

Suma

CO-OPERATIVE SINCE 1977

GLUTEN FREE

MAR - APR 2023

Gluten Free

A bit more about it..

Since the very beginning, Suma has always aimed to cater for special dietary requirements. Our gluten-free range contains over 2000 different products. From every day essentials to special treats.

A gluten-free diet is essential for people with coeliac disease. Coeliac disease is caused by a reaction of the immune system to gluten—a protein found in wheat, barley and rye. Sales in this area have never been bigger with many non-coeliacs reporting a range of health benefits after adopting a gluten-free diet. Many basic foods are naturally gluten-free. Foods which require substituting with a gluten-free alternative are bread, pasta, cereals, biscuits, cakes, pies and sauces.

It is generally accepted that the term gluten-free refers to a harmless level of gluten, rather than to a food being 100% free of gluten. Food products labelled gluten-free may have been contaminated with gluten somewhere between being harvested and delivered to us.



Key BFGSOV

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

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

code	product	size	rrp	bfgosv
ALCOHOL FREE BEVERAGES				
BELVOIR				
JU559	Spiced Ginger Punch	6 x 750ml	4.79	GSV
JU315	Alcohol Free Cocktails	6 x 750ml	4.10	GSV
JU205	Juniper and Tonic - J&T Lime and Yuzu Mojito	6 x 750ml	2.89	GS
ALCOHOLIC DRINKS				
HOLLOWS				
RT017	From Fentimans Superior Alcoholic Ginger Beer	8 x 500ml	4.23	GSV
BABY & CHILD FOOD				
BEAR				
ZX523	Paws- Raspberry & Blueberry	18 x 20g	0.65	GV
ZX520	Paws- Strawberry & Apple Paws in multipacks	18 x 20g	0.65	GV
ZX189	Paws- Raspberry & Blueberry	4 x 5 x 20g	2.99	GV
ZX245	Paws- Strawberry & Apple	4 x 5 x 20g	2.99	GV
BB024	CHEEKY MONKEY Peanut Butter Puffs	12 x 60g	2.49	FGOV
LITTLE PASTA ORGANICS				
BB151	Pasta Gluten Free Mini Gnocchi	12 x 250g	2.39	GOV
BB043	Red Lentil Dinosaur Pasta	12 x 250g	3.55	GOV
BAKING SUNDRIES				
SUMA				
LJ039	Baking Powder - Gluten Free	6 x 200g	2.45	GV
LJ040	C/Free Bicarbonate of Soda	6 x 200g	1.79	GV
LJ223	Gluten Free Xanthan Gum	6 x 100g	3.39	GV
DOVES FARM				
LJ206	Baking Powder	5 x 130g	1.67	GV
LJ202	Bicarbonate of Soda	5 x 200g	1.49	GV
LJ228	Choc Chip Cookie Mix	5 x 350g	3.49	GSV
LJ234	Chocolate Brownie Mix	5 x 350g	3.15	GS
LJ203	Cornflour Organic	5 x 110g	1.95	GOV
BT528	Gluten Free Sponge Mix	5 x 350g	2.79	GS
LJ233	Pancake Mix	5 x 300g	2.65	GV
LJ423	Quick Yeast	2 x 8 x 125g	1.75	GV
ENGEVITA				
LJ144	Organic Yeast Flakes	6 x 100g	6.49	FGOV
LJ148	Super Yeast Flakes Vit D & B12	6 x 100g	4.79	GV
LJ143	Yeast Flakes Protein & Fibre	6 x 100g	3.95	FGV
LJ020	Yeast Flakes with Vitamin B12	6 x 100g	4.25	FGV
FREE & EASY				
LJ009	Cheese Flavour Sauce Mix	6 x 130g	2.55	GSV
LJ016	Egg Replacer	6 x 135g	2.69	GV
MONTEZUMA'S				
KB052	Cooking Chocolate			
	Dark Couverture	3kg	59.70	GOSV
KB060	Milk Couverture	3kg	63.65	GOS
NIELSEN MASSEY				
LJ242	Madagascan Vanilla Extract	6 x 1l	135.00	GV
LJ244	Vanilla Extract	8 x 60ml	1.85	GV
ORGRAN				
LJ656	Egg Replacer	8 x 200g	3.15	GV
LJ077	Vegan Easy Egg	8 x 250g	4.79	GSV
PLAMIL				
KB651	Drops in 1kg bags Baking Chocolate	1 x 1kg	11.99	GSV
KB652	Organic Baking Chocolate	1 x 1kg	13.59	GOSV
KB658	Organic Rich Chocolate	1 x 1kg	13.89	GOSV
SUPERGOOD! BAKERY				
LJ010	Flippin' Lovely Pancake Mix	6 x 200g	3.69	GSV
LJ021	Wakey Protein Pancake Mix	6 x 200g	3.69	GSV
THE RAW CHOCOLATE CO				
KB051	Chocolate Making Ingredients Raw Cacao Powder	6 x 180g	3.75	GOV
BISCUITS CRACKERS & CRISPREAD				
AMISA				
BT560	Chestnut Crispbread	12 x 100g	2.39	GO

code	product	size	rrp	bfgosv
BT119	Chickpea Crispbread	12 x 100g	1.99	GOV
BT185	Crispbread - Buckwheat W/grain	12 x 120g	2.95	GOV
BT291	Crispbread - Veggie Garden GF	12 x 100g	1.69	GOV
BT159	Protein Lentil Crispbread	12 x 100g	2.90	GOV
BONN'S & CO				
BT161	Cracker GF	10 x 150g	3.99	GV
CLEARSPRING				
BT229	Brown Rice Cakes	6 x 120g	1.49	GOV
BT261	Brown Rice Cakes	6 x 120g	1.49	GOV
BT270	Brown Rice Cakes	6 x 120g	1.59	GOV
BT276	Brown Rice Cakes	6 x 120g	1.59	GOV
BT277	Brown Rice Cakes	6 x 120g	1.59	GOV
BT026	Brown Rice Crackers	12 x 40g	2.29	GOV
BT033	Brown Rice Crackers	12 x 40g	2.29	GOV
BT129	Brown Rice Crackers-Blk Sesame	12 x 40g	2.29	GOV
BT317	Organic Corncakes	12 x 130g	1.49	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	12 x 130g	1.49	GOV
BT630	Rice Cakes - Lightly Salted	12 x 130g	1.49	GOV
BT629	Rice Cakes - No Added Salt,Org	12 x 130g	1.49	GOV
DOVES FARM				
BT295	Choc Chip Cookies	12 x 180g	2.59	GOSV
BT271	Double Chocolate Cookies - GF	12 x 180g	2.59	GOSV
BT269	Lemon Zest Cookies - GF	12 x 150g	1.85	GOSV
BT008	Stem Ginger Cookies - GF	12 x 150g	1.85	GOSV
EASY BEAN				
CRACKERS				
BT304	Fava Bean & Poppy Seed Crackers	8 x 150g	3.75	GV
BT305	Greenpea & Chia Seed	8 x 150g	3.75	GV
BT303	Red Lentil & Poppy Seed	8 x 150g	3.75	GV
BT279	Turmeric & Nigella Seed	8 x 150g	3.75	GV
BT285	Yellow Pea & Sunflower Seed Crispbreads	8 x 160g	3.75	GV
BT078	Chickpea Crispbread - Cheddar	8 x 110g	3.75	G
BT204	Chickpea Crispbread - Moroccan	8 x 110g	3.75	G
BT076	Chickpea Crispbread - Seaweed	8 x 110g	3.75	G
BT208	Chickpea Crispbread with Seeds	8 x 110g	3.75	G
HONEYROSE				
BT292	All Butter Lemon Shortbread	6 x 125g	2.89	GOS
BT249	All Butter Oat & Raisin Cookie	6 x 115g	2.89	GOS
BT232	All Butter Shortbread	6 x 125g	2.89	GOS
BT227	Date & Walnut Toast	6 x 110g	3.59	GOSV
BT228	Hazelnut & Agen Plum Toast	6 x 110g	3.59	GOSV
BT230	Kale & Spiced Nut Toast	6 x 110g	3.59	GOSV
BT235	Triple Chocolate Cookie	6 x 115g	2.89	GOS
KALLO				
BT045	Ancient Grain Corn Cakes	12 x 150g	2.19	GOV
BT152	Blueberry/Van Rice/Corn Cakes	6 x 131g	2.39	GSV
BT184	Corn Cakes OG	12 x 130g	1.99	GOV
Lentil Cakes				
BT578	Protein Lentil Cake	6 x 100g	2.19	GV
Rice Cakes				
BT810	Milk Chocolate Rice Cakes OG	16 x 90g	2.29	GO
BT034	Original Organic Wholegrain	12 x 130g	1.89	GVO
BT036	Thick Slice Sesame Rice Cake	6 x 130g	1.65	GOV
BT240	Thin Slice No Salt - organic	12 x 130g	1.79	GVO
BT338	Thin Slice Rice Cake Dark Choc	16 x 90g	2.25	GO
LAZY DAY				
BT436	Chocolate Orange Slice	8 x 150g	3.45	GV
BT197	Free From Shortbread	8 x 150g	3.29	GV
BT199	Golden Syrup Oaties	8 x 150g	3.29	GSV
BT316	Millionaires Shortbread	8 x 150g	3.45	GSV
BT437	Rocky Road	8 x 150g	3.45	GV
BT443	Salted Caramel Crispie	8 x 150g	3.45	GV
BT538	Tiffin Gift Selection Box	6 x 360g	6.99	GSV
LE PAIN DES FLEURS				
BT094	Buckwheat Crispbread	6 x 150g	4.19	GOV
BT189	Buckwheat Crispbread no Salt	6 x 150g	4.19	GOV
BT095	Chestnut Crispbread	6 x 150g	4.59	GOV
BT093	Quinoa Crispbread	6 x 150g	4.59	GOV
MRS CRIMBLES				
BT245	Chocolate Macaroons	12 x 195g	1.99	GSV

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BT288	Coconut Macaroon	12 x 180g	1.79	GSV
NAIRN'S				
BT149	Caramelised Onion Flatbreads	6 x 150g	2.39	GS
BT156	Cheese Cracker	8 x 137g	1.79	GS
ZX338	Original Flatbread	6 x 150g	2.39	GSV
Biscuit Breaks				
BT425	Salted Caramel Oat Biscuit Gluten Free	6 x 160g	2.69	GS
BT558	Cracked Black Pepper Cracker	8 x 137g	2.19	GS
BT200	GF Apple&Cinnamon Chunky Bisc	6 x 160g	2.69	GSV
BT324	GF Biscuit Breaks Choc Chip	12 x 160g	2.69	GS
BT108	GF Biscuit Breaks Oat & Fruit	12 x 160g	2.69	GSV
BT109	GF Biscuit Breaks Oat & Syrup	12 x 160g	2.69	GSV
BT267	GF Biscuit Breaks Stem Ginger	12 x 160g	2.69	GSV
BT571	GF Blueb&Rasp Chunky Biscuits	6 x 160g	2.69	GSV
BT347	GF Breaks Choc Chip & Mint	6 x 160g	2.69	GS
BT572	GF Dark Choc&C'nut Chunky Bisc	6 x 160g	2.69	GS
BT549	GF Super Seeded Oatcake	8 x 180g	2.59	GV
BT420	Gluten Free Oatcakes	8 x 213g	2.59	GV
BT424	Gluten Free Oatcakes - Cheese	8 x 180g	2.59	G
BT559	W/Grain Super Seeded Cracker	8 x 137g	2.39	GS
BT557	Wholegrain Cracker	8 x 160g	2.39	GS
ORIGIN EARTH				
BT390	Gluten Free Crackers	10 x 150g	2.99	GV
BT389	Gluten Free Crackers Fennel	10 x 150g	2.99	GV
BT387	Gluten Free Crackers Sesame	10 x 150g	2.99	GV
RHYTHM 108				
Biscuit Share Bags				
BT333	Almond Biscotti	8 x 135g	3.29	GOV
BT334	Coconut Cookie	8 x 135g	3.29	GOV
BT335	Double Choco Hazelnut Biscuits	8 x 135g	3.29	OVG
BT344	Lemon Ginger Chia Biscuits	8 x 135g	3.29	GOSV
RUDE HEALTH FOODS				
BT300	Buckwheat Crackers	8 x 100g	2.15	GOV
BT147	Chickpea & Lentil Crackers	8 x 120g	1.69	GOV
BT372	Chickpea Triangles	6 x 80g	1.59	GOV
BT054	Corn Crackers	8 x 130g	1.69	GOV
BT371	Corn Triangles	6 x 100g	1.59	GOV
BT313	High Protein Lentil Triangles	6 x 70g	1.59	GV
BT309	Multigrain Crackers	8 x 100g	2.15	GOV
SWEET FA				
By Island Bakery				
BT358	Cranberry & Orange Cookies	12 x 125g	3.50	GOSV
BT359	Double Choc Chip Cookies	12 x 125g	3.50	GOSV
BT362	Oat & Raisin Cookies	12 x 125g	3.50	GOSV
BT364	Peanut Butter Cookies	12 x 125g	3.50	GOSV
BODY CARE				
DR BRONNER'S				
DY338	Lavender Castile Liquid Soap	1 x 3.8l	77.99	FGOVB
FAITH IN NATURE				
2.5 Litre - Body Wash				
DY406	Body Wash-Lavender/Geranium	4 x 2.5l	26.00	GVB
DY418	Body Wash-Wild Rose	4 x 2.5l	26.00	GVB
2.5 Litre - Conditioner				
DY381	Conditioner-Lavender/Geranium	4 x 2.5l	3.00	GVB
DY409	Conditioner-Wild Rose	4 x 2.5l	3.00	GVB
2.5 Litre - Shampoo				
DY395	Shampoo-Lavender/Geranium	4 x 2.5l	3.00	GVB
DY413	Shampoo-Wild Rose	4 x 2.5l	3.00	GVB
Body Wash				
DY351	Body Wash - Avocado	6 x 400ml	5.99	GV
Conditioner				
DY354	Conditioner - Blueberry	6 x 400ml	6.69	GV
GREEN PEOPLE				
Organic Skincare				
DY258	Prebiotic Foot Cream	6 x 50ml	14.29	GOV
Scent Free and Organic				
DY259	Anti-Ageing 24 Hour Cream	6 x 50ml	22.99	GOV
DY262	Anti-Ageing Eye Cream	8 x 10ml	16.29	GOV
DY275	Calming Serum	6 x 50ml	23.99	GOV
DY273	Cleanser and Make-up Remover	6 x 150ml	23.99	GOV

code	product	size	rrp	bfgosv
DY278	Day Moisturiser	6 x 50ml	22.99	GOV
	LAVERA			
	Basis			
DY583	Lip Balm Sensitive	6 x 4.5g	3.95	OG
	BREADS & BREAD MIXES			
	AMISA			
BT125	GF Olive Ciabatta	8 x 180g	3.55	GOV
BT472	Seeded Breakfast Rolls	8 x 188g	3.55	GOV
BT468	Sundried Tomato Ciabatta	8 x 180g	3.75	GOV
	BIONA			
BT461	Rice Bread with Sunflower Seed	6 x 500g	6.90	GOV
	DILLON ORGANIC			
BT449	Beetroot Flax Keto Bread	6 x 250g	4.99	GOV
BT463	Chia Flax Keto Bread	6 x 250g	4.99	GOV
BT447	Original Flax Keto Bread	6 x 250g	4.99	GOV
	FREE & EASY			
FG059	Afternoon Tea Scone Mix	4 x 350g	3.79	GSV
FG056	Middle Eastern Flatbread Mix	4 x 250g	3.25	GV
FG057	Yorkshire Pudding Mix	4 x 155g	2.79	GV
	ISABEL'S NATURALLY FREE FROM			
FG186	Baked Donut Mix Gluten Free	8 x 100g	3.15	GV
BT203	Gluten & Wheat Free Pizza Mix	8 x 300g	3.95	G
FG084	Yorkshire Pudding Mix - G/Free	8 x 100g	3.15	G
	SCHNITZER			
BT470	Ciabatta Olive Bread GF	6 x 180g	2.79	GOV
	SCHNITZER GLUTEN FREE			
BT467	Baguette Classic	6 x 360g	4.90	GOV
BT466	Baguette Grainy Linseed/Sesame	6 x 320g	4.90	GOV
BT349	Baguettini Rustic GF OG	8 x 200g	2.69	GO
BT016	Bread Less	6 x 350g	3.65	GOV
BT021	Bread'n Toast white	4 x 400g	4.19	GOS
BT160	Burger Bun	5 x 250g	3.75	GOS
BT462	Focaccia Rolls	6 x 220g	3.45	GOV
BT516	Pizza Base	10 x 100g	1.79	GOSV
BT517	Quinoa Bread with Chia	4 x 500g	5.50	GOV
BT471	Rustico GF Bread with Amaranth	4 x 500g	4.89	GOV
	SUPERGOOD! BAKERY			
FG023	Go Splits! Banana Bread Mix	6 x 250g	3.69	GSV
	BURGERS SAUSAGES & TVP MIXES			
	SUMA PREPACKS			
VF154	Nut Roast Mix - Gluten Free	6 x 340g	3.29	GVS
	ARTISAN NATURES KITCHEN			
VF205	Moroccan Spiced GF Burger Mix	6 x 200g	2.89	GSV
VF206	Sweet Chilli GF Burger Mix	6 x 200g	2.89	GSV
	CLEARSPRING			
SY074	Organic Soya Chunks	12 x 200g	3.39	GOV
SY071	Organic Soya Mince	12 x 300g	3.89	GOV
	FREE & EASY			
VF101	Falafel Mix	4 x 195g	2.99	GV
	GORDON RHODES			
	XMAS 2022			
VF024	Apple, Apricot & Bay Stuffing	5 x 125g	2.79	GSV
	MRS CRIMBLES			
	XMAS 2022			
VF060	Stuffing Mix	6 x 150g	2.29	GV
	PROFUSION			
SY092	Protein Chunks Pea & Fava	12 x 125g	3.55	GOV
SY095	Protein Mince Pea & Fava	12 x 125g	3.55	GOV
	BUTTER, CREAM & MILK (CHILLED)			
	CALON WEN			
	The Farmers Co-op			
CV277	Lightly Salted Welsh Butter	20 x 250g	4.10	GO
CV174	Spreadable Butter	16 x 250g	3.75	GO
CV204	Unsalted Welsh Butter	20 x 250g	4.10	GO
	YEO VALLEY			
	Minimum 4 days shelf life			
CV101	Double Cream	6 x 220ml	2.20	GO

code	product	size	rrp	bfgosv
	CAKES			
	FREE & EASY			
FG031	Breakfast Pancake	4 x 230g	3.25	GSV
BT072	Gluten & Dairy Free Chocolate Brownie Mix	4 x 350g	4.29	GSV
	MRS CRIMBLES			
FG017	Pancake and Batter Mix	6 x 200g	1.99	GV
	SUPERGOOD! BAKERY			
	Brownie Crisps			
LJ035	Choc Chip Hazelnut	5 x 110g	3.59	GSV
LJ064	Choc Chip Sea Salt	5 x 110g	3.59	GSV
LJ029	Double Choc Chip	5 x 110g	3.59	GSV
	CEREALS & MUESLIS			
	ALARA			
	Everyday Range			
MX023	Gluten Free Muesli - organic Into The Garden	6 x 250g	3.59	GOV
MX236	Active Muesli	6 x 250g	4.39	GOV
	AMISA			
FX016	Organic Porridge Oats	6 x 325g	2.75	GOV
	BIO & ME			
MX050	Seed & Nut Gluten Free Granola	5 x 350g	4.69	GV
	DOVES FARM			
MX019	Cereal Flakes	5 x 375g	3.99	GOSV
MX988	Chocolate Stars	5 x 300g	3.25	GOV
MX632	Corn Flakes	5 x 325g	3.15	GOV
MX171	Fibre Flakes	5 x 375g	3.85	GOSV
MX086	Fruit & Fibre Flakes	5 x 375g	4.99	GOV
MX002	Porridge Oats	4 x 430g	3.55	GOV
MX087	Supergrain Hoops	5 x 300g	3.85	GOV
	Ancient Grains			
MX090	Breakfast Flakes	5 x 375g	4.69	GOV
MX081	Cereal Hoops	5 x 300g	4.49	GOV
MX080	Fruit & Fibre Flakes	5 x 375g	4.99	GOSV
	Wholegrain			
MX088	Cocoa Rice Pops	5 x 300g	3.55	GOSV
	GLEBE FARM			
FX037	Porridge Oats GF	6 x 450g	2.65	GV
MX106	Porridge Oats GF	6 x 450g	2.79	GOV
	KALLO			
MX124	Puffed Rice Cereal - Natural	8 x 225g	3.35	GOV
	LIZI'S			
MX181	Gluten Free Granola	10 x 400g	4.59	GV
	NAIRN'S			
MX152	Gluten Free Porridge Oats	5 x 450g	3.90	GV
MX154	Muesli - Gluten Free	5 x 450g	3.59	GSV
MX114	Porridge Oats with Maple Syrup	5 x 400g	3.55	GSV
	NATURES PATH			
MX136	Mixed Berry Granola	5 x 300g	5.59	OG
	NATURES PATH ORGANIC			
MX602	Gorilla Munch	4 x 300g	4.55	GOVS
MX194	Maple Sunrise	4 x 332g	4.75	GOSV
MX885	Mesa Sunrise	4 x 355g	4.95	GOSV
	Envirokidz			
MX079	Choco Chimps	4 x 284g	4.59	GOVS
	PLANET ORGANIC			
MX165	Super Berry Paleo Granola	6 x 350g	6.99	GOSV
	PRIMROSE'S KITCHEN			
MX109	Beetroot & Ginger Muesli	6 x 300g	4.49	GOV
MX104	Carrot,Apple & Cinnamon Muesli	6 x 300g	4.49	GOV
MX098	Fig & Apricot Bircher OG	6 x 300g	4.49	GOV
	RAW GORILLA			
MX102	Keto Berry Granola	6 x 250g	5.99	GOV
MX103	Keto Chocolate Granola	6 x 250g	5.99	GOV
MX113	Mighty Muesli	6 x 250g	5.99	GOV
MX105	Mighty Muesli Choc Chip	6 x 250g	5.99	GOV
	RUDE HEALTH FOODS			
	Muesli			
MX065	Coconut Muesli	6 x 400g	3.49	GV
	Porridge			
MX208	Gluten Free Sprouted Porridge	6 x 400g	4.99	GOV

code	product	size	rrp	bfgo
	Puffs			
MX101	Choco Vanilla Puffs	7 x 200g	3.75	GOV
MX164	Honey Puffed Oats	4 x 240g	4.25	G
MX120	Puffed Brown Rice	4 x 225g	2.39	GV
	SPOON CEREALS			
MX039	Apple + Almond Butter Granola	5 x 400g	4.79	GV
MX003	Cinnamon + Pecan Granola	5 x 400g	4.79	GV
MX038	Dark Choc Zing Granola	5 x 400g	4.79	G
MX005	The Low Sugar One Granola	5 x 400g	4.79	GV
	WHOLE EARTH			
MX172	Classic Cornflakes - organic	12 x 375g	2.49	GOSV
MX174	Maple Frosted Flakes - og	10 x 375g	3.29	GOSV
	CHEESE, DAIRY (CHILLED)			
	BERGERIE			
CV583	Fresh Goat Cheese Organic	6 x 100g	2.35	GO
	CHEESE, NON DAIRY (CHILLED)			
	APPLEWOOD			
CV033	Grated Cheese	6 x 200g	3.15	GV
CV615	Smoked Cheese Block	8 x 200g	2.80	GSV
CV618	Smoked Cheese Slices	12 x 200g	3.10	GV
	BUTE ISLAND FOODS			
CV141	Blue Style Wedge	6 x 200g	2.70	GV
CV597	Cheddar w' Caramelised Onion	6 x 200g	2.70	GV
CV820	Garlic & Chive	6 x 200g	2.70	GV
CV016	Greek Style	6 x 200g	2.45	GV
CV191	Mature Cheddar Style	6 x 200g	2.45	GV
CV187	Mild Cheddar Style	6 x 200g	2.45	GV
CV755	Red Leicester Style	6 x 200g	2.70	GV
CV294	Smoked Cheddar	6 x 200g	2.70	GV
CV288	Strong Cheddar Wedge	6 x 200g	2.65	GV
CV596	Wensleydale Style	6 x 200g	2.70	GV
	Creamy Sheese			
CV302	Creamy Cheddar Spread	6 x 255g	2.65	GSV
CV307	Creamy Chive Spread	6 x 255g	2.65	GSV
CV308	Creamy Garlic and Herb Spread	6 x 255g	2.65	GSV
CV284	Creamy Onion & Black Pepper	6 x 255g	2.65	GSV
CV315	Creamy Original Spread	6 x 255g	2.65	GSV
CV024	Creamy Sweet Chilli Spread	6 x 255g	2.65	GV
	Grated Sheese			
CV165	Grated Mature Cheddar Style	4 x 200g	3.10	GV
CV186	Grated Mild Cheddar Style	4 x 200g	3.10	GV
CV183	Grated Mozzarella Style	4 x 200g	3.10	GV
	Sliced Sheese			
CV542	Mozzarella Style Slices	10 x 180g	2.65	GV
	KOKO DAIRY FREE			
CV688	Cheddar Cheese Alternative	12 x 200g	2.49	GV
	MEXICANA			
CV535	Spicy Mexican Cheddar Style	8 x 200g	2.80	GV
	MOZZARISELLA			
CV027	MascaRice Vegan Mascarpone	6 x 150g	3.65	GOV
	VIOLIFE			
	Grated			
CV904	Grated Tex-Mex Cheese	8 x 180g	3.40	GSV
	Specialities			
CV905	Camembert	6 x 150g	3.80	GV
	CHOCOLATE			
	ANANDA FOODS			
	AVERAGE 6-8 WEEKS SHELF LIFE			
KB330	Gluten Free Round UP	16 x 80g	3.25	GVS
	BOOJA-BOOJA			
ZX869	Almond Salted Caramel	8 x 92g	6.25	GOSV
ZX871	Around Midnight Espresso	8 x 92g	6.25	GOSV
KB749	Chocolate Orange Truffles	8 x 92g	6.25	GOSV
KB694	Deeply Chocolate Truffles	8 x 92g	6.25	GOSV
ZX872	Fine De Champagne	8 x 92g	6.25	GOSV
ZX874	Hazelnut Crunch	8 x 92g	6.25	GOVS
KB718	Honeycomb Caramel Truffle	8 x 92g	6.25	GOSV
	Artist's Collection Gift Boxes			
KB927	Fine De Champagne Truffles	3 x 185g	24.99	GFOSV
KB929	Hazelnut Truffles	3 x 185g	24.99	GFOSV

code	product	size	rrp	bfgosv
	EASTER 2023			
KB129	Hazelnut Crunch Truffle Egg	6 x 34g	12.49	GOSV
KB795	Large Champagne Truffle Egg	4 x 138g	26.50	GOSV
KB985	Large Hazelnut Truffle Egg	4 x 138g	26.50	GOSV
KB223	Ltd Edition Easter Selection Four Corners	5 x 184g	12.49	GOSV
KB655	The Gourmet Selection Gift Boxes	4 x 230g	19.79	GOSV
KB815	Award-winning Selection	5 x 184g	12.49	GOSV
KB656	Champagne Truffles	6 x 138g	1.95	GOSV
KB793	The Signature Collection Gift Range	5 x 184g	12.49	GOSV
KB623	Hazelnut Truffles	4 x 138g	15.15	GOSV
KB624	Truffle Selection 1	4 x 138g	15.15	GOSV
KB873	Truffle Selection 2 Two Packs	4 x 138g	15.15	GOSV
KB507	Almond Salted Caramel Truffles	16 x 23g	1.45	GOSV
KB513	Hazelnut Crunch Truffles	16 x 23g	1.45	GOSV
	BUTTERMILK			
	EASTER 2023			
WS174	Easter Bunny Bar	12 x 35g	1.49	GSV
WS066	Honeycomb Choccy Egg	6 x 175g	7.55	GSV
WS068	Hot Cross Bun Fudge	7 x 100g	2.99	GS
WS067	Salted Caramel Crunch Egg	6 x 180g	7.55	GSV
	CAROBOO			
	Carob Bars			
ZX522	Raspberry & Honeycomb Crunch	20 x 32g	1.69	GSV
ZX516	Salted Caramel Nutty Bars	20 x 32g	1.69	GV
ZX985	Smooth & Creamy Coconut Bars	20 x 35g	1.69	GSV
ZX990	Smooth & Creamy Mint Bars	20 x 35g	1.69	GSV
ZX987	Smooth & Creamy Orange Bars	20 x 35g	1.69	GSV
	CONSCIOUS CHOCOLATE			
ZX483	Chia & Coconut Raw Bar	10 x 60g	2.79	GOSV
ZX485	Citrus Zest Raw Bar	10 x 60g	2.79	GOSV
ZX487	Dark Side 75% Raw Bar	10 x 60g	2.79	GOSV
ZX488	Dark Side 85% Raw Bar	10 x 60g	2.79	GOSV
ZX491	Four Nuts Raw Bar	10 x 60g	2.79	GOSV
ZX492	Goji & Coconut Raw Bar	10 x 60g	2.79	GOSV
ZX493	Love Potion No 9 Raw Bar	10 x 60g	2.79	GOSV
ZX497	Orange & Tangerine Raw Bar	10 x 60g	2.79	GOSV
ZX501	Peppermint Raw Bar	10 x 60g	2.79	GOSV
ZX366	Pure Dark 100% Cacao Bar	10 x 60g	2.79	GOV
ZX505	Sour Cherry Raw Bar	10 x 60g	2.79	GOSV
	Chocolate Coated Snacks			
ZX339	Chocolate Coated Brazils	8 x 50g	2.49	GOSV
ZX340	Chocolate Orange Coated Figs	8 x 50g	2.49	GOSV
ZX364	Salted Chocolate Coated Dates	8 x 50g	2.49	GOSV
	D & D			
	EASTER 2023			
ZX602	Hollow Eggs - Plain	18 x 20g	1.19	GSV
ZX854	Hollow Eggs -Raspberry Crumble	18 x 20g	1.19	GSV
ZX638	Mini Eggs	3 x 120g	9.25	GSV
ZX851	Mini Eggs - Orange	3 x 120g	9.25	GSV
	DELICIOUSLY ELLA			
ZX150	Chocolate Orange Dipped Almond	12 x 27g	1.29	GV
ZX151	Peanut Butter Cup	12 x 36g	1.69	GV
ZX152	Salted Caramel Cup	12 x 36g	1.69	GV
ZX144	Salted Chocolate Dipped Almond	12 x 27g	1.29	GV
	ENJOY!			
	Chocolate Buttons			
KB402	Dark 70% Chocolate Buttons	6 x 96g	4.99	OSGV
KB392	Mint Filled Buttons	6 x 96g	4.99	OSGV
KB401	Orange Caramel Filled Buttons	6 x 96g	4.99	OSGV
KB391	Salted Caramel Filled Buttons Filled Bars	6 x 96g	4.99	SGOV
KB593	Mint Caramel Filled Bar	12 x 70g	2.99	GOSV
KB603	Orange Caramel Filled Bar	12 x 70g	2.99	GOSV
KB389	Salted Caramel Filled Bar	12 x 70g	2.99	OSGV
KB388	Vanilla Caramel Filled Bar	12 x 70g	2.99	VSGO
	FELLOW CREATURES			
	70g Bars			
KB073	Creamy Hazelnut Chocolate	10 x 70g	3.90	GSV

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KB068	Creamy Mylk Chocolate	10 x 70g	3.90	GSV
KB098	Matcha White Choccy	10 x 70g	3.90	GSV
KB095	Raspberry White Choccy	10 x 70g	3.90	GSV
KB089	Salted Caramel Choccy	10 x 70g	3.90	GSV
GOUPIE				
EASTER 2023				
ZX648	Original Goupie Egg	4 x 100g	11.62	GSV
ZX010	Salted Sticky Toffee Egg	4 x 100g	11.62	GSV
GREGORY'S TREE				
WS207	Fruit Twists Blue&Rasp Flvr OG	24 x 18g	0.89	GOV
WS212	Strawberry Flvr Fruit Twist OG	24 x 18g	0.89	GOV
HIP - HAPPINESS IN PLANTS				
25g Bars				
KB105	Original - Creamy & Smooth	24 x 25g	1.25	GSV
KB106	Salted Caramel	24 x 25g	1.25	GSV
70g Bars				
KB607	Original - Creamy & Smooth	12 x 70g	2.95	GSV
KB606	Salted Caramel	12 x 70g	2.95	GSV
KB100	Salted Honeycomb	12 x 70g	2.95	GSV
HAPPI				
80g Bars				
KB953	Cacao Nibs Crunch	12 x 80g	3.19	GSV
KB988	Orange	12 x 80g	3.19	GSV
KB951	Plain Milk	12 x 80g	3.19	GSV
KB950	Salted Caramel	12 x 80g	3.19	GSV
KB996	White Chocolate	12 x 80g	3.19	GSV
ZX983	White Chocolate & Raspberry	12 x 80g	3.19	GSV
Chocolate Buttons				
ZX986	Oat Milk Chocolate Buttons	10 x 100g	3.89	GSV
EASTER 2023				
WS235	Easter Egg Bar Plain Milk	10 x 140g	6.49	GSV
WS236	Easter Egg Bar Raspberry	10 x 140g	6.49	GSV
WS234	Easter Egg Bar Salt Honeycomb	10 x 140g	6.49	GSV
WS142	Orange Chocolate Easter Egg	9 x 170g	1.71	GSV
WS141	Plain Milk Choc Easter Egg	9 x 170g	1.71	GSV
WS118	Salted Caramel Easter Egg	9 x 170g	1.71	GSV
LOVERAW				
Peanut Butter Cups				
KB127	Milk Chocolate PNB Cups	18 x 34g	1.95	GSV
KB131	White Chocolate PNB Cups	18 x 34g	1.95	GSV
Vegan Milk Chocolate Bar				
KB126	Caramel Milk Chocolate	20 x 30g	1.75	GSV
KB124	Orange Milk Chocolate	20 x 30g	1.75	GSV
KB121	Smooth Milk Chocolate	20 x 30g	1.75	GSV
MONTEZUMA'S				
EASTER 2023				
WS219	Absolute Black 100% Eco Egg	4 x 150g	9.99	GV
WS220	Dark Chocolate Eco Egg	4 x 150g	9.99	GOSV
WS221	Milk Chocolate Eco Egg	4 x 150g	9.99	GOS
Giant Buttons				
ZX775	Absolute Black Giant Buttons	8 x 180g	4.49	GV
Like No Udder				
WS204	Chocolate Butterscotch Bars	12 x 90g	2.79	GOSV
KB530	Milk Alternative Bar	12 x 90g	2.79	GOVS
KB601	Milk Choc/Orange Alternative	12 x 90g	2.79	OSVG
Like No Udder Mini Bars				
ZX743	Milk Chocolate Alternative	26 x 25g	1.90	GOSV
Organic Bars				
ZX779	Royal Mint Organic Dark W'Mint	12 x 90g	2.79	GOSV
MOO FREE				
Moofreesas				
KB010	Buttons	16 x 35g	1.25	GSV
Buttons - Original				
KB348	Buttons - Original	25 x 25g	0.75	GSV
KB349	Buttons - White	25 x 25g	0.75	GSV
EASTER 2023				
WS160	Bunny Bar	15 x 32g	0.89	GSV
WS161	Bunnycomb Easter Egg	6 x 100g	4.25	GSV
WS229	Caramel Mini Eggs	8 x 88g	3.16	GSV
WS163	Choccy Eggsplasion	6 x 100g	4.25	GSV
WS230	Easter Egg Hunt Kit	20 x 100g	4.25	GSV
WS164	Hammy Hamster Easter Egg	6 x 80g	4.25	GSV
WS165	Mikey Bunny Easter Egg	6 x 80g	4.25	GSV

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WS168	Milk Chocolate Mini Eggs	16 x 50g	2.45	GSV
WS231	Moofreesas Ball	6 x 100g	4.25	GSV
WS162	Original Egg and Mini Bar	6 x 100g	4.25	GSV
	Everyday Bars			
KB008	Bunnycomb Bars	12 x 80g	1.79	GSV
KB353	Orange Crunch Bars	12 x 80g	1.79	GSV
KB354	Original Bars	12 x 80g	1.79	GSV
KB009	White Chocolate Bars	12 x 80g	1.79	GSV
	Mini Moos			
KB324	Bunnycomb Bars	20 x 20g	0.60	GSV
KB327	Mint Bars	20 x 20g	0.60	GSV
KB337	Original Bars	20 x 20g	0.60	GSV
KB343	Strawberry Bars	20 x 20g	0.60	GSV
KB345	White Chocolate Bars	20 x 20g	0.60	GSV
	Premium Bar			
ZX636	Cinder Toffee Bar	12 x 80g	2.19	GSVO
WS050	Cocoa Chocolate Bar	12 x 80g	2.19	GSOV
WS051	Sea Salt & Caramel Bar	12 x 80g	2.19	GSOV
	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	10 x 35g	2.50	FGOSV
	70g Bars			
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	10 x 70g	3.39	FSGOV
	Buttons			
KB492	Coco Mylk Chocolate Buttons	15 x 25g	1.55	FGOSV
	PLAYIN CHOC			
WS005	Dinosaur Surprise	18 x 1	2.50	GOSV
WS133	Endangered Animal Surprise	18 x 1	2.50	GOSV
ZX066	Woodland Animal Surprise	18 x 1	2.50	GOSV
	EASTER 2023			
ZX079	Easter Rabbits Gift Set	3 x gift	14.95	GOSV
ZX077	Rabbit Surprise	18 x 1	2.49	OGSV
	PRODIGY			
	Chunky			
KB096	Salted Caramel Chocolate Bar	15 x 35g	1.75	GV
	RAW HALO			
	70g Bars			
KB002	Dark 76%	10 x 70g	2.99	GOSV
KB055	Dark 85%	10 x 70g	2.99	GOSV
KB006	Dark Raspberry	10 x 70g	2.99	GOSV
KB047	Dark Salted Caramel	10 x 70g	2.99	GOSV
KB020	Mylk & Pink Himalayan Salt	10 x 70g	2.99	GOSV
KB065	Mylk & Salted Caramel	10 x 70g	2.99	GOSV
KB007	Mylk & Vanilla	10 x 70g	2.99	GOSV
	Truffle Bars			
KB118	Dark Salt Almond Truffle Bar	8 x 90g	3.50	GOSV
KB103	Mylk Hazelnut Truffle Bar	8 x 90g	3.50	GOSV
	RHYTHM 108			
KB506	Hazelnut Praline Chocolate Bar	15 x 33g	1.85	GVOS
KB336	Super Coconut Swiss Choc Bar	15 x 33g	1.85	GSOV
KB276	Sweet N Salty Almond Choc Bar	15 x 33g	1.85	GOSV
KB994	Swiss Chocolate Orange Bar	15 x 33g	1.85	GSOV
	SO FREE			
	EASTER 2023			
WS224	Blonde Caram!lk Easter Egg	3 x 92g	3.99	GSV
WS225	Carob Easter Egg	3 x 92g	3.99	GSV

code	product	size	rrp	bfgosv
WS226	No Added Sugar Oatm!lk Egg	3 x 92g	3.99	GV
WS227	Oatm!lk Easter Egg	3 x 92g	3.99	GSV
WS228	White Chocolate Easter Egg	3 x 92g	3.99	GSV
	No Added Sugar Large Bars			
ZX915	No Added Sugar 72% Dark Choc	12 x 80g	3.65	GV
ZX919	No Added Sugar Mint Dark Choc	12 x 80g	3.65	GV
	Oat Milk Chocolate Bars			
ZX561	No Added Sugar Vegan Oat M!lk	12 x 70g	3.85	GV
ZX547	Vegan Caram!lk	12 x 70g	3.85	GSV
ZX563	Vegan Oat M!lk	12 x 70g	3.85	GSV
	Organic Large Bars			
ZX921	Extra Dark 87% Chocolate	12 x 80g	3.65	OSVG
ZX920	F/trade Milk Choc Alternative	12 x 80g	3.65	OGVS
ZX926	White Chocolate	12 x 70g	3.65	GSOV
	XMAS 2022			
ZX816	Santa Bar - Milk Alternative	24 x 20g	1.90	GSV
	SUMMERDOWN			
	XMAS 2022			
KB239	Chocolate Peppermint Crisps	8 x 200g	7.50	GSV
KB244	Chocolate Peppermint Thins	8 x 150g	7.50	GSV
KB257	Mint Chocolate Collection	8 x 170g	8.49	GS
	SWEET LOUNGE			
	EASTER 2023			
ZX834	Luxury Vegan Nutty Mini Eggs	6 x 100g	9.99	GSV
	THE RAW CHOCOLATE CO			
KB307	Cacao Nibs	6 x 150g	3.75	GOV
	Raw Chocolate Coated Snacks			
KB054	Chocolate Covered Mulberries	6 x 125g	4.69	GOSV
KB053	Chocolate Goji Berries	6 x 125g	4.69	GOSV
KB056	Chocolate Raisins	6 x 125g	4.69	GOSV
KB855	Chocolate Raisins - Snack Pack	12 x 28g	1.39	GOSV
KB360	Goji Berries - Snack Pack	12 x 28g	1.39	GOSV
KB362	Mulberries - Snack Pack	12 x 28g	1.39	GOSV
ZX884	Raw Chocolate Covered Almonds	12 x 25g	1.39	GOSV
ZX182	Raw Chocolate Covered Almonds	6 x 110g	4.69	GOSV
ZX181	Raw Chocolate Covered Ginger	6 x 125g	4.69	GOSV
	VEGO			
KB821	Mini Whole Hazel Chocolate Bar	30 x 65g	2.59	FGOSV
KB489	Whole Hazelnut Chocolate Bar	30 x 150g	4.55	FGOSV
	CHOCOLATE & SWEET SPREADS			
	COCOFINA			
GH136	Hazelnut Chocolate Spread -Org	6 x 200g	4.99	GOSV
	SO FREE			
GH223	Milk Choc Spread (Dairy Free)	6 x 275g	5.15	OSGV
GH225	Rich Dark Chocolate Spread	6 x 275g	5.15	OVGS
	CHOCOLATES (CHILLED)			
	BOOJA-BOOJA			
	Chilled Chocolate			
CV194	Almond Caramel Truffles	6 x 69g	3.99	GOSV
CV196	Hazelnut Crunch Truffles	6 x 69g	3.99	GOSV
CV192	Toffee Strudel Truffle	6 x 69g	3.99	GSOV
	CIDERS			
	DUNKERTONS			
RT041	Black Fox Organic Cider	12 x 500ml	3.79	GOSV
RT054	Organic Craft Cider	12 x 500ml	3.79	GOSV
RT053	Premium Reserve Organic Cider	12 x 500ml	3.79	GOSV
	WESTONS			
RT006	Vintage Organic Cider 6% ABV	8 x 500ml	3.19	GOV
	COFFEE SUBSTITUTES			
	THE CHICORY CO			
TE728	Chicory Drink - Cocoa	6 x 125g	4.49	GV
TE589	Chicory Drink - Organic	6 x 100g	5.19	GOV
	CONVENIENCE FOODS			
	ARTISAN GRAINS			
VF080	Falafel - Beetroot & Chilli	6 x 150g	1.89	GV
VF071	Falafel - Pumpkin & Quinoa	6 x 150g	1.89	GV
VF037	Falafel - Super Greens	6 x 150g	1.89	GV
VF213	Nut Roast - Cashew & Cranberry	6 x 200g	2.99	VG

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	FREE & EASY			
VF125	Bean Cassoulet - og	6 x 400g	3.50	GOV
VF006	Chickpea / Vegetable Curry	6 x 400g	3.50	GOV
VF116	Chickpea & Bean Tagine	6 x 400g	3.50	GOV
VF132	Middle Eastern Casserole	6 x 400g	3.50	GOV
VF141	Sweet Pot/Kale/Coconut Curry	6 x 400g	3.50	GOV
VF014	Three Bean Chilli - og	6 x 400g	3.50	GOV
VF127	Vegetable Balti - og	6 x 400g	3.50	GOV
VF128	Vegetable Hotpot - og	6 x 400g	3.50	GOV
	FUTURE FARM			
VF001	Future Tuna	6 x 150g	3.35	GV
	GRANOVITA			
VF036	Nut Luncheon	6 x 400g	2.99	GV
	LOMA LINDA			
VF035	Tuno - In Spring Water	12 x 142g	1.99	GV
VF246	Tuno - Mild Curry	12 x 142g	1.99	GV
VF026	Tuno - Thai Sweet Chilli	12 x 142g	1.99	GSV
VF022	Tuno Mayo	12 x 142g	1.99	GSV
	Ready Meals			
VF027	Spicy Pad Thai	6 x 284g	3.99	GSV
VF028	Thai Green Curry	6 x 284g	3.99	GSV
VF016	Tikka Masala	6 x 284g	3.99	GSV
	MARIGOLD			
SY154	Tempeh - Cans	6 x 280g	3.65	GV
	CRISPS & SNACKS			
	APE SNACKS			
ZX504	Coconut Bites Chocolate	10 x 26g	2.90	GVS
	BROWN BAG CRISPS			
	Impulse			
ZX266	Lightly Salted	20 x 40g	0.89	GV
ZX268	Oak Smoked Chilli	20 x 40g	0.89	GSV
ZX206	Rosemary & Sea Salt	20 x 40g	0.89	GSV
ZX267	Sea Salt and Vinegar	20 x 40g	0.89	GS
ZX265	West Country Cheddar & Onion	20 x 40g	0.89	GS
	Sharing			
ZX270	Lightly Salted	10 x 150g	2.69	GV
ZX108	Rosemary & Sea Salt	10 x 150g	2.69	GSV
	Vegetable Crisps			
ZX833	Vegetable Chips - Hand Cooked	15 x 40g	1.49	GV
	CLEARSPRING			
ZX226	Tamari Roast Sicilian Almonds	15 x 30g	1.99	GOV
	EAT REAL			
	Hummus Chips - Impulse			
ZX198	Hummus Sour Cream Chips	12 x 45g	0.89	GSV
ZX161	Salted, Hummus Chips	12 x 45g	0.89	GV
ZX160	Tomato & Basil, Hummus Chips	12 x 45g	0.89	GSV
	Hummus Chips - Sharing			
ZX127	Creamy Dill, Hummus Chips	10 x 135g	2.15	GSV
ZX326	Hummus Sour Cream Chips	10 x 135g	2.15	GSV
ZX125	Lemon & Chilli, Hummus Chips	10 x 135g	2.15	GV
ZX124	Salted, Hummus Chips	10 x 135g	2.15	GV
ZX121	Tomato & Basil, Hummus Chips	10 x 135g	2.15	GSV
	Kale - Sharing			
ZX057	Veggie & Kale Straws	10 x 113g	2.29	GSV
	Lentil Chips - Impulse			
ZX169	Lentil Chilli & Lemon Chips	12 x 40g	0.89	GV
ZX170	Lentil Creamy Dill Chips	12 x 40g	0.89	GSV
ZX165	Lentil Sea Salted Chips	12 x 40g	0.89	GV
ZX168	Lentil Tomato & Basil Chips	12 x 40g	0.89	GSV
	Lentil Chips - Sharing			
ZX135	Lentil Chips Chilli Lemon	10 x 113g	2.15	GV
ZX883	Lentil Chips Creamy Dill	10 x 113g	2.15	GSV
ZX737	Lentil Chips Mango & Mint	10 x 113g	2.15	GSV
ZX128	Lentil Chips Sea Salt	10 x 113g	2.15	GV
ZX130	Lentil Chips Tomato Basil 113g	10 x 113g	2.15	GSV
	Multi Pack			
ZX027	Hummus, Lentil, Quinoa Multi	8 x 116g	2.99	GVS
	Organic - Sharing			
ZX215	Hummus Sea Salt Chips - Org	10 x 100g	2.69	GOV
ZX214	Lentil Sea Salt Chips - Org	10 x 100g	2.69	GOV
ZX213	Veggie Straws - Organic	10 x 100g	2.69	GOSV

code	product	size	rrp	bfgosv
ZX041	Quinoa Chips - Impulse			
ZX007	Quinoa Chilli & Lime Chips	12 x 30g	0.89	GSV
	Quinoa Cream & Chive Chips	12 x 30g	0.89	GSV
	Quinoa Chips - Sharing			
ZX315	Quinoa Chips Cream & Chives	10 x 80g	2.15	GSV
ZX314	Quinoa Chips Tomato & Garlic	10 x 80g	2.15	GSV
	EMILY CRISPS			
ZX186	Garden Greens Veg Crisps	12 x 23g	1.19	GV
ZX183	Rainbow Roots	12 x 30g	1.49	GV
ZX234	Sour Cream & Onion Thins	8 x 85g	1.99	GV
ZX235	Sour Cream & Onion Thins	24 x 23g	0.99	GV
ZX197	Veg Thins - Chipotle BBQ	8 x 85g	1.89	GV
ZX174	Vegetable Sticks - Thai Chilli	12 x 35g	1.90	GV
	KETTLE CHIPS			
	Sharing Bags			
ZX248	Lightly Salted	12 x 130g	3.35	GV
ZX427	Seese & Red Onion	8 x 130g	3.35	GV
	LOVE CORN			
ZX849	Crunchy Corn - BBQ	6 x 115g	2.29	GV
ZX957	Crunchy Corn - Cheese & Onion	6 x 115g	2.29	GV
ZX607	Crunchy Corn - Habanero	6 x 115g	2.29	G
ZX852	Crunchy Corn - Salt & Vinegar	6 x 115g	2.29	GV
ZX608	Sea Salt	6 x 115g	2.29	G
	NAIRN'S			
ZX335	Sea Salt & Rosemary Flatbread	6 x 150g	2.39	GS
ZX210	Snackers - Cheese	20 x 23g	0.69	G
	NUDIE SNACKS			
ZX958	Cheese & Caramelised Onion	6 x 80g	2.25	GSV
ZX979	Katsu Curry Crisps	6 x 80g	2.25	GSV
	PIPERS CRISPS			
	Impulse Bag			
ZX292	Anglesey Sea Salt	24 x 40g	0.85	GV
ZX295	Karnataka Bl Pepp & Sea Salt	24 x 40g	0.85	GSV
ZX297	Lye Cross Cheddar & Onion	24 x 40g	0.85	GS
ZX296	Somerset Cider Vinegar/Salt	24 x 40g	0.85	GS
ZX434	Wild Thyme & Rosemary	24 x 40g	0.85	GSV
	Sharing Bag			
ZX291	Anglesey Sea Salt	15 x 150g	2.19	GV
ZX289	Lye Cross Cheddar & Onion	15 x 150g	2.19	GS
ZX283	Sea Salt & Somerset Cider V'gr	15 x 150g	2.19	GS
ZX436	Wild Thyme & Rosemary	15 x 150g	2.19	GSV
	PROPERCHIPS			
ZX725	Barbecue	24 x 20g	0.89	GSV
ZX726	Sea Salt	24 x 20g	0.89	GSV
ZX727	Sweet Sriracha Chilli	24 x 20g	0.89	GSV
	Sharing Bag			
ZX426	Barbecue Chips	8 x 85g	2.29	GSV
ZX467	Salt & Vinegar Chips	8 x 85g	2.29	GSV
ZX430	Sea Salt Chips	8 x 85g	2.29	GSV
ZX474	Sriracha Chilli Chips	8 x 85g	2.29	GSV
	PROPERCORN			
	Sharing Bag			
ZX861	Popcorn - Lightly Sea Salted	8 x 70g	1.95	GV
ZX862	Popcorn - Salted Caramel	8 x 90g	1.95	GSV
ZX860	Popcorn - Sweet & Salty	8 x 90g	1.95	GSV
	PURELY PLANTAIN			
ZX961	Plantain Chips - Nice & Spicy	10 x 75g	1.99	GV
ZX959	Plantain Chips - Sea Salt	10 x 75g	1.99	GV
ZX960	Plantain Chips - Wild Garlic	10 x 75g	1.99	GV
	REBEL KITCHEN			
ZX252	Caramel Bytes	10 x 26g	1.79	GOSV
ZX240	Chocolate Bytes	10 x 26g	1.79	GOSV
	SOURCE OF THE EARTH			
ZX717	Lentil Chips - Cream & Chive	24 x 24g	0.99	GV
ZX702	Lentil Chips Paprika & Chilli	24 x 24g	0.99	GV
	TEN ACRE CRISPS			
ZX040	Cheese & Onion Crisps	20 x 35g	0.85	GV
ZX556	Cheese & Onion Crisps	24 x 40g	0.85	GV
ZX559	Hickory BBQ Crisps	24 x 40g	0.85	GV
ZX554	Ready Salted Crisps	24 x 40g	0.85	GV
ZX557	Salt & Vinegar Crisps	24 x 40g	0.85	GV
ZX031	Sea Salted Crisps	20 x 35g	0.85	GV

code	product	size	rrp	bfgosv
ZX051	Ten Acre BBQ Beef Crisps	20 x 35g	0.85	GV
ZX054	Ten Acre Cheesy Chilli Crisps	20 x 35g	0.85	GV
ZX049	Ten Acre Fried Chicken Crisps	20 x 35g	0.85	GV
TRAF0				
	Flips			
ZX359	Chickpea Flips Mild Curry	6 x 75g	2.45	GOV
ZX343	Pea Flips Lightly Salted	6 x 75g	2.45	GOV
ZX299	Rosemary Lentil Flips	6 x 75g	2.45	GOV
	Popcorn			
ZX112	Caramel Popcorn Organic	6 x 50g	2.29	GOSV
ZX094	Salted Popcorn Organic	6 x 50g	2.29	GOV
ZX118	Sweet Popcorn Organic	6 x 50g	2.29	GOSV
TYRRELLS				
	Potato Chips - Furrows Sharing			
ZX502	Sea Salt and Cider Vinegar	8 x 150g	2.85	GS
	Potato Chips - Impulse			
ZX907	Cheddar Cheese and Chives	24 x 40g	1.90	GS
	Potato Chips - Sharing			
ZX978	Black Truffle & Sea Salt	8 x 150g	2.79	GSV
ZX018	Cider Vinegar and Sea Salt	8 x 150g	2.79	GS
ZX022	Lightly Sea Salted	8 x 150g	2.79	GV
ZX024	Sea Salt & Black Pepper	8 x 150g	2.79	GV
ZX021	Sweet Chilli & Red Pepper	8 x 150g	2.79	GSV
	Vegetable Chips			
ZX658	Mixed Roots	24 x 40g	1.89	GV
ZX388	Mixed Roots	12 x 125g	3.99	GV
DESSERTS				
SOJADE				
SY099	Chocolate Soya Dessert	8 x 530g	1.89	GOSV
SY107	Vanilla Soya Dessert	8 x 530ml	1.95	GOSV
SOON				
SY253	Chocolate Hemp Custard Dessert	8 x 530g	2.35	GOSV
SY252	Chocolate Rice Custard Dessert	8 x 530g	1.89	GOSV
SY251	Vanilla Rice Custard Dessert	8 x 530g	1.89	GOSV
WE CAN VEGAN				
SY060	Vegan Chocolate Custard	12 x 400g	2.15	GSV
SY015	Vegan Rice Pudding	12 x 400g	2.15	GSV
SY006	Vegan Vanilla Custard	12 x 400g	2.15	GSV
DESSERTS & PUDDINGS (CHILLED)				
ORIGIN KITCHEN				
	Creamed Cashew Desserts			
CV789	Chocolate	6 x 75g	2.30	GSV
CV780	Forest Berry	6 x 75g	2.30	GSV
CV778	Mango & Passionfruit	6 x 75g	2.30	GSV
CV792	White Chocolate	6 x 75g	2.30	GSV
THE COCONUT COLLABORATIVE				
CV507	Little Choc Pots	6 x 4 x 45g	3.30	GSV
CV511	Salted Caramel Pots	6 x 4 x 45g	3.30	GSV
CV464	Vanilla Rice Pudding	6 x 2 x 125g	3.30	GSV
VRAI				
CV627	Rice Pudding with Vanilla	12 x 110g	1.55	GOS
DESSERTS, NON-DAIRY (FROZEN)				
BOOJA-BOOJA				
	465ml Tub			
XL013	Choc Fudge Brownie Ice Cream	6 x 465ml	5.69	GOSV
XL002	Cookie Dough Ice Cream	6 x 465ml	5.69	GOSV
XL023	Mango & Raspberry Ice Cream	6 x 465ml	5.69	GOSV
FOOD HEAVEN				
	Dairy-Free Desserts			
XL400	Cool Vanilla Ice Cream	6 x 900ml	4.50	GSV
NATURLI'				
	Cones			
XL149	Dark and Creamy Ice Cones	8 x 4 x 130m	5.25	GSV
XL150	Salted Caramel Ice Cream Cones	8 x 4 x 130m	5.25	GSV
DRINKS (CHILLED)				
BIOTIFUL DAIRY				
CV867	Honey & Ginger Kefir Smoothie	6 x 250ml	2.10	G
CV373	Kefir Cherry Smoothie	6 x 250ml	2.10	G
CV359	Org Baked Milk Drink	6 x 500ml	3.65	GO

code	product	size	rrp	bfgosv
CV342	Org Kefir Milk Drink	6 x 500ml	3.65	GO
CV361	Org Kefir Milk Drink	12 x 250ml	2.20	GO
	Oat Kefir			
CV908	Mango Plant-Based Kefir	6 x 250ml	2.15	GV
CV906	Original Plant Based Kefir	6 x 250ml	2.15	GV
CV920	Original Plant-Based Kefir	6 x 500ml	3.80	GV
CV907	Strawberry Plant Based Kefir	6 x 250ml	2.15	GV
CV921	Vanilla Plant-Based Kefir	6 x 500ml	4.00	GV
CALIFIA FARMS				
CV826	Cold Brew Mocha	6 x 750ml	2.99	GSV
CV823	Unsweetened Almond Milk	6 x 750ml	2.50	GSV
COCOS				
CV482	Mango & Passionfruit Kefir	6 x 200ml	3.00	FGOV
CV898	Natural Coconut Milk Kefir	6 x 500ml	4.50	GOV
CV896	Strawberry Kefir	6 x 200ml	3.00	GOV
JARR KOMBUCHA				
CV053	Ginger Kombucha	12 x 240ml	2.29	GOV
CV064	Passion Fruit Kombucha	12 x 240ml	2.29	GOV
CV070	Raspberry Kombucha	12 x 240ml	2.29	GOV
KOKO DAIRY FREE				
CV021	Koko Dairy Free Original	6 x 1l	2.15	GSV
LA BREWERY				
CV138	Ginger Kombucha	6 x 300ml	2.99	GV
CV164	Lemongrass Kombucha	6 x 300ml	2.99	GV
FAR EASTERN FOOD				
CLEARSPRING				
JP103	Teriyaki Sauce - Organic & GF	6 x 150ml	4.49	GOV
JP026	Tofu	12 x 300g	2.10	GOV
	Miso Products			
JP048	Creamy Sesame Miso Soup	8 x 4 x 15g	3.19	GOV
JP049	Ginger & Turmeric Miso Soup	8 x 4 x 15g	3.19	GOV
JP047	Hot & Spicy Miso Soup Paste	8 x 4 x 15g	3.19	GOV
	Noodles			
JP056	All Buckwheat Soba Noodles	6 x 200g	4.49	GOV
JP053	Brown Rice Noodles - GF	10 x 200g	3.99	GOV
JP054	Brown Rice Wide Noodles - GF	5 x 200g	3.99	GOV
	Sea Veg			
JP082	Seaveg Crispies - Original	16 x 4g	1.29	GOV
JP104	Seaveg Crispies - Original	15 x 8g	1.75	GOV
JP035	Seaveg Crispies - Turmeric	16 x 4g	1.29	GOV
JP083	Seaveg Crispies Multipack-Orig	8 x 3 x 4g	2.99	GOV
JP085	Seaveg Crispies Multipk-Chilli	8 x 3 x 4g	2.99	GOV
	Soya Sauce			
JP130	Tamari Soy Sauce Double Strnth	6 x 150ml	3.99	GOV
JP029	Tamari Soy Sauce Double Strnth	6 x 250ml	5.99	GOV
JP501	Tamari Soya Sauce	6 x 500ml	1.49	GOV
JP110	Tamari Soya Sauce	6 x 1l	18.99	GOV
JP098	Tamari Soya Sauce	6 x 150ml	2.99	GOV
JP099	Tamari Soya Sauce	6 x 250ml	3.99	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	GOV
KIKKOMAN				
JP067	Tamari Gluten Free Soy Sauce	6 x 150ml	3.59	GV
JP136	Teriyaki Marinade	6 x 250ml	3.99	GSV
KING SOBA				
JP087	Brown Rice Paper	10 x 200g	2.89	GOV
WT002	Pho Noodles	12 x 250g	2.99	GOV
JP089	White Rice Paper	10 x 200g	2.89	GOV
	MISO PASTES			
JP138	Aka Red Miso Paste	6 x 200g	3.99	GOV
JP140	Genmai Brown Rice Miso Paste	6 x 200g	4.69	GOV
JP139	Shiro White Miso Paste	6 x 200g	3.99	GOV
JP141	Yellow Pea Miso paste	6 x 200g	4.69	GOV
MEKHALA				
VF234	Green Curry Paste	6 x 100g	4.39	GOV
VF241	Lemongrass Turmeric Paste	6 x 100g	4.39	GOV
VF238	Miso Ginger Paste	6 x 100g	4.39	GOV
VF235	Red Curry Paste	6 x 100g	4.39	GOV
VF237	Tom Yum Paste	6 x 100g	4.39	GOV
VF236	Yellow Curry Paste	6 x 100g	4.39	GOV
MERIDIAN				
JP058	Tamari	5l	38.29	GV

code	product	size	rrp	bfgosv
JP309	Tamari	12 x 150ml	3.29	GV
JP310	Tamari	6 x 500ml	6.89	GV
THAI TASTE				
VF174	Galangal	6 x 114g	1.99	GV
VF319	Green Curry Paste	6 x 114g	2.90	GV
VF171	Red Curry Paste	6 x 114g	2.90	GV
VF258	Sriracha Chilli Sauce	6 x 450ml	2.55	GSV
VF199	Tamarind Paste	6 x 130g	1.99	GSV
VF159	Vegan 'Fish' Sauce	6 x 180ml	2.39	GSV
YAKSO				
JP012	Coconut Aminos	6 x 250ml	7.25	GOV
JP002	Tamari - organic	6 x 125ml	2.25	GOV
JP113	Tamari - organic	6 x 250ml	3.95	GOV
FLAKES, BRANS & WHEATGERM				
SUMA PREPACKS				
FX046	Oats - Jumbo & Gluten Free	6 x 750g	3.75	GV
FX045	Oats - Porridge & Gluten Free	6 x 750g	3.75	GV
SUMA PREPACKS - ORGANIC				
FX042	Oats - Jumbo Gluten Free	6 x 750g	4.25	GOV
FX044	Oats - Porridge & Gluten Free	6 x 750g	4.25	GOV
ALARA				
FX026	Gluten Free Scottish Porridge	6 x 500g	4.39	GOV
FLOURS & BREAD MIXES				
AMISA				
FG085	Chestnut Flour - Organic	6 x 350g	5.99	GOV
FG065	Chickpea Flour	6 x 400g	3.45	GOV
CLEARSPRING				
FG180	Breadcrumbs - Brown Rice, GF	12 x 250g	4.59	GOV
DOVES FARM				
FG097	Chickpea Flour	5 x 260g	2.45	GOV
FG039	GF Buckwheat Flour	5 x 1kg	5.25	GV
FG522	Gluten Free Brown Bread Flour	5 x 1kg	2.89	GV
FG700	Gluten Free Plain White Flour	5 x 1kg	2.89	GV
FG520	Gluten Free White Bread Flour	5 x 1kg	2.89	GV
FG096	OAT FLOUR	4 x 450g	4.19	GOV
FG047	Organic Coconut Flour	4 x 500g	3.95	GOV
FG117	Rice Flour	5 x 1kg	2.39	GV
FG116	Stoneground Gram Flour	5 x 1kg	2.89	GV
FG701	White Self Raising Flour GF	5 x 1kg	2.89	GV
ORGRAN				
FG061	Gluten Free Mixes Buckwheat Pancake Mix	8 x 375g	4.90	GV
FRUIT - DRIED				
THE RAW CHOCOLATE CO				
DR188	Goji Berries	6 x 150g	5.59	GOV
URBAN FRUIT				
DR192	Mango	5 x 100g	2.85	GV
DR201	Pineapple	5 x 100g	2.85	GV
DR263	Snack Pack - Mango	14 x 35g	1.90	GV
DR002	Snack Pack - Strawberry	14 x 35g	1.90	GV
DR144	Snack Pack Pineapple	14 x 35g	1.90	VG
DR266	Strawberries	10 x 90g	2.85	GV
DR009	Tumbled Mango & Passionfruit	6 x 85g	2.85	GV
FRUIT (FROZEN)				
NATURAL COOL				
XL142	Organic Berry Mix	10 x 300g	4.85	GOV
XL145	Organic Blueberries	10 x 300g	4.70	GOV
XL179	Organic Raspberries	10 x 300g	7.20	GOV
XL182	Organic Sour Cherries	10 x 300g	4.40	GOV
XL180	Organic Strawberries	10 x 300g	4.65	GOV
FRUIT & VEGETABLE JUICES				
BERRY COMPANY				
JU737	1L Tetrapack Acai with Raspberry & Yerba	12 x 1l	2.69	GV
JU055	Blueberry Juice	12 x 1l	2.69	GV
JU253	Cranberry Juice	12 x 1l	2.69	GV
JU063	Goji Berry Juice	12 x 1l	2.69	GV
JU734	Pomegranate Juice	12 x 1l	2.69	GV

code	product	size	rrp	bfgosv
JU061	Superberries Purple Juice	12 x 1l	2.69	GV
JU050	Superberries Red Juice	12 x 1l	2.69	GV
JU736	White Tea and Peach Juice 330MI Tetrapack	12 x 1l	2.69	GV
JU375	Blueberry & Baobab Juice	12 x 330ml	1.29	GV
JU372	Goji Berry & Ginseng Juice	12 x 330ml	1.29	GV
JU380	Pomegranate & Rosehip Juice	12 x 330ml	1.29	GV
JU370	Superberries Purple & Guarana	12 x 330ml	1.29	GV
JU371	Superberries Red & Hibiscus	12 x 330ml	1.29	GV
FLAWSOME!				
Not from concentrate juices				
JU825	Apple & Strawberry Juice	12 x 250ml	2.15	GV
JU826	Apple & Superberry Juice	12 x 250ml	2.15	GV
JU820	Orange Juice	12 x 250ml	2.15	GV
JU821	Sweet & Sour Apple Juice	12 x 250ml	2.15	GV
JAMES WHITE				
Tetrapack 1L				
JU391	British Carrot	8 x 1l	3.69	FGVB
ZINGER				
Zinger Health Shots				
JU264	Sour Cherry	15 x 70ml	1.79	GV
GRAINS				
MR ORGANIC				
QS020	Red Lentil Rice	12 x 250g	3.69	GOV
GRAVY, STOCK & BOUILLON				
SUMA ORGANIC				
LJ650	Organic Bouillon	12 x 150g	2.55	GOV
FREE & EASY				
LJ008	Gravy Sauce Mix	6 x 130g	2.19	GV
KALLO				
LJ102	French Onion Stock Cubes	15 x 66g	1.75	GOVS
LJ103	Garlic & Herb Stock Cubes	15 x 66g	1.75	GOVS
LJ171	Low Salt Vegetable Stock Cubes	15 x 60g	1.75	GOVS
LJ122	Mushroom Stock Cubes	15 x 66g	1.75	GOVS
LJ101	Tomato & Herb Stock Cubes	15 x 66g	1.75	GOVS
LJ205	Umami Stock Cubes	15 x 66g	1.69	GOV
LJ120	Vegetable Stock Cubes	15 x 66g	1.75	GOV
LJ147	Yeast Free Veg. Stock Cubes	15 x 66g	1.75	GV
MARIGOLD				
LJ211	Bouillon Cubes	12 x 8	1.49	GOV
LJ043	Bouillon Powder	6 x 150g	2.55	GV
LJ044	Bouillon Powder	6 x 500g	6.35	GV
LJ073	Bouillon Powder - Organic	6 x 150g	2.55	GOV
LJ238	Bouillon Powder - Organic	6 x 500g	7.75	GOV
LJ070	Bouillon Powder - Reduced Salt	6 x 150g	2.45	GV
LJ237	Bouillon Powder - Reduced Salt	6 x 500g	7.39	GV
LJ178	Bouillon Reduced Salt	1 x 2kg	22.49	FGV
LJ062	Gravy Granules - Instant	6 x 170g	1.95	GSV
LJ195	Gravy Granules - Instant	1 x 2kg	16.99	GV
LJ208	Organic Bouillon	1 x 2kg	23.49	FGOV
LJ074	Organic Bouillon Reduced Salt	6 x 140g	2.79	GOV
LJ253	Organic Reduced Salt Bouillon	1 x 2kg	4.65	FGOV
LJ139	Original Bouillon	1 x 2kg	21.75	FGV
LJ321	Yeast Free Bouillon Stock Cube	12 x 84g	1.49	GOV
HERB & FRUIT TEA INFUSIONS				
CLIPPER				
Everyday Infusions				
TE035	Indian Chai	4 x 20 bags	2.19	FGOV
HEATH AND HEATHER				
Botanicals				
TE594	Turmeric Root Brew	6 x 20 bags	3.55	GOV
LOVE CBD				
TE456	Hemp Tea	12 x 10 bags	5.99	GV
PUKKA				
TE058	Turmeric Active	4 x 20 bags	4.29	GOV
YOGI TEA				
TE593	Alkaline Herbs	6 x 17 bags	2.75	GOV
TE630	Feel Pure with Lemon	6 x 17 bags	2.75	GOV
TE591	Finest Selection For The Senses	6 x 18 bags	2.99	GOV

code	product	size	rrp	bfgosv
TE625	Fresh Inspiration	6 x 17 bags	2.75	GOV
TE615	Good Night	6 x 17 bags	2.75	GOV
TE263	Natural Energy	6 x 17 bags	2.75	GOV
TE129	Natural Wellbeing	6 x 17 bags	2.75	GOV
TE610	Pure Happiness	6 x 17 bags	2.75	GOV

HONEY

HILLTOP HONEY

HY097	Lavender Honey, Spanish	4 x 277g	5.95	G
HY076	Organic Blossom Honey	6 x 340g	4.25	GO

HOUSEHOLD CLEANING PRODUCTS

ECOZONE

HJ044	Appliance Descaler	12 x 500ml	4.69	GV
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HOUSEHOLD PRODUCTS

TRAIDCRAFT

NF181	Fair Trade Rubber Gloves	12 x 1 pairs	1.89	GFV
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INDIAN FOOD

MERIDIAN

VF019	Korma Sauce	6 x 350g	2.89	GSV
VF025	Tikka Masala Sauce	6 x 350g	2.89	GSV

PATAKS

	Curry Pastes			
KJ222	Korma Curry Paste	6 x 290g	3.99	GV
KJ054	Madras Curry Paste	6 x 283g	3.99	GV
KJ152	Rogan Josh Curry Paste	6 x 283g	3.99	GSV
KJ246	Tikka Masala Curry Paste	6 x 283g	3.99	GSV
KJ059	Vindaloo Curry Paste	6 x 283g	3.99	GV
	Pickles			
KJ041	Chilli Pickle	6 x 283g	3.39	GV
KJ047	Mango Pickle - Medium	6 x 283g	3.39	GV
KJ049	Mixed Pickle	6 x 283g	3.39	GV

PUNJABAN

	Bases (Sauce Concentrate)			
KJ374	Authentic Curry Base - Medium	6 x 350g	3.89	GV
KJ373	Authentic Curry Base - Mild	6 x 350g	3.89	GV
KJ379	Butter 'Chicken' Base	6 x 350g	3.89	GV
KJ383	Tasty Tamarind Curry Base	6 x 350g	3.89	GV
KJ083	Tikka Masala Base Sauce	6 x 350g	3.89	GV

JAMS & FRUIT SPREADS

ST DALFOUR

JS051	Apricot Spread	6 x 284g	2.99	GV
JS064	Black Cherry Spread	6 x 284g	2.99	GV
JS063	Blackberry Spread	6 x 284g	2.99	GV
JS062	Blackcurrant Spread	6 x 284g	2.99	GV
JS009	Cranberry & Blueberry	6 x 284g	2.99	GV
JS068	Fig Spread	6 x 284g	2.99	GV
JS067	Four Fruits Spread	6 x 284g	2.99	GV
JS066	Mirabelle Plum Spread	6 x 284g	2.99	GV
JS120	Orange and Ginger Spread	6 x 284g	2.99	GV
JS046	Raspberry & Pomegranate Spread	6 x 284g	2.99	GV
JS049	Raspberry Spread	6 x 284g	2.99	GV
JS050	Strawberry Spread	6 x 284g	2.99	GV
JS061	Thick Cut Orange Spread	6 x 284g	2.99	GV
JS060	Wild Blueberry Spread	6 x 284g	2.99	GV

JUICE CONCENTRATES & CORDIALS

BELVOIR

JU234	Blueberry Blackcurrant Cordial	6 x 500ml	5.79	GSV
JU516	Elderflower & Rose Cordial	6 x 500ml	5.79	GSV
JU578	Elderflower Cordial	6 x 500ml	5.79	GSV
JU577	Ginger Cordial	6 x 500ml	5.79	GSV
JU197	Honey, Lemon & Ginger Cordial	6 x 500ml	5.79	GS
JU275	Organic Elderflower Cordial	6 x 500ml	6.39	GOSV
JU276	Organic Ginger Cordial	6 x 500ml	6.39	GOSV
JU355	Organic Lemon & Mint Cordial	6 x 500ml	6.39	GOSV
JU043	Raspberry & Lemon Cordial	6 x 500ml	5.79	GV
	Family Size			
JU339	Blackcurrant Cordial	6 x 750ml	6.69	GSV
JU338	Orange Cordial	6 x 750ml	6.69	GSV

code	product	size	rrp	bfgosv
MARGARINES & SPREADS (CHILLED)				
KOKO DAIRY FREE				
CV317	Koko Dairy Free Spread	8 x 500ml	2.19	GV
NATURLI'				
CV879	Spreadable Vegan Butter	24 x 225g	2.20	GOV
CV735	Spreadable Vegan Butter	16 x 450g	4.25	GOV
CV880	Vegan Butter Block	15 x 200g	2.10	GOV
MAYONNAISE & SALAD DRESSINGS				
INSPIRED VEGAN				
KJ247	Vegan Bearnaise Style Sauce	6 x 205g	2.39	GSV
KJ249	Vegan Dill Mustard Sauce	6 x 200g	2.39	GSV
KJ270	Vegan Hollandaise Style Sauce	6 x 205g	2.39	GSV
KJ048	Vegan Honei Mustard Dressing	6 x 265g	2.99	GSV
KJ271	Vegan Horseradish Sauce	6 x 210g	2.69	GSV
KJ245	Vegan Marie Rose Sauce	6 x 210g	2.39	GSV
KJ261	Vegan Tartare Sauce	6 x 210g	2.69	GSV
MEAT FREE ALTERNATIVES(FROZEN)				
BEYOND MEAT				
XL053	Burgers	8 x 226g	5.20	GV
XL091	Meatballs	8 x 200g	5.20	GV
XL088	Mince	8 x 300g	5.20	GV
XL063	Sausages	8 x 200g	5.20	GV
NATURLI'				
XL101	'Shape Me' Vegan Mince	8 x 300g	4.65	GV
XL065	Schnitzel	8 x 300g	4.65	GV
XL071	Vegan Balls	8 x 300g	3.95	GV
STRONG ROOTS				
XL213	Pumpkin & Spinach Burgers	12 x 300g	4.10	GV
XL218	Spinach Bites	12 x 308g	4.10	G
MEATLESS SUBSTITUTES (CHILLED)				
BONSAN				
CV837	Kofu Fishfree fillet	5 x 150g	4.50	GOSV
CV843	Kofu Ragu Chunks	5 x 150g	3.95	GOSV
FLORENTIN				
CV950	Corn Falafel	6 x 240g	4.80	GOV
CV930	Falafel	6 x 240g	4.55	GOV
CV571	Sweet Potato Falafel	6 x 240g	4.55	GOV
CV944	Tamruc Falafel	6 x 240g	4.70	GOV
HEURA				
	Minimum 5 days shelf life			
CV142	Chorizo	6 x 216g	3.69	GV
CV869	Chorizo Burger	6 x 220g	4.30	GV
CV115	Mediterranean Chunks	6 x 160g	3.69	GV
CV119	Original Burger	6 x 227g	4.30	GV
CV116	Original Chunks	6 x 160g	3.69	GV
CV124	Original Nuggets	6 x 180g	3.69	GV
CV128	Original Sausages	6 x 216g	3.69	GV
CV145	Original Strips	6 x 160g	3.69	GV
MIDDLE EASTERN & AFRICAN FOOD				
AL'FEZ				
KJ548	Apricot & Coriander Sauce 450g	6 x 450g	3.15	GV
KJ190	Moroccan Style Tagine Sauce	6 x 450g	2.79	GV
KJ243	Smoky Harissa Tagine Sauce	6 x 450g	2.79	GV
AMISA				
KJ105	Falafel Mix	6 x 160g	2.75	GOV
MILK - NON DAIRY				
ALPRO				
TE004	Almond for Professionals	12 x 1l	2.95	GSV
TE083	Oat for Professionals	12 x 1l	2.45	GV
SY047	Organic Almond Drink	8 x 1l	2.35	GOV
SY049	Organic Coconut Drink	8 x 1l	2.35	GOV
SY050	Organic Soya Drink	8 x 1l	1.95	GOV
BLUE DIAMOND				
SY101	Almond Breeze - Barista Blend	8 x 1l	2.75	GV
SY061	Almond Breeze - Original	8 x 1l	1.99	GSV
SY066	Almond Breeze - Unsweetened	8 x 1l	1.99	GV
DUG				
SY134	Potato Milk - Barista	6 x 1l	2.15	GV

code	product	size	rrp	bfgosv
SY127	Potato Milk - Original	6 x 1l	2.15	GV
SY128	Potato Milk - Unsweetened	6 x 1l	2.15	GV
ECOMIL				
SY240	Almond & Calcium	6 x 1l	3.49	GOV
SY247	Almond Drink Classic Low Sugar	6 x 1l	2.49	GOSV
SY012	Almond Drink Powder	6 x 400g	13.99	GOV
SY248	Coconut Drink Sugar Free	6 x 1l	2.49	GOV
SY030	Cuisine - Almond Cream	24 x 200ml	1.59	GOV
SY027	Cuisine - Bechamel	24 x 200ml	1.89	GOV
SY137	Cuisine - Cashew Cream	24 x 200ml	1.59	GOV
SY059	Cuisine - Coconut Milk	24 x 200ml	1.59	GOV
SY032	Cuisine - Thai	24 x 200ml	1.99	GOV
SY250	Oat Drink Gluten Free	6 x 1l	2.69	GOV
FOOD HEAVEN				
SY245	Chocolate Whipped Spray Cream	12 x 200ml	2.75	GSV
SY003	Cooking Cream - Unsweetened	12 x 1l	4.20	CV
SY168	Heavenly Whipped Spray Cream	12 x 200ml	2.49	GSV
GAIA'S FARMING CO				
SY123	Hemp & Coco Chocolate M*lk	8 x 330ml	2.50	GV
SY081	Hemp & Oat Barista M*lk	8 x 1l	2.90	GV
GLEBE FARM				
SY165	Almond Drink Barista	6 x 1l	2.50	FGV
SY164	Coconut Drink Barista	6 x 1l	2.15	FGV
SY140	Pure Oaty Barista Drink	6 x 1l	1.99	GV
KOKO DAIRY FREE				
SY149	Barista Coconut Milk Drink	6 x 1l	2.25	GSV
SY038	Coconut Milk Drink	12 x 1l	2.15	GSV
SY122	Coconut Milk Drink Unsweetened	6 x 1l	2.15	GV
SY167	Coconut Super Milk	6 x 1l	2.65	GSV
NATURE'S CHARM				
SY078	Evaporated Coconut Milk	12 x 360ml	3.90	GSV
PLAMIL				
SY009	Organic Soya Milk Heritage	8 x 1l	2.25	VOG
PLENISH				
SY170	Oat M*lk - Gluten Free	8 x 1l	2.39	GOV
REBEL KITCHEN				
SY181	Dairy Free Semi Skimmed Mylk	8 x 1l	2.59	GOV
SY214	Dairy Free Whole Mylk	8 x 1l	2.55	GOV
RUDE HEALTH FOODS				
SY129	Almond Drink - Organic	6 x 1l	2.69	GOV
SY004	Almond Drink - Organic	10 x 250ml	1.65	GOV
SY230	Barista Almond	6 x 1l	2.49	CV
SY231	Barista Coconut	6 x 1l	2.49	GV
SY232	Barista Oat	6 x 1l	2.00	GV
SY233	Barista Soya	6 x 1l	2.00	GOV
SY130	Brown Rice Drink - Organic	6 x 1l	2.49	GOV
SY085	Cashew Drink - Organic	6 x 1l	3.50	GOV
SY044	Coconut Drink Organic	6 x 1l	2.99	GOV
SY148	Hazelnut Drink - Organic	6 x 1l	2.99	GOV
SY037	Oat Drink - Organic	6 x 1l	2.49	GOV
SY194	Organic Soya Drink	6 x 1l	2.29	GOV
SY117	Tiger Nut Drink Organic	6 x 1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	6 x 1l	3.85	GOV
SOJADE				
SY018	Soya Drink - Mild Sweetened	8 x 1l	2.39	GOV
SY016	Soya Drink - Unsweetened	8 x 1l	2.50	GOV
SY023	Vanilla Soya Drink	8 x 1l	2.59	GOV
SOON				
SY243	Organic Rice Drink	8 x 1l	1.99	GOV
SPROUD				
SY218	Iced Coffee - Caramel	12 x 330ml	2.35	FGSV
SY217	Iced Coffee - Original	12 x 330ml	2.35	FGSV
SY069	Sproud Barista	6 x 1l	2.15	GSV
SY207	Sproud Chocolate Milk	6 x 1l	2.15	GSV
SY057	Sproud Original	6 x 1l	2.15	GSV
SY229	Sproud Vanilla	6 x 1l	2.15	GSV
THE BRIDGE				
SY160	Coconut Drink	12 x 1l	2.45	GOV
SY042	Rice Drink - Calcium Enriched	12 x 1l	2.29	GOV
SY487	Rice Drink - Original	6 x 1l	2.15	GOV
SY452	Rice Drink + Almond	6 x 1l	2.49	GOV
SY008	Rice Drink + Coconut	12 x 1l	2.65	GOV

code	product	size	rrp	bfgovs
SY188	Cooking Cream			
SY186	Coconut Cream - Organic	10 x 200ml	1.55	GOV
	Soya Cream - Organic	10 x 200ml	1.19	GOV
THE COCONUT COMPANY				
SY116	Coconut Milk Powder - Organic	12 x 250g	6.99	GOV
NUT & SEED BUTTERS				
BIONA				
GH132	Cocoa Hazel Peanut Butter	6 x 250g	4.35	GOSV
COCONUT MERCHANT				
GH076	Coconut Butter	12 x 300g	5.99	GOV
WHOLE EARTH				
GH091	Peanut Butter - smooth organic	6 x 227g	3.29	GOV
GH090	Peanut Butter -crunchy organic	6 x 227g	3.29	GOV
GH113	Peanut Butter -smooth original	2 x 1kg	7.45	GV
GH084	Peanut Butter -smooth original	6 x 340g	3.59	GV
GH151	Peanut Butter-100% Nuts,Crunch	6 x 227g	3.15	GOV
GH115	Peanut Butter-crunchy original	2 x 1kg	7.45	GV
GH082	Peanut Butter-crunchy original	6 x 340g	3.59	GV
OILS & FATS				
SUMA PREPACKS				
GT028	Gluten Free Vegetarian Suet	6 x 250g	3.15	GV
CLEARSPRING				
GT054	Coconut Oil	6 x 200g	4.59	GOV
GT055	Coconut Oil	6 x 400g	8.65	GOV
GT037	Sesame Oil organic	6 x 1l	13.89	GOV
OLIVES				
MANI				
KJ425	Og Kalamata Olives in OliveOil	6 x 280g	4.99	GOV
PASTA				
SUMA ORGANIC				
	Gluten Free			
WT011	Brown Rice Fusilli Pasta	8 x 500g	3.25	GOV
WT013	Brown Rice Penne Pasta	8 x 500g	3.25	GOV
WT008	Corn Rice Fusilli Pasta	8 x 500g	2.89	GOV
WT009	Corn Rice Penne Pasta	8 x 500g	2.89	GOV
BARENAKED				
WT162	Barenaked Noodles	6 x 250g	2.29	GV
WT163	Barenaked Rice	6 x 250g	2.29	GV
WT172	Barenaked Spaghetti	6 x 250g	2.29	GV
WT004	Protein Noodles	6 x 250g	2.29	GV
CIEMME				
WT136	OG Gluten Free Gnocchi Plain	12 x 400g	4.29	GOV
CLEARSPRING				
WT148	Brown Rice Penne - Gluten Free	8 x 250g	3.90	GOV
WT052	Gluten Free Buckwheat Pasta	8 x 250g	3.90	GOV
WT149	Green Pea & Quinoa Fusilli	8 x 250g	3.49	GOV
WT150	Red Lentil & Brown Rice Pasta	8 x 250g	3.49	GOV
DIFATTI				
WT015	Gluten Free Egg Tagliatelle	12 x 250g	3.79	G
WT151	Gnocchi - Gluten Free	10 x 250g	2.15	GV
WT033	Gnocchi - Pumpkin & Quinoa GF	12 x 250g	2.49	GV
WT153	Spinach Gnocchi - gluten free	10 x 250g	2.15	GV
WT152	Tomato Gnocchi - Gluten Free	10 x 250g	2.15	GV
DOVES FARM				
WT038	Organic Brown Rice Fusilli	8 x 500g	3.39	GOV
WT047	Organic Brown Rice Penne Pasta	8 x 500g	3.39	GOV
WT036	Organic Brown Rice Spaghetti	12 x 500g	3.39	GOV
WT133	Organic Buckwheat Pasta	8 x 500g	4.49	GOV
WT167	Organic Green Pea Penne Pasta	6 x 250g	3.25	GOV
WT165	Organic Maize and Rice Lasagne	6 x 250g	2.99	GOV
WT051	Organic Maize/Rice Fusilli	8 x 500g	3.90	GOV
WT039	Organic Maize/Rice Penne Pasta	8 x 500g	3.90	GOV
WT053	Organic Maize/Rice Spaghetti	12 x 500g	3.90	GOV
WT135	Organic Multigrain Pasta	8 x 500g	3.35	GOV
WT166	Organic Red Lentil Penne Pasta	6 x 250g	3.25	GOV
EXPLORE CUISINE				
WT113	Black Bean Spaghetti	6 x 200g	4.90	GOV
WT145	Chickpea Fusilli	6 x 250g	4.90	GOV
WT093	Edamame & Mung Bean Fettuccine	6 x 200g	4.90	GOV

code	product	size	rrp	bfgosv
WT067	Edamame & Spirulina Spaghetti	6 x 200g	4.90	GOV
WT114	Edamame Bean Spaghetti	6 x 200g	4.90	GOV
WT066	Fava Bean Fusilli	6 x 250g	4.90	GOV
WT143	Green Lentil Penne	6 x 250g	4.90	GOV
LA BUONA VITA				
WT027	Gluten Free Fusilli	10 x 400g	2.99	GV
WT056	Gluten Free Lasagne Sheets	12 x 250g	2.89	GV
WT026	Gluten Free Penne Pasta	12 x 400g	2.89	GV
WT028	Gluten Free Spaghetti	12 x 400g	2.89	GV
MAIDEA				
WT007	Pacheri	10 x 250g	3.75	GV
WT010	Tagliatelle	12 x 250g	3.75	GV
ORGRAN				
WT078	Buckwheat Pasta Spirals	7 x 250g	2.59	GV
WT105	Corn & Veg Shells	7 x 250g	2.35	GV
WT006	Garden Veggies Penne	5 x 350g	3.19	GV
WT005	Garden Veggies Spirals	5 x 350g	3.19	GV
WT109	Rice & Corn Macaroni	7 x 250g	2.49	GV
WT080	Vegetable Rice Spirals	7 x 250g	2.59	GV
PASTA LENSI				
WT043	Gluten Free Fusilli Pasta	1 x 4kg	2.89	GV
PROFUSION				
WT130	Chickpea Fusilli	12 x 250g	3.35	GOV
WT129	Red Lentil Fusilli	12 x 250g	3.45	GOV
PASTA SAUCES & PESTOS				
MERIDIAN				
VF173	Tomato & Basil Pasta Sauce	6 x 350g	3.29	GOV
VF197	Tomato & Herb - organic	6 x 440g	3.39	GOV
MR ORGANIC				
KJ328	Chilli & Garlic Pesto	6 x 130g	2.29	GOV
VF106	Parmagiana Sauce	6 x 350ml	3.29	GOV
KJ216	Soya Pasta Sauce	6 x 350g	3.29	GOVS
ZEST				
KJ314	Red Pesto	6 x 165g	3.49	GV
VF256	Tomato&Mascarpone Pasta Sauce	6 x 340g	3.15	GV
PATE				
GRANOVITA				
GH143	Mushroom Pate	12 x 125g	1.99	GV
GH651	Mushroom Pate - organic	12 x 200g	3.35	GOV
GH015	Olive Pate	12 x 125g	1.99	GV
GH168	Spicy Mexican Pate - organic	12 x 200g	3.35	GOV
GH144	Vegetable Pate	12 x 125g	1.99	GV
TARTEX				
GH001	Classic Pate - og	12 x 200g	3.19	GOV
PATES, DIPS & TAPAS (CHILLED)				
DELPHI FOODS				
CV346	Bombay Potato Salad	6 x 220g	1.90	G
CV352	Tzatziki	6 x 170g	1.30	G
	Houmous			
CV349	Avocado Hummus	6 x 150g	2.30	GV
CV347	Smoky Red Lentil Hummus	6 x 170g	1.40	GV
FLORENTIN				
CV951	Baba Ganoush	6 x 170g	3.50	GOSV
CV931	Hummus	6 x 200g	3.80	GOV
CV526	Hummus Extra with Pinenuts	6 x 200g	3.70	GOV
RAMONA'S				
CV847	Jalapeno Hummus	6 x 250g	2.45	GV
CV845	Original Hummus	6 x 250g	2.45	GV
CV728	Original Hummus	6 x 500g	4.40	GV
CV846	Red Pepper Hummus	6 x 250g	2.45	GSV
PET FOODS & PET CARE				
DENZEL'S				
	XMAS 2022			
PF037	Christmas Dog Chew Gingerbread	10 x 75g	1.99	GV
PICKLES, CHUTNEYS & MUSTARDS				
SHAWS				
KJ175	Beetroot & Horseradish Chutney	6 x 290g	2.55	GSV
KJ174	Caramelised Red Onion Chutney	6 x 195g	2.55	GSV

code	product	size	rrp	bfgosv
KJ185	Fig & Honey Chutney	6 x 195g	2.55	GS
KJ028	Mango Chutney - Chunky	6 x 300g	1.79	GSV
KJ179	Piccalilli	6 x 280g	2.55	GSV
KJ203	Spiced Apricot Ginger Chutney	6 x 200g	2.55	GSV

READY MEALS (FROZEN)

CLIVE'S

	Nut Roasts			
XL199	Mushroom Nut Roast	6 x 280g	5.70	GOV
XL338	Organic Nut Roast	6 x 280g	6.40	GOSV
	Pies & Pastries			
XL028	Gltn Free French Cassoulet Pie	6 x 250g	4.10	GOSV
XL026	Gluten Free Aloo Gobi Pie	6 x 250g	4.10	GOSV
XL030	Gluten Free Chickpea Tagine	6 x 250g	4.10	GOSV
XL032	Gluten Free Mexican Chilli Pie	6 x 250g	4.10	GOSV
XL114	Org G/F Mushroom & Leek Pie	6 x 235g	4.10	GOV
	Tarts			
XL323	Bombay Curry Tart	6 x 195g	4.00	GOSV
XL336	Tomato and Olive Tart	6 x 195g	4.00	GOSV

GOODLIFE

XL265	Falafel	6 x 280g	3.45	GV
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NATURLI'

XL312	Falafel	8 x 325g	4.95	GV
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ONE PLANET PIZZA

XL035	GF Three Cheeze Margherita Piz	10 x 395g	6.55	GV
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ROOT KITCHEN

	Plant Based Ready Meals			
XL319	Thai Red Curry	16 x 400g	4.50	GV

READY TO EAT FOODS (CHILLED)

LOVING FOODS

	Raw, Organic, Vegan & UK made			
CV316	Hot 'N' Smoky Kimchi	6 x 475g	6.85	GOV
CV802	Kimchi	6 x 500g	6.85	GOV
CV928	Ruby Beetroot Kraut	6 x 475g	6.85	GOV
CV801	Sauerkraut	6 x 500g	6.35	GOV
CV929	Sauerkraut with Caraway	6 x 475g	6.85	GOV
CV314	Spicy Cortido Kraut	6 x 500g	6.85	GOV
CV803	Turmeric & Black Pepper Kimchi	6 x 500g	6.85	GOV

SPICEBOX

	Curry Sauces			
CV927	Chana Masala Curry Sauce	6 x 400g	5.60	GSV
CV926	Chickpea & Spinach Curry Sauce	6 x 400g	5.60	GSV
CV925	Vegetable Dhansak Curry Sauce	6 x 400g	5.60	GSV
	Dhals			
CV367	Carrot & Spinach Moong Dhal	6 x 425g	4.80	GSV
CV330	Lime & Coconut Dhal	6 x 425g	4.80	GSV
CV329	Red Lentil Tarka Dhal	6 x 425g	4.80	GSV

SALT & SEASONINGS

MARIGOLD

LJ444	Liquid Aminos	6 x 250ml	3.99	GV
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SAUSAGES & BURGERS (FROZEN)

FRYS

XL360	Rice Protein & Quinoa Burgers	6 x 320g	4.50	GV
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NATURLI'

XL078	Vegan Burger	8 x 320g	4.45	GV
XL086	Vegan Sausages	8 x 300g	4.65	GV

SEA VEGETABLES

OCEAN'S HALO

HE046	Korean BBQ Seaweed	12 x 4g	0.99	GV
HE055	Maui Onion Seaweed	12 x 4g	0.99	GV
HE007	Sea Salt Seaweed	12 x 4g	0.99	GV
HE013	Wasabi Seaweed	12 x 4g	0.99	GV

SEAMORE

LJ135	Seaweed Chips	12 x 135g	2.99	GV
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SNACK BARS & FLAPJACKS

ADONIS

	Keto Bar			
KB379	Keto Chocolate Orange Bar	16 x 35g	1.79	GV
KB351	Keto Pecan, Hazelnut & Cocoa	16 x 35g	1.79	GV

code	product	size	rrp	bfgosv
KB371	Keto Vanilla & Coconut Bar	16 x 35g	1.79	GV
	B'GOOD			
KB646	Apricot & Almond	16 x 45g	0.95	GS
KB650	Peanut & Chocolate	16 x 45g	0.95	GS
KB664	Peanut & Salted Caramel	16 x 45g	0.95	GS
	Utterly Nutty			
KB638	Dark Chocolate& Sea Salt	16 x 40g	0.95	GS
KB643	Peanut Butter & Dark Chocolate	16 x 40g	0.95	GS
	BEAR			
KB542	Carrot Cake Bars - Multipack	12 x 4 x 27g	2.51	GV
KB519	Forest Fruit Bars - Multipack	12 x 4 x 27g	2.51	GV
	BOUNCE			
	Dipped			
KB598	Dipped Choc Brownie Protein	12 x 40g	2.90	GSV
KB600	Dipped Hazelnut Praline	12 x 40g	2.90	GSV
	Filled			
ZX671	Filled almond protein	12 x 35g	1.99	GS
KB599	Filled Caramel Millionaire	12 x 40g	2.90	GSV
ZX651	Filled Coconut & Macadamia	12 x 35g	1.99	GS
ZX672	Filled Peanut Butter Cacao	12 x 35g	1.99	GS
ZX706	Filled peanut protein	12 x 35g	1.99	GS
ZX711	Filled salted caramel	12 x 35g	1.99	GS
	Vegan			
ZX593	Almond	12 x 35g	1.99	GSV
ZX592	Maple Pecan & Cashew	12 x 35g	1.99	GSV
	BRYNMOR			
	Flapjack			
KB559	Apricot & Almond	20 x 80g	0.75	GSV
KB562	Caramel Fudge	20 x 80g	0.79	GS
KB541	Cashew & Coconut	20 x 80g	0.75	GSV
KB563	Chocolate	20 x 80g	0.79	GS
KB575	Dark Chocolate & Ginger	20 x 80g	0.79	GS
KB543	Summer Berry	20 x 80g	0.75	GSV
	DELICIOUSLY ELLA			
KB435	Cacao & Almond Ball	12 x 40g	1.99	GV
	Nut Butter Filled			
WS071	Almond Butter Ball	12 x 36g	1.99	GV
WS072	Hazelnut Nut Butter Ball	12 x 36g	1.99	GV
	DOVES FARM			
	Impulse			
KB228	Apple & Sultana Flapjack	18 x 35g	0.89	GOSV
KB230	Apricot & Chia Seed Flapjack	18 x 35g	0.89	GOSV
KB234	Chocolate Chip Flapjack	18 x 35g	0.89	GOSV
	Multipack			
KB237	Apple & Sultana Flapjack	7 x 4 x 35g	2.89	GOSV
KB261	Apricot & Chia Seed Flapjack	7 x 4 x 35g	2.89	GOSV
KB463	Chocolate Chip Flapjack	7 x 4 x 35g	2.89	GOSV
	MERIDIAN			
KB721	Peanut Bar	18 x 40g	1.39	GV
	MISFITS			
KB145	Chocolate Brownie	12 x 45g	2.29	GV
KB140	Chocolate Caramel	12 x 45g	2.29	GV
KB192	Chocolate Speculoos	12 x 45g	2.29	GV
KB193	White Choc Cookies n' Cream	12 x 45g	2.29	GV
	NAIRN'S			
	Gluten Free Oat Bars			
BT330	Oat Bar Apple & Cinnamon	20 x 40g	0.99	GV
	NAKD			
	Chocolish			
ZX756	Double Chocolish Big Bite	16 x 50g	1.79	GV
ZX766	Peanut Chocolish Big Bite	16 x 50g	1.79	GV
ZX768	Raspberry Chocolish Big Bite	16 x 50g	1.79	GV
	Multi Packs			
WS045	Apple Danish Multipacks	12 x 4 x 30g	3.49	GV
KB802	Banoffee Pie Multipack	12 x 4 x 35g	3.49	GV
KB029	Bery Delight Multipack	12 x 4 x 35g	3.49	GV
KB779	Blueberry Muffin Multipack	12 x 4 x 35g	3.49	GV
KB931	Cashew Cookie Multipack	12 x 4 x 35g	3.49	GV
KB031	Cocoa Delight Multipack	12 x 4 x 35g	3.49	GV
KB003	Cocoa Orange Multipack	12 x 4 x 35g	3.49	GV
KB771	Salted Caramel Multipack	12 x 4 x 35g	3.49	GV
	Nudie Bars			

code	product	size	rrp	bfgosv
KB877	Bakewell Tart Bar	18 x 35g	0.99	GV
KB686	Banoffee Pie Bar	18 x 35g	0.99	GV
KB756	Berry Delight Bar	18 x 35g	0.99	GV
KB532	Blueberry Muffin	18 x 35g	0.99	GV
KB526	Carrot Cake	18 x 35g	0.99	GV
KB554	Cashew Cookie Bar	18 x 35g	0.99	GV
KB757	Cocoa Delight Bar	18 x 35g	0.99	GV
KB556	Cocoa Orange Bar	18 x 35g	0.99	GV
KB995	Coffee & Walnut	18 x 35g	0.99	GV
KB163	Lemon Drizzle Bar	18 x 35g	0.99	GV
WS021	Peanut Delight	18 x 35g	0.99	GV
ZX609	Salted Caramel	18 x 35g	0.99	GV
KB691	Strawberry Sundae Bar	18 x 35g	0.99	GV
	Oaties			
WS041	Apple Danish	18 x 30g	0.99	GV
WS043	Banana Bread Bars	18 x 30g	0.99	GV
	PLANET ORGANIC			
	Energy Bar			
BT070	Cacao Brazil Nut Energise Bar	20 x 30g	1.19	GOV
	PRIMAL PANTRY			
KB394	Almond & Cashew Brownie Bar	18 x 40g	1.65	GV
KB421	Cocoa Brownie Protein Bar	15 x 55g	2.29	GV
KB386	Coconut & Macadamia Brownie Bar	18 x 40g	1.65	GV
KB397	Hazelnut & Cocoa Brownie Bar	18 x 40g	1.65	GV
KB415	Lemon & Poppy Seed Brownie Bar	18 x 45g	1.65	GV
	PULSIN'			
WS040	Brownie Double Choc Dream	18 x 35g	1.29	GSV
WS049	Double Choc Fudge Brownie	18 x 35g	1.29	GSV
	Keto Bars			
KB784	Choc Fudge & Peanut Keto Bar	18 x 50g	1.99	GV
KB483	Choc Mint & Peanut Keto Bar	18 x 50g	1.99	GV
KB490	Choc Orange & Peanut Keto Bar	18 x 50g	1.99	GV
	Protein Boosters			
KB090	Maple & Peanut Protein Bar	18 x 50g	1.79	GV
KB148	Peanut Choc Protein Bar	18 x 50g	1.79	GV
KB706	Vanilla Choc Chip Protein Bar	18 x 50g	1.79	GV
	Raw Choc Brownie			
WS056	Peanut Choc Chip Raw Brownie	18 x 35g	1.19	GSV
WS058	Salted Caramel Raw Choc Brownie	18 x 35g	1.19	GV
	RAW BAKE STATION			
KB153	Salted Double Choc	12 x 40g	1.85	GV
KB150	Vanilla Choc Chip	10 x 40g	1.59	GV
	RHEAL			
	Energy Bar			
KB635	Banana Bread	12 x 50g	1.99	GV
KB637	Hazelnut Cacao	12 x 50g	1.99	GV
KB636	Peanut Butter	12 x 50g	1.99	GV
	Energy Bars			
KB626	Blueberry Muffin Bar	12 x 50g	1.99	GV
	SQUIRREL SISTERS			
KB434	Cacao Brownie Share Bag	10 x 80g	2.49	GV
KB422	Cacao Brownie Snack Bars	16 x 40g	1.49	GV
KB442	Cacao Orange Share Bag	10 x 80g	2.49	GV
KB424	Cacao Orange Snack Bars	16 x 40g	1.49	GV
KB426	Peanut Caramel Snack Bar	16 x 40g	1.79	GV
KB432	Peanut Raspberry Snack Bar	16 x 40g	1.79	GV
	TREK			
KB097	Chocolate Orange	16 x 55g	2.35	GV
KB450	Peanut Butter Flapjack	16 x 50g	1.15	GSV
KB941	Salted Caramel Flapjack	16 x 50g	1.15	GSV
ZX738	Smooth Lemon	16 x 50g	1.15	GSV
	FLAPJACKS			
KB499	Cocoa and oat protein flapjack	16 x 50g	1.15	GVS
KB500	Cocoa coconut protein flapjack	16 x 50g	1.15	GVS
KB501	Morning berry protein flapjack	16 x 50g	1.15	GVS
KB505	Original oat protein flapjack	16 x 50g	1.15	GVS
	Power			
KB663	Millionaire Shortbread	16 x 55g	2.35	GV
KB662	Peanut Butter Crunch	16 x 55g	2.35	GV
	TREK BARS			
KB722	Cocoa Chaos	16 x 55g	1.29	GV
KB725	Peanut Power	16 x 55g	1.29	GV

code	product	size	rrp	bfgosv
SOFT DRINKS				
BELVOIR				
JU060	Elderflower & Rose Presse	12 x 250ml	1.95	GSV
JU795	Elderflower Presse	12 x 250ml	1.95	GSV
JU810	Elderflower Presse	12 x 250ml	2.90	GOSV
JU783	Freshly Squeezed Lemonade	12 x 250ml	1.95	GV
JU814	Ginger Beer	12 x 250ml	1.95	GOSV
JU811	Handmade Lemonade	12 x 250ml	2.90	GOS
JU554	Raspberry Lemonade 750ML Bottles	12 x 250ml	1.75	GSV
JU629	Cucumber & Mint Presse	6 x 750ml	4.10	GSV
JU236	Elderflower & Rose Presse	6 x 750ml	4.10	GSV
JU041	Elderflower Light Presse	6 x 750ml	3.69	GSV
JU674	Elderflower Presse	6 x 750ml	4.10	GSV
JU792	Elderflower Presse	6 x 750ml	4.45	GOSV
JU782	Freshly Squeezed Lemonade	6 x 750ml	4.10	GSV
JU780	Ginger Beer	6 x 750ml	4.10	GSV
JU813	Ginger Beer	6 x 750ml	4.49	GOSV
JU007	Summer Spritz Presse in Cans	6 x 750ml	3.85	GV
JU051	Elderflower & Rose	12 x 250ml	1.72	GSV
JU340	Elderflower Presse	12 x 250ml	1.75	GSV
JU345	Ginger Beer Presse	12 x 250ml	1.50	GSV
BUMBLEZEST				
JU143	Sparkling Botanical Water Fuel & Focus	24 x 250ml	1.61	GV
JU137	Refresh & Relax	24 x 250ml	1.77	GV
DALSTON'S				
Cans				
JU163	Cherryade	24 x 330ml	1.19	GV
JU166	Fizzy Elderflower	24 x 330ml	1.19	GV
JU772	Fizzy Rhubarb	24 x 330ml	1.19	GV
JU162	Ginger Beer	24 x 330ml	1.19	GV
DASH WATER				
JU110	Sparkling Peach Multipack	12 x 330ml	1.29	GV
JU026	Sparkling Blackcurrant	6 x 4x330ml	4.69	VG
JU039	Sparkling Cucumber	6 x 4x330ml	4.69	VG
JU040	Sparkling Lemon	6 x 4x330ml	4.69	VG
JU033	Sparkling Peach	6 x 4x330ml	4.69	VG
JU042	Sparkling Raspberry	6 x 4x330ml	4.69	VG
FENTIMANS				
275ML Range				
JU008	Cherry Cola	12 x 275ml	2.50	GSV
JU625	Curiosity Cola	12 x 275ml	2.50	GSV
JU908	Dandelion & Burdock	12 x 275ml	2.50	GSV
JU463	Gently Sparkling Elderflower	12 x 275ml	2.15	GSV
JU346	Ginger Beer	12 x 275ml	2.50	GSV
JU354	Mandarin Seville Orange Jigger	12 x 275ml	2.50	GSV
JU618	Rose Lemonade	12 x 275ml	2.15	GSV
JU435	Victorian Lemonade	12 x 275ml	2.50	GSV
750ML Range				
JU573	Curiosity Cola	6 x 750ml	4.55	GSV
JU280	Ginger Beer	6 x 750ml	4.55	GSV
JU437	Pink Ginger Beer	6 x 750ml	4.55	GSV
JU455	Rose Lemonade	6 x 750ml	4.55	GSV
Botanically Brewed Tonic Water				
JU266	Light Tonic Water	6 x 4x200ml	4.29	GV
JU277	Premium Indian Tonic Water	6 x 4x200ml	4.29	GSV
JU273	Valencian Orange Tonic Water	6 x 4x200ml	4.65	GSV
Cans				
JU278	Curiosity Cola	12 x 250ml	1.65	GSV
JU298	Gently Sparkling Elderflower	12 x 250ml	1.65	GSV
JU366	Ginger Beer	12 x 250ml	1.65	GSV
JU300	Rose Lemonade	12 x 250ml	1.65	GSV
Mixer Range				
JU009	Connoisseurs Tonic	8 x 500ml	3.45	GSV
JU158	Ginger Beer & Muddled Lime	8 x 500ml	3.45	GSV
JU160	Naturally Light Tonic	8 x 500ml	3.19	GSV
JU422	Oriental Yuzu Tonic	8 x 500ml	2.74	GSV
JU161	Pink Grapefruit Tonic Water	8 x 500ml	3.45	GSV
JU421	Pink Rhubarb	8 x 500ml	3.45	GSV

code	product	size	rrp	bfgovs
JU207	Premium Indian Tonic Water	8 x 500ml	3.19	GSV
JU167	Rose Lemonade	8 x 500ml	3.45	GSV
JU010	Valencian Orange Tonic	8 x 500ml	3.45	GSV
FEVERTREE				
JU387	Tonic Water	6 x 4x200ml	5.39	GSV
FROBISHERS				
JU093	Apple and Elderflower	12 x 250ml	1.15	GV
JU092	Raspberry and Rhubarb	12 x 250ml	1.15	GV
JU091	Sicilian Lemonade	12 x 250ml	1.15	GSV
GUSTO				
JU376	Naturally Slim Cola	12 x 275ml	2.15	FGV
JU353	Organic Real Cola	12 x 275ml	2.15	FGOV
JAX COCO				
JU100	Coconut Water Pure	4 x 6 x330ml	12.59	VG
REBEL KITCHEN				
JU059	Banana Mylk	12 x 250ml	1.65	GOV
JU178	Chocolate Mylk	12 x 250ml	1.65	GOV
SOUPS				
FREE & EASY				
VF302	Broccoli & Kale	6 x 400g	2.29	GOV
VF096	Butternut Squash & Ginger - Og	6 x 400g	2.29	GOV
VF297	Butternut,Sweet Potato,Turmerc	6 x 400g	2.29	GOV
VF124	Carrot & Coconut Soup	6 x 400g	2.29	GOV
VF720	Lentil & Red Pepper Soup - Org	6 x 400g	2.29	GOV
VF086	Pea & Mint Soup - Org	6 x 400g	2.29	GOV
VF097	Sweet Potato & Chia Soup - Org	6 x 400g	2.29	GOV
VF083	Tomato Soup - Org	6 x 400g	2.29	GOV
SOUPS (CHILLED)				
TIDEFORD ORGANIC VEGAN FOODS				
CV733	Butternut Squash & Sage Soup	6 x 600g	4.50	GOV
CV725	Indian Cauliflower Masala Soup	6 x 600g	4.50	GOV
CV754	Lebanese Lentil & Kale Soup	6 x 600g	4.50	GOV
CV782	Lentil and Spinach Dahl	6 x 600g	4.50	GOV
CV720	Malaysian Coconut Noodle Soup	6 x 600g	4.50	GOV
CV617	Moroccan Spiced Chickpea Soup	6 x 600g	4.50	GOV
CV783	Spiced Parsnip Soup	6 x 600g	4.50	GOV
SUGARS & SYRUPS				
BILLINGTONS				
LJ057	Sugar - Golden Caster Sugar	10 x 250g	0.95	CVB
HILLTOP HONEY				
HY015	Maple Syrup Grade A Amber	5 x 640g	11.99	GV
HY050	Maple Syrup Grade A Dark	5 x 640g	11.99	GV
RAYNERS				
LJ901	Black Treacle - organic	6 x 340g	3.35	GOV
SUPERFOODS & SPORTS NUTRITION				
GRANOVITA				
GT300	Flax Oil - Organic	6 x 260ml	11.75	GOV
GT302	Hemp Oil - Organic	6 x 260ml	8.85	GOV
LINWOODS				
MD113	Chia Seed	12 x 200g	6.49	GOV
MD109	Flax,Almond,Brazil,Walnut,Q10	12 x 360g	6.55	GV
MD104	Flax,Sun,Pum,Chia,Goji Berries	5 x 425g	5.99	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	12 x 425g	6.35	GOV
MD102	Flaxseed	12 x 425g	5.49	GOV
MD114	Flaxseed	12 x 200g	3.49	GOV
MD115	Flaxseed & Goji Berries	12 x 200g	3.55	GOV
MD112	Flaxseed,Bio Cultures & Vit D	12 x 360g	6.55	GV
MD110	Linwoods Shelled Hemp	12 x 200g	7.35	GV
MD048	Milled Hemp	6 x 200g	4.49	GOV
VM263	Organic Sprouted Range Sprouted Flaxseed	5 x 360g	7.35	GOV
NATURES AID				
VM003	MCT Oil	6 x 500ml	18.95	FGV
NATURYA				
MD040	Greens Blend Organic	6 x 250g	12.99	FGOV
MD158	Organic Acai Powder	6 x 125g	19.99	GOV
MD216	Organic Cacao Powder F/trade	6 x 250g	6.99	FGVO
MD111	Organic Chia Seeds	6 x 300g	5.99	GOV
MD156	Organic Chlorella Powder	6 x 200g	12.49	GOV

code	product	size	rrp	bfgosv
MD153	Organic Cocoa Nibs	6 x 300g	7.99	GOV
MD152	Organic Hemp Protein Powder	6 x 300g	9.99	GOV
MD155	Organic Spirulina Powder	6 x 200g	8.99	GOV
MD067	Organic Turmeric Superblend	6 x 250g	7.99	GOV
MD154	Organic Wheatgrass Powder	6 x 200g	7.99	GOV
PREWETT'S				
VM020	Organic Ground Flaxseed	6 x 175g	3.29	GOV
PULSIN'				
VM258	Chocolate Pea Protein Powder	6 x 250g	14.99	GV
VM093	Hemp Protein Powder	6 x 250g	12.19	GV
VM027	Pea Protein Isolate	1kg	28.15	GV
VM092	Pea Protein Powder	6 x 250g	8.39	GV
VM024	Rice Protein Powder	6 x 250g	9.99	GV
VM095	Soya Protein Powder	6 x 250g	8.45	GV
VM090	Vanilla Keto Protein Powder	6 x 252g	24.99	VG
VM260	Vanilla Whey Protein Powder Supershakes	6 x 250g	29.99	G
VM304	Cacao & Maca Energy Supershake	6 x 300g	17.59	GV
RHEAL				
VF212	Superfoods Balance Tonic	6 x 150g	24.99	GOV
VF031	Superfoods Clean Greens	6 x 150g	24.99	GOV
SUPPLEMENTS & REMEDIES				
ALLICINMAX				
VM324	Allicin Max Powder Capsules	6 x 30 capsules	8.75	GV
VM325	Allicinmax Powder Capsules	6 x 90 capsules	21.55	GV
VM328	Lesterol Caps	1 x 90 capsules	15.99	GV
BETTER YOU				
Kids Vitamins				
VM216	Immune Health Kids Spray	6 x 25ml	11.95	G
VM212	Vitamin D + K2 for Kids Vitamins & Minerals	6 x 15ml	11.95	G
VM005	Air Defence Oral Spray	6 x 25ml	11.95	G
VM171	Boost B12 Oral Spray	6 x 25ml	12.45	GV
VM051	DLux 1000 Vegan Vitamin D	6 x 15ml	12.95	GV
VM016	Immune Health Oral Spray	6 x 50ml	12.95	GV
VM106	Iron 10	6 x 25ml	14.95	GV
VM060	Selenium + ACE Oral Spray	6 x 50ml	14.95	GV
VM002	Zinc Oral Spray	6 x 50ml	12.95	G
FLORADIX				
MD016	Floradix Vitamin B Complex	250ml	14.95	GV
MD006	Kindervital Children's Fruity	250ml	11.79	GV
MD187	Magnesium Liquid	250ml	1.95	G
MD033	Neuro Balance with Ashwagandha	250ml	14.95	GV
MD280	Saludynam Calcium/Magnesium/Zn	250ml	13.75	G
HIGHER NATURE				
Antioxidants				
VM297	Quercetin & Bromelain Heart Health	1 x 60	17.70	GV
VM298	Red Sterol Complex Mind Health & Mood	1 x 90	22.35	GV
VM028	Ashwagandha & Rhodiola Complex	1 x 30 capsules	15.75	GV
VM128	Balance For Nerves	1 x 30 capsules	8.99	GV
VM133	Balance For Nerves	1 x 90 capsules	23.50	GV
VM290	L-Theanine	1 x 90	24.75	GV
VM327	Lecithin Granules	1 x 150g	14.25	GV
VM179	Serotone 5-HTP (100mg) Probiotics	1 x 30 capsules	12.10	GV
VM300	Pro-Daily	1 x 90	1.00	GV
NATURES AID				
Bio360 Probiotics				
VM178	Pro-30 Max	5 x 30 capsules	17.95	GV
VM083	Pro-Daily Probiotic	5 x 30 capsules	9.95	GV
VM254	Pro-Defend Botanicals	5 x 30 capsules	9.95	GV
VM259	Beetroot	1 x 60 capsules	9.95	GV
VM264	Celery Seed Complex	1 x 60 tablets	11.95	GV
VM265	Fenugreek	1 x 90	9.95	GV
VM267	Spirulina	1 x 90 capsules	1.95	GV
VM291	Turmeric Capsules	30 capsules	1.45	GV
VM292	Turmeric Capsules CBD Range	60 capsules	18.45	GV

code	product	size	rrp	bfgo
VM146	CBD Oil 2.5% Spray	6 x 10ml	16.99	GV
VM147	CBD Oil 5% Spray	6 x 10ml	29.99	GV
VM148	CBD Spray 10%	6 x 10ml	49.99	GV
	Effervescent			
VM277	Daily Multivit Effervescent	1 x 20 tablets	5.95	GV
VM276	Energy Effervescent	1 x 20 tablets	4.95	GV
VM279	Immune Effervescent	1 x 20 tablets	4.95	GV
VM280	Magnesium Effervescent	1 x 20 tablets	5.59	GV
VM278	Vitamin C 1000mg Effervescent Minerals	1 x 20 tablets	4.25	GV
VM274	Calcium, Magnesium & Vit D3	1 x 90 tablets	9.95	GV
VM275	Zinc & Vitamin C Lozenge	1 x 30loz	4.75	GV
	Multi-Vitamins			
VM288	Beta-Glucans Immune Support +	1 x 30 tablets	1.95	GV
VM289	Elderberry Immune Support	6 x 7 sachet	8.59	GV
	Traditional Herbal Remedies			
VM211	EchinEeze	30 tablets	4.45	GV
	Vegan Omegas			
VM256	Flaxseed Oil 1000mg	1 x 90	1.99	GV
VM257	Flaxseed Oil 1000mg	1 x 180	17.99	GV
	Vitamins			
VM272	Vitamin B12 1000ug	1 x 90 tablets	9.95	GV
VM295	Vitamin D3 1000iu	60 tablets	5.95	GV
VM273	Vitamin D3 Liquid	1 x 50ml	11.95	GV
	NATURES OWN			
	B Vitamins			
VM308	Vitamin B12 Sublingual	1 x 60 tablets	9.70	GV
	Minerals			
VM320	Foodstate Iron	1 x 50 tablets	12.90	G
	Multi-Formulations			
VM309	Bone Support Formula	1 x 60 capsules	17.00	GV
	Nutritional Support			
VM311	Hair Skin & Nails Formula	1 x 30 capsules	9.50	GV
VM307	Immune Support	1 x 60 capsules	25.00	GV
VM321	Natures Night - for sleep	1 x 80g	18.50	GV
	PROVEN			
VM322	Acidophilus, Bifidus & Digestiv	1 x 30	18.95	GV
VM116	Fit For School - Chewable	1 x 30	14.95	GV
VM323	Womens Lactobacillus & Bifidus	1 x 30	18.95	GV
	Urgent-C			
VM114	Urgent C - Everyday Immune	1 x 30	15.95	G
VM144	Urgent C Daytime Kickstart	1 x 7	7.99	G
VM145	Urgent C Night Time Support	1 x 7	7.99	G
	RICOLA			
	Soothe & Clear			
MD001	Honey Herb Bag	12 x 75g	1.65	SG
MD009	Honey, Lemon & Echinacea	12 x 75g	1.65	GS
MD008	Original Bag	12 x 75g	1.65	GSV
	SIMPLEE ALOE			
MD041	Aloe Juice Health Supplement	6 x 500ml	9.99	GOV
MD025	Aloe Juice Health Supplement	6 x 1l	15.99	GOV
	SOLARAY			
VM229	Biotin Timed Release 5000ug	1 x 60 capsules	14.99	GV
VM230	Chlorophyllin	1 x 60 tablets	13.69	GV
VM231	D-Mannose & CranActin	1 x 60 capsules	2.99	GV
VM235	D-Mannose & CranActin	1 x 120 capsules	36.99	GV
VM232	Hair, Skin & Nails	1 x 60 capsules	16.99	GV
VM236	Liposomal Vitamin C 500mg	1 x 30 capsules	19.99	GV
VM237	Magnesium Citrate 400mg	1 x 90 capsules	13.69	GV
VM238	Mega Vitamin B-Stress	1 x 120 capsules	29.99	GV
VM239	Prenatal Multivitamin	1 x 90 tablets	19.99	GV
VM242	Quercetin 500mg	1 x 90 capsules	29.99	GV
VM240	Quercetin Bromelain & Vit C	1 x 60 capsules	19.99	GV
VM243	Red Yeast Rice & Co Q10	1 x 60 capsules	2.99	GV
VM249	Selenium 100ug	1 x 90 capsules	14.99	GV
VM250	Turmeric 600mg	1 x 30 capsules	2.99	GV
VM251	Vitamin D3 & K2	1 x 60 capsules	26.39	GV
	SYNO-VITAL			
VM226	Oral Hyaluronic Acid + Vit C	30 x 5ml	3.99	GV
	TOGETHER HEALTH			
VM032	Ashwagandha Complex	6 x 30	1.99	GOV
VM022	Beautiful	5 x 60	15.99	GV

code	product	size	rrp	bfgosv
VM013	Bio CoQ10	6 x 30	14.99	GV
VM018	Calcium - from seaweed	5 x 60	9.99	GV
VM026	Curcumin & Turmeric	6 x 30	9.99	GV
VM033	Gentle Iron	6 x 30	7.99	GV
VM014	Immune	6 x 30	11.99	GV
VM102	Iodine	6 x 30	6.99	GOV
VM119	Magnesium	6 x 30	6.99	GV
VM112	Multi Vitamin & Mineral	6 x 30	1.99	GV
VM019	Multibiotic	6 x 30	15.99	GV
VM052	Night Time Marine Magnesium	5 x 60	13.99	GV
VM121	Omega 3 - Algae	6 x 30	13.99	GV
VM025	Pregnancy - Multi Vit & Mins	5 x 60	15.99	GV
VM050	Stress Aid Vitamin & Mineral	6 x 30	1.99	GV
VM017	Vegan Multi Vitamin & Mineral	5 x 60	12.99	GV
VM021	Vegan Vitamin D3	6 x 30	6.99	GV
VM111	Vitamin B Complex	6 x 30	9.99	GV
VM113	Vitamin C with Bioflavonoids	6 x 30	8.99	GV
VM319	Vitamin K2	6 x 30	9.99	GV
VM054	Womens Multivit	6 x 30	1.99	GV
WILD EARTH BY NATURES AID				
VM209	Vegan Vitamin D3 1000iu	6 x 30 capsules	8.99	GV
SWEET SNACKS				
BEAR				
ZX529	Yoyo Pure Fruit Rolls - Mango	18 x 20g	0.69	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	18 x 20g	0.69	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	18 x 20g	0.69	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry Bites	18 x 20g	0.69	GV
ZX336	Blackcurrant and Beetroot	4 x 5 x 18g	3.19	GV
ZX333	Strawberry and Butternut	4 x 5 x 18g	3.19	GV
Giant Yoyo				
ZX063	Giant Yoyo -Strawberry/Mango	6 x 5 x 20g	3.49	GV
ZX067	Giant Yoyo-Apple/Blackcurrant	6 x 5 x 20g	3.49	VG
Yoyo Sours				
ZX448	Strawberry & Apple	18 x 20g	0.69	GV
Yoyos in multipacks				
ZX570	Yoyos - Banana Multipack	6 x 5 x 20g	3.90	GV
ZX020	Yoyos - Blackcurrant Multipack	6 x 5 x 20g	3.90	GV
ZX014	Yoyos - Mango Multipack	6 x 5 x 20g	3.90	GV
ZX013	Yoyos - Raspberry Multipack	6 x 5 x 20g	3.90	GV
ZX012	Yoyos - Strawberry Multipack	6 x 5 x 20g	3.90	GV
BIONA				
ZX002	Berry Burst Sweets - Organic	10 x 75g	2.90	GOSV
ZX446	Fizzy Peaches	10 x 75g	2.90	GOVS
ZX441	Jelly Dino Sweets - Organic	10 x 75g	2.90	GOSV
ZX911	Mini Fruit Bears	10 x 75g	2.90	GOSV
ZX443	Pomegranate Heart Sweets - Org	10 x 75g	2.90	GOSV
CANDY KITTENS				
Small Bags				
ZX645	Sour Watermelon	12 x 54g	1.45	SVG
COTSWOLD FUDGE CO				
ZX064	Vegan Bitterscotch Fudge	12 x 150g	3.79	FGSV
WS202	Vegan Caramel & Sea Salt Fudge	12 x 150g	3.79	GSV
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
FABULOUS FREE FROM FACTORY				
ZX548	Chocovered Crunchee Bites	12 x 65g	1.85	GSV
ZX928	Chocovered Peanuts	12 x 65g	1.69	GSV
ZX159	Dairy Free Chocolate Raisins	12 x 65g	1.69	GV
ZX432	Dairy Free Fudge	8 x 200g	3.29	GSV
ZX627	Dairy Free Fudgee Bites	12 x 65g	1.55	GV
ZX628	Dairy Free Raspberry Ice Bites	12 x 65g	1.55	GV
ZX982	F&F's	12 x 55g	1.75	GSV
FREE FROM FELLOWS				
ZX065	Cola Bottles	10 x 100g	2.90	GV
ZX060	Gummy Bears	10 x 100g	2.90	GV
ZX072	Midget Gems	10 x 100g	2.90	GV
Boiled Sweets				
ZX321	Cola & Strawberry Lollipops	10 x 60g	2.15	VG
ZX373	Pear Drops	10 x 70g	2.90	GS

code	product	size	rrp	bfgosv
ZX324	Rhubarb and Custard	10 x 70g	2.90	VG
	FREEDOM CONFECTIONERY			
KB911	Mallow Out Bar Strawberry	12 x 35g	1.79	GV
KB910	Mallow Out Bar Vanilla	12 x 35g	1.79	GV
KB789	Pink & White Mini Marshmallows	10 x 105g	2.90	GSV
KB726	Vegantics - Large Mallows	10 x 105g	2.90	GSV
	GOODY GUMMY DROPS			
ZX944	Bears	8 x 125g	2.99	GOSV
ZX660	Hedgehogs	8 x 125g	2.99	GOSV
ZX906	Orangutangies	8 x 125g	2.99	GOSV
ZX954	Turtles	8 x 125g	2.99	GOSV
	JEALOUS SWEETS			
	40g Bags			
ZX231	Fizzy Friends	10 x 40g	1.49	SVG
ZX238	Grizzly Bears	10 x 40g	1.49	GVS
ZX678	Happy Bears	10 x 40g	1.49	CV
ZX675	Love Bears	10 x 40g	1.49	GV
ZX229	Tangy Worms	10 x 40g	1.49	SVG
ZX233	Tropical Wonder	10 x 40g	1.49	SGV
	Share Bags			
WS047	Berry Foams	7 x 125g	2.99	GSV
ZX999	Berry Sours	7 x 125g	2.99	GSV
ZX480	Fizzy Friends Share Bags	7 x 125g	2.99	GSV
ZX466	Grizzly Bears Share Bags	7 x 125g	2.99	GSV
WS044	Juicy Foams	7 x 125g	2.99	GSV
ZX472	Tangy Worms Share Bags	7 x 125g	2.99	GSV
WS039	Zingy Sours	7 x 125g	2.99	GSV
	Shot Bags			
ZX948	Grizzly Bears Shot Bags	16 x 24g	0.95	GSV
ZX950	Happy Bears Shot Bags	16 x 24g	0.95	GV
ZX955	Love Bears Shot Bags	16 x 24g	0.95	GV
ZX949	Tangy Worms Shot Bags	16 x 24g	0.95	GSV
	PEPPERSMITH			
ZX048	Strawberry Pastilles	12 x 15g	1.59	GV
	Big Packs			
ZX772	Mighty Box Peppermint Mints	18 x 60g	4.39	GV
	RICOLA			
ZX269	Glacier Peppermint -Sugar Free	20 x 45g	1.65	GV
ZX327	Mountain Mint - Sugar Free	20 x 45g	1.65	GV
	SWEET LOUNGE			
	EASTER 2023			
ZX832	Fizzy Orange Carrot Gummies	10 x 150g	4.99	GSV
ZX830	Fizzy Orange Carrot Gummies	6 x 300g	6.99	GSV
	XMAS 2022			
ZX412	Blue Raspberry Bottles	6 x 150g	6.99	GSV
ZX378	Cola Bottles	6 x 150g	6.99	GSV
ZX407	Fruity Bears	6 x 150g	6.99	GSV
ZX381	Mixed Gummies	6 x 150g	6.99	GSV
	TASTY MATES			
	136g Bags			
ZX742	The Berry Funny One	7 x 136g	2.59	GSV
ZX749	The Juicy Peach	7 x 136g	2.59	GSV
ZX748	The Perfect Pear	7 x 136g	2.59	GSV
ZX750	The Salty One	7 x 136g	2.59	GSV
	54g Bags			
ZX752	The Berry Funny One	10 x 54g	1.49	GSV
ZX764	The Juicy Peach	10 x 54g	1.49	GSV
ZX762	The Perfect Pear	10 x 54g	1.49	GSV
ZX773	The Salty One	10 x 54g	1.49	GSV
	TROPICKS			
ZX008	Fruit Balls Mango	8 x 50g	1.75	GOV
ZX023	Fruit Balls Pineapple	8 x 50g	1.75	GOV
ZX003	Fruit Roll Mango	30 x 27g	0.99	GOV
ZX006	Fruit Roll Pineapple	30 x 27g	0.99	GOV
	TABLE SAUCES			
	BIONA			
KJ106	Classic Tomato Ketchup Squeezy	12 x 560g	4.35	GOSV
KJ463	Worcester Sauce	6 x 140ml	4.35	GOSV
	MERIDIAN			
KJ621	Tomato Ketchup - organic	6 x 285g	2.79	GOSV

code	product	size	rrp	bfgosv
	MR ORGANIC			
KJ496	Naturally sweetened Ketchup	6 x 480g	3.79	GOV
	RIVER COTTAGE			
KJ114	Beetroot Ketchup	6 x 250g	4.25	GOSV
KJ149	Mushroom Ketchup	6 x 250g	4.25	GOSV
KJ121	Rhubarb Ketchup	6 x 250g	4.25	GOSV
KJ120	Spicy Squash Ketchup	6 x 250g	4.25	GOSV
KJ113	Tomato Ketchup	6 x 250g	4.25	GOSV
	RUBIES IN THE RUBBLE			
KJ102	Tomato Ketchup	6 x 300g	3.39	GSV
	STUBB'S			
KJ073	Hickory Liquid Smoke	12 x 148ml	3.15	GSV
	TEAS			
	CLIPPER			
	Pack 40			
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	6 x 40 bags	3.55	FGOV
	Pack 80			
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
	HAMPSTEAD TEA			
	Looseleaf			
TE677	English Breakfast	6 x 100g	6.49	GOVB
	TOFU & TEMPEH (CHILLED)			
	BETTER NATURE			
CV763	BBQ Tempeh Pieces	6 x 180g	3.29	GSV
CV764	Curry Tempeh Pieces	6 x 180g	3.29	GV
CV766	Mediterranean Tempeh Pieces	6 x 180g	3.29	GV
	CLEAR SPOT			
CV777	Scrambled Tofu	6 x 200g	3.90	GOV
CV913	Silken Tofu	6 x 250g	2.45	GOV
	IMPULSE FOODS			
CV177	Black Turtle Bean Tempeh	6 x 200g	3.85	GOV
CV178	Chickpea & Chia Tempeh	6 x 200g	3.85	GOV
	TOOTH CARE			
	KINGFISHER			
DY668	Aloe Vera Tea Tree Mint	12 x 100ml	3.35	GV
DY669	Aloe Vera/ Tea Tree Fennel	12 x 100ml	3.35	GV
DY527	Baking Soda & Mint Toothpaste	12 x 100ml	3.35	GV
DY416	Charcoal Naturally Whitening	12 x 100ml	3.35	GV
DY161	Childrens Strawberry T'paste	12 x 100ml	3.35	GV
DY111	Fennel Toothpaste	12 x 100ml	3.35	GV
DY800	Fluoride Free Fennel T'Paste	12 x 100ml	3.35	GV
DY529	Mint Fluoride Free	12 x 100ml	3.35	GV
DY190	Mint Toothpaste	12 x 100ml	3.35	GV
	VEGETABLES			
	COOKS & CO			
KJ078	Sweetly Drop Peppers	6 x 235g	4.29	GV
	ST DALFOUR			
VF112	Whole Chestnuts	6 x 200g	3.99	GV
	VEGETABLES (FROZEN)			
	BIO INSIDE			
XL155	Organic Garden peas	12 x 300g	2.00	GOV
XL153	Organic Sweetcorn	12 x 300g	2.35	GOV
	NATURAL COOL			
XL183	Broccoli	8 x 300g	3.45	GOVB
XL221	Chips - Oven or Fry	12 x 600g	3.50	BGOV
XL156	Chips - Oven or Fry	6 x 1.25kg	7.20	GOVB
XL178	Peas	8 x 450g	3.60	GOV
XL098	Potato Wedges	12 x 450g	2.99	BGOV
XL181	Sweetcorn	8 x 450g	3.60	GOV
XL134	Vegetable Mix	8 x 450g	3.30	BGOV
	STRONG ROOTS			
XL165	Mixed Root Vegetable Fries	12 x 500g	4.10	GV

code	product	size	rrp	bfgosv
XL166	Proper Potato Chips	12 x 750g	4.10	GV
XL162	Sweet Potato Fries	12 x 500g	4.10	GV
VINEGARS				
BRAGG				
KJ325	Apple Cider Vinegar w/Mother	12 x 473ml	6.99	GOV
KJ324	Apple Cider Vinegar w/Mother	12 x 946ml	11.98	GOV
MR ORGANIC				
KJ492	Organic Apple Cider Vinegar	6 x 500ml	3.35	GOV
WINES				
RED WINE				
Chile				
WN055	MontGras Pinot Noir	6 x 750ml	14.59	GOV
Italy				
WN020	Integro Organic Primitivo	6 x 75cl	12.99	GOV
Spain				
WN050	Amigo de la Tierra Red	6 x 750ml	1.69	GOV
ROSE WINE				
Spain				
WN022	Coral de Penascal Rose	6 x 75cl	12.99	GOV
SPARKLING WINE				
Spain				
WN054	Vallformosa Bio Organic Cava	6 x 750ml	16.79	GOV
WHITE WINE				
Chile				
WN016	MontGras Sauvignon Blanc	6 x 75cl	14.99	GOV
Spain				
WN040	Amigo de la Tierra White	6 x 750ml	1.69	GOV
YEAST EXTRACTS				
VEGEMITE				
GH148	Vegemite Gluten Free	8 x 235g	3.35	GV
YOGHURT, DAIRY (CHILLED)				
BERGERIE				
CV581	Goat Milk Yoghurt Natural Org	8 x 125g	0.85	GO
CV585	Sheep Milk Yoghurt Greek Style	6 x 250g	1.95	GO
YEO VALLEY				
Kefir Yoghurt				
CV863	Mango & Passionfruit	6 x 350g	2.00	GOS
CV864	Natural	6 x 350g	2.00	GOS
CV862	Strawberry	6 x 350g	2.00	GOS
YOGHURT, NON-DAIRY (CHILLED)				
ALPRO				
CV575	Coconut Soya Yoghurt	6 x 500g	1.95	GV
CV576	Soya Blueberry Cherry Yoghurt	6 x 4 x 125g	2.39	GSV
CV572	Soya Blueberry Yoghurt	6 x 500g	1.95	GSV
CV579	Soya Greek Style	6 x 400g	1.95	GV
CV589	Soya Strwb/Bana/Peach Yoghurt	6 x 4 x 125g	2.39	GSV
COCOS				
CV892	Mango & Passionfruit	6 x 125g	2.35	GOV
CV013	Mango & Passionfruit Yoghurt	6 x 400g	5.65	GOV
CV893	Mixed Berry Coconut Yoghurt	6 x 125g	2.35	GOV
CV014	Mixed Berry Coconut Yoghurt	6 x 400g	5.65	GOV
CV899	Natural Coconut Milk Yoghurt	6 x 400g	5.65	GOV
CV891	Natural Coconut Yoghurt	6 x 125g	2.35	GOV
CV897	Natural Coconut Yoghurt	6 x 250g	4.15	GOV
CV501	Natural Light Coconut Yoghurt	6 x 400g	5.65	FGOV
CV894	Strawberry Coconut Yoghurt	6 x 125g	2.35	GOV
CV900	Strawberry Coconut Yoghurt	6 x 400g	5.65	GOV
CV895	Vanilla Coconut Yoghurt	6 x 125g	2.35	GOV
CV901	Vanilla Coconut Yoghurt	6 x 400g	5.65	GOV
KOKO DAIRY FREE				
Coconut Yoghurts				
CV042	Coconut & Lemon Yoghurt	5 x 2 x 125g	1.95	GSV
CV229	Greek Style Yoghurt	6 x 400g	2.20	GV
CV032	Peach & Passionfruit Yoghurt	5 x 2 x 125g	1.95	GSV
CV020	Plain Yoghurt Alternative	6 x 500g	2.20	GSV
CV031	Raspberry Yoghurt Alternative	5 x 2 x 125g	1.95	GSV
CV029	Strawberry Yoghurt Alternative	5 x 2 x 125g	1.95	GSV

code	product	size	rrp	bfgosv
CV300	Vanilla Yoghurt Alternative	6 x 450g	2.20	GSV
	NUSH			
	Almond Milk Dairy-Free Yoghurt			
CV796	Mango & Passionfruit	6 x 350g	3.50	GV
	SOJADE			
	150g Pots			
CV916	Blueberry Yoghurt	6 x 150g	1.20	GOV
CV918	Mango Yoghurt	6 x 150g	1.20	GOV
CV919	Natural Yoghurt	6 x 150g	0.85	GOV
CV915	Peach and Mango Yoghurt	6 x 150g	1.20	GOV
CV917	Strawberry Yoghurt	6 x 150g	1.20	GOV
	Soya Based Yoghurts			
CV485	Apricot Yoghurt	6 x 400g	2.45	GOSV
CV269	Banana & Passion Yoghurt	6 x 400g	2.75	GOV
CV289	Blueberry Cherry Yoghurt	6 x 400g	2.75	GOV
CV486	Blueberry Yoghurt	6 x 400g	2.45	GOSV
CV730	Greek Style Raspberry Yoghurt	6 x 400g	3.50	GOV
CV876	Greek Style Yoghurt	6 x 400g	2.30	GOV
CV724	Lemon Yoghurt	6 x 400g	2.45	GOSV
CV494	Mango & Peach Yoghurt	6 x 400g	2.45	GOSV
CV483	Natural Yoghurt	6 x 400g	1.50	GOV
CV266	Sojade Natural Yoghurt	6 x 250g	1.50	GOV
CV723	Vanilla Yoghurt	6 x 400g	2.45	GOSV
	THE COCONUT COLLABORATIVE			
CV508	Mango-Passion Compote Yoghurt	6 x 360g	3.45	GV
CV495	Natural Yoghurt	6 x 350g	3.30	GV
CV825	Natural Yoghurt	6 x 600g	4.90	GV
CV497	Vanilla Yoghurt	6 x 350g	3.30	GV

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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