49	FOV
TE435	Green Tea	6 x 20 bags	2.49	FOV
HAMPSTEAD TEA				
TE939	Clean Green	4 x 20 bags	2.99	FOV
TE936	Divine Earl Grey	4 x 20 bags	3.49	FOV
TE932	English Breakfast	4 x 20 bags	3.49	FOV
TE935	Pure Darjeeling	4 x 20 bags	2.99	FOV
PUKKA				
TE213	Elegant English Breakfast	4 x 20 bags	4.29	FOV
TE214	Gorgeous Earl Grey	4 x 20 bags	4.29	FOV
QI				
TE485	Fairtrade Green Tea	6 x 25 bags	1.94	FOV
TE114	Fairtrade White Tea	6 x 25 bags	2.17	FOV
TE112	Jasmine Green Tea Looseleaf	6 x 25 bags	2.17	FOV
TE819	Fairtrade Chun Mee Tea	6 x 100g	2.75	FOV

code	product	size	rrp	bfgosv
TOMATOES & TOMATO PRODUCTS				
ORGANICO				
KJ010	Sundried Tomatoes - og	5 x 190g	4.25	FOV
TOOTH CARE				
DR BRONNER'S				
DY544	Peppermint Toothpaste	1 x 105ml	8.69	FV
DY629	Spearmint Toothpaste	1 x 105ml	8.69	FV
VEGETABLES				
ORGANICO				
KJ016	Artichoke Hearts - og	5 x 190g	4.95	FOV
WINES				
RED WINE				
Chile				
WN030	Pico a Pico Merlot Carmenere	6 x 75cl	1.45	F
Lebanon				
WN033	Coteaux Les Cedres Du Liban	6 x 75cl	18.25	FV
South Africa				
WN114	Running Duck Cab. Sauvignon	6 x 75cl	11.19	FOV
WN197	Running Duck Merlot	6 x 75cl	1.75	FOV
WN196	Running Duck Pinotage	6 x 75cl	11.19	FOV
WN116	Running Duck Shiraz	6 x 75cl	1.75	FOV
WN138	Stellar Organics Merlot	6 x 75cl	11.19	FOV
ROSE WINE				
South Africa				
WN118	Running Duck Shiraz Rose	6 x 75cl	1.75	FOV
WHITE WINE				
Chile				
WN032	Pico a Pico Sauvignon Blanc	6 x 75cl	1.45	FV
South Africa				
WN008	Running Duck Chenin Blanc	6 x 75cl	11.90	FOV
WN115	Running Duck Chenin Sauv Blanc	6 x 75cl	1.75	FOV
WN019	Stellar Org. Sauvignon Blanc	6 x 75cl	1.75	FOV
YOGHURT, NON-DAIRY (CHILLED)				
COCOS				
CV501	Natural Light Coconut Yoghurt	6 x 400g	5.65	FGOV

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