

Suma

CO-OPERATIVE SINCE 1977

ORGANIC

MAR - APR 2023

ORGANIC

A bit more about it..

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

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

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



Key BFGSOV

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

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

code	product	size	rrp	bfgosv
ALCOHOL FREE BEVERAGES				
GIMBER				
JU283	Gimber - ginger concentrate	6 x 500ml	2.99	OSV
JU284	Gimber - ginger concentrate	12 x 200ml	13.49	OSV
ORGANICO				
JU260	Apple Lemon Refresher	6 x 750ml	2.99	OV
JU259	Perfect Passionfruit Fizz	6 x 750ml	2.99	OV
ST PETER'S				
JU048	Alcohol Free Beers St Peter's Without Pale Ale	8 x 500ml	2.19	OV
BABY & CHILD FOOD				
ANNABEL KARMEI				
BB092	Baby Pasta Shapes	8 x 250g	1.89	OV
CHEEKY MONKEY				
BB024	Peanut Butter Puffs	12 x 60g	2.49	FGOV
ELLA'S KITCHEN				
Breakfast				
BB109	Baby Brekkie - Banana	6 x 100g	1.75	O
BB199	Baby Brekkie - Blueberry/Pear Smoothie Fruits	6 x 100g	1.75	O
BB238	The Green One - Multi Pack	6 x 5 x 90g	5.25	OV
BB048	The Green One - smoothie fruit	12 x 90g	1.90	OV
BB164	The Pink One	3 x 5 x 90g	5.25	OV
BB237	The Purple One - Multi Pack	6 x 5 x 90g	5.25	OV
BB007	The Purple One -smoothie fruit	12 x 90g	1.90	OV
BB239	The Red One - Multi Pack	6 x 5 x 90g	5.25	OV
BB011	The Red One - smoothie fruit	12 x 90g	1.90	OV
BB139	The White One - Multi Pack	3 x 4 x 90g	4.50	OV
BB236	The Yellow One - Multi Pack	6 x 5 x 90g	5.25	OV
BB010	The Yellow One -smoothie fruit Stage 1	12 x 90g	1.90	OV
BB196	Apple & Pear Baby Rice	7 x 120g	1.65	OV
BB001	Apples & Bananas	7 x 120g	1.65	OV
BB198	Banana & Apricot Baby Rice	7 x 120g	1.65	OV
BB003	Broccoli, Pear & Peas	7 x 120g	1.65	OV
BB049	Butternut Squash, Carrot	7 x 120g	1.65	OV
BB006	Carrot, Apple & Parsnip	7 x 120g	1.65	OV
BB233	First Taste Mango Mango Mango	7 x 70g	1.29	OV
BB231	First Taste Pears Pears Pears	7 x 70g	1.29	OV
BB012	First Taste Prunes Prunes	7 x 70g	1.29	OV
BB137	Greek Yoghurt & Berries	6 x 90g	1.35	O
BB138	Greek Yoghurt & Strawberries	6 x 90g	1.35	O
BB095	Peaches & Bananas	7 x 120g	1.65	OV
BB063	Spinach, Apples & Swede	7 x 120g	1.65	OV
BB078	Strawberries & Apples	7 x 120g	1.65	OV
BB126	Sweet Potato,Broccoli,Carrot Stage 2	7 x 120g	1.65	OV
BB229	Big Smiles Cheesy Pie	6 x 130g	2.29	O
BB127	Four Bean Feast	6 x 130g	2.29	O
BB058	Kitchen Vegetable Bake	6 x 130g	2.29	OV
LITTLE PASTA ORGANICS				
Pasta				
BB255	Animal Pasta Shapes - Tricolor	15 x 300g	2.99	OV
BB151	Gluten Free Mini Gnocchi	12 x 250g	2.39	GOV
BB043	Red Lentil Dinosaur Pasta	12 x 250g	3.55	GOV
BB051	Teddy Bear Pasta	15 x 300g	2.99	VO
BB174	Travel Pasta Shapes - Tricolor	12 x 250g	1.95	OV
ORGANIX				
Cereals - Stage 2				
BB052	Banana & Plum Porridge	4 x 200g	3.59	OV
BB053	Multigrain Porridge	4 x 200g	3.59	OV
Cereals - Stage 3				
BB057	Banana,Peach & Apple Muesli	4 x 200g	4.25	OV

code	product	size	rrp	bfgosv
BB060	Raspberry & Banana Muesli	4 x 200g	4.25	OV
	Finger Foods - from 7 months			
BB715	Crunchy Carrot Sticks	8 x 20g	0.95	OV
BB717	Crunchy Sweetcorn Rings	8 x 20g	0.89	OV
	Goodies Biscuits			
BB711	Alphabet Biscuits	6 x 5x25g	3.25	OV
BB022	Animal Biscuits	5 x 100g	2.79	OV
BB247	Gingerbread Men	6 x 135g	3.25	OV
	Goodies Fruit Snacks			
BB159	Apple & Date Chunky Fruit Bars	6 x 6 x 17g	3.39	OV
BB158	Banana & Date Chunky Fruit Bar	6 x 6 x 17g	3.39	OV
BB150	Raisins Mini Boxes	4 x 12 x 14g	3.19	OV
	Goodies Savouries			
BB549	Carrot Stix	6 x 15g	0.59	OV
BB248	Cheese & Herb Curly Puffs	6 x 15g	0.59	O
BB094	Mini Cheese Crackers	3 x 4 x 20g	3.19	O
	Goodies Snack Bars			
BB076	Apple & Orange Soft Oaty Bar	6 x 6 x 30g	4.29	OV
BB075	Carrot Cake Soft Oaty Bars	6 x 6 x 30g	4.29	OV
BB080	Raspberry & Apple Soft Oaty	6 x 6 x 30g	4.29	OV
	Gruffalo Snacks			
BB073	Gruffalo Cocoa & Vanilla	3 x 5 x 20g	3.39	O
	Rice Cake Clouds			
BB030	Apple Rice Cake	6 x 40g	1.89	OV
BB039	Banana Rice Cake	6 x 40g	1.89	OV
BB036	Strawberry Rice Cake	6 x 40g	1.89	OV

BABY CARE

BEAMING BABY

	Wipes			
NF103	Organic Baby Wipes Unscented	12 x 72	4.69	OV

EARTH FRIENDLY BABY

DY524	Bubble Bath	6 x 300ml	5.39	OV
DY545	Shampoo & Bodywash	6 x 250ml	4.90	OV
DY558	Shampoo & Bodywash	6 x 250ml	4.90	OV

NATRACARE

NF099	Baby Wipes 50 Pack	16 x 50	4.59	OV
	NURSING PADS			
NF370	Natural Nursing Pads	12 x 26	3.29	OV

BAGS, BOXES AND BASKETS

SUMA

	Mesh Counter Bags			
NF001	Cotton Mesh Produce Bag-Large	1 x bag	2.99	OV
NF002	Cotton Mesh Produce Bag-Medium	1 x bag	2.49	OV
NF003	Cotton Mesh Produce Bag-Small	1 x bag	2.29	OV

SUMA BRANDED BAGS

	Suma Branded Bags			
NF554	Produce Bag Large 31cm x 38cm	1 x bag	2.99	OV
NF553	Produce Bag Medium 26cm x 32cm	1 x bag	2.49	OV

BAKING SUNDRIES

BREAD MATTERS

LJ218	Original Sourdough Starter	12 x 10g	4.99	OV
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CLEARSPRING

LJ138	Agar Agar Flakes Gelling Agent	8 x 30g	5.99	OV
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COCOA LOCO

KB139	Dark Chocolate Couverture	4 x 1.5kg	22.99	FOSV
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DOVES FARM

LJ203	Cornflour Organic	5 x 110g	1.95	GOV
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ENGEVITA

LJ144	Organic Yeast Flakes	6 x 100g	6.49	FGOV
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GREEN & BLACKS

Cooks Chocolate

code	product	size	rrp	bfgosv
KB058	Dark Cooking Chocolate-Organic	15 x 150g	2.85	FOS
KB429	Milk Cooks Chocolate - organic	15 x 150g	2.85	OS
	MERIDIAN			
	XMAS 2022			
VF084	Mince Pie Filling - Organic	6 x 320g	4.59	OV
	MONTENZUMA'S			
	Cooking Chocolate			
KB052	Dark Couverture	3kg	59.70	GOSV
KB060	Milk Couverture	3kg	63.65	GOS
	PLAMIL			
	Drops in 1kg bags			
KB652	Organic Baking Chocolate	1 x 1kg	13.59	GOSV
KB658	Organic Rich Chocolate	1 x 1kg	13.89	GOSV
	STEENBERGS			
LJ117	Orange Flower Water Organic	6 x 100ml	4.19	OV
LJ085	Rose Water Organic	6 x 100ml	4.19	OV
	TAYLOR & COLLEDGE			
LJ115	Vanilla Bean Extract	6 x 100ml	1.55	FOV
LJ113	Vanilla Bean Paste	12 x 65g	7.95	SOV
LJ036	Vanilla Pods	6 x 4g	12.29	OV
	THE RAW CHOCOLATE CO			
WS183	Cacao Butter Buttons	6 x 200g	6.99	OV
	Chocolate Making Ingredients			
KB051	Raw Cacao Powder	6 x 180g	3.75	GOV
	VEGO			
KB072	Hazelnut Chocolate Melts	10 x 180g	6.15	OFVS
	VIVANI ORGANIC CHOCOLATE			
KB408	Dark Cooking Chocolate	10 x 200g	3.69	OSV
	BEANS & PULSES - CANNED			
	SUMA ORGANIC			
VF675	Aduki Beans - organic	12 x 400g	1.15	OV
VF800	Baked Beans - Low Sugar	12 x 400g	1.39	OV
VF550	Baked Beans - Organic	12 x 400g	1.39	OSV
VF625	Black Beans - organic	12 x 400g	1.15	OV
VF900	Black Beans - Organic	6 x 2.6kg	4.29	OV
VF230	Black Beluga Lentils - organic	12 x 400g	1.25	OV
VF300	Black Chickpeas - organic	12 x 400g	1.15	OV
VF015	Blackeye Beans - organic	12 x 400g	1.19	OV
VF630	Borlotti Beans - organic	12 x 400g	1.15	OV
VF073	Brown Lentils - organic	12 x 400g	1.15	OV
VF645	Butter Beans - organic	12 x 400g	1.19	VO
VF395	Cannellini Beans - organic	12 x 400g	1.15	OV
VF642	Chickpeas - organic	12 x 400g	1.15	VO
VF785	Chickpeas - organic	6 x 2.6kg	4.39	OV
VF647	Green Lentils - organic	12 x 400g	1.15	VO
VF644	Haricot Beans - organic	12 x 400g	1.15	VO
VF649	Mixed Beans - organic	12 x 400g	1.15	VO
VF255	Pinto Beans - organic	12 x 400g	1.15	OV
VF643	Red Kidney Beans - organic	12 x 400g	1.19	VO
	Canned From Fresh			
VF123	Fresh Borlotti Beans - Organic	12 x 400g	1.39	OV
VF169	Fresh Cannellini - Organic	12 x 400g	1.39	OV
VF560	Fresh Chickpeas - Organic	12 x 400g	1.39	OV
VF950	Fresh Edamame Soybeans - Org	12 x 200g	1.49	OV
VF350	Fresh Flageolet Beans - Org	12 x 200g	1.25	OV
	BIONA			
VF222	Baked Beans - Organic	6 x 400g	1.89	OVS
LJ167	Brown Lentil Curry	6 x 400g	1.99	OV
VF042	Chilli Beans - Organic	6 x 395g	1.89	OSV
VF227	Chilli Black Beans - Organic	6 x 400g	1.69	OV
VF306	Edamame Beans	12 x 200g	2.90	OV

code	product	size	rrp	bfgosv
	BIONOVA			
VF495	Baked Beans - organic	6 x 340g	1.79	OSV
	HODMEDOD'S			
VF232	Organic Carlin Peas	12 x 400g	1.89	OV
VF129	Organic Vaal Dhal - British	12 x 400g	2.90	OSV
VF098	Organic Whole Fava Beans	12 x 400g	1.89	OV
	MR ORGANIC			
VF215	BBQ Baked Beans	12 x 400g	1.79	OV
VF216	Chilli Mixed Beans	12 x 400g	1.79	OV
	BEANS & PULSES - DRIED			
	SUMA PREPACKS - ORGANIC			
PU202	Aduki Beans - Organic	6 x 500g	4.35	VO
PU222	Bean Mix - organic	6 x 500g	3.15	OV
PU034	Black Turtle Beans	6 x 500g	2.85	OV
PU004	Broth Mix - Organic	6 x 500g	2.25	OV
PU345	Butter Beans - organic	6 x 500g	4.25	VO
PU225	Cannellini Beans - organic	6 x 500g	3.15	OV
PU369	Chickpeas - organic	6 x 500g	2.59	VO
PU182	Green Split Peas - organic	6 x 500g	2.19	OV
PU145	Haricot Beans - organic	6 x 500g	3.39	OV
PU135	Lentils - Brown, organic	6 x 500g	2.15	VO
PU167	Lentils - Dark Speckled, org	6 x 500g	3.39	OV
PU129	Lentils - Green, organic	6 x 500g	2.69	VO
PU294	Lentils - Red split organic	6 x 750g	3.25	OV
PU267	Lentils - Red split, organic	6 x 500g	2.35	VO
PU151	Mung Beans - organic	6 x 500g	3.85	VO
PU136	Pinto Beans - organic	6 x 500g	3.15	OV
PU156	Red Kidney Beans - organic	6 x 500g	3.35	OV
PU146	Soya Beans - organic	6 x 500g	2.75	OV
PU166	Yellow Split Peas - organic	6 x 500g	2.19	OV
	HODMEDOD'S			
PU008	Carlin Peas Organic	12 x 500g	2.19	OV
PU029	Fava Beans Organic - whole	12 x 500g	2.49	OV
	BEERS			
	BUDELS			
RT131	Budels Lager	24 x 330ml	2.45	OV
	LITTLE VALLEY BREWERY			
RT027	Cragg Bitter	12 x 500ml	2.69	OV
RT016	Python IPA	12 x 500ml	2.95	OV
RT019	Radical Roots Ginger Pale Ale	12 x 500ml	2.75	OVF
RT015	Tod's Blonde	12 x 500ml	2.85	OV
RT024	Withens Pale Ale	12 x 500ml	2.69	OV
	SAM SMITHS			
RT009	Chocolate Stout	12 x 550ml	4.49	OV
RT008	Organic Pale Ale	12 x 550ml	4.25	OV
RT120	Pure Brewed Organic Lager	12 x 550ml	4.25	OV
	STROUD BREWERY			
RT055	Budding	12 x 440ml	3.45	OV
RT060	IPA	12 x 440ml	3.95	OV
RT059	Premium Organic	12 x 440ml	3.80	OV
RT056	Tom Long	12 x 440ml	3.35	OV
	River Cottage			
RT046	River Cottage Stinger	12 x 440ml	3.50	OV
	BISCUITS CRACKERS & CRISPbread			
	ADONIS			
	Keto Crackers			
BT432	Black Pepper & Sea Salt	10 x 60g	3.35	OV
BT433	Olive & Chia Seeds	10 x 60g	3.35	OV
	AMISA			
BT560	Chestnut Crispbread	12 x 100g	2.39	GO
BT119	Chickpea Crispbread	12 x 100g	1.99	GOV

code	product	size	rrp	bfgosv
BT185	Crispbread - Buckwheat W/grain	12 x 120g	2.95	GOV
BT289	Crispbread - Quinoa Fibre Plus	12 x 100g	1.69	OV
BT291	Crispbread - Veggie Garden GF	12 x 100g	1.69	GOV
BT159	Protein Lentil Crispbread	12 x 100g	2.90	GOV
BIONA				
BT336	Blueberry Filled Cookies	12 x 175g	2.85	OS
BT167	Caramel Syrup Waffles	12 x 175g	3.15	OS
BT005	Grissini Breadsticks - Quinoa	12 x 125g	2.75	OV
BT004	Grissini Breadsticks - Sesame	12 x 125g	2.55	OV
BT166	Hazelnut Syrup Waffles	12 x 175g	3.15	OSV
BT157	Honey Waffles	12 x 175g	2.85	OS
BONN'S & CO				
BT168	Flame Baked Water Cracker	10 x 162g	4.39	OV
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
BT318	Oatcakes - Sea Vegetable	15 x 200g	3.29	OV
BT290	Oatcakes - Sun Dried Tom /Herb	15 x 200g	3.29	OV
BT319	Oatcakes, Traditional, Organic	15 x 200g	2.89	OV
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
BT576	Rye Crispbread - Original	10 x 200g	1.39	OV
BT577	Rye Crispbread - Sesame	10 x 200g	1.59	OV
DOVES FARM				
BT295	Choc Chip Cookies	12 x 180g	2.59	GOSV
BT010	Digestives	12 x 200g	1.49	OSV
BT271	Double Chocolate Cookies - GF	12 x 180g	2.59	GOSV
BT202	Fruity Oat Digestives	12 x 200g	1.79	OSV
BT269	Lemon Zest Cookies - GF	12 x 150g	1.85	GOSV
BT092	Organic Digestive Biscuits	12 x 400g	2.39	OSV
BT029	Organic Ginger Oat Biscuits	12 x 200g	2.90	OSV
BT008	Stem Ginger Cookies - GF	12 x 150g	1.85	GOSV
DR KARG				
BT001	3 Grains & 3 Seeds Crispbreads	8 x 200g	3.50	OV
BT812	Classic 3 Seed Crispbread	8 x 200g	3.20	OV
BT815	Emmental Cheese & Pumpkin Seed	8 x 200g	3.69	O
BT813	Seeded Spelt Crispbread	8 x 200g	3.52	O
BT550	Spelt with Emmental Cheese	8 x 200g	3.69	O
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
ISLAND BAKERY ORGANICS				
BT121	Apple Crumbles Organic Biscuit	12 x 125g	3.15	OS
BT252	Blonde Chocaccinos	12 x 133g	3.79	OS
BT163	Chocolate Gingers	12 x 133g	3.79	OS
BT385	Classic Recipe Shortbread Tin	6 x 175g	7.49	O
BT388	Date & Walnut Shortbread Tin	6 x 215g	9.99	O
BT164	Lemon Melts	12 x 133g	3.79	OS
BT392	Lemon Melts Tin	6 x 180g	11.49	O

code	product	size	rrp	bfgosv
BT006	Lime Melts	12 x 133g	3.79	OS
BT162	Oat Crumbles	12 x 125g	2.55	OS
BT253	Orange Melts	12 x 135g	3.79	OS
BT404	Orange/Cranbry/Pecan Shortb Tn	6 x 215g	1.49	O
BT406	Peanut/Toffee/Choc Shortbr Tin	6 x 215g	9.99	O
BT165	Shortbread Biscuits	12 x 125g	2.55	OS
	Oatcakes			
BT351	Black Pepper Oatcakes	12 x 135g	2.55	VOS
BT355	Original Oatcakes	12 x 135g	2.29	OSV
BT374	Three Seed Oatcakes	12 x 135g	2.55	OSV
	KALLO			
BT045	Ancient Grain Corn Cakes	12 x 150g	2.19	GOV
BT184	Corn Cakes OG	12 x 130g	1.99	GOV
	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
	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
	MR ORGANIC			
BT354	Breadstick Classic	10 x 150g	3.29	OV
BT361	Breadstick with Olives	10 x 130g	3.29	OV
BT030	Chocolate Chip Digestive	12 x 250g	2.59	OSV
ZX221	Cocoa Biscuits	12 x 250g	2.39	OSV
BT350	Flatbread Classic	10 x 150g	3.29	OV
BT345	Flatbread with Rosemary	10 x 150g	3.29	OV
BT057	Flax & Chia seed Biscuits	12 x 250g	2.79	OSV
BT047	Ginger Biscuits with Lemon	12 x 250g	2.39	OSV
ZX222	Multigrain Biscuits	12 x 250g	2.39	OSV
ZX219	Orange Biscuits/Cocoa Beans	12 x 250g	2.79	OSV
BT066	Tomato & Oregano Biscuits	12 x 250g	2.79	OSV
	NAIRN'S			
BT273	Oatcakes - Organic	12 x 250g	1.85	OV
BT386	Oatcakes -Organic Super Seeded	8 x 200g	2.90	OV
	ORGANICO			
	Rustic Breadsticks			
BT065	Classic Grissini - og	8 x 120g	2.35	OV
BT061	Omega Grissini - og	8 x 120g	2.35	OV
BT068	Sesame Grissini - og	8 x 120g	2.65	OV
BT067	Spelt Grissini - og	8 x 120g	2.95	OV
	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
BT431	Hazelnut Chocolate Chip	8 x 135g	3.29	OSV
BT430	Hazelnut Chocolate Praline	8 x 135g	3.29	OSV
BT344	Lemon Ginger Chia Biscuits	8 x 135g	3.29	GOSV
	Soft Filled Cookies			
BT216	Chocolate Hazelnut Ganache	12 x 50g	1.75	OVS
BT115	Double Chocolate Peanut	12 x 50g	1.75	OVS
	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

code	product	size	rrp	bfgosv
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			
	ALTER/NATIVE BY SUMA			
	Accessories			
DY110	Organic Cotton Soap Bag	1 x bag	1.95	OV
	BADGER			
DY286	Aftersun Balm	1 x 56g	1.45	O
DY340	Sunscreen Clear Zinc SPF30	1 x 87ml	2.45	FO
	BADGER BALM			
MD850	Hardworking Hands Balm	1 x 21g	6.99	O
DY411	Lip Balm Sticks - Green Pack	4 x sticks	14.99	O
DY417	Lip Balm Sticks - Yellow Pack	4 x sticks	14.99	O
MD874	Sleep Balm - Mini	1 x 21g	6.99	O
	BEN & ANNA			
	Deodorant Stick in Paper Tube			
DY065	Soda Deodorant - Coco Mania	1 x 40g	7.45	OV
DY076	Soda Deodorant - Green Fusion	1 x 40g	7.45	OV
DY083	Soda Deodorant - Mint	1 x 40g	7.45	OV
DY185	Soda Deodorant - Persian Lime	1 x 40g	7.45	OV
DY816	Soda Deodorant - Pink G/Fruit	1 x 40g	7.45	OV
DY077	Soda Deodorant - Urban Black	1 x 40g	7.45	OV
	Sensitive Deodorant			
DY462	Deodorant - Highland Breeze	1 x 60g	1.95	OV
DY458	Deodorant - Japanese Blossom	1 x 60g	1.95	OV
DY463	Deodorant - Lemon & Lime	1 x 60g	1.95	OV
	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	1 x 3.8l	77.99	FGOVB
	473ml Bottle			
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	1 x 473ml	14.99	FOV
	946ml Bottle			
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	1 x 945ml	24.49	FOV
	Bar Soap			
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	12 x 140g	6.39	FOV
	Hand Sanitiser			
DY455	Hand Sanitiser - Lavender	1 x 60ml	5.49	FOV
DY479	Hand Sanitiser - Peppermint	1 x 60ml	5.49	FOV
	GREEN PEOPLE			
	Organic Skincare			
DY072	Day Solution SPF15	6 x 50ml	24.49	OV
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

code	product	size	rrp	bfgosv
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
DY278	Day Moisturiser	6 x 50ml	22.99	GOV
	Lavera			
	Basis			
DY963	All-Round Cream	4 x 150ml	9.85	OV
DY202	Deodorant - Roll On	4 x 50ml	9.75	OV
DY589	Hand Cream	4 x 75ml	4.50	OV
DY583	Lip Balm Sensitive	6 x 4.5g	3.95	OG
DY581	Moisturising Face Cream	4 x 50ml	15.45	OV
	Patch			
	Biodegradable Bamboo Plasters			
NF547	Bamboo Kids Plasters - Coconut	3 x 1	5.90	OV
	Simply Gentle			
DY097	Cotton Buds - organic	24 x 200	2.59	VO
DY098	Organic Cotton Wool Balls	24 x 100	2.59	OV
DY099	Organic Cotton Wool Pads	24 x 100	2.59	OV
DY100	Organic Cotton Wool Pleats	24 x 100g	2.59	O
	Breads & Bread Mixes			
	Amazin			
BT268	Og Tortilla Wraps Extra Fibre	16 x 240g	2.95	OV
BT329	Organic Tortilla Wraps	16 x 240g	2.95	OV
	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			
BT465	Millet Bread - Organic	6 x 250g	3.75	O
BT135	Pizza Base - 2 Per Retail Pack	10 x 300g	3.50	OV
BT440	Pumpernickel Bread	8 x 500g	2.75	OV
BT461	Rice Bread with Sunflower Seed	6 x 500g	6.90	GOV
BT464	Rye Bread - Amaranth & Quinoa	6 x 500g	2.85	OV
BT073	Rye Bread - Chia & Flax	6 x 500g	2.95	OV
BT438	Rye Bread - Hemp Seed	6 x 500g	2.95	OV
BT206	Rye Bread - Omega 3	6 x 500g	2.75	OV
BT207	Rye Bread - Pumpkin Seed	6 x 500g	2.95	OV
BT210	Rye Bread - Sunflower Seed	6 x 500g	2.75	OV
BT439	Rye Bread - Vitality	6 x 500g	2.85	OV
BT145	Rye Bread - Wholegrain	6 x 500g	2.75	OV
BT422	Spelt Pizza Base - Organic	10 x 300g	4.25	OV
	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
	Everfresh Natural Foods			
BT048	Malt & Raisin Loaf	8 x 330g	2.39	OV
BT015	Sliced Sprouted Rye Bread	8 x 380g	3.90	OV
BT018	Sliced Sprouted Wheat Bread	8 x 380g	3.90	OV
BT934	Sprouted Rye Bread	8 x 400g	2.65	OV
BT935	Sprouted Spelt Bread	8 x 400g	3.55	OV
BT086	Sprouted Wheat Bread	8 x 400g	2.59	OV
	Florentin			
BT091	Mini Naan Pita	12 x 280g	2.99	OSV
BT552	Pitta Bread - spelt	12 x 260g	2.70	OV
BT360	Pitta Bread - white	12 x 260g	2.25	OV
BT376	Pitta Bread - wholemeal	12 x 280g	2.25	OV
	Profusion			
BT405	Protein Bread - Rye / Flax	9 x 250g	2.95	O
	Schnitzer			
BT470	Ciabatta Olive Bread GF	6 x 180g	2.79	GOV

code	product	size	rrp	bfgosv
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
BURGERS SAUSAGES & TVP MIXES				
CLEARSPRING				
SY074	Organic Soya Chunks	12 x 200g	3.39	GOV
SY071	Organic Soya Mince	12 x 300g	3.89	GOV
JUST WHOLEFOODS				
VF706	Vegetarian Banger Mix -organic	6 x 125g	2.39	OV
VF705	Vegetarian Burger Mix	6 x 125g	2.39	OV
ORGANICO				
SY236	Fajita Strips	6 x 110g	3.75	OV
SY235	Soya Kebab Pieces	6 x 100g	3.75	OV
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
VRAI				
	Minimum 5 days shelf life			
CV632	Creme Fraiche	6 x 200g	2.35	O
YEO VALLEY				
CV304	Slightly Salted Organic Butter	20 x 250g	3.75	O
CV292	Spreadable Butter	8 x 500g	7.30	O
CV726	Unsalted Organic Butter	20 x 250g	3.75	O
	Minimum 4 days shelf life			
CV101	Double Cream	6 x 220ml	2.20	GO
CV309	Half Fat Creme Fraiche	6 x 200g	1.65	O
CAKES				
EVERFRESH NATURAL FOODS				
BT014	Mixed Fruit & Warm Spice Cake	8 x 300g	5.79	OV
BT012	Rich Cacao & Sweet Prune Cake	8 x 300g	5.79	OV
BT246	Sprouted Banana & Walnut Cake	8 x 350g	4.29	OV
BT242	Sprouted Carrot & Raisin Cake	8 x 350g	3.89	OV
BT366	Sprouted Chocolate Cake	8 x 350g	3.99	OV
BT241	Sprouted Date & Pecan Cake	8 x 350g	4.65	OV
BT365	Sprouted Fig & Orange Cake	8 x 350g	3.99	OV
BT238	Sprouted Ginger Cake	8 x 350g	4.65	OV
BT368	Sprouted Rye Ginger Cake	8 x 350g	4.65	OV
CANDLES, INCENSE & HOLDERS				
WAFI ROOM FRAGRANCE				
NF527	Lavender Air Freshener	6 x 100ml	5.99	OV
NF528	Lemongrass Room Fragrance	6 x 100ml	5.99	OV
CEREALS & MUESLIS				
ALARA				
MX082	Bircher Apple and Cinnamon	6 x 650g	3.59	OV
MX123	Classic Apple Bircher	6 x 450g	3.85	OV
MX099	Everyday Muesli	6 x 550g	3.29	OV

code	product	size	rrp	bfgosv
MX085	Fruits and Seeds Muesli	6 x 650g	3.59	OV
MX047	Muesli Super Fruits Everyday Range	6 x 500g	4.39	OV
MX023	Gluten Free Muesli - organic	6 x 250g	3.59	GOV
MX031	Rich Muesli - organic Into The Garden	6 x 500g	3.35	OV
MX236	Active Muesli	6 x 250g	4.39	GOV
	AMISA			
FX016	Organic Porridge Oats	6 x 325g	2.75	GOV
MX007	Spelt Crispy Flakes - Organic	6 x 250g	3.25	O
MX029	Spelt Puffs - Organic	6 x 200g	2.55	OV
	BIONA			
MX198	Choco Coco Granola - Organic	6 x 375g	5.39	OS
MX199	Honey Hazel Granola - Organic	6 x 375g	5.79	O
MX058	Pure Oaty Granola	6 x 375g	5.50	OSV
MX201	Wild Berry Granola - Organic	6 x 375g	6.79	OS
	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 Ancient Grains	5 x 300g	3.85	GOV
MX090	Breakfast Flakes	5 x 375g	4.69	GOV
MX081	Cereal Hoops	5 x 300g	4.49	GOV
MX080	Fruit & Fibre Flakes Wholegrain	5 x 375g	4.99	GOSV
MX088	Cocoa Rice Pops	5 x 300g	3.55	GOSV
	GLEBE FARM			
MX106	Porridge Oats GF	6 x 450g	2.79	GOV
	KALLO			
MX124	Puffed Rice Cereal - Natural	8 x 225g	3.35	GOV
	LIZI'S			
MX011	Organic Granola	10 x 400g	4.59	OSV
	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
MX884	Millet Rice Envirokidz	4 x 375g	4.29	OV
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			
MX232	Children's Honey Puffed Spelt Granola	8 x 175g	3.49	O
MX108	Crunchy Berry Granola	6 x 400g	4.99	OSV
MX135	Ultimate Granola Muesli	6 x 400g	4.99	OS

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MX060	Ultimate Muesli	6 x 400g	4.99	OSV
MX208	Porridge Gluten Free Sprouted Porridge Puffs	6 x 400g	4.99	GOV
MX101	Choco Vanilla Puffs	7 x 200g	3.75	GOV
	SHARPHAM PARK			
MX022	Millers Muesli	8 x 450g	3.89	OV
	WHOLE EARTH			
MX172	Classic Cornflakes - organic	12 x 375g	2.49	GOSV
MX158	Cocoa Crunch	5 x 375g	2.99	OSV
MX174	Maple Frosted Flakes - og	10 x 375g	3.29	GOSV
MX155	Organic Muesli	12 x 750g	4.99	O
MX162	Red Fruit Crunch	5 x 450g	3.59	OSV
	CHEESE, DAIRY (CHILLED)			
	BERGERIE			
CV583	Fresh Goat Cheese Organic	6 x 100g	2.35	GO
CV590	Organic Sheeps Cheese Fresh	6 x 100g	2.25	O
	CALON WEN			
	Organic Welsh Cheese			
CV397	Extra Mature Cheddar Cheese	12 x 200g	3.25	O
CV398	Mellow Cheddar Cheese	12 x 200g	3.25	O
CV624	Rossett Red Cheese	12 x 200g	3.25	O
	CYPRESSA			
CV761	Organic Feta Cheese	12 x 200g	3.29	O
CV760	Organic Halloumi Cheese	10 x 200g	4.60	O
	HIGH WEALD DAIRY			
CV838	Ashdown Forester Cheese	4 x 150g	4.00	O
CV067	Duddleswell Sheeps Cheese	4 x 125g	5.30	O
CV443	Mixed Case Soft Sheeps Cheese	6 x 100g	3.75	O
CV047	Org Brighton Blue Cheese	4 x 150g	4.45	O
CV082	Org Cow & Sheeps Milk Halloumi	4 x 150g	3.85	O
CV051	Saint Giles Soft Cheese	4 x 150g	4.10	O
CV524	Seven Sisters Cheese	4 x 125g	5.00	O
CV924	Smoked Duddleswell Cheese	4 x 125g	5.65	O
CV922	Sussex Marble Cheese	4 x 150g	4.45	O
CV923	Sussex Velvet Cheese	4 x 150g	4.50	O
CV642	Tremains Cheddar Cheese	4 x 150g	4.50	O
	LYE CROSS FARM			
CV049	Double Gloucester Cheese	10 x 245g	4.45	O
CV591	Grass Fed Cheddar Cheese	12 x 200g	3.99	O
CV860	Grass Fed Cheddar Cheese	14 x 350g	6.30	O
CV506	Mature Cheddar Cheese	10 x 245g	4.65	O
CV332	Mature Cheddar Sliced Cheese	10 x 200g	3.85	O
CV166	Medium Cheddar Cheese	10 x 245g	4.45	O
CV477	Mild Cheddar Cheese	10 x 245g	4.35	O
CV105	Red Leicester Cheese	10 x 245g	4.45	O
CV522	Vintage Cheddar Cheese Grated	10 x 245g	4.80	O
CV323	Mature Grated Cheddar Cheese	10 x 180g	3.20	O
	SOSTER			
CV003	Italian Hard Cheese	200g each	6.70	O
	CHEESE, NON DAIRY (CHILLED)			
	BONSAN			
CV490	Almond Spread - Plain	6 x 125g	3.35	OV
CV527	Almond Spread - Wild Garlic	6 x 125g	3.35	OV
	MOUSE'S FAVOURITE			
CV080	Aged Classic Cheese	6 x 125g	9.00	OV
CV086	Apricot Cheese	6 x 135g	8.25	OV
CV079	Camembert Blue Style Cheese	6 x 130g	9.35	OV
CV077	Camembert Style Cheese	6 x 135g	9.00	OV
	MOZZARISELLA			
CV858	Classic Vegan Cheese	10 x 125g	3.25	OV

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CV027	MascaRice Vegan Mascarpone	6 x 150g	3.65	GOV
	CHOCOLATE			
	SUMA PREPACKS - ORGANIC			
KB137	Cacao Nibs - Organic	6 x 100g	1.85	OV
	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			
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
KB987	Chocolate Salted Caramel	8 x 92g	6.25	OSV
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
	EASTER 2023			
WS148	Chocolate Orange Easter Egg	6 x 34g	12.49	OSV
KB129	Hazelnut Crunch Truffle Egg	6 x 34g	12.49	GOSV
WS147	Honeycomb Caramel Easter Egg	6 x 34g	12.49	OSV
KB795	Large Champagne Truffle Egg	4 x 138g	26.50	GOSV
KB985	Large Hazelnut Truffle Egg	4 x 138g	26.50	GOSV
WS149	Large Salted Caramel Egg	4 x 138g	26.50	OSV
KB223	Ltd Edition Easter Selection	5 x 184g	12.49	GOSV
	Four Corners			
KB655	The Gourmet Selection	4 x 230g	19.79	GOSV
	Gift Boxes			
KB815	Award-winning Selection	5 x 184g	12.49	GOSV
KB656	Champagne Truffles	6 x 138g	1.95	GOSV
KB612	Fine de Champagne Truffles	5 x 184g	12.49	OSV
KB605	Salted Caramel Choc Truffles	5 x 184g	12.49	OSV
KB793	The Signature Collection	5 x 184g	12.49	GOSV
	Gift Range			
KB623	Hazelnut Truffles	4 x 138g	15.15	GOSV
KB624	Truffle Selection 1	4 x 138g	15.15	GOSV
KB873	Truffle Selection 2	4 x 138g	15.15	GOSV
	Two Packs			
KB507	Almond Salted Caramel Truffles	16 x 23g	1.45	GOSV
KB513	Hazelnut Crunch Truffles	16 x 23g	1.45	GOSV
KB594	Honeycomb Caramel Truffles	16 x 23g	1.45	OSV
KB595	Orange Chocolate Truffles	16 x 23g	1.45	OSV
KB602	Salted Caramel Choc Truffles	16 x 23g	1.45	OSV
	CHOCOLATE AND LOVE			
WS082	Creamy Dark 55% Chocolate	14 x 80g	3.29	FOS
WS004	Milk Chocolate, Hazelnut	14 x 80g	3.29	OS
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

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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
COCOCARAVAN				
EASTER 2023				
ZX140	Vegan Caramel Mini Easter Eggs	10 x 80g	6.35	OV
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
EASTER 2023				
WS152	Filled Luxury Egg	12 x 50g	3.99	OSV
ZX376	Spring Bunnies Gift Box	6 x 180g	9.99	OSV
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	6 x 96g	4.99	SGOV
Filled Bars				
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
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
KB640	Lemon, Ginger & Pepper	12 x 100g	2.79	OSV
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	FOSV
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
KB198	Milk Chocolate	30 x 35g	1.50	OS
Smooth Bars				
KB498	Dark Chocolate	15 x 90g	2.29	OSV
KB503	Mint Chocolate	15 x 90g	2.29	OSV

code	product	size	rrp	bfgosv
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
MONTEZUMA'S				
EASTER 2023				
KB205	Clucky Chick With Buttons	8 x 100g	6.99	OS
WS220	Dark Chocolate Eco Egg	4 x 150g	9.99	GOSV
WS221	Milk Chocolate Eco Egg	4 x 150g	9.99	GOS
KB209	Plucky Chick With Buttons	8 x 100g	6.99	OSV
Giant Buttons				
KB005	Dark Chocolate Giant Buttons	8 x 180g	4.49	OVS
KB271	Milk Chocolate Button Bags	8 x 180g	4.49	O
KB270	White Chocolate Button Bag	8 x 180g	4.49	OS
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				
KB194	Chilli Bonkers	12 x 90g	2.79	OSV
KB186	Darkside 51% Milk Chocolate	12 x 90g	2.79	OS
KB196	FitzRoy Very Dark Chocolate	12 x 90g	2.79	OSV
KB254	Happy Hippy	12 x 90g	2.79	OSV
KB616	Hot Pickle Milk Chocolate	12 x 90g	2.79	OS
ZX779	Royal Mint Organic Dark W'Mint	12 x 90g	2.79	GOSV
KB191	Smooth Operator Milk Chocolate	12 x 90g	2.79	OS
KB617	Spotch Milk Chocolate Bar	12 x 90g	2.79	OS
MOO FREE				
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
Oat Mylk				
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

code	product	size	rrp	bfgosv
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
WS117	58% Dark Salted Caramel	10 x 75g	2.99	OSV
KB188	58% Dark Salted Pretzel	10 x 80g	2.99	FOSV
KB740	66% Dark Raspberry & Coconut	10 x 75g	2.99	OSV
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
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
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
	Chocolate Bars			
KB368	Cacao Orange	9 x 100g	4.25	SVO
KB125	Hazelnut Truffle	9 x 100g	4.25	OSV
KB168	Roasted Almond Butter	9 x 100g	4.25	OSV
	EASTER 2023			
KB173	Swiss Chocolate Truffle Eggs	24 x 36g	2.19	OSV
SO FREE				
	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
THE RAW CHOCOLATE CO				
WS185	Alt Milk Chocolate Bar	10 x 70g	3.59	OSV
KB307	Cacao Nibs	6 x 150g	3.75	GOV
WS184	Caffe Mocha Bar	10 x 70g	3.59	OSV
WS190	Salted Vanoffee Cashews	6 x 110g	5.99	OSV
	EASTER 2023			
WS063	Hazelnut Filled Egg	12 x 75g	4.99	OSV
	Raw Chocolate Coated Snacks			

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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
	Vegan Chocolate Buttons			
WS016	Caramel Buttons	6 x 150g	4.99	OSV
WS018	M*lk Chocolate Buttons	6 x 150g	4.99	OSV
WS001	Peruvian 72% Buttons	6 x 150g	4.99	OSV
WS002	Vanoffee Buttons	6 x 150g	4.99	OSV
	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			
KB485	71% Dark Chocolate	10 x 100g	2.95	OSV
KB851	Dark Choc & Almonds	10 x 100g	2.95	OS
KB486	Dark Choc & Cassis Filling	10 x 100g	2.95	OS
KB693	Dark Choc & Nougat	10 x 100g	2.95	OSV
KB487	Dark Choc & Peppermint Filling	10 x 100g	2.95	OS
KB849	Dark Choc & Whole Hazelnuts	10 x 100g	2.95	OSV
KB484	Dark Chocolate & Orange	10 x 100g	2.95	OSV
KB243	Dark Marzipan Amaretto	10 x 100g	2.95	OS
KB488	Milk & White Cappuccino Choc	10 x 100g	2.95	OS
KB480	Milk Choc & Praline Filling	10 x 100g	2.95	OS
KB479	Milk Chocolate	10 x 100g	2.95	OS
	Premium Large Bars			
KB919	62% Dark Caramel Chocolate	10 x 80g	2.95	OSV
KB632	85% Dark Chocolate	10 x 100g	2.95	OSV
KB407	92% Dark Choc Panama Estate	10 x 80g	2.95	OSV
KB901	Dark 75% Chocolate	10 x 80g	2.95	OSV
KB909	Dark 75% Mallorca Flor de Sal	10 x 80g	2.95	OSV
KB048	Dark Choc & Cranberry	10 x 100g	2.95	OSV
KB036	Dark Ginger Turmeric Chocolate	10 x 80g	2.95	OSV
KB042	Superior Dark 100% Cocoa	10 x 80g	2.95	OV
KB035	Superior Dark 89% Chocolate	10 x 80g	2.95	OSV
	Snack Size			
KB420	Almond Orange Rice Chocolate	18 x 35g	1.46	OSV
KB430	Black Cherry	18 x 35g	1.46	OSV
KB447	Creamy Caramel	18 x 40g	1.46	OS
KB049	Crunchy Coconut Chocolate Bars	18 x 35g	1.46	OSV
KB585	Dark & Creamy	18 x 35g	1.46	OSV
KB475	Dark Nougat Croccante	18 x 35g	1.46	OSV
KB452	Espresso Biscotti	18 x 40g	1.46	OS
KB588	Milk Cream	18 x 40g	1.46	OS
KB476	White Nougat Crisp	18 x 35g	1.46	OSV
	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

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CHOCOLATE & SWEET SPREADS				
BIONA				
GH840	Dark Chocolate Spread - org	6 x 350g	5.55	OSV
GH010	Milk Choc Hazel Spread - org	6 x 350g	5.69	OS
BONSAN				
GH129	Mylk Hazelnut Cocoa Spread	6 x 350g	5.79	OV
GH123	Plain Choco Spread	6 x 350g	4.75	OSV
COCOFINA				
GH136	Hazelnut Chocolate Spread -Org	6 x 200g	4.99	GOSV
ESSENTIAL TRADING				
GH092	Dark Chocolate Spread	6 x 400g	4.39	OSV
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
VEGO				
GH075	Hazelnut Chocolate Spread	6 x 200g	4.85	SVO
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				
ASPALL				
RT023	Aspall Organic Suffolk Cyder	12 x 500ml	4.50	OSV
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
COCOA				
SUMA PREPACKS - ORGANIC				
LJ189	Cocoa Powder - Organic	6 x 250g	3.35	FOV
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
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 Cepicafe Beans	1kg	19.99	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	24.79	FOV
TE113	Swiss Water Decaff Beans	1kg	25.39	FOV
Roast and Ground Coffees				
TE014	Bolivia Femenino Ground Coffee	6 x 227g	6.19	FOV
TE372	Colombia Ground Coffee	6 x 227g	5.39	FOV
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

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TE399	Sumatra Ground Coffee	6 x 227g	5.49	FOV
TE400	Swiss Water Decaf Ground Roast Whole Bean Coffees	6 x 227g	6.19	FOV
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				
	Roast Wholebean Coffees			
TE901	Machu Picchu Organic Beans	6 x 227g	5.55	FOV
TE229	Machu Picchu Organic Beans Single Origin - Roast & Ground	6 x 750g	14.99	FOV
TE952	Machu Picchu Organic Ground	6 x 227g	5.55	FOV
CLIPPER				
	Food Service Range			
TE724	Instant - Fairtrade & Organic	4 x 500g	36.45	FOV
TE526	Instant Organic Decaff Instant Coffees	4 x 500g	41.35	FOV
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 Roast and Ground Coffees	6 x 100g	7.55	FOV
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 Roast Wholebean Coffees 1kg	8 x 200g	6.39	FOV
TE898	Anytime Medium Roast	6 x 1kg	25.99	FOV
TE896	Espresso	6 x 1kg	25.99	FOV
TE008	Italian Blend Roast Wholebean Coffees 200g	6 x 1kg	25.99	FOV
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 Roast Wholebean Coffees 227g	8 x 200g	6.39	FOV
TE326	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
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 Roast Wholebean Coffees	6 x 227g	5.69	FOV
TE718	Colombia Cafe Equidad Beans	6 x 227g	5.59	FOV
TE130	Decaf Beans - Swiss Water	6 x 227g	6.29	FOV

code	product	size	rrp	bfgosv
TE290	Landscape Espresso Beans	6 x 227g	5.99	OV
TE417	Roast Wholebean Coffees 1KG Landscape Espresso Beans	1kg	23.49	FOV
	PERCOL			
	Roast & Ground Coffees			
TE632	Rich Americano Fairtrade	6 x 200g	4.75	FOV
	COFFEE SUBSTITUTES			
	BARLEYCUP			
TE480	Chicory Cup Organic	6 x 100g	5.79	OV
TE698	Instant Cereal Drink Organic	6 x 100g	5.59	OV
	THE CHICORY CO			
TE589	Chicory Drink - Organic	6 x 100g	5.19	GOV
	WHOLE EARTH			
TE389	No Caf Coffee Alternative	9 x 100g	3.29	VO
	CONVENIENCE FOODS			
	SUMA ORGANIC			
VF179	Ravioli with Mushroom Sauce	6 x 400g	2.95	O
VF181	Ravioli with Tomato & Ricotta	6 x 400g	2.95	OS
VF172	Ravioli with Vegetable Sauce	6 x 400g	2.85	OSV
	BIONA			
VF250	Coconut Milk Green Curry	6 x 400ml	2.85	OSV
	CLEARSPRING			
VF253	Coconut Milk	6 x 400ml	2.49	OV
	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
	GEO ORGANICS			
KJ182	Chickpea & Apricot Tagine	6 x 400g	2.45	OSV
KJ183	Moroccan Chickpea Tagine	6 x 400g	2.55	OV
VF074	Organic Bombay Potatoes	6 x 400g	2.89	OSV
	Dahl			
VF148	Coconut & Kale	6 x 400g	2.59	OV
VF079	Organic Chickpea & Lentil Dahl	6 x 400g	2.45	OV
VF149	Tadka Dahl	6 x 400g	2.45	OV
	RIFCO			
VF108	Spanish Chickpea Casserole	6 x 400g	3.25	OV
VF100	Thai Green Curry Organic	6 x 400g	3.25	OV
VF093	Thai Temple Curry	6 x 400g	3.25	OV
	SUNITA			
FG601	Polenta - organic	6 x 500g	2.15	OV
	CRISPS & SNACKS			
	AMAIZIN			
ZX544	Bio Corn Chips Chilli	15 x 75g	1.59	OSV
ZX543	Bio Corn Chips Natural	10 x 150g	2.50	OV
ZX542	Bio Corn Chips Natural	15 x 75g	1.49	OSV
ZX546	Bio Corn Chips Paprika	15 x 75g	1.59	OSV
ZX429	Natural Corn Chips Value Bag	10 x 250g	2.85	OV
ZX399	Organic Taco Shells	6 x 150g	3.65	OV
ZX482	Rice Paper Organic	12 x 110g	2.29	OV
ZX406	Tomato Corn Rolls	14 x 100g	1.95	VOS
	BIONA			
ZX424	Potato Chips - Lightly Salted	12 x 100g	2.45	OV
	CLEARSPRING			
ZX226	Tamari Roast Sicilian Almonds	15 x 30g	1.99	GOV

code	product	size	rrp	bfgosv
EAT REAL				
	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
REBEL KITCHEN				
ZX252	Caramel Bytes	10 x 26g	1.79	GOSV
ZX240	Chocolate Bytes	10 x 26g	1.79	GOSV
TRAF0				
ZX136	Tortilla Chips - Natural	10 x 200g	1.99	OV
ZX626	Virgin Olive Oil Crisps Flips	12 x 100g	2.79	OV
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
	Handcooked Baked Crisps			
ZX755	Hand Cook Cheese & Onion	15 x 40g	1.90	O
ZX460	Hand Cooked Crisps Seasalt	15 x 40g	1.90	O
ZX473	Rosemary & Himalaya Salt Hummus Chips	15 x 40g	1.90	OV
ZX932	Hummus Chips - Paprika Light Baked Crisps	6 x 75g	2.65	OV
ZX759	Coconut Oil Baked Crisps	15 x 40g	1.35	OV
ZX625	Coconut Oil Baked Crisps	12 x 100g	2.75	OV
ZX758	Vegetable Chips	15 x 40g	1.75	OV
ZX624	Vegetable Chips	12 x 75g	2.69	OV
ZX575	Vegetable Chips Sweet Potato Popcorn	6 x 80g	2.99	OV
ZX112	Caramel Popcorn Organic	6 x 50g	2.29	GOSV
ZX094	Salted Popcorn Organic	6 x 50g	2.29	GOV
ZX118	Sweet Popcorn Organic Potato Crisps Fried	6 x 50g	2.29	GOSV
ZX053	Paprika Crisps - organic	15 x 40g	1.90	OV
ZX616	Salt & Vinegar Crisps	12 x 125g	1.99	OV
ZX055	Salted Crisps - organic Snacks	15 x 40g	1.90	OV
ZX401	Corn Peanuts	12 x 75g	1.59	OV
BT075	Pretzel Sticks Tortilla Chips	12 x 100g	1.39	OV
VF218	Tortilla Chips - Chilli	15 x 75g	1.15	OV
VF226	Tortilla Chips - Natural	15 x 75g	1.15	OV
DESSERTS				
BIONA				
SY192	Coconut Whipping Cream	6 x 400ml	3.50	OV
SOJADE				
SY099	Chocolate Soya Dessert	8 x 530g	1.89	GOSV
SY017	Cuisine- Organic Soya Cream	24 x 200ml	1.19	OV
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
SY254	Hazelnut Oat Custard Dessert	8 x 530g	2.25	OSV
SY251	Vanilla Rice Custard Dessert	8 x 530g	1.89	GOSV
DESSERTS & PUDDINGS (CHILLED)				
VRAI				
CV627	Rice Pudding with Vanilla	12 x 110g	1.55	GOS
CV634	Sheep's Milk Chocolate Dessert	12 x 110g	1.55	OS
DESSERTS, DAIRY (FROZEN)				
ROSKILLYS				
XL219	Caramel Crunch Ice Cream	6 x 500ml	5.95	OS
XL174	Caramel Crunch Ice Cream	24 x 120ml	1.89	OS

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XL325	Chocolate Ice Cream	6 x 500ml	5.95	OS
XL171	Chocolate Ice Cream	24 x 120ml	1.89	OS
XL170	Clotted Cream Vanilla Ice	24 x 120ml	1.89	OS
XL326	Mint Choc Chip Ice Cream	6 x 500ml	5.95	OS
XL173	Mint Choc Chip Ice Cream	24 x 120ml	1.89	OS
XL327	Strawberry Ice Cream	6 x 500ml	5.95	OS
XL172	Strawberry Ice Cream	24 x 120ml	1.89	OS
XL220	Vanilla Ice Cream	6 x 500ml	5.95	OS
YEO VALLEY				
XL159	Blueberry Kefir Ice Cream	6 x 480ml	5.49	OS
XL347	Mint Chocolate Chip Ice Cream	6 x 500ml	5.49	OS
XL248	Sea Salted Caramel Ice Cream	6 x 500ml	5.49	OS
XL158	Strawberry Kefir Ice Cream	6 x 480ml	5.49	OS
XL246	Vanilla Ice Cream	6 x 500ml	5.49	OS
DESSERTS, NON-DAIRY (FROZEN)				
BOOJA-BOOJA				
465ml Tubs				
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
Alternative to Dairy Ice Cream				
XL263	Caramel Pecan Ice Cream	6 x 500ml	5.69	OSV
XL258	Caramel Pecan Praline Ice Crea	22 x 110ml	2.10	OV
XL259	Choc Salted Caramel Ice Cream	6 x 500ml	5.69	OV
XL048	Choc Salted Caramel Ice Cream	22 x 110ml	2.10	OV
XL255	Hazel Choc & Truffle Ice Cream	6 x 500ml	5.69	OV
XL332	Hazel Choc & Truffle Ice Cream	22 x 110ml	2.10	OV
XL102	Honeycomb Caramel Ice Cream	6 x 500ml	5.69	OV
XL033	Hunky Punky Chocolate	6 x 500ml	5.69	OV
XL031	Hunky Punky Chocolate	22 x 110ml	2.10	OV
XL038	Keep Smiling Vanilla M'Gorilla	6 x 500ml	5.69	OV
XL410	Keep Smiling Vanilla M'Gorilla	22 x 110ml	2.10	OV
XL104	Mint Chocolate Ice Cream	6 x 500ml	5.69	OV
XL257	Raspberry Ripple Ice Cream	6 x 500ml	5.69	OV
XL256	Raspberry Ripple Ice Cream	22 x 110ml	2.10	OV
DRINKS (CHILLED)				
BIOTIFUL DAIRY				
CV359	Org Baked Milk Drink	6 x 500ml	3.65	GO
CV342	Org Kefir Milk Drink	6 x 500ml	3.65	GO
CV361	Org Kefir Milk Drink	12 x 250ml	2.20	GO
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
EQUINOX				
CV736	Kombucha Ginger	12 x 275ml	2.35	OSV
CV830	Kombucha Grapefruit & Guava OG	12 x 275ml	2.35	OSV
CV737	Kombucha Original OG	12 x 275ml	2.35	OSV
CV741	Kombucha Raspberry & Elderflow	12 x 275ml	2.35	OSV
CV742	Kombucha Wild Berry OG	12 x 275ml	2.35	OSV
Large Bottles				
CV052	Ginger Kombucha	6 x 750ml	5.15	OV
CV048	Rasp & Elderflower Kombucha	6 x 750ml	5.15	OV
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
KARMA				
Kefir				
CV753	Kefruit Elderflower & Hibisc.	6 x 500ml	3.40	FOVB
CV752	Kefruit Fig and Lemon	6 x 500ml	3.40	FOVB

code	product	size	rrp	bfgosv
	Kombucha			
CV425	Ginger	6 x 500ml	3.65	OVB
CV256	Ginger	6 x 1l	6.25	FOVB
CV245	Mango	6 x 500ml	3.85	FOVB
CV426	Pomegranate	6 x 500ml	3.65	OVB
CV258	Pomegranate	6 x 1l	6.25	FOVB
CV435	Raspberry	6 x 500ml	3.85	OVB
	LOVING FOODS			
CV176	Blueberry & Lavender Kombucha	12 x 330ml	2.99	OSV
CV205	Lemon & Ginger Jun Kombucha	12 x 330ml	2.99	OS
CV233	Matcha & Mint Kombucha	12 x 330ml	2.99	OSV
CV244	Raspberry & Tulsi Kombucha	12 x 330ml	2.99	OSV
	SOJADE			
CV264	Blueberry & Cherry Soya Kefir	6 x 250ml	2.20	OV
CV268	Natural Organic Soya Kefir	6 x 250ml	1.90	OV
	EGGS			
	THE ORGANIC EGG COMPANY			
	Minimum 5 days 'display until'			
LJ794	Organic Eggs	per dozen	4.40	O
	ESSENTIAL OILS			
	AQUA OLEUM			
	Organic Essential Oils			
AR021	Frankincense Organic	3 x 10ml	18.29	OV
AR010	Geranium Organic	3 x 10ml	13.19	VO
AR241	Lavender Organic	3 x 10ml	8.00	VO
AR006	Organic Eucalyptus	3 x 10ml	5.19	OV
AR012	Patchouli Organic	3 x 10ml	9.19	VO
AR025	Peppermint Organic	3 x 10ml	6.69	OV
AR016	Tea Tree Organic	3 x 10ml	5.89	VO
	FAR EASTERN FOOD			
LJ273	Light Coconut Milk	6 x 400ml	1.99	OV
	SUMA ORGANIC			
VF007	Coconut Cream	6 x 400ml	2.59	OV
LJ350	Coconut Milk Organic	6 x 400ml	2.19	OV
LJ400	Creamed Coconut Organic	12 x 200g	2.45	OV
	BIONA			
WT071	Asia Noodles Organic	12 x 250g	2.75	OV
KJ094	Coconut Aminos Original	6 x 250ml	4.50	OSV
VF167	Coconut Cream	6 x 400ml	2.75	OV
VF187	Coconut Milk Light Organic	6 x 400ml	1.99	OV
VF775	Coconut Milk Organic	6 x 400ml	2.29	OV
VF772	Creamed Coconut Organic	12 x 200g	2.55	OV
VF058	Golden Coconut Milk	6 x 400ml	2.75	OV
VF077	Organic Coconut Milk	8 x 200ml	1.59	OV
VF323	Organic Tempeh	6 x 400g	4.45	OV
JP042	Seitan Pieces	6 x 350g	5.50	OV
WT101	Spelt Noodles Organic	12 x 250g	3.25	OV
JP041	Tofu	6 x 500g	4.75	OV
JP014	Wasabi Style Horseradish Paste	8 x 50g	3.95	OV
	CLEARSPRING			
JP033	Brown Rice Vinegar - Organic	6 x 250ml	3.79	OV
JP060	Brown Rice Vinegar - Organic	6 x 150ml	2.69	OV
JP111	Instant Noodle Broth	6 x 245ml	5.99	OV
JP025	Japanese Brown Miso - Tub	3 x 1kg	19.29	OV
JP096	Japanese Rice Vinegar	6 x 250ml	3.69	OV
JP134	Mikawa Mirin	6 x 150ml	4.99	OV
JP100	Rice Mirin	6 x 250ml	6.29	OV
JP066	Shiitake Mushrooms - Organic	6 x 40g	7.99	OV
JP059	Shoyu Ramen Noodles/Soy Soup	5 x 210g	5.29	OV
JP044	Shoyu Soya Sauce	6 x 250ml	4.19	OV
JP016	Sushi Ginger Pickle Organic	10 x 50g	3.69	OV

code	product	size	rrp	bfgosv
JP314	Sushi Rice - Organic	12 x 500g	2.99	OV
JP680	Teriyaki Sauce	6 x 150ml	4.90	OV
JP103	Teriyaki Sauce - Organic & GF	6 x 150ml	4.49	GOV
JP026	Tofu	12 x 300g	2.10	GOV
JP112	Umami Instant Stock Paste	8 x 112g	3.89	OV
JP032	Umami Paste with Ginger - Org	6 x 150g	4.69	OV
JP101	Ume Su Seasoning	6 x 150ml	2.99	OV
JP027	Umeboshi Paste - Organic	6 x 150g	7.39	OV
JP079	Umeboshi Plums Organic	6 x 200g	9.99	OV
JP031	Yuzu Ponzu Seasoning	6 x 150ml	4.99	OV
	Miso Products			
JP211	Barley Miso Jar	6 x 300g	6.99	OV
JP212	Brown Rice Miso Jar	6 x 300g	5.79	OV
JP020	Brown Rice Miso Jar (Mini)	6 x 150g	3.89	OV
JP030	Brown Rice Miso Pouch	6 x 300g	5.99	OV
JP120	Chickpea Miso	6 x 150g	3.99	OV
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
JP321	Instant Miso Soup and Sea Veg	8 x 4x10g	3.99	OV
JP018	Instant Miso Soup Paste	8 x 4 x 15g	3.19	OV
JP011	Instant White Miso Paste OG	8 x 60g	3.19	OV
JP046	Japanese Reduced Salt Miso	6 x 270g	5.39	OV
JP022	Japanese White Miso	6 x 270g	4.29	OV
JP213	Miso - Hatcho	6 x 300g	5.59	OV
JP057	Miso Ramen Noodles/Miso Soup	5 x 210g	5.29	OV
JP086	Sweet White Miso - Organic	6 x 250g	4.99	OV
	Noodles			
JP056	All Buckwheat Soba Noodles	6 x 200g	4.49	GOV
JP053	Brown Rice Noodles - GF	10 x 200g	3.99	GOV
JP037	Brown Rice Udon Noodles	6 x 200g	3.49	OV
JP054	Brown Rice Wide Noodles - GF	5 x 200g	3.99	GOV
JP036	Skinny Soba Somen Noodles	6 x 200g	3.49	OV
JP038	Soba Noodles	6 x 200g	3.49	OV
JP039	Udon Noodles	6 x 200g	3.49	OV
JP040	Wide Udon Noodles	6 x 200g	3.49	OV
	Sea Veg			
JP003	Dulse - Atlantic Coast Organic	8 x 25g	4.69	OV
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
JP092	Wakame Organic	8 x 25g	4.19	OV
	Soya Sauce			
JP605	Shoyu	2.5l	26.69	OV
JP129	Shoyu Soya Sauce	6 x 150ml	2.99	VO
JP500	Shoyu Soya Sauce	6 x 500ml	6.49	VO
JP679	Soya Sauce	6 x 150ml	2.89	OV
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
	COCOFINA			
KJ319	Coconut Amino Sauce	12 x 250ml	5.99	OV
	GEO ORGANICS			
VF228	Indonesian Rendang Curry Paste	6 x 180g	3.19	OV
VF229	Indonesian Satay Curry Paste	6 x 180g	3.19	OV

code	product	size	rrp	bfgosv
VF738	Thai Green Curry Paste OG	6 x 180g	2.99	OV
VF739	Thai Red Curry Paste OG	6 x 180g	2.99	OV
VF247	Thai Yellow Curry Paste	6 x 180g	2.99	OV
KIKKOMAN				
JP051	Organic Soy Sauce	6 x 250ml	4.99	OV
KING SOBA				
WT210	100% Buckwheat Noodles	12 x 250g	2.59	OV
WT954	Black Rice Noodles	12 x 250g	2.59	OV
WT037	Brown Rice Noodles	12 x 250g	2.59	OV
JP087	Brown Rice Paper	10 x 200g	2.89	GOV
WT952	Brown Rice Wakame Noodles	12 x 250g	2.59	OV
WT953	Buckwheat & Sweet Potato	12 x 250g	2.59	OV
WT212	Millet & Brown Rice Noodles	12 x 250g	2.59	OV
WT057	Miso Soup Edamame Soya Bean	10 x 60g	3.50	OV
WT123	Og Basmati White Rice Noodles	12 x 250g	2.59	OFV
WT058	Og Miso Soup Pumpkin & Veg	10 x 60g	3.50	OV
WT059	Og Miso Soup Tofu & Ginger	10 x 60g	3.50	OV
WT099	Organic Brown Rice Ramen	6 x 280g	3.19	OV
WT097	Organic Buckwheat Ramen	6 x 280g	3.19	OV
WT055	Organic Classic Miso Ramen	6 x 85g	2.39	OV
WT088	Organic Vermicelli Noodles	12 x 250g	2.59	OV
WT002	Pho Noodles	12 x 250g	2.99	GOV
WT951	Pumpkin Ginger & Rice Noodles	12 x 250g	2.59	OV
WT217	Thai Rice Noodles	12 x 250g	2.59	OV
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
MISO TASTY				
MISO PASTES				
JP017	Red Miso Paste	6 x 200g	4.75	OV
JP015	White Miso Paste	6 x 200g	4.75	OV
SANCHI				
JP670	Tamari - organic	6 x 150ml	3.95	OV
YAKSO				
JP012	Coconut Aminos	6 x 250ml	7.25	GOV
WT164	Egg Noodles - organic	6 x 250g	2.39	O
JP094	Garlic Paste - Organic	6 x 100g	2.99	OV
JP127	Hoisin Sauce - Organic	6 x 250g	3.49	OV
JP128	Krupuk Crackers - Organic	6 x 60g	2.69	OV
JP131	Oyster Sauce - Organic	6 x 250g	3.25	OV
WT070	Rice Noodle Nests Organic	6 x 240g	4.85	OV
JP024	Rice Paper	15 x 150g	3.65	OV
JP132	Rice Paper with Tapioca - Org	15 x 150g	3.25	OV
JP102	Sea Sauce - Organic	6 x 250g	2.99	OV
VF010	Seitan in Tamari	6 x 330ml	3.99	OV
JP002	Tamari - organic	6 x 125ml	2.25	GOV
JP113	Tamari - organic	6 x 250ml	3.95	GVO
VF005	Tempeh	6 x 175g	3.39	OV
YUTAKA				
JP005	Miso Paste - Organic	6 x 300g	5.15	OV

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FLAKES, BRANS & WHEATGERM				
SUMA PREPACKS - ORGANIC				
FX067	Bran Sticks - organic	6 x 250g	1.99	OV
FX024	Buckwheat Flakes - organic	6 x 500g	4.25	OV
QS124	Oat Groats - Organic	6 x 500g	2.25	VO
FX042	Oats - Jumbo Gluten Free	6 x 750g	4.25	GOV
FX047	Oats - jumbo, organic	6 x 750g	3.49	VO
FX048	Oats - Porridge - Organic	6 x 750g	3.49	OV
FX044	Oats - Porridge & Gluten Free	6 x 750g	4.25	GOV
FX031	Organic Millet Flakes	6 x 500g	4.45	OV
FX092	Organic Pearl Barley Flakes	6 x 500g	2.50	OV
FX656	Quinoa Flakes - organic	6 x 500g	4.75	OV
FX032	Rice Flakes Brown - organic	6 x 500g	4.35	OV
FX093	Rye Flakes - organic	6 x 500g	1.99	OV
FX213	Toasted Malted Wheat Flakes OG	6 x 400g	2.39	OV
ALARA				
FX026	Gluten Free Scottish Porridge	6 x 500g	4.39	GOV
PIMHILL				
FX006	Oats - jumbo, organic	12 x 850g	2.86	OV
FX005	Oats - porridge, organic	12 x 850g	2.86	OV
FLOURS & BREAD MIXES				
SUMA PREPACKS - ORGANIC				
FG149	Brown Rice Flour - organic	6 x 500g	2.45	OV
LJ105	Coconut Flour, Organic	6 x 500g	2.99	OV
FG128	Maize Flour - organic	6 x 500g	2.25	OV
AMISA				
FG085	Chestnut Flour - Organic	6 x 350g	5.99	GOV
FG065	Chickpea Flour	6 x 400g	3.45	GOV
BACHELDRE				
FG165	Stoneground Malted Blend Flour	5 x 1.5kg	3.15	OV
FG187	Stoneground Plain White Flour	5 x 1.5kg	2.95	OV
FG175	Stoneground Rye Flour	5 x 1.5kg	2.59	OV
FG179	Stoneground Spelt Flour	5 x 1.5kg	4.39	OV
FG160	Stoneground Strong White Flour	5 x 1.5kg	2.95	OV
FG162	Strong 100% Wholemeal Flour	5 x 1.5kg	2.95	OV
CLEARSPRING				
FG180	Breadcrumbs - Brown Rice, GF	12 x 250g	4.59	GOV
COCONUT MERCHANT				
FG073	Organic Coconut Flour	6 x 500g	4.99	OV
DOVES FARM				
FG097	Chickpea Flour	5 x 260g	2.45	GOV
FG069	Fine Plain White Flour	5 x 1kg	1.85	OV
FG010	Fine Plain Wholemeal Flour	5 x 1kg	1.69	VO
FG103	Heritage Seeded Bread Flour	5 x 1kg	3.55	OV
FG004	Malthouse Bread Flour	5 x 1kg	1.99	OV
FG096	OAT FLOUR	4 x 450g	4.19	GOV
FG047	Organic Coconut Flour	4 x 500g	3.95	GOV
FG101	Seeded Bread Flour	5 x 1kg	3.19	OV
FG115	Self Raising Wholemeal Flour	5 x 1kg	1.69	OV
FG997	Speciality Pasta Flour	5 x 1kg	2.25	OV
FG072	Strong White Bread Flour	5 x 1.5kg	2.55	OV
FG008	Strong Wholemeal Bread Flour	5 x 1.5kg	2.39	OV
FG070	White Self Raising Flour	5 x 1kg	1.85	OV
Artisan Flour				
FG028	Buckwheat Wholegrain Flour	5 x 1kg	4.69	OV
FG082	Einkorn Flour	5 x 1kg	3.69	OV
FG011	Khorasan Flour Wholegrain	5 x 1kg	4.79	OV
FG152	Rye Flour White Organic	5 x 1kg	2.29	OV
FG016	Rye Flour Wholegrain Organic	5 x 1kg	1.89	OV
FG071	Spelt Flour White Organic	5 x 1kg	3.69	OV
FG102	Spelt Flour Whole Meal Organic	5 x 1kg	3.15	OV

code	product	size	rrp	bfgosv
GILCHESTERS ORGANICS				
FG014	Pizza & Ciabatta Wheat Flour	6 x 1.5kg	4.50	OV
FG018	Semolina Fine Wheat Flour	6 x 500g	2.90	OV
FG009	Strong 100% Whole Wheat Flour	6 x 1.5kg	3.55	OV
FG006	Strong White Wheat Flour	6 x 1.5kg	3.95	OV
FG025	White Flour Strong Unbleached	4 x 3kg	7.69	OV
HODMEDOD'S				
FG099	YQ Population Wheat Flour	6 x 1.5kg	2.99	OV
LITTLE SALKELD WATERMILL				
FG804	Barley Flour - organic	6 x 500g	2.44	OVB
SHIPTON MILL				
FG899	3 Malts/Sunflower Brown Flour	6 x 1kg	2.69	OV
FG133	Light Rye 997 Flour Organic	6 x 1kg	2.90	OV
FG136	Soft Cake & Pastry White Flour	6 x 1kg	1.85	OV
FG190	Spelt Flour - White, Organic	6 x 1kg	3.71	OV
FG189	Spelt Flour - Wholemeal, Org	6 x 1kg	2.90	OV
FG898	White Flour - Organic	6 x 1kg	2.25	OV
FG876	White Strong Organic Flour	5 x 2.5kg	5.25	OV
FG077	Wholemeal Flour - Organic	6 x 1kg	2.29	OV
FG079	Wholemeal Organic Flour	5 x 2.5kg	5.29	OV
FRUIT - CANNED & JARRED				
SUMA ORGANIC				
KJ700	Organic Young Jackfruit Chunks	6 x 400g	2.99	OV
BIONA				
VF134	Apple Puree Organic	6 x 700g	3.25	OSV
KJ184	Banana Blossom in Salted Water	6 x 400g	2.75	OV
KJ166	Jackfruit In Salted Water	3 x 2.8kg	1.79	OV
KJ506	Organic Jackfruit in Water	6 x 400g	3.50	OV
KJ288	Tropical Fruit Cocktail	6 x 400g	3.45	OV
CLEARSPRING				
VF190	Apple & Apricot Puree - Org	12 x 2x100g	1.89	OV
VF188	Apple & Blueberry Puree - Org	12 x 2x100g	1.89	OV
VF170	Apple & Mango Puree - Org	12 x 2x100g	1.89	OV
VF189	Apple & Plum Puree - Organic	12 x 2x100g	1.89	OV
VF335	Apple & Strawberry Puree - og	12 x 2x100g	1.89	OV
JP061	Apple,Banana&S'berrry Puree Org	12 x 2x100g	1.99	OV
JP076	Apple,Mango,Coconut Puree Org	12 x 2x100g	1.99	OV
VF152	Jackfruit Chunks	6 x 500g	3.49	OV
VF155	Pear Puree - organic	12 x 2x100g	1.89	OV
JP084	Pear,Apple,Peach Puree Org	12 x 2x100g	1.99	OV
ESSENTIAL TRADING				
KJ263	Mango Chunks in Org Juice	6 x 400g	2.49	VO
KJ262	Pineapple Chunks In Org Juice	6 x 400g	2.49	VO
KJ260	Tropical Fruits in Org Juice	6 x 400g	2.45	VO
FRUIT - DRIED				
SUMA PREPACKS - ORGANIC				
DR063	Apricots - organic	6 x 250g	4.25	OV
DR250	Apricots - organic	6 x 500g	7.99	OV
DR655	Banana Chips - Organic	6 x 250g	2.55	OS
DR132	Cherries sour - Organic	6 x 125g	3.25	OV
DR325	Cranberries - organic	6 x 125g	2.50	OSV
DR057	Cranberries - organic	6 x 250g	3.75	OSV
DR073	Currants - organic	6 x 250g	2.15	OV
DR251	Currants - organic	6 x 500g	3.79	OV
DR159	Dates - Medjool Organic	6 x 250g	4.49	OV
DR074	Dates - pitted organic	6 x 250g	2.39	OV
DR252	Dates - pitted organic	6 x 500g	3.99	OV
DR720	Dates -og pitted fairly traded	6 x 250g	2.99	FOV
DR064	Figs - organic	6 x 250g	3.19	OV
DR254	Figs - organic	6 x 500g	5.89	OV
DR011	Ginger - crystallised organic	6 x 125g	1.99	OSV

code	product	size	rrp	bfgosv
DR020	Ginger - crystallised organic	6 x 250g	3.49	OSV
DR049	Mulberries White - Organic	6 x 125g	1.79	OV
DR077	Pitted Prunes - organic	6 x 250g	4.35	OV
DR253	Pitted Prunes - organic	6 x 500g	7.75	OV
DR065	Raisins - organic	6 x 250g	1.99	OV
DR255	Raisins - organic	6 x 500g	3.19	OV
DR066	Sultanas - organic	6 x 250g	1.99	OV
DR256	Sultanas - organic	6 x 500g	3.15	OV
DR365	Vine Fruit Mix - organic	6 x 500g	3.75	OV
CRAZY JACK				
DR030	Organic Soft Apricots	8 x 200g	3.25	OV
DR031	Organic Soft Dates	8 x 200g	2.59	OV
DR034	Organic Soft Figs	8 x 200g	2.59	OV
DR356	Organic Soft Prunes	8 x 200g	3.89	OV
PEARLS OF SAMARKAND				
DR217	Sour Cherries	7 x 100g	5.15	OV
THE RAW CHOCOLATE CO				
DR188	Goji Berries	6 x 150g	5.59	GOV
TROPICAL WHOLEFOODS				
DR200	Fairtrade Organic Mango	14 x 100g	3.19	FOV
DR233	Sun Dried Banana Chips	14 x 150g	2.45	FOV
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
PACK'D				
XL252	Organic Blueberries	5 x 300g	5.50	OV
XL148	Organic Cherries	5 x 300g	5.25	OV
XL133	Organic Raspberries	5 x 300g	6.80	OV
XL135	Organic Strawberries	5 x 300g	5.25	OV
XL188	Organic Summer Berries	5 x 300g	5.50	OV
WINDMILL HILL				
XL282	British Organic Blackcurrants	12 x 400g	3.60	OV
FRUIT & VEGETABLE JUICES				
SUMA ORGANIC				
JU245	Lemon Juice - organic	12 x 250ml	2.39	OV
JU251	Lemon Juice - organic	6 x 1l	7.65	OV
BEET IT				
	From James White			
JU454	Beetroot Juice	12 x 250ml	1.79	OV
JU453	Beetroot Juice	6 x 750ml	3.89	OV
JU719	Beetroot Juice with Apple	8 x 1l	4.65	OV
JU204	Beetroot Juice with Ginger	6 x 750ml	3.99	OV
BIONA				
	1L Pressed Juices			
JU448	Peach, Apricot & Apple Juice	6 x 1l	5.75	OV
JU181	Pomegranate	6 x 1l	7.59	OV
JU130	Tart Cherry Juice	6 x 1l	7.79	OV
	750ml Pure Pressed			
JU543	Apple Juice	6 x 750ml	3.25	OV
JU288	Carrot Juice	6 x 750ml	3.55	OV
JU541	Orange Juice	6 x 750ml	5.79	OV
JU269	Red Grape Juice	6 x 750ml	4.65	OV
JU289	Tomato Juice	6 x 750ml	3.55	OV
	Glass Bottles			
JU521	Cranberry Fruit Drink	6 x 750ml	6.29	OV
JU182	Pomegranate Juice	6 x 200ml	2.75	OV
	Organic Pure Pressed Juices			

code	product	size	rrp	bfgosv
JU703	Ginger Juice	6 x 200ml	5.49	OV
JU702	Lemon Juice	6 x 200ml	2.45	OV
JU802	Lime Juice	6 x 200ml	3.50	OV
	Superjuice			
JU297	Acerola Cherry Juice	6 x 330ml	7.59	OV
JU028	Blueberry Juice	6 x 330ml	8.65	OV
JU508	Cranberry Juice	6 x 330ml	6.90	OV
JU127	Cranberry Juice	6 x 750ml	1.15	OV
JU132	Elderberry Juice	6 x 330ml	5.39	OV
	Tetrapacks			
JU252	Apple Juice	6 x 1l	3.65	OV
JU184	Beetroot Juice	12 x 500ml	2.65	OV
JU151	Carrot Juice	12 x 500ml	2.45	OV
	JAMES WHITE			
	Glass Bottles 250ml			
JU621	Apple & Crushed Ginger	24 x 250ml	1.75	OV
JU064	Apple Juice	24 x 250ml	1.75	OV
JU608	Carrot & Apple Juice	24 x 250ml	1.75	OV
JU599	Pear Juice	24 x 250ml	1.75	OV
	Glass Bottles 750ml			
JU864	Apple & Ginger	6 x 750ml	3.89	OV
JU095	Apple Juice	6 x 750ml	3.89	OV
JU325	Carrot	6 x 750ml	3.89	OV
JU862	Carrot & Apple Juice	6 x 750ml	3.89	OV
JU863	Pear & Raspberry Juice	6 x 750ml	5.25	OV
JU860	Pear Juice	6 x 750ml	3.89	OV
JU431	Tomato	6 x 750ml	3.89	OV
JU324	Vegetable Juice	6 x 750ml	3.89	OV
	LUSCOMBE DRINKS			
JU105	English Apple Juice	24 x 270ml	1.99	OV
	PIP ORGANIC			
	Fruit Juice			
JU670	Cloudy Apple	6 x 4 x180ml	5.49	OV
JU696	Strawberry & Blackcurrant	6 x 4 x180ml	5.49	OV
	Fruit Juice with Spring Water			
JU698	Blackcurrant, Raspberry, Apple	6 x 4x180ml	5.49	OV
JU699	Mango, Orange & Apple	6 x 4x180ml	5.49	OV
	Smoothies			
JU697	Pineapple & Mango Smoothie	6 x 4 x180ml	5.49	OV
JU065	Strawberry & Banana Smoothie	6 x 4 x180ml	4.99	OV
	SUNITA			
JU129	Orange Juice - organic	6 x 1l	5.55	OV
	ZINGER			
	Zinger Health Shots			
JU647	Extra Hot Ginger Zinger Shot	15 x 70ml	1.79	OV
JU571	Ginger Zinger Shot	15 x 70ml	1.79	OV
	GRAINS			
	SUMA PREPACKS - ORGANIC			
QS068	Buckwheat - unroasted organic	6 x 500g	2.99	OV
QS300	Bulgar wheat - organic	6 x 500g	1.99	OV
QS150	Corn Couscous - Organic	6 x 500g	3.25	OV
QS301	Couscous - wholemeal, organic	6 x 500g	2.25	OV
QS322	Millet - organic	6 x 500g	2.49	VO
QS165	Pearl barley, organic	6 x 500g	1.65	OV
QS070	Popcorn - organic	6 x 500g	2.29	OV
QS065	Quinoa, Red - Organic	6 x 500g	3.25	OV
QS075	Quinoa, Tricolour - Organic	6 x 500g	3.35	OV
QS086	Quinoa, White - Organic	6 x 500g	2.99	OV
QS677	Rice - arborio, organic	6 x 500g	4.50	OV
QS302	Rice - basmati, brown organic	6 x 500g	2.85	OV
QS252	Rice - basmati, brown organic	6 x 750g	3.85	OV

code	product	size	rrp	bfgosv
QS303	Rice - white basmati organic	6 x 500g	2.95	OV
QS213	Rice - white basmati, organic	6 x 750g	3.99	OV
QS100	Rice -long grain brown organic	6 x 750g	3.15	VO
QS066	Rice-long grain brown organic	6 x 500g	2.29	OV
QS067	Rice-short grain brown organic	6 x 500g	2.35	OV
QS101	Rice-short grain brown organic	6 x 750g	3.29	VO
QS072	Wheat grain - organic	6 x 500g	1.35	OV
BIONA				
QS013	Fonio	6 x 350g	4.75	OV
QS096	Jasmine Brown Rice Organic	6 x 500g	3.95	OV
QS105	Pudding Rice Organic	6 x 500g	3.25	OV
QS099	Red Camargue Rice Organic	6 x 500g	4.35	OV
QS098	Risotto Brown Rice Organic	6 x 500g	3.85	OV
QS097	Wild Rice Mix	6 x 500g	3.85	OV
MR ORGANIC				
QS020	Red Lentil Rice	12 x 250g	3.69	GOV
SHARPHAM PARK				
QS058	Pearled Spelt Organic	12 x 500g	3.29	OV
QS148	Spelt Grain Organic	12 x 500g	2.55	OV
ZAYTOUN				
QS014	Maftoul Giant Couscous	6 x 200g	3.89	FOV
GRAVY, STOCK & BOUILLON				
SUMA ORGANIC				
LJ650	Organic Bouillon	12 x 150g	2.55	GOV
KALLO				
LJ102	French Onion Stock Cubes	15 x 66g	1.75	GOVS
LJ103	Garlic & Herb Stock Cubes	15 x 66g	1.75	GOVS
LJ034	Low Salt Org Gravy Granules	6 x 160g	3.29	OSV
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
LJ249	Vegetable Stock Paste	10 x 100g	2.89	OV
MARIGOLD				
LJ211	Bouillon Cubes	12 x 8	1.49	GOV
LJ073	Bouillon Powder - Organic	6 x 150g	2.55	GOV
LJ238	Bouillon Powder - Organic	6 x 500g	7.75	GOV
LJ326	Gravy Powder - Organic	6 x 110g	2.49	OVS
LJ208	Organic Bouillon	1 x 2kg	23.49	FGOV
LJ074	Organic Bouillon Reduced Salt	6 x 140g	2.79	GOV
LJ193	Organic Bouillon Reduced Salt	6 x 500g	7.85	OV
LJ253	Organic Reduced Salt Bouillon	1 x 2kg	4.65	FGOV
LJ321	Yeast Free Bouillon Stock Cube	12 x 84g	1.49	GOV
NINE MEALS FROM ANARCHY				
LJ210	Real Veg Stock - Garden Herb	6 x 105g	3.49	OV
LJ033	Real Veg Stock - Original	6 x 105g	3.49	OV
LJ213	Real Veg Stock - Umami	6 x 105g	3.49	OV
RIVER COTTAGE				
LJ254	Garlic & Herb Veg Stock	6 x 105g	3.49	OV
LJ257	Hugh's Classic Veg Stock	6 x 105g	3.49	OV
LJ258	Smoky Spicy Veg Stock	6 x 105g	3.49	OV
LJ263	Tomato & Basil Veg Stock	6 x 105g	3.49	OV
LJ264	Ultimate Umami Veg Stock	6 x 105g	3.49	OV
HERB & FRUIT TEA INFUSIONS				
CELESTIAL SEASONINGS				
TE987	Cinnamon & Cardamom	6 x 20 bags	3.29	OV
TE986	Ginger & Turmeric	6 x 20 bags	3.29	OV
CLIPPER				
TE011	Rooibos	6 x 80 bags	4.85	OV
	Everyday Infusions			
TE788	Chamomile	6 x 20 bags	2.65	OV

code	product	size	rrp	bfgosv
TE963	Dandelion	6 x 20 bags	2.65	OV
TE694	Fennel	6 x 20 bags	2.65	OV
TE035	Indian Chai	4 x 20 bags	2.19	FGOV
TE960	Lemon & Ginger	6 x 20 bags	2.65	OV
TE942	Liquorice	6 x 20 bags	2.65	OV
TE959	Nettle	6 x 20 bags	2.65	OV
TE629	Organic Detox	6 x 20 bags	2.65	OV
TE631	Organic Sleep Easy	6 x 20 bags	2.65	OV
TE789	Peppermint	6 x 20 bags	2.65	OV
	Food Service Range			
TE148	Chamomile	6 x 25 bags	3.49	FOV
TE455	Lemon & Ginger	6 x 25 bags	4.50	OV
TE166	Peppermint	6 x 25 bags	3.49	FOV
TE454	Wild Berry	6 x 25 bags	4.50	OV
	Mood Infusions			
TE118	After Dinner Mints	4 x 20 bags	2.99	OV
TE423	Cleanse With Benefits	4 x 20 bags	2.99	OV
TE264	Groovy Ginger	4 x 20 bags	3.59	OV
TE070	Karma Mama	4 x 20 bags	3.59	OV
TE352	Restoring Roots	4 x 20 bags	2.99	OV
TE127	Snore & Peace	4 x 20 bags	2.99	OV
	DRAGONFLY TEA			
TE440	Cape Malay Rooibos Chai	4 x 20 bags	2.65	OV
TE588	Cape Rooibos & Honeybush Tea	4 x 20 bags	2.65	OV
TE569	Golden Balance Turmeric Tea	4 x 20 bags	2.89	OV
TE813	Good Dragon Pu'er Tea	4 x 20 bags	2.65	OV
TE139	Happy Times Tulsi	4 x 20 bags	2.89	OV
TE581	Mint Garden Digestif	4 x 20 bags	2.89	OV
TE338	Moonlight Jasmine	4 x 20 bags	2.65	OV
TE339	Moroccan Mint	4 x 20 bags	2.65	OV
TE046	Mountain Honeybush Tea	4 x 20 bags	2.65	OV
TE546	Night Sky Calm	4 x 20 bags	2.89	OV
TE234	Swirling Mist White Tea	4 x 20 bags	2.89	OV
TE145	True Clarity Ginger	4 x 20 bags	2.89	OV
	Rooibos Teas			
TE363	Rooibos	4 x 40 bags	3.10	OV
TE367	Rooibos Earl Grey	4 x 40 bags	3.10	OV
TE376	Rooibos Vanilla	4 x 40 bags	3.10	OV
	ELEVEN O'CLOCK			
TE381	Rooibos	4 x 40 bags	2.59	OV
TE382	Rooibos	4 x 80 bags	5.90	OV
	ESSENTIAL			
TE271	Camomile Herbal Infusion	4 x 20 bags	2.45	OV
TE279	Peppermint Herbal Infusion	4 x 20 bags	2.45	OV
	FLORADIX			
TE126	Hawthorn	12 x 15 bags	2.55	OV
TE457	Sage	12 x 15 bags	2.55	VO
	GREENYPEEPS			
	Carbon Negative Tea			
TE439	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			
TE550	Camomile	4 x 20 bags	2.99	OVB
TE600	Fennel and Peppermint	4 x 20 bags	2.99	OVB
TE555	Lavender Valerian	4 x 20 bags	2.99	OVB
TE572	Lemon Ginger	4 x 20 bags	2.99	OVB
TE556	Peppermint Spearmint	4 x 20 bags	2.99	FOVB
TE557	Rosehip Hibiscus	4 x 20 bags	2.99	FOVB
	Wellness Teas			
TE184	Matcha Green Tea with Nettle	4 x 20 bags	2.99	OVB

code	product	size	rrp	bfgosv
TE220	Rooibos	4 x 20 bags	2.99	OVB
TE180	Sleep Well	4 x 20 bags	2.99	OVB
TE227	Turmeric with Cinnamon	4 x 20 bags	2.99	OVB
HEATH AND HEATHER				
Botanicals				
TE295	Morning Time	6 x 20 bags	3.55	OV
TE296	Night Time Tea	6 x 20 bags	3.55	OV
TE594	Turmeric Root Brew	6 x 20 bags	3.55	GOV
Infusions				
TE096	Apple & Cinnamon	6 x 20 bags	2.95	OV
TE665	Camomile	6 x 20 bags	2.95	OV
TE122	Camomile & Spearmint	6 x 20 bags	2.95	OV
TE160	Dandelion, Burdock & Hawthorn	6 x 20 bags	2.95	OV
TE681	Fennel	6 x 20 bags	2.95	OV
TE685	Nettle	6 x 20 bags	2.95	OV
TE662	Peppermint	6 x 20 bags	2.95	OV
TE682	Raspberry Leaf	6 x 20 bags	3.55	OV
TE274	Wild Rosehip	6 x 20 bags	2.95	OV
JUST T				
TE163	Apple Moringa Affair	6 x 20 bags	3.29	OV
TE074	Baby It's Cold Outside	6 x 20 bags	3.29	OV
TE144	Cheek to Cheek	6 x 20 bags	3.29	OV
TE059	Daring Peach	6 x 20 bags	3.29	OV
TE174	Dynamic Day	6 x 20 bags	3.29	OV
TE051	Nordic Blueberry	6 x 20 bags	3.29	OV
TE049	Rhubarb Hygge	6 x 20 bags	3.29	OV
TE123	The Lucky Irishman	6 x 20 bags	3.29	OV
PUKKA				
TE438	After Dinner Tea	4 x 20 bags	4.29	OV
TE927	Blackcurrant Beauty	4 x 20 bags	4.29	OV
TE394	Breathe In	4 x 20 bags	4.29	O
TE719	Chamomile Vanilla Manuka Hon	4 x 20 bags	4.29	O
TE421	Clean Matcha Green	4 x 20 bags	4.29	FOV
TE268	Days of Giving Advent Calendar	5 x 48 sachet	25.99	FO
TE331	Elderberry & Echinacea	4 x 20 bags	4.29	OV
TE731	Feel New	4 x 20 bags	4.29	OV
TE235	Fresh Start	4 x 20 bags	4.29	OV
TE609	Ginseng Matcha Green	4 x 20 bags	4.29	FOV
TE318	Joy	4 x 20 bags	4.29	OV
TE334	Lemon Ginger & Manuka Honey	4 x 20 bags	4.29	O
TE481	Lemongrass and Ginger	4 x 20 bags	4.29	OV
TE478	Liquorice & Cinnamon	4 x 20 bags	4.29	OV
TE393	Love	4 x 20 bags	4.29	OV
TE490	Mint Matcha Green	4 x 20 bags	4.29	FOV
TE165	Mint Refresh	4 x 20 bags	4.29	OV
TE246	Night Time	4 x 20 bags	4.29	OV
TE231	Night Time Berry	4 x 20 bags	4.29	OV
TE095	Original (Black Spice) Chai	4 x 20 bags	4.29	FOV
TE102	Peace	4 x 20 bags	4.29	OV
TE043	Peppermint & Liquorice	4 x 20 bags	4.29	OV
TE473	Radiance	4 x 20 bags	4.29	OV
TE170	Relax	4 x 20 bags	4.29	OV
TE171	Revitalising	4 x 20 bags	4.29	OV
TE542	Supreme Green Matcha	4 x 20 bags	4.29	FOV
TE811	Three Chamomile	4 x 20 bags	4.29	OV
TE328	Three Cinnamon	4 x 20 bags	4.29	OV
TE602	Three Fennel	4 x 20 bags	4.29	OV
TE245	Three Ginger	4 x 20 bags	4.29	OV
TE814	Three liquorice	4 x 20 bags	4.29	OV
TE238	Three Mint	4 x 20 bags	4.29	OV
TE592	Tulsi Clarity	4 x 20 bags	4.29	OV
TE058	Turmeric Active	4 x 20 bags	4.29	GOV

code	product	size	rrp	bfgosv
TE623	Turmeric Gold	4 x 20 bags	4.29	FOV
TE094	Vanilla Chai	4 x 20 bags	4.29	FOV
TE292	Winter Warmer	4 x 20 bags	4.29	OV
TE727	Womankind Collections	4 x 20 bags	4.29	OV
TE509	Day To Night Collection	4 x 20 bags	4.65	OV
TE678	Green Collection	4 x 20 bags	4.65	OV
TE721	Herbal Collection Gift Range	4 x 20 bags	4.65	O
TE322	Pukka Calm Collection	4 x 30 sachet	9.99	O
TE335	Pukka Discovery Collection	6 x 42	3.15	OV
TAKA				
TE306	Ginger Lemon Turmeric	4 x 15 bags	3.49	OV
TE304	Hibiscus Cinnamon Turmeric	4 x 15 bags	3.49	OV
TE305	Masala Chai Turmeric	4 x 15 bags	3.49	OV
TICK TOCK				
40 Bags				
TE431	Green Rooibos - organic	4 x 40 bags	2.89	OV
TE430	Rooibos - organic	4 x 40 bags	2.79	OV
80 Bags				
TE434	Rooibos - organic	4 x 80 bags	5.35	OV
Loose Leaf				
TE436	Rooibos Loose Leaf - organic	6 x 100g	2.75	OV
YOGI TEA				
TE593	Alkaline Herbs	6 x 17 bags	2.75	GOV
TE553	Bedtime	6 x 17 bags	2.75	OV
TE250	Bedtime Rooibos Vanilla	6 x 17 bags	2.75	OV
TE204	Black Chai	6 x 17 bags	2.75	OV
TE346	Breathe Deep	6 x 17 bags	2.75	OV
TE597	Choco	6 x 17 bags	2.75	OV
TE192	Classic Original	6 x 17 bags	2.75	OV
TE551	Detox	6 x 17 bags	2.75	OV
TE208	Echinacea	6 x 17 bags	2.75	OV
TE630	Feel Pure with Lemon	6 x 17 bags	2.75	GOV
TE591	Finest Selection	6 x 18 bags	2.99	GOV
TE835	Ginger	6 x 17 bags	2.75	OV
TE293	Ginger Lemon	6 x 17 bags	2.75	OV
TE836	Ginger Orange & Vanilla	6 x 17 bags	2.75	OV
TE195	Green Balance	6 x 17 bags	2.75	OV
TE209	Green Chai	6 x 17 bags	2.75	OV
TE194	Green Energy	6 x 17 bags	2.75	OV
TE787	Green Tea Matcha Lemon	6 x 17 bags	2.75	OV
TE028	Happy Nature	6 x 17 bags	2.75	OV
TE645	Heartwarming	6 x 17 bags	2.75	OV
TE187	Himalaya	6 x 17 bags	2.75	OV
TE785	Immune Support	6 x 17 bags	2.75	OV
TE998	Inner Harmony	6 x 17 bags	2.75	OV
TE638	Lime Mint	6 x 17 bags	2.75	OV
TE193	Liquorice	6 x 17 bags	2.75	OV
TE837	Liquorice Mint	6 x 17 bags	2.75	OV
TE342	Maca Chai	6 x 17 bags	2.75	OV
TE552	Men's Tea	6 x 17 bags	2.75	OV
TE353	Moon Salutation	6 x 17 bags	2.75	OV
TE252	Positive Energy Cranberry Hib	6 x 17 bags	2.75	OV
TE348	Relax	6 x 17 bags	2.75	OV
TE001	Rooibos	6 x 17 bags	2.75	OV
TE283	Rose	6 x 17 bags	2.75	OV
TE414	Soul Balm	6 x 17 bags	2.75	OV
TE350	Stomach Ease	6 x 17 bags	2.75	OV
TE211	Sweet Chai	6 x 17 bags	2.75	OV
TE428	Sweet Chilli	6 x 17 bags	2.75	OV
TE554	Throat Comfort	6 x 17 bags	2.75	OV

code	product	size	rrp	bfgosv
TE349	Tulsi Relax	6 x 17 bags	2.75	OV
TE018	Turmeric Chai	6 x 17 bags	2.75	OV
TE088	Turmeric Orange	6 x 17 bags	2.75	OV
TE733	Wellbeing	6 x 17 bags	2.75	OV
TE012	White Tea with Aloe Vera	6 x 17 bags	2.75	OV
TE017	Women's Balance	6 x 17 bags	2.75	OV
TE355	Women's Energy	6 x 17 bags	2.75	OV
TE351	Women's Tea	6 x 17 bags	2.75	OV
TE013	Yoga Selection Box For The Senses	6 x 405g	21.89	OV
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 Loose Tea	6 x 17 bags	2.75	GOV
TE620	Classic Chai	8 x 90g	2.95	OV
TE341	Turmeric Chai	8 x 90g	2.95	OV

HERBS & SPICES - PREPACKED

SUMA ORGANIC

	Curry Spices			
HE070	Curry Leaves - organic	6 x 5g	1.69	OV
	Herbs - organic			
HE365	Basil - organic	6 x 20g	1.69	OV
HE366	Bay Leaves - organic	6 x 10g	1.69	OV
HE377	Dill Herb - organic	6 x 15g	1.69	OV
HE378	Garlic Granules - organic	6 x 20g	1.69	OV
HE380	Mixed Herbs - organic	6 x 20g	1.69	OV
HE385	Oregano - organic	6 x 20g	1.69	OV
HE017	Organic Herb Selection	1 x 12	1.69	OV
HE387	Parsley - organic	6 x 15g	1.69	OV
HE390	Rosemary - organic	6 x 20g	1.69	OV
HE391	Sage - organic	6 x 25g	1.69	OV
HE393	Thyme - Organic	6 x 25g	1.69	OV
	Milled Spices - Organic			
HE062	Cayenne Pepper - organic	6 x 35g	1.69	OV
	Milled Spices - organic			
HE371	Chilli powder - organic	6 x 25g	1.69	OV
HE370	Cinnamon - organic	6 x 30g	1.69	OV
HE374	Coriander - organic	6 x 40g	1.69	OV
HE376	Cumin Ground - organic	6 x 25g	1.69	OV
HE379	Ginger - organic	6 x 30g	1.69	OV
HE381	Mixed Spice - organic	6 x 25g	1.69	OV
HE384	Nutmeg, organic	6 x 20g	1.69	OV
HE386	Paprika - organic	6 x 25g	1.69	OV
HE094	Smoked Paprika - organic	6 x 25g	1.69	OV
HE394	Turmeric - organic	6 x 30g	1.69	OV
	Whole Spices - organic			
HE367	Caraway Seeds - organic	6 x 30g	1.69	OV
HE092	Chilli Flakes - organic	6 x 25g	1.69	OV
HE369	Cinnamon Bark - organic	6 x 15g	1.69	OV
HE372	Cloves - organic	6 x 20g	1.69	OV
HE373	Coriander Seed - organic	6 x 40g	1.69	OV
HE375	Cumin Seed - organic	6 x 25g	1.69	OV
HE073	Fennel Seeds - organic	6 x 40g	1.69	OV
HE060	Fenugreek Seeds - organic	6 x 40g	1.69	OV
HE368	Green Cardamom Pods - organic	6 x 10g	1.69	OV
HE382	Mustard Seed - black, organic	6 x 50g	1.69	OV
HE388	Peppercorns - black, organic	6 x 25g	1.69	OV
HE389	Poppy Seed Blue - organic	6 x 40g	1.69	OV
HE089	Star Anise - organic	6 x 15g	1.69	OV

code	product	size	rrp	bfgosv
HE091	Whole Nutmeg - organic	6 x 20g	1.69	OV
	HONEY			
	EQUAL EXCHANGE			
HY005	Organic Raw Clear	10 x 500g	6.69	FO
HY004	Organic Raw Set	10 x 500g	6.69	FO
	HILLTOP HONEY			
HY075	Organic Acacia Honey	6 x 340g	4.49	O
HY076	Organic Blossom Honey	6 x 340g	4.25	GO
HY036	Organic Brazilian Mountain	4 x 340g	6.75	O
	LITTLEOVER APIARIES			
HY037	Organic Acacia Honey	6 x 340g	5.79	O
HY040	Organic Clear Wildflower Honey	6 x 340g	4.90	O
HY052	Organic Forest Honey	6 x 340g	8.79	O
HY041	Organic Wildflower Set Honey	6 x 340g	4.90	O
	RAW HEALTH			
HY013	Acacia Honey	6 x 350g	6.59	O
HY016	Tropical Honey	6 x 350g	7.39	O
	ROWSE			
HY263	Organic Honey - Clear	6 x 340g	4.35	O
HY264	Organic Honey - Set	6 x 340g	4.35	O
HY267	Squeezable Organic Honey	6 x 340g	4.35	O
	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 CLEANING PRODUCTS			
	GREEN FROG BOTANIC			
HJ190	Laundry Soap Nuts - 1kg	10 x 1kg	15.49	OV
HJ189	Laundry Soap Nuts - 250g Bag	40 x 250g	4.50	OV
HJ183	Laundry Soap Nuts - 500g Bag	20 x 500g	9.19	OV
	HOUSEHOLD PRODUCTS			
	WAX WRAP			
	Reusable Cotton Roll			
NF249	Beeswax Cotton Food Roll - Lrg	12 x 1	15.99	O
NF247	Beeswax Cotton Food Roll - Med	12 x 1	12.79	O
	INDIAN FOOD			
	GEO ORGANICS			
VF740	Balti Paste OG	6 x 180g	2.95	OV
VF249	Bhuna Curry Paste	6 x 180g	2.99	OV
VF743	Korma Paste OG	6 x 180g	2.69	OV
VF742	Madras Curry Paste OG	6 x 180g	2.99	OV
KJ573	Mango Chutney OG Fairtrade	6 x 300g	3.39	FOSV
VF744	Tikka Masala Paste OG	6 x 180g	2.79	OV
	INTIMATE CARE			
	HERE WE FLO			
	Flo Period Care			
NF017	Bamboo Day Pads	8 x 16	3.95	OV
NF010	Bamboo Liners	12 x 24	3.29	OV
NF041	Bamboo Night Pads	8 x 14	3.95	OV
NF060	Bamboo Ultra-Long Pads	8 x 10	3.95	OV
NF009	Eco-Applicator Tampons Glo Bladder Care	12 x 14	4.39	OV
NF082	Bamboo Liner Sensitive Bladder	12 x 16	3.29	OV
NF075	Bamboo Ultra-Long Pad	8 x 10	3.29	OV
NF066	Bamboo Ultra-Secure Pads	8 x 12	3.29	OV
	NATRACARE			
	Panty Liners			
NF048	Organic Cotton Panty Liners Tampons	16 x 22	2.49	OV
NF826	Applicator Tampon - Super	12 x 16	3.79	OV
NF823	Applicator Tampons - Regular	12 x 16	3.59	OV

code	product	size	rrp	bfgosv
NF085	Tampons Regular - Organic	12 x 20	3.19	VO
NF086	Tampons Super - Organic	12 x 20	3.29	OV
NF087	Tampons Super Plus - OG	12 x 20	3.59	VO
	Wipes			
NF204	Organic Cotton Intimate Wipes	24 x 12	2.59	OV
JAMS & FRUIT SPREADS				
BIONOVA				
JS137	Bilberry Jam - organic	6 x 340g	3.39	OSV
JS141	Raspberry Jam - organic	6 x 340g	4.35	VOS
JS140	Strawberry Jam - organic	6 x 340g	3.79	OSV
JS133	Tangy Marmalade - organic	6 x 340g	2.85	OSV
FRUTETO ITALIA				
KJ197	Apricot Fruit Spread	6 x 250g	4.25	OV
KJ201	Blueberry Fruit Spread	6 x 250g	4.75	OV
KJ227	Cherry Fruit Spread	6 x 250g	4.25	OV
KJ199	Raspberry Fruit Spread	6 x 250g	5.25	OV
KJ196	Strawberry Fruit Spread	6 x 250g	4.25	OV
KJ200	Summer Berries Fruit Spread OG	6 x 250g	4.35	OV
MERIDIAN				
JS018	Apricot Spread - organic	6 x 284g	3.89	VO
JS019	Blackcurrant Spread - organic	6 x 284g	3.89	VO
JS304	Cherries & Berries Spread - og	6 x 284g	3.89	OV
JS020	Morello Cherry Spread -organic	6 x 284g	3.89	VO
JS017	Seville Orange Spread -organic	6 x 284g	3.89	VO
JS021	Strawberry Spread - organic	6 x 284g	3.89	VO
JS100	Wild Blueberry Spread - og	6 x 284g	4.39	OV
TRADCRAFT				
GH165	Organic Orange Marmalade	6 x 340g	3.95	FOVS
JUICE CONCENTRATES & CORDIALS				
SUMA ORGANIC				
JU241	Apple & Blackcurrant Juice	6 x 400ml	6.29	OV
JU240	Apple Juice - Concentrate	6 x 400ml	5.69	OV
BELVOIR				
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
MARGARINES & SPREADS (CHILLED)				
BIONA				
MA468	Extra Olive Spread	8 x 250g	4.10	OV
MA061	Sunflower Spread	8 x 250g	3.45	OV
MA030	Sunflower Spread	16 x 500g	5.40	OV
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				
SUMA ORGANIC				
KJ080	Organic Mayonnaise	6 x 300g	4.65	O
BIONA				
KJ401	Mayo - Egg & Soya Free	6 x 230g	3.55	OV
KJ013	Original Squeezy Mayonnaise	6 x 270g	4.75	OS
GEO ORGANICS				
KJ333	Organic Mayo, Vegan	6 x 232g	2.55	OV
MR ORGANIC				
KJ055	Egg Free Mayo	6 x 180g	2.79	OSV
MEAT FREE ALTERNATIVES(FROZEN)				
IMPULSE FOODS				
XL109	Organic Garlic & Herb Tempeh	10 x 227g	3.20	OV
XL107	Organic Tempeh	10 x 227g	3.15	OV

code	product	size	rrp	bfgovs
PERFECT SEASON				
XL291	Beetroot Patties	12 x 200g	3.99	OSV
XL292	Dill Cakes	10 x 220g	3.99	OSV
XL295	Italian Falafels	12 x 240g	3.99	OSV
XL299	Mushroom Patties	12 x 240g	3.99	OV
XL298	Pea Fritters	10 x 220g	3.99	OSV
MEATLESS SUBSTITUTES (CHILLED)				
BIONA				
CV184	Beetroot Burger	6 x 150g	4.70	OV
CV377	Black Bean & Cashew Nut Burger	8 x 160g	4.70	OV
CV441	Energy Tofu Mini Burgers	4 x 250g	4.70	OV
CV321	Mini Quinoa Burgers	6 x 195g	4.70	OV
CV188	Mushroom Burger	6 x 150g	4.70	OV
CV372	Red Lentil Sun Seed Burger	8 x 160g	4.70	OV
CV745	Sweet Potato Buckwheat Burger	8 x 160g	4.70	OV
BONSAN				
CV837	Kofu Fishfree fillet	5 x 150g	4.50	GOSV
CV843	Kofu Ragu Chunks	5 x 150g	3.95	GOSV
CV586	Kofu Sausages	5 x 170g	4.35	OV
CV641	Kofu Steak	5 x 120g	3.25	OSV
CV573	Vegan Breakfast Scramble	5 x 200g	4.50	OSV
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
TAIFUN				
CV011	Grill Sausages	6 x 250g	5.10	OV
CV010	Weiner/Frankfurters	6 x 300g	6.10	OV
VIANA				
CV404	Bonanza Veggie Steaks	6 x 210g	4.10	OSV
CV414	Real Jumbo Frankfurters	6 x 275g	4.50	SOV
WHEATY				
CV683	Chorizo Grande	5 x 200g	6.80	OV
CV241	Merguez Vegan Sausages	8 x 200g	4.40	OV
CV689	Salami Slices	10 x 100g	2.85	OV
CV690	Smoked Slices	15 x 100g	2.85	OV
CV851	Vegan Bacon	10 x 60g	2.20	OV
CV267	Vegan Chorizo Slices	10 x 80g	2.75	OV
CV261	Vegan Doner Kebab	5 x 200g	4.80	OV
CV250	Vegan Hot Dogs	8 x 200g	4.35	OV
CV023	Vegan Steak with Peppercorn Snackers	5 x 175g	4.45	OV
CV303	Chili Snacker	12 x 40g	1.45	OV
CV691	Chorizo Spacebar	12 x 40g	1.45	OV
MIDDLE EASTERN & AFRICAN FOOD				
AMISA				
KJ105	Falafel Mix	6 x 160g	2.75	GOV
CARLEY'S				
KJ240	Preserved Lemon - Organic	6 x 700g	6.25	OV
JUST WHOLEFOODS				
VF183	Falafel Mix - organic	6 x 120g	2.39	OV
MILK - NON DAIRY				
ABBOT KINNEYS				
SY106	Best of Plants - Barista Milk	6 x 1l	2.29	OV
SY103	Best of Plants - Chocolate	6 x 1l	2.49	OSV
ALPRO				
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

code	product	size	rrp	bfgosv
	BIONA			
VF103	Coconut Milk Powder	12 x 150g	4.50	OV
VF324	Condensed Coconut Milk	8 x 210ml	2.39	OSV
	COCONUT MERCHANT			
VF082	Coconut Milk Powder	6 x 250g	5.99	OV
	DREAM			
JU361	Rice Dream Organic - Original	8 x 1l	2.15	OV
	ECOMIL			
SY240	Almond & Calcium	6 x 1l	3.49	GOV
SY246	Almond Drink Classic	6 x 1l	2.49	OV
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
SY053	No Sugar Almond + Calcium	6 x 1l	3.49	OV
SY021	No Sugar Almond Drink	6 x 1l	3.49	OV
SY058	No Sugar Coconut Milk	6 x 1l	3.49	OV
SY250	Oat Drink Gluten Free	6 x 1l	2.69	GOV
SY133	Oat Drink NAS Plus	6 x 1l	2.29	OV
SY249	Oat Drink Sugar Free	6 x 1l	2.29	OV
SY279	Soya Drink Powder (sweetened)	6 x 400g	11.49	OV
	MINOR FIGURES			
SY172	Masala Chai Organic	6 x 1l	6.50	SVO
SY196	Organic Barista Oat Drink	6 x 1l	2.45	OV
	OATLY			
SY019	Cream - Dairy Free	18 x 250ml	1.25	VO
JU377	Oatly Oat Drink Organic	6 x 1l	2.19	OV
	PLAMIL			
SY009	Organic Soya Milk Heritage	8 x 1l	2.25	VOG
	PLENISH			
SY119	Almond M*lk - Organic	8 x 1l	2.95	OV
SY120	Cashew M*lk	8 x 1l	2.95	OV
SY118	Coconut M*lk	8 x 1l	2.95	OV
SY121	Hazelnut M*lk	8 x 1l	2.95	OV
SY170	Oat M*lk - Gluten Free	8 x 1l	2.39	GOV
SY191	Soya M*lk	8 x 1l	2.39	OV
	REBEL KITCHEN			
SY093	Barista Mylk	6 x 1l	2.55	OV
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
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
SY223	Roast Almond Oat Drink OG	6 x 1l	2.49	OV
SY117	Tiger Nut Drink Organic	6 x 1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	6 x 1l	3.85	GOV
	SHARPHAM PARK			
SY144	Barista Drink	6 x 1l	2.59	OV
SY135	Naked Oats Drink	6 x 1l	2.29	OV
	SOJADE			
SY010	Hemp Drink - Unsweetened	8 x 1l	3.15	OV
SY018	Soya Drink - Mild Sweetened	8 x 1l	2.39	GOV

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SY016	Soya Drink - Unsweetened	8 x 1l	2.50	GOV
SY023	Vanilla Soya Drink	8 x 1l	2.59	GOV
SOON				
SY244	Organic Almond Drink	8 x 1l	2.99	OV
SY241	Organic Hemp Drink	8 x 1l	3.90	OV
SY242	Organic Oat Drink	8 x 1l	2.19	OV
SY243	Organic Rice Drink	8 x 1l	1.99	GOV
THE BRIDGE				
SY160	Coconut Drink	12 x 1l	2.45	GOV
SY002	Oat Drink	12 x 1l	2.19	OV
SY112	Oat Drink - Barista	12 x 1l	2.35	OV
SY560	Oat Drink - Calcium Enriched	12 x 1l	2.29	OV
SY068	Rice Drink - Cacao	10 x 250ml	0.99	OV
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
	Cooking Cream			
SY188	Coconut Cream - Organic	10 x 200ml	1.55	GOV
SY187	Oat Cream - Organic	10 x 200ml	1.35	OV
SY150	Rice Cream - Organic	10 x 200ml	1.29	OV
SY186	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				
SUMA ORGANIC				
GH047	Peanut Butter Crunchy + Salt	6 x 700g	8.90	VO
GH022	Peanut Butter, Crunchy + Salt	6 x 340g	4.90	VO
GH135	Peanut Butter, Crunchy + Salt	6 x 340g	4.35	FVO
GH256	Peanut Butter, Crunchy No Salt	6 x 340g	4.90	VO
GH248	Peanut Butter, Crunchy No Salt	6 x 700g	8.90	VO
GH023	Peanut Butter, Smooth + Salt	6 x 340g	4.90	OV
GH051	Peanut Butter, Smooth + Salt	6 x 700g	8.90	VO
GH257	Peanut Butter, Smooth No Salt	6 x 340g	4.90	VO
GH096	Peanut Butter, Smooth No Salt	6 x 700g	8.90	VO
GH950	Tahini - dark, organic	6 x 280g	4.35	OV
GH675	Tahini - light, organic	6 x 280g	4.35	OV
BIONA				
GH210	Almond Butter Smooth Organic	6 x 170g	6.39	OV
GH102	Almond Butter Smooth Organic	6 x 350g	12.15	OV
GH211	Cashew Nut Butter - og	6 x 170g	5.50	OV
GH132	Cocoa Hazel Peanut Butter	6 x 250g	4.35	GOSV
GH141	ORGANIC HAZELNUT BUTTER	6 x 170g	6.39	OV
GH103	Organic Peanut Butter Crunchy	6 x 1kg	11.65	OV
GH104	Organic Peanut Butter Smooth	6 x 1kg	11.65	OV
CARLEY'S				
GH024	Almond Butter- Organic	6 x 170g	4.65	OV
GH025	Cashew Butter- Organic	6 x 170g	4.45	OV
GH034	Pumpkinseed Butter - og	6 x 250g	4.75	OV
GH215	Raw Almond Butter	6 x 250g	6.35	OV
GH216	Raw Almond Butter	6 x 425g	1.35	OV
GH014	Raw Pecan Butter	6 x 170g	6.25	OV
GH213	Raw Walnut Butter	6 x 170g	3.75	OV
GH712	Raw White Almond Butter	6 x 170g	4.65	OV
GH042	Sunflower Butter- Organic	6 x 250g	2.75	OV
CLEARSPRING				
GH131	Tahini - Black Sesame	6 x 170g	3.29	OV
COCONUT MERCHANT				
GH076	Coconut Butter	12 x 300g	5.99	GOV
MERIDIAN				
GH072	Almond Butter Smooth + salt	6 x 170g	5.89	OV
GH081	Cashew Butter Smooth	6 x 470g	1.49	OV

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GH057	Cashew Butter Smooth Organic	6 x 170g	3.99	OV
GH128	Organic Crunchy Peanut Butter	6 x 470g	5.49	OV
GH009	Organic Dark Tahini	6 x 470g	5.19	OV
GH205	Organic Light Tahini	6 x 470g	5.19	OV
GH169	Organic Smooth Almond Butter	6 x 470g	14.79	OV
GH200	Organic Smooth Peanut Butter	6 x 470g	5.49	OV
GH028	Peanut Butter Crunchy + Salt	6 x 280g	3.39	OV
GH109	Peanut Butter Smooth-org +salt	6 x 280g	3.39	OV
GH064	Tahini - dark, organic	6 x 270g	3.49	OV
GH020	Tahini - light, organic	6 x 270g	3.49	OV
	100% Nuts			
GH094	Almond Butter Smooth Organic	6 x 170g	5.89	OV
GH063	Peanut Butter Crunchy	6 x 280g	3.39	OV
GH097	Peanut Butter Crunchy-Organic	6 x 1kg	1.75	OV
GH110	Peanut Butter Smooth	6 x 280g	3.39	OV
GH069	Peanut Butter Smooth-Organic	6 x 1kg	1.75	OV
	100% Seeds			
GH046	Pumpkin Seed Butter - og	6 x 170g	4.45	OV
	SUNITA			
GH149	Tahini - light, organic	3kg	39.62	VO
GH996	Tahini, Whole, Organic	3kg	39.62	VO
	WHOLE EARTH			
GH091	Peanut Butter - smooth organic	6 x 227g	3.29	GOV
GH090	Peanut Butter -crunchy organic	6 x 227g	3.29	GOV
GH151	Peanut Butter-100% Nuts,Crunch	6 x 227g	3.15	GOV
	NUTS & SEEDS			
	SUMA PREPACKS - ORGANIC			
NU217	Almonds - organic	6 x 125g	2.69	OV
NU102	Almonds - organic	6 x 250g	4.99	OV
NU159	Almonds - organic	6 x 500g	9.39	OV
NU097	Almonds, Flaked - Organic	6 x 125g	2.99	OV
NU043	Almonds, ground - organic	6 x 250g	5.45	OV
NU387	Almonds, ground - organic	6 x 125g	2.95	OV
NU219	Brazils - organic	6 x 250g	5.35	OV
NU344	Brazils - organic	6 x 125g	2.89	OV
NU255	Cashews whole - organic	6 x 250g	4.59	OV
NU033	Cashews whole - organic	6 x 125g	2.55	OV
NU120	Chia Seeds, Black - organic	6 x 250g	2.49	VO
NU041	Coconut - desiccated, organic	6 x 125g	1.35	OV
NU103	Hazelnuts - organic	6 x 125g	2.25	OV
NU258	Hazelnuts - organic	6 x 250g	3.99	OV
NU272	Hemp Seeds - organic	6 x 250g	2.49	VO
NU322	Linseed, golden - organic	6 x 250g	1.75	OV
NU288	Omega Seed Mix - organic	6 x 125g	1.49	OV
NU293	Omega Seed Mix - organic	6 x 250g	2.25	OV
NU069	Peanuts - organic	6 x 125g	1.39	OV
NU218	Peanuts - organic	6 x 500g	4.90	OV
NU545	Pine Kernels - organic	6 x 125g	6.75	OV
NU212	Pumpkin seeds - organic	6 x 125g	1.79	OV
NU323	Pumpkin seeds - organic	6 x 250g	3.15	OV
NU261	Pumpkin seeds - organic	6 x 500g	5.69	OV
NU213	Sesame seeds - organic	6 x 125g	1.19	OV
NU356	Sesame seeds - organic	6 x 250g	1.99	OV
NU105	Sunflower seeds - organic	6 x 125g	1.25	OV
NU254	Sunflower Seeds - organic	6 x 250g	1.79	OV
NU457	Sunflower seeds - organic	6 x 500g	2.99	OV
NU104	Walnuts - organic	6 x 125g	2.25	OV
NU012	Walnuts - organic	6 x 250g	3.99	OV
NU289	Walnuts - organic	6 x 375g	5.75	OV
	ALARA			
NU098	Raw Milled Linseeds	6 x 500g	4.95	OV

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	BIONA			
NU304	Amaranth Seeds	6 x 500g	2.85	OV
	PEARLS OF SAMARKAND			
NU141	Og Black Sesame Seeds	12 x 330g	5.15	OV
	RAW HEALTH			
NU187	Organic Black Chia Seeds	6 x 450g	9.15	OV
	ZAYTOUN			
NU108	Palestinian Almonds	6 x 150g	6.45	FOV
	OILS & FATS			
	SUMA ORGANIC			
GT350	Coconut Oil - Culinary	6 x 320ml	4.19	OV
GT750	Coconut Oil - Culinary	6 x 650ml	7.15	OV
GT075	Coconut Oil - Culinary	6 x 1000ml	1.79	OV
GT320	Coconut Oil - Extra Virgin	6 x 320ml	7.20	OV
GT650	Coconut Oil - Extra Virgin	6 x 650ml	12.50	OV
GT017	Italian Organic Olive Oil	6 x 500ml	9.25	OV
GT018	Italian Organic Olive Oil	6 x 750ml	13.95	OV
GT019	Italian Organic Olive Oil	4 x 3l	52.00	OV
GT085	Olive Oil-Extra Virgin,organic	6 x 500ml	7.89	VO
GT087	Olive Oil-Extra Virgin,organic	5l	62.49	VO
GT080	Sunflower Oil - organic	6 x 500ml	4.95	VO
GT091	Sunflower Oil - organic	5l	46.25	VO
	BIONA			
GT030	Avocado Oil Cold Pressed	6 x 250ml	8.99	OV
GT025	Coconut Oil Cuisine Organic	6 x 875ml	9.90	OV
VM271	Flax Seed Oil (was Linseed)	6 x 250ml	6.95	OVB
GT061	Mild / Odourless Coconut Oil	6 x 470ml	4.95	OV
GT060	Mild / Odourless Coconut Oil	6 x 610ml	6.90	OV
GT014	Sesame Seed Oil Cold Pressed	6 x 500ml	7.39	OV
GT024	Toasted Sesame Seed Oil	6 x 250ml	5.39	OV
VF773	Virgin Coconut Oil Organic	6 x 200g	4.55	OV
VF774	Virgin Coconut Oil Organic	6 x 400g	8.90	OV
GT069	Virgin Coconut Oil Organic	6 x 800g	15.90	OV
	CLEARSPRING			
GT070	Avocado Oil - Organic	8 x 250ml	9.90	OV
GT054	Coconut Oil	6 x 200g	4.59	GOV
GT055	Coconut Oil	6 x 400g	8.65	GOV
GT035	Flax Oil Organic	8 x 250ml	4.79	OV
GT001	Hemp Oil Organic	8 x 250ml	6.99	OV
GT049	Italian Olive Oil Organic	8 x 250ml	5.49	OV
GT203	Italian Olive Oil Organic	6 x 500ml	9.39	OV
GT204	Italian Olive Oil Organic	6 x 1l	17.69	OV
GT038	Organic Toasted Sesame Oil	6 x 500ml	9.46	OV
GT009	Rapeseed Oil Organic	6 x 500ml	4.79	OV
GT207	Sesame Oil organic	6 x 500ml	7.69	OV
GT037	Sesame Oil organic	6 x 1l	13.89	GOV
GT208	Sesame Oil Toasted organic	8 x 250ml	5.49	OV
GT231	Sunflower Frying Oil organic	6 x 500ml	5.49	OV
GT230	Sunflower Frying Oil organic	6 x 1l	8.99	OV
GT063	Sunflower Frying Oil Organic	6 x 2l	14.49	OV
GT051	Sunflower Oil	6 x 2l	13.99	OV
GT201	Sunflower Oil Organic	6 x 500ml	4.99	OV
GT202	Sunflower Oil organic	6 x 1l	8.69	OV
GT209	Toasted Pumpkin Seed Oil Org	8 x 250ml	13.79	OVB
GT211	Walnut Oil Toasted, Organic	8 x 250ml	12.19	OV
	COCOFINA			
GH074	Coconut Oil Neutral	6 x 500ml	4.99	OV
	COCONUT MERCHANT			
GT042	Raw Extra Virgin Coconut Oil	12 x 500ml	8.99	OV
	HAPPY BUTTER			
VF204	Organic Ghee	6 x 300g	9.49	O
VF202	Organic Ghee	12 x 150g	5.55	O

code	product	size	rrp	bfgosv
LA BIO IDEA				
GT044	Italian Og Virgin Olive Oil	6 x 1l	14.99	OV
MANI				
GT041	Greek Olive Oil with Ginger	6 x 250ml	5.99	OV
GT043	Greek Olive Oil with Lemon	6 x 250ml	5.99	OV
GT039	Greek Olive Oil with Orange	6 x 250ml	5.99	OV
GT007	Og Extra Virgin Olive Oil	6 x 500ml	8.99	OV
GT002	Og Extra Virgin Olive Oil	6 x 1l	14.99	OV
MERIDIAN				
GT012	Olive Oil-Extra Virgin,organic	6 x 500ml	11.19	VO
GT034	Sesame Oil - og	6 x 500ml	1.75	OV
GT016	Sunflower Oil - organic	6 x 500ml	5.95	VO
GT033	Toasted Sesame Oil - og	6 x 500ml	13.89	OV
NATURES AID				
GT077	Avocado Oil Organic	6 x 250ml	9.45	OV
SUNITA				
GT099	Olive Oil-Extra Virgin Organic	5l	69.00	VO
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				
MANI				
KJ432	Og Green & Kalamata Olives	6 x 175g	3.99	OV
KJ424	Og Green Olives al Naturel	6 x 205g	3.99	OV
KJ430	Og Kalamata Olives al Naturale	6 x 205g	3.99	OV
KJ425	Og Kalamata Olives in OliveOil	6 x 280g	4.99	GOV
KJ250	Og Mixed Olives al Naturale	6 x 205g	3.99	OV
ORGANICO				
KJ079	OG Black Olives	5 x 280g	3.50	FOV
KJ410	OG Pitted Green Olives	5 x 280g	3.50	OV
SUNITA				
KJ494	Green Olives Organic	6 x 360g	3.55	OV
KJ555	Kalamon Olives - organic	6 x 360g	3.90	VO
PASTA				
SUMA / IRIS ORGANIC				
WT018	Tricolore Spirals Pasta	12 x 500g	1.95	OV
WT075	White Fusilli Pasta	12 x 500g	1.59	OV
WT016	White Macaroni Pasta	12 x 500g	1.59	OV
WT085	White Penne Pasta	12 x 500g	1.59	OV
WT090	White Spaghetti Pasta	12 x 500g	1.59	OV
WT125	Wholewheat Fusilli Pasta	12 x 500g	1.59	OV
WT095	Wholewheat Penne Pasta	12 x 500g	1.59	OV
WT120	Wholewheat Spaghetti Pasta	12 x 500g	1.59	OV
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
BIONA				
WT331	Penne Wholemeal Spelt	10 x 500g	2.95	OV
WT333	Spelt Lasagne Sheets - Organic	12 x 250g	3.25	OV
WT021	Spelt Pasta Spaghetti White	12 x 500g	3.45	OV
WT025	White Spelt Fusilli	10 x 500g	3.45	OV
WT024	White Spelt Penne	10 x 500g	3.45	OV
WT334	Whole Spelt Spaghetti	12 x 500g	2.95	OV
WT332	Wholewheat Spelt Fusilli Org	10 x 500g	2.95	OV
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

code	product	size	rrp	bfgosv
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
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
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 BIO IDEA				
Speciality				
WT232	Lasagne green	12 x 250g	1.99	OV
White				
WT974	Lasagne white	12 x 250g	1.99	OV
WT048	Macaroni Elbows	12 x 500g	2.69	VO
WT050	Penne White	12 x 500g	2.79	VO
WT049	Spaghetti - White	12 x 500g	2.69	VO
Wholewheat				
WT023	Lasagne	12 x 250g	1.99	OV
WT040	Macaroni Elbows - wholewheat	12 x 500g	2.69	VO
WT074	Penne Wholewheat	12 x 500g	2.79	VO
WT046	Tagliatelle - organic	12 x 500g	2.69	VO
LA TERRA E IL CIELO				
WT874	Spelt Fusilli	12 x 500g	3.65	OV
WT899	White Pappardelle Nest	6 x 500g	3.75	OV
White				
WT990	Cavatappi - spirals	12 x 500g	2.59	OV
WT982	Fusilli with Spinach - organic	12 x 500g	2.99	OV
Wholewheat				
WT978	Spelt Spaghetti - organic	20 x 500g	3.55	OV
MR ORGANIC				
WT029	Tortellini / Porcini Mushrooms	10 x 250g	4.90	OV
WT031	Tortellini with Vegetables	10 x 250g	4.90	OV
WT068	Vegan Formaggio & Leek Ravioli	10 x 250g	4.90	OV
PROFUSION				
WT130	Chickpea Fusilli	12 x 250g	3.35	GOV
WT129	Red Lentil Fusilli	12 x 250g	3.45	GOV
PASTA (CHILLED)				
BIONA				
CV440	Fresh Gnocchetti with Pumpkin	6 x 400g	5.50	OV
CV181	Fresh Gnocchi	6 x 400g	4.90	OV
CV136	Sweet Potato Gnocchi	6 x 400g	5.10	OV
BONSAN				
CV523	Tortelloni Spinach & Pine Nuts	6 x 250g	4.80	OV
PASTA SAUCES & PESTOS				
SUMA ORGANIC				
Organic Pasta Sauces				

code	product	size	rrp	bfgosv
VF201	Organic Arrabbiata Sauce	12 x 350g	2.69	OV
VF191	Organic Bolognese Sauce	12 x 340g	2.69	OV
VF192	Organic Napoletana Sauce	12 x 350g	2.69	OV
	Organic Pestos			
KJ162	Organic Pesto Alla Genovese	12 x 190g	3.99	O
KJ161	Organic Pesto Rosso - Vegan	12 x 190g	3.99	OV
KJ160	Organic Pesto Siciliano -Vegan	12 x 190g	3.99	OV
MERIDIAN				
VF173	Tomato & Basil Pasta Sauce	6 x 350g	3.29	GOV
VF197	Tomato & Herb - organic	6 x 440g	3.39	GVO
MR ORGANIC				
KJ044	Aubergine Pesto	6 x 130g	3.29	OV
KJ060	Basil & Chilli Pesto	6 x 130g	3.29	OV
KJ087	Basilico Pasta Sauce	6 x 660g	3.79	OV
KJ238	Chilli & Garlic Passata Sauce	6 x 400g	2.49	OV
KJ328	Chilli & Garlic Pesto	6 x 130g	2.29	GOV
KJ074	Grilled Pepper Pesto	6 x 130g	3.29	OV
KJ239	Mixed Herbs Passata	6 x 400g	2.49	OV
VF106	Parmagiana Sauce	6 x 350ml	3.29	GOV
KJ215	Seitan Pasta Sauce	6 x 350g	3.29	OSV
KJ216	Soya Pasta Sauce	6 x 350g	3.29	GOVS
KJ214	Tofu Pasta Sauce	6 x 350g	3.29	OVS
KJ084	Tomato & Garlic Flavour Paste	6 x 200g	2.39	OV
KJ075	Tomato & Olive Pesto	6 x 130g	3.29	OV
KJ086	Tomato & Pepper Flavour Paste	6 x 200g	2.39	OV
KJ109	Tomato & Veg Flavour Paste	6 x 200g	2.39	OV
ORGANICO				
VF043	Olive, Chilli & Garlic - og	6 x 360g	3.65	OSV
VF055	Red Wine and Porcini	6 x 360g	3.50	OSV
VF032	Vegetable Bolognese - og	6 x 360g	3.50	OSV
SUNITA				
KJ790	Organic Pesto Genovese	6 x 130g	3.89	OV
PATE				
SUMA ORGANIC				
GH052	Bruschetta - Tomato & Basil	6 x 140g	2.59	OV
GH048	Hummus - Edamame	6 x 135g	2.59	OV
GH016	Pate - Bean & Mustard	6 x 140g	2.59	OV
GH003	Pate - Kidney Bean, Red Pepper	6 x 140g	2.59	OV
BONSAN				
GH095	Beetroot & Horseradish Pate	6 x 130g	3.50	OV
GH100	Cashew & Bell Pepper Pate	6 x 130g	3.50	OV
GH105	Lentil & Turmeric Pate	6 x 140g	2.95	OSV
GRANOVITA				
GH651	Mushroom Pate - organic	12 x 200g	3.35	GOV
GH168	Spicy Mexican Pate - organic	12 x 200g	3.35	GOV
SUNITA				
KJ791	Kalamata Olive Pate	6 x 180g	3.99	OV
TARTEX				
GH001	Classic Pate - og	12 x 200g	3.19	GOV
GH012	Herb & Garlic Pate - og	12 x 200g	3.19	OV
GH006	Herb Pate - og	12 x 200g	3.19	OV
GH007	Mushroom pate - og	12 x 200g	3.19	OV
PATES, DIPS & TAPAS (CHILLED)				
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
THE REAL OLIVE COMPANY				
CV806	Fresh Basil Pesto	6 x 150g	3.55	OV
CV807	Fresh Tomato & Olive Pesto	6 x 150g	3.55	OV
CV903	Harissa Tapenade	6 x 180g	3.50	OV
CV902	Kalamata Olive Tapenade	6 x 180g	3.50	OV

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CV554	Kalamata Olives	6 x 210g	3.89	OV
CV538	Kasbah Olives	6 x 185g	3.89	OV
CV536	La Verde Olives	6 x 185g	3.89	OV
CV549	Nocellara Del Belice Olives	6 x 210g	3.89	OV
PET FOODS & PET CARE				
YARRAH				
PF023	Dog Biscuits - Vegan Org	4 x 500g	6.35	OV
PF501	Dogfood Vegetarian Organic	4 x 2kg	15.65	O
PF502	Dogfood Vegetarian Organic	10kg	75.40	O
PF503	Multi Dog Biscuits	6 x 250g	3.90	OV
PICKLES, CHUTNEYS & MUSTARDS				
BIONA				
KJ283	Biona Sauerkraut Golden Turmer	6 x 350g	2.55	OSVB
KJ052	Cherkin Slices	6 x 350g	4.25	OSV
LJ664	Harissa Relish - prepared	6 x 125g	3.25	OV
KJ076	Mustard Medium Hot	6 x 300ml	2.95	OV
KJ377	Org Cornichons (Mini Gherkins)	6 x 330g	4.65	OSV
KJ036	Sauerkraut - Organic	6 x 360g	2.29	OVB
BIONOVA				
KJ346	Gherkins - Sour	6 x 680g	4.35	VOS
KJ025	Gherkins - Sweet & Sour	6 x 330g	3.85	OV
BYODO				
KJ351	Mustard - Dijon, organic	1kg	1.99	VO
KJ354	Mustard - wholegrain, organic	1kg	8.30	VO
CULTURED FOOD COMPANY				
KJ510	Raw Carrot & Fennel Sauerkraut	6 x 400g	5.35	OV
KJ512	Raw Juniper Berry Sauerkraut	6 x 400g	5.35	OV
KJ513	Raw Ruby Red Sauerkraut	6 x 400g	5.35	OV
KJ514	Raw Sauerkraut	6 x 400g	5.35	OV
DELOUIS				
KJ001	Organic Dijon Mustard	6 x 200g	3.40	OV
KJ007	Organic Wholegrain Mustard	6 x 200g	3.40	OV
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				
XL021	Chestnut & Bean Pie	6 x 250g	3.95	OV
XL105	Creamy Cauliflower Pie	6 x 250g	3.95	OV
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
XL025	Mushroom Pie	6 x 250g	3.95	OSV
XL114	Org G/F Mushroom & Leek Pie	6 x 235g	4.10	GOV
XL020	Saag Aloo Curry Pie	6 x 250g	3.95	OSV
Puff Pastry Pies				
XL200	Beefy Ale Puff Pie	6 x 235g	4.10	OV
XL201	Chickeny Puff Pie	6 x 235g	4.10	OV
XL024	Chickpea Coronation Puff Pie	6 x 235g	4.10	OV
XL022	Creamy Mushroom Puff Pie	6 x 235g	4.10	OV
XL014	Saag Aloo Puff Pie	6 x 235g	4.10	OV
Quiches				
XL157	Broccoli & Green Pesto Quiche	6 x 165g	3.25	OV
XL152	Cauliflower Quiche	6 x 165g	3.25	OV
XL151	Quiche Lorraine	6 x 165g	3.25	OV
XL154	Roasted Red Pepper & Tomato	6 x 165g	3.25	OV
Tarts				
XL323	Bombay Curry Tart	6 x 195g	4.00	GOSV
XL336	Tomato and Olive Tart	6 x 195g	4.00	GOSV

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READY TO EAT FOODS (CHILLED)				
BIONA				
CV577	Ballini Mediterranean Style	5 x 250g	4.70	O
CV680	Ballini Provencale	5 x 250g	4.70	OV
CV563	Falafel Balls	5 x 220g	4.50	OV
CV328	Falafel Balls Mint and Sesame	5 x 220g	4.70	OV
CV678	Horseradish Sauce	6 x 125g	3.25	OBV
CV063	Lucky Stars	4 x 250g	4.60	OV
CV040	Mini Sweet & Sour Spring Rolls	6 x 200g	4.75	OV
CV036	Mini Thai Spring Rolls	6 x 200g	4.75	OV
CV180	Mini Vegan Spring Rolls	6 x 200g	4.80	OSV
CV376	Samosas	4 x 230g	5.55	OV
CV613	Spring Rolls	5 x 220g	5.10	OV
CV422	Thai Spring Rolls	5 x 220g	5.10	OV
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
MORGIEL				
CV936	Apple & Parsley Sauerkraut	6 x 300g	4.49	OV
CV938	Carrot Sauerkraut	6 x 300g	3.19	OV
CV933	Fresh Horseradish Relish	6 x 180g	3.50	OV
CV932	Raw Gherkins in Brine	6 x 500g	3.69	OV
CV934	Raw Kale Kimchi	6 x 300g	5.99	OV
CV937	Raw Kale Sauerkraut	6 x 300g	3.85	OV
CV935	Raw Sauerkraut	6 x 300g	3.19	OV
PROFUSION				
CV006	Fresh Organic Sauerkraut	20 x 520g	2.75	OV
RAW HEALTH				
	Fresh Sauerkraut			
CV813	Feel The Heat	6 x 410g	4.80	OV
CV814	Golden Glow	6 x 410g	4.80	OV
CV815	In the Pink	6 x 410g	4.80	OV
CV747	Organic Fresh Sauerkraut	6 x 410g	4.70	OV
SALADS & SPROUTS (CHILLED)				
SKY SPROUTS				
	Minimum 4 days shelf life			
CV479	Alfalfa & Broccoli Sprouts	100g	2.20	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	2.20	OV
CV476	Alfalfa & Radish Sprouts	100g	2.20	OV
CV475	Alfalfa Sprouts	100g	2.15	OV
CV721	Broccoli Sprouts	100g	2.35	OV
CV504	Mixed Bean Sprouts	225g	2.35	OV
CV503	Mung Bean Sprouts	200g	2.20	OV
CV510	Organic Sprouts Multi Pack	160g	3.20	OV
CV121	Organic Sprouts Protein Pack	175g	3.20	OV
CV131	Organic Sprouts Superfood Pack	110g	3.20	OV
CV509	Radish Sprout	100g	2.20	OV
SALT & SEASONINGS				
GEO ORGANICS				
LJ005	Atlantic Fine Ground Sea Salt	6 x 500g	2.95	OV
LJ555	Atlantic Sea Salt Crystals	6 x 250g	1.35	OV
PINK MOUNTAIN				
LJ170	Pink Himalayan Coarse Salt	6 x 300g	2.79	OV
LJ174	Pink Himalayan Coarse Salt	6 x 1kg	6.69	OV
LJ169	Pink Himalayan Fine Salt	6 x 300g	2.79	OV

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LJ172	Pink Himalayan Fine Salt	6 x 1kg	6.69	OV
	SEA VEGETABLES			
	CORNISH SEAWEED COMPANY			
HE040	Organic Cornish Seaweed Salt	8 x 70g	3.90	OV
HE006	Organic Dulse	5 x 20g	4.59	OV
HE014	Organic Mixed Seaweed Flakes	5 x 60g	5.59	OV
HE048	Organic sea Salad	5 x 30g	5.75	OV
HE043	Organic Sea Spaghetti	5 x 40g	4.59	OV
	I SEA BACON			
LJ176	Seaweed Bacon	6 x 30g	3.39	OV
	I SEA PASTA			
LJ198	Seaweed Tagliatelle	6 x 100g	6.59	OV
	MAREVITA			
HE012	Dried & Ground Seaweed Organic	6 x 100g	7.29	OV
	SNACK BARS & FLAPJACKS			
	CLIF BAR			
KB328	Chocolate Hazelnut Butter	12 x 50g	2.25	OSV
KB365	Chocolate Peanut Butter	12 x 50g	2.25	OSV
	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 Multipack	18 x 35g	0.89	GOSV
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
	ORGANICA			
KB525	Creamy Marzipan Dream Bar	24 x 40g	1.15	OSV
KB703	Golden Coconut Delight	24 x 40g	1.15	OSV
KB702	Hazelnut Nougat Delight	24 x 40g	1.15	OSV
	PLANET ORGANIC			
	Energy Bar			
BT070	Cacao Brazil Nut Energise Bar	20 x 30g	1.19	GOV
	SUNITA			
KB998	Sesame & Honey Bar - organic	24 x 30g	0.69	O
	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			
	BELVOIR			
JU810	Elderflower Presse	12 x 250ml	2.90	GOSV
JU814	Ginger Beer	12 x 250ml	1.95	GOSV
JU811	Handmade Lemonade 750ML Bottles	12 x 250ml	2.90	GOS
JU792	Elderflower Presse	6 x 750ml	4.45	GOSV
JU813	Ginger Beer	6 x 750ml	4.49	GOSV
	BIONA			
	Kombucha			
JU556	Kombucha Ginger Lime	6 x 330ml	3.35	OSV
JU523	Kombucha Original	6 x 330ml	3.35	OSV
JU551	Kombucha Sour Cherry Mint	6 x 330ml	3.35	OSV
	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

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JU595	CharTea Red	24 x 330ml	1.95	FOSV
	COCOFINA			
JU368	Cocofina Natural Coconut Water	12 x 1l	4.10	OV
	DAIONI ORGANIC			
JU080	Banana Flavour Milk	24 x 200ml	1.35	OS
JU081	Chocolate Flavour Milk	24 x 200ml	1.35	OS
JU082	Strawberry Flavour Milk	24 x 200ml	1.35	OS
	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
	EQUINOX			
JU005	Charge Kombucha	24 x 250ml	1.39	OSV
JU006	Chill Kombucha	24 x 250ml	1.39	OSV
	GUSTO			
JU222	Cherry Cola	12 x 275ml	2.15	OV
JU223	Fiery Ginger With Chipotle	12 x 275ml	2.15	FOV
JU148	Lemon Energy	12 x 250ml	2.25	OV
JU353	Organic Real Cola	12 x 275ml	2.15	FGOV
JU147	Original Energy	12 x 250ml	2.25	OV
JU224	Sicilian Blood Orange	12 x 275ml	2.15	FOV
JU159	Sicilian Lemon with Fresh Yuzu	12 x 275ml	2.25	FOV
	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
JU587	Lemonaid Lime	24 x 330ml	1.91	OSV
JU589	Lemonaid Passion Fruit	24 x 330ml	1.91	FOSV
	LUSCOMBE DRINKS			
JU584	Cool Ginger Beer	24 x 270ml	1.95	OSV
JU586	Hot Ginger Beer	24 x 270ml	1.95	OV
JU145	Raspberry Crush	24 x 270ml	1.95	OSV
JU583	Sicilian Lemonade	24 x 270ml	1.95	OSV
JU439	St Clements	24 x 270ml	1.95	OSV
	PIP ORGANIC			
JU399	Sparkling Apple	24 x 250ml	1.89	OV
JU405	Sparkling Lemon	24 x 250ml	1.89	OV
	REBEL KITCHEN			
JU059	Banana Mylk	12 x 250ml	1.65	GOV
JU178	Chocolate Mylk	12 x 250ml	1.65	GOV
	VITA COCO			
	1L			
JU221	Pure Coconut Water Organic	6 x 1l	4.19	OV
	WHOLE EARTH			
JU311	Apple	24 x 330ml	1.49	OSV
JU946	Cola	24 x 330ml	1.49	OSV
JU935	Lemonaid	24 x 330ml	1.49	OSV
JU947	Mountain Cranberry	24 x 330ml	1.49	OSV
JU310	Orange & Lemonade	24 x 330ml	1.49	OSV
JU189	Sparkling Elderflower	24 x 330ml	1.49	OV

code	product	size	rrp	bfgosv
JU186	Sparkling Ginger	24 x 330ml	1.49	OV
SOUPS				
SUMA ORGANIC				
VF390	Organic Minestrone Soup	12 x 400g	1.95	OV
VF655	Organic Mushroom Soup	12 x 400g	2.25	OV
VF595	Organic Pea Soup	12 x 400g	2.25	OV
VF525	Organic Rustic Vegetable Soup	12 x 400g	1.99	OV
VF365	Organic Spicy Lentil Soup	12 x 400g	1.95	OV
VF345	Organic Tomato & Basil Soup	12 x 400g	1.95	OSV
VF600	Organic Tomato Soup	12 x 400g	1.95	OSV
VF685	Organic Tuscan Bean Soup	12 x 400g	1.95	OV
ESSENTIAL TRADING				
VF085	Lentil & Pumpkin Soup	6 x 680g	2.95	OV
VF375	Pea Soup	6 x 680g	3.65	OV
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, Turmeric	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
RIFCO				
VF220	Balinese Lentil & Pepper Soup	6 x 400g	2.39	OV
VF233	Mexican Bean Soup	6 x 400g	2.39	OV
VF225	Moroccan Chickpea Soup	6 x 400g	2.39	OV
VF114	Sri Lankan Lentil & Coconut	6 x 400g	2.39	OV
SOUPS (CHILLED)				
TIDEFORD ORGANIC VEGAN FOODS				
CV733	Butternut Squash & Sage Soup	6 x 600g	4.50	GOV
CV882	Creamy Mushroom Soup	6 x 600g	4.50	OV
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
SPIRITS & LIQUEURS				
FATTYS ORGANIC SPIRITS				
WN036	London Dry Gin	1 x 70cl	45.00	OV
WN037	Pink Grapefruit Spirit	1 x 70cl	35.00	OV
WN038	Vodka	1 x 70cl	35.00	OV
WN039	Winter Spiced Orange Gin	1 x 70cl	45.00	OV
SUGARS & SYRUPS				
SUMA ORGANIC				
LJ099	Agave Syrup - organic	6 x 240ml	3.99	OV
LJ121	Agave Syrup - organic	6 x 500ml	7.99	OV
LJ260	Barley Malt Extract - Organic	6 x 340g	2.99	OV
LJ300	Coconut Blossom Syrup Organic	6 x 350g	5.99	OV
SUMA PREPACKS - ORGANIC				
LJ100	Coconut Palm Sugar, Organic	6 x 500g	4.89	OV
LJ261	Demerara Sugar - organic	6 x 500g	3.15	OV
LJ255	Icing Sugar - organic	6 x 500g	4.59	OV
LJ251	Raw Cane Sugar - organic	6 x 500g	3.49	OV
BILLINGTONS				
LJ999	Granulated Sugar - organic	10 x 500g	2.59	VO
LJ190	Organic Natural Caster	10 x 500g	2.79	OV
BIONA				
LJ083	Coconut Blossom Nectar	6 x 350g	6.79	OV

code	product	size	rrp	bfgosv
LJ011	Coconut Palm Sugar - Organic	8 x 250g	3.50	OV
LJ014	Coconut Palm Sugar - Organic	5 x 500g	5.59	OV
LJ182	Dark Agave Syrup	6 x 350g	4.25	OV
HY026	Organic Brown Rice Syrup	6 x 350g	4.35	OV
HY020	Organic Date Syrup	6 x 350g	4.45	OV
HY022	Organic Maple Agave Syrup	6 x 350g	5.79	OV
LJ181	Rapadura / Sucanat Sugar	5 x 500g	4.95	OV
CLEARSPRING				
JP123	Barley Malt Syrup	6 x 300g	3.49	OV
JP125	Date Syrup	6 x 300g	3.69	OV
JP124	Oat Syrup	6 x 300g	3.99	OV
HY210	Rice Malt Syrup	6 x 300g	3.49	OV
EQUAL EXCHANGE				
LJ500	Raw Cane Sugar - organic	10 x 500g	2.39	FOV
MERIDIAN				
HY006	Barley Malt Extract - og	6 x 370g	3.29	OV
HY300	Blackstrap Molasses - Organic	6 x 350g	2.29	FOV
HY012	Blackstrap Molasses - Organic	6 x 600g	2.79	FOV
HY250	Maple Syrup - organic	6 x 330g	8.99	OV
RAYNERS				
LJ901	Black Treacle - organic	6 x 340g	3.35	GOV
LJ704	Golden Syrup - Organic	5kg	45.90	FOV
LJ900	Malt Extract - Organic	6 x 340g	4.25	OV
LJ589	Malt Extract - Organic	5kg	34.79	OV
LJ587	Organic Golden Syrup	6 x 340g	4.79	OV
SHADY MAPLE FARMS				
HY025	Maple Syrup - organic	12 x 250ml	7.99	OV
ST LAWRENCE GOLD				
HY053	Og Maple Syrup Grade A Amber	12 x 250ml	7.49	OV
HY056	Og Maple Syrup Grade a Amber	6 x 1l	25.99	OV
HY042	Og Maple Syrup Grade A Dark	12 x 250ml	7.49	OV
SUPERFOODS & SPORTS NUTRITION				
BEET IT				
	From James White			
JU201	Beet It Stamina Shot	15 x 70ml	2.15	OV
BIONA				
MD736	Cracked Linseed Gold Organic	6 x 500g	5.59	OV
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
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
MD048	Milled Hemp	6 x 200g	4.49	GOV
	Organic Sprouted Range			
VM263	Sprouted Flaxseed	5 x 360g	7.35	GOV
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
MD153	Organic Cocoa Nibs	6 x 300g	7.99	GOV
MD152	Organic Hemp Protein Powder	6 x 300g	9.99	GOV
MD150	Organic Maca Powder	6 x 300g	6.99	OV
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

code	product	size	rrp	bfgosv
	PREWETT'S			
VM020	Organic Ground Flaxseed	6 x 175g	3.29	GOV
	RHEAL			
VF212	Superfoods Balance Tonic	6 x 150g	24.99	GOV
VF031	Superfoods Clean Greens	6 x 150g	24.99	GOV
	SUPPLEMENTS & REMEDIES			
	CORNISH SEAWEED COMPANY			
VM056	Kelp Food Supplement	6 x 60 capsules	14.95	OV
VM058	Menstrual Ease Supplement	6 x 60 capsules	13.70	OV
VM038	Mental Clarity Supplement	6 x 60 capsules	14.95	OV
VM006	Sea Moss Food Supplement	6 x 60 capsules	13.40	OV
VM061	Seaweed & Mushrooms Supplement	6 x 60 capsules	17.40	OV
VM064	Wild & Beautiful Supplement	6 x 60 capsules	17.40	OV
	NATURES OWN			
	Organic Range			
VM126	Organic Kelp	60 capsules	12.00	OV
	PUKKA			
MD063	Ashwagandha - Wholistic	6 x 60 capsules	29.95	O
MD202	Castor Oil	6 x 250ml	9.95	OV
MD160	Elderberry Syrup	100ml	14.99	FOS
MD015	Inner Peace	6 x 60 capsules	24.99	OV
MD014	Mind Focus	6 x 60 capsules	24.99	OV
MD002	Night Time	6 x 60 capsules	19.99	OV
MD117	Organic Aloe Vera Juice	6 x 500ml	1.35	OV
MD056	Organic Aloe Vera Juice	6 x 1l	17.32	OV
	SIMPLEE ALOE			
MD041	Aloe Juice Health Supplement	6 x 500ml	9.99	GOV
MD025	Aloe Juice Health Supplement	6 x 1l	15.99	GOV
	TAKA			
TE317	Joint Care Capsules	1 x 90 capsules	16.99	OV
TE315	Turmeric Blk Pepper Capsules	1 x 120 CAP	16.99	OV
	TOGETHER HEALTH			
VM032	Ashwagandha Complex	6 x 30	1.99	GOV
VM102	Iodine	6 x 30	6.99	GOV
VM150	Zinc	6 x 30	1.99	OV
	SWEET SNACKS			
	BIONA			
ZX002	Berry Burst Sweets - Organic	10 x 75g	2.90	GOSV
ZX662	Cola Bottle Sweets - Organic	10 x 75g	2.90	OSV
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
ZX576	Sour Snakes	10 x 75g	2.90	OSV
	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
	JUST WHOLEFOODS			
ZX573	Frooty Fruits, Organic, Vegan	10 x 70g	1.99	OSV
ZX209	Vegebears, Organic, Vegan	10 x 70g	1.99	OSV
ZX571	Vegebears, Organic, Vegan	10 x 70g	1.99	SOV
ZX876	VegeHogs	10 x 70g	1.99	OSV
	SUNITA			
ZX587	Grape Juice & Sultana Halva OG	12 x 75g	1.83	OV
ZX099	Halva with Coconut	12 x 75g	1.83	OV
ZX850	Honey Halva - organic	12 x 75g	1.90	O
ZX588	Honey Halva with Almonds OG	12 x 75g	2.40	O
ZX524	Organic Honey Halva with Cocoa	12 x 75g	2.34	O
	TROPICKS			
ZX008	Fruit Balls Mango	8 x 50g	1.75	GOV

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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				
KJ228	Balsamic Glaze Organic	12 x 150ml	4.15	OV
KJ225	BBQ Sauce Organic	6 x 250ml	3.44	OSV
KJ082	Brown Sauce Organic	6 x 270g	3.75	OV
KJ106	Classic Tomato Ketchup Squeezy	12 x 560g	4.35	GOSV
KJ226	Sweet Chilli Sauce Organic	6 x 250ml	3.45	OSV
KJ232	Tomato Ketchup, Organic	6 x 340g	3.45	OV
KJ463	Worcester Sauce	6 x 140ml	4.35	GOSV
GEO ORGANICS				
KJ212	Worcestershire Sauce - organic	6 x 150ml	3.45	OSV
MERIDIAN				
KJ621	Tomato Ketchup - organic	6 x 285g	2.79	GOSV
MR ORGANIC				
KJ050	Italian Organic Ketchup	6 x 480g	3.49	OSV
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
TEAS				
CLEARSPRING				
JP210	Genmaicha Green Tea Tea Bags	4 x 20 bags	3.39	OV
JP097	Hojicha Roasted Green Tea	4 x 20 bags	3.39	OV
TE236	Japanese Oolong Tea (bags)	4 x 36g	3.99	OV
JP063	Kukicha,Roasted Twig Teabags	4 x 20 bags	3.39	OV
JP010	Matcha Sencha Green Tea (bags)	4 x 20 bags	3.99	OV
TE237	Matcha Tea Ceremonial Tin	4 x 30g	16.99	OV
TE504	Matcha Tea Premium (bulk)	1kg	193.00	OV
TE243	Matcha Tea Premium (Pouch)	10 x 40g	1.99	OV
TE024	Org Jap Matcha Green Tea Powdr	6 x 100g	23.99	OSV
TE022	Org Japanese Kuwa Mulberry Pow	10 x 40g	8.99	OSV
JP302	Sencha Green Tea	4 x 20 bags	3.39	OV
JP019	Sencha Traditional Green Tea	6 x 90g	7.49	OV
CLIPPER				
TE983	Assam Food Service Range - 250's	6 x 50 bags	2.53	FOV
TE152	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 Food Service Range - 6 x 25's	6 x 25 bags	3.35	FOV
TE635	Everyday Decaffeinated Tea Food Service Range - 6 X 25's	6 x 25 bags	4.50	OV
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

code	product	size	rrp	bfgosv
TE982	Assam	6 x 125g	3.45	FOV
TE897	English Breakfast Organic	6 x 125g	3.45	FOV
TE877	Green Tea	6 x 100g	3.59	FOV
	Pack 40			
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	6 x 40 bags	3.55	FGOV
	Pack 80			
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	4 x 80 bags	4.79	FOV
	Super Green Teas			
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			
TE369	Assam	4 x 20 bags	2.99	OV
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
	Looseleaf			
TE249	Darjeeling	6 x 100g	6.49	OVB
TE251	Earl Grey	6 x 100g	6.49	OVB
TE677	English Breakfast	6 x 100g	6.49	GOVB
TE255	Green Tea	6 x 100g	6.49	OVB
	Selection Box			
TE365	Black Tea Selection	4 x 20 bags	3.49	OV
TE364	Green Tea Selection	4 x 20 bags	3.49	OV
	PUKKA			
TE213	Elegant English Breakfast	4 x 20 bags	4.29	FOV
TE214	Gorgeous Earl Grey	4 x 20 bags	4.29	FOV
	QI			
TE308	Decaffeinated Green Tea	6 x 20 bags	2.75	OV
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	6 x 25 bags	2.17	FOV
TE310	Matcha Green Tea Powder	8 x 40g	19.99	OV
	Looseleaf			
TE819	Fairtrade Chun Mee Tea	6 x 100g	2.75	FOV
	RUDE HEALTH FOODS			
	Hot Drinks			
TE100	Hot Chocolate - Organic	6 x 1l	2.99	OV
	TOFU & TEMPEH (CHILLED)			
	BETTER NATURE			
CV201	Organic Tempeh	6 x 200g	2.99	OV

code	product	size	rrp	bfgovs
	CAULDRON			
CV562	Organic Marinated Tofu Pieces	6 x 160g	3.10	SOV
CV561	Organic Tofu	6 x 396g	3.55	OV
	CLEAR SPOT			
CV209	Marinated Tofu	8 x 190g	2.90	OV
CV612	Oriental Tofu	8 x 225g	3.40	OV
CV206	Plain Tofu	8 x 280g	2.35	OV
CV272	Plain Tofu	6 x 450g	3.69	OV
CV777	Scrambled Tofu	6 x 200g	3.90	GOV
CV913	Silken Tofu	6 x 250g	2.45	GOV
CV249	Smoked Tofu	8 x 225g	3.20	OV
CV074	Tempeh	6 x 200g	3.69	OV
	DRAGONFLY			
CV431	Org Medium Firm Natural Tofu	5 x 300g	2.75	OV
CV395	Org Smoked Tofu	5 x 300g	3.20	OV
CV394	Org Super Firm Natural Tofu	5 x 300g	2.75	OV
	HIKARI MISO			
CV861	Shizenno Megumi Firm Tofu	12 x 300g	2.75	OV
CV865	Shizenno Megumi Soft Tofu	12 x 250g	2.75	OV
CV866	Shizenno Megumi SuperFirm Tofu	12 x 300g	2.75	OV
	IMPULSE FOODS			
CV177	Black Turtle Bean Tempeh	6 x 200g	3.85	GOV
CV178	Chickpea & Chia Tempeh	6 x 200g	3.85	GOV
CV537	Classic Original Tempeh	6 x 200g	3.15	OV
CV543	Tempeh with Hemp Seeds	6 x 200g	3.40	OV
CV544	Tempeh with Sea Vegetables	6 x 200g	3.35	OV
	NATUREMADE OASIS			
CV582	Marinated Tofu	5 x 200g	2.45	OV
	TAIFUN			
CV007	Almond/Sesame Tofu Slice	8 x 200g	4.55	OV
CV835	Basil Tofu with Fresh Herbs	6 x 200g	4.70	OVB
CV635	Feto Natural Tofu	6 x 200g	4.45	OV
CV684	Firm Tofu - Natural	8 x 200g	2.75	OV
CV833	Smoked Tofu	8 x 200g	4.50	OV
CV841	Tofu Fillet - Japanese Style	8 x 160g	3.85	OVB
CV840	Tofu Fillet - Mild Wild Garlic	8 x 160g	4.15	OVB
CV832	Tofu Rosso - Taste of the Med	6 x 200g	4.70	OVB
	VIANA			
CV408	Demeter Organic Standard Real Smoked Firm Tofu	6 x 250g	3.35	OV
	TOMATOES & TOMATO PRODUCTS			
	SUMA ORGANIC			
LJ560	Organic Passata	12 x 690g	1.95	VO
LJ088	Tomato Puree - organic Canned	24 x 200g	1.49	OV
LJ075	Cherry Tomatoes - organic	12 x 400g	1.39	OV
LJ750	Chopped Tomatoes with Basil	12 x 400g	1.15	VO
LJ080	Tomatoes - chopped, organic	12 x 400g	1.90	OV
LJ123	Tomatoes - chopped, organic	6 x 2.5kg	5.35	OV
LJ081	Tomatoes - peeled, whole OG	12 x 400g	1.90	VO
	SUMA PREPACKS - ORGANIC			
LJ602	Dried Sundried Tomatoes - organic	6 x 125g	1.79	OV
	MR ORGANIC			
KJ071	Italian Tomato Puree	6 x 200g	2.90	OV
	ORGANICO			
KJ010	Sundried Tomatoes - og	5 x 190g	4.25	FOV
	TOOTH CARE			
	BEN & ANNA			
DY300	Mouthwash - Sensitive	1 x 500ml	12.95	OV
DY302	Toothpaste - Charcoal	1 x 100ml	8.95	OV
DY293	Toothpaste - Sensitive	1 x 100ml	8.95	OV

code	product	size	rrp	bfgosv
DY291	Toothpaste - Whitening	1 x 100ml	8.95	OV
DY246	Toothpaste Tablets			
	Toothpaste Tablets- Mint	10 x 36g	8.95	VO
	GREEN PEOPLE			
DY256	Childrens Mandarin	12 x 50ml	5.75	VO
DY014	Childrens Spearmint&AloeVera	12 x 50ml	5.75	VO
	VEGETABLES			
	SUMA ORGANIC			
	Canned from Fresh			
VF111	Fresh Peas - Organic	12 x 340g	1.39	OV
LJ270	Supersweet Sweetcorn - Organic	12 x 160g	1.29	OV
LJ800	Supersweet Sweetcorn - Organic	12 x 340g	1.65	OV
LJ550	Sweetcorn - Organic	12 x 340g	1.65	OV
	AMAIZIN			
KJ117	Jalapeno Peppers	6 x 150g	2.69	OV
	BIONA			
LJ243	Capers In Olive Oil	6 x 120g	4.85	OV
	BIONOVA			
VF039	Garden Peas	6 x 350g	2.25	O
VF040	Sauerkraut	6 x 350g	2.75	VO
VF030	Sweetcorn - organic	6 x 340g	2.25	VO
	CLEARSPRING			
	Bio Kitchen			
VF339	Sauerkraut	6 x 360g	1.99	OVB
	MANI			
KJ440	Og Capers in Olive Oil	6 x 180g	3.99	OV
KJ434	Og Kalamata Olive Paste	6 x 180g	3.99	OV
KJ437	Og Sun Dried Tomato Paste	6 x 180g	3.99	OV
	ORGANICO			
KJ016	Artichoke Hearts - og	5 x 190g	4.95	FOV
KJ428	Capers	12 x 100g	1.95	OV
KJ429	Capers	12 x 250g	3.45	OV
VF088	French Chestnuts in box - og	12 x 200g	4.95	OV
	VEGETABLES (FROZEN)			
	BIO INSIDE			
XL278	Organic Asia Vegetable Mix	12 x 400g	2.95	OV
XL261	Organic Baby Carrots	12 x 300g	2.90	OV
XL155	Organic Garden peas	12 x 300g	2.00	GOV
XL270	Organic Mushrooms	12 x 300g	2.45	OV
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
XL176	Cut Green Beans	8 x 450g	2.80	OVB
XL177	Leaf Spinach Portions	8 x 450g	2.85	OVB
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
	PACK'D			
XL195	Organic Cauliflower Rice	24 x 450g	3.15	OV
XL189	Organic Loose Leaf Spinach	20 x 450g	3.15	OV
XL228	Organic Petit Pois	24 x 450g	3.15	OV
XL239	Organic Super Sweet Sweetcorn	24 x 450g	3.15	OV
XL203	Organic Sweet Potato Chunks	24 x 450g	3.15	OV
	VINEGARS			
	SUMA ORGANIC			
KJ290	Apple Cider Vinegar Og	5l	14.29	OV
KJ304	Apple Cider Vinegar Organic	6 x 500ml	2.59	OV
KJ335	Apple Cider Vinegar Organic	6 x 750ml	3.10	OV

code	product	size	rrp	bfgosv
KJ151	OG Balsamic Vinegar - oak aged	6 x 250ml	3.89	OV
KJ153	Org Balsamic 5 Litre	5l	37.90	OV
KJ099	Organic Red Wine Vinegar	5l	18.59	OV
KJ089	Organic Red Wine Vinegar	12 x 500ml	2.29	OV
KJ107	Organic White Wine Vinegar	5l	18.59	OV
KJ091	Organic White Wine Vinegar	12 x 500ml	2.29	OV
ASPALL				
KJ382	Balsamic Vinegar - og	5l	51.69	OV
KJ478	Balsamic Vinegar - organic	6 x 350ml	4.25	OV
KJ481	Cyder Vinegar - organic	6 x 350ml	2.19	VO
KJ069	Cyder Vinegar - organic	6 x 500ml	2.69	VO
KJ205	Cyder Vinegar - organic	5l	2.79	OV
KJ395	Raw Unfiltered Cyder Vinegar	6 x 500ml	3.19	OV
KJ321	Raw Unfiltered Cyder Vinegar	5l	22.29	OV
KJ475	Red Wine Vinegar - organic	6 x 350ml	2.15	OV
KJ474	White Wine Vinegar - organic	6 x 350ml	2.15	OV
KJ210	White Wine Vinegar - organic	5l	23.90	OV
BIONA				
KJ131	Cider Vinegar with 'Mother'	5 l	16.90	OV
KJ130	Cider Vinegar with `Mother'	6 x 500ml	3.50	OV
KJ311	Cider Vinegar with `Mother'	6 x 75cl	3.75	OV
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
RAW HEALTH				
KJ008	ACV Infusion Turmeric Ginger	12 x 500ml	3.75	OV
KJ489	Apple Cider Vinegar	12 x 1 l	4.85	OV
KJ129	Raw Organic Cider vinegar	6 x 500ml	3.35	OV
RAYNERS				
KJ500	Apple Cider Vinegar	6 x 500ml	3.25	OV
LJ272	Apple Cider Vinegar	6 x 750ml	4.49	OV
KJ505	Coconut Aminos	6 x 250ml	6.29	OV
WATERS				
CHEDDAR WATER				
WA011	Natural Spring Water Sparkling	12 x 750ml	1.25	OV
WA007	Natural Spring Water Still	12 x 750ml	1.25	OV
WINES				
RED WINE				
Argentina				
WN119	Made in Mendoza Malbec	6 x 75cl	1.35	OV
Chile				
WN055	MontGras Pinot Noir	6 x 750ml	14.59	GOV
France				
WN006	La Marouette Merlot	6 x 75cl	13.55	OV
WN078	La Marouette Red	6 x 750ml	16.55	OV
Italy				
WN063	Era Nero d'Avola	6 x 75cl	13.79	OV
WN140	Fedele Nero D'Avola	6 x 75cl	12.29	OV
WN058	Ingeno Nero D'Avola	6 x 75cl	1.65	OV
WN020	Integro Organic Primitivo	6 x 75cl	12.99	GOV
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
Spain				
WN050	Amigo de la Tierra Red	6 x 750ml	1.69	GOV
WN232	Camino Tinto Tempranillo	6 x 75cl	1.59	OV

code	product	size	rrp	bfgosv
WN207	Cuesta Colora Tempranillo	6 x 75cl	13.59	OV
WN080	Finca Fabian Tempranillo	6 x 750ml	11.29	OV
	ROSE WINE			
	France			
WN060	La Marouette French Rose	6 x 750ml	14.19	OV
WN229	La Marouette Grenache Rose	6 x 75cl	13.79	OV
	South Africa			
WN118	Running Duck Shiraz Rose	6 x 75cl	1.75	FOV
	Spain			
WN022	Coral de Penascal Rose	6 x 75cl	12.99	GOV
	SPARKLING WINE			
	Italy			
WN009	Perlage Col Di Manza Prosecco	6 x 75cl	23.19	OVB
WN133	Proverbio Prosecco	6 x 75cl	16.65	OV
	Spain			
WN081	Bodegas Enguera Cava	6 x 750ml	15.99	O
WN054	Vallformosa Bio Organic Cava	6 x 750ml	16.79	GOV
	WHITE WINE			
	Chile			
WN016	MontGras Sauvignon Blanc	6 x 75cl	14.99	GOV
	France			
WN076	La Marouette White	6 x 750ml	14.99	OV
	Italy			
WN141	Fedele Catarratto Pinot Grigio	6 x 75cl	12.29	OV
WN057	Ingeno Pinot Grigio	6 x 75cl	1.65	OV
	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
	Spain			
WN040	Amigo de la Tierra White	6 x 750ml	1.69	GOV
WN079	Finca Fabian Verdejo	6 x 750ml	14.39	OV
	YOGHURT, DAIRY (CHILLED)			
	BERGERIE			
CV581	Goat Milk Yoghurt Natural Org	8 x 125g	0.85	GO
CV084	Natural Goat Milk Yoghurt	6 x 400g	3.60	O
CV585	Sheep Milk Yoghurt Greek Style	6 x 250g	1.95	GO
CV621	Sheep's Milk Yoghurt Natural	8 x 125g	0.90	O
CV625	Sheep's Milk Yoghurt Natural	6 x 400g	3.45	O
	WOODLANDS DAIRY			
CV420	Natural Sheeps Yoghurt	6 x 450g	4.45	O
	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
	Minimum 4 days shelf life			
CV366	Apricot & Peach Yoghurt	6 x 450g	2.50	OS
CV709	Blueberry Yoghurt	6 x 450g	2.50	O
CV746	Fat Free Natural Yoghurt	6 x 450g	2.45	OS
CV403	Greek Style Natural	6 x 450g	2.80	O
CV604	Lemon Curd Yoghurt	6 x 450g	2.50	OS
CV360	Natural Yoghurt	6 x 450g	2.45	O
CV365	Raspberry Yoghurt	6 x 450g	2.50	OS
CV363	Strawberry Yoghurt	6 x 450g	2.50	OS
	Multipack Range			
CV603	Fruity Favourites	4 x 4 x 110g	2.80	OS
	YOGHURT, NON-DAIRY (CHILLED)			
	COCOS			
CV892	Mango & Passionfruit	6 x 125g	2.35	GOV
CV013	Mango & Passionfruit Yoghurt	6 x 400g	5.65	GOV

code	product	size	rrp	bfgosv
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
	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
	SOON			
CV616	Banana & Coconut Oat Yoghurt	6 x 350g	2.70	OSV
CV636	Chocolate Hemp Dessert	6 x 150g	1.30	OSV
CV637	Coconut Yoghurt	6 x 350g	2.89	OV
CV681	Hazelnut Hemp Dessert	6 x 150g	1.30	OSV
CV559	Oat Yogurt	6 x 350g	2.49	OV
CV622	Spelt Yogurt	6 x 350g	2.80	OV

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