

MAY-JUNE FOCUS GLUTEN-FREE

NEW
for 2023

All promotions are subject to availability

All offer prices are valid on orders placed between
1st May and the 30th June 2023 inclusive.

B - Biodynamic

F - Fairtrade / BAFTS accredited

G - Gluten-free
(complies with EU regulation 828/2014
for gluten-free foods labelling)*

O - Organic certified

S - Added sugar

V - Vegan

*More information on page 309.



2023

This pricelist: May-June

Coeliac awareness week: 8th-14th May 2023

Upcoming Events Calendar

July-August

Summer Holiday and Sun Health, Picnics & BBQs

September-October

Christmas, Organic September, Winter Warmers

November-December

Christmas, Winter Health, Winter Warmers

Gluten-Free

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

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

NEW

DILLON ORGANIC
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Dillon
organic

New!

Gluten Free Sliced Bread



BT084



BT079

- High Fibre
- Low Carb

& existing KETO bread



All 20% off

NEW

Free from breakfast cereals in portion-size packs

GLUTEN FREE | VEGAN | ORGANIC

20%
OFF



Tap into the growing free from market with our range of gluten free breakfast cereals available in portion-size packs - avoiding cross-contamination and perfect for catering, hospitality and foodservice. All are certified gluten free, vegan, organic and made without any of the top 14 allergens. So delicious, all your customers can enjoy them - whether free from or not.

For more information, contact sales@freee-foods.co.uk





CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	RRP	BFGOSV
SY162	Pureoaty Creamy and enriched	6 x 1l		8.91	1.99	GV
SY161	PureOaty Organic Barista	6 x 1lT		8.86	2.19	GOV

NEW

FRESH OUT THE OVEN



Our newest arrivals make a versatile base for any topping. With an authentic sourdough tang and wholegrain oats, they make for a memorable lunch.



 Plant based

GF Gluten free wholegrain oats

55 Calories Per Flatbread

  [Nairns.com](https://www.nairns.com)

n
nairn's

punjaban HOMESTYLE CURRY SAUCES

No preservatives. No additives. Vegan friendly. Gluten free. Palm oil free. Nut free.



CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	RRP	BFGOSV
KJ316	Jalfrezi Curry Sauce	6 x 350g		17.31	3.89	GV
KJ317	Korma Curry Sauce	6 x 350g		17.31	3.89	GV

Schnitzer
GLUTENFREIHEIT



ENJOY YOUR LIFE

15 %
discount
in May/June

NEW DESIGN
SAME PLEASURE

Schnitzer GmbH & Co. KG
Martener Str. 9
77656 Offenburg
www.schnitzer.eu



The French
Classic -
mild and tasty



The grainy
bread with a
nutty taste,
refined with
linseeds and
sesame



NEW

The artisan-
style with a
hearty taste,
refined with
linseed flour



20%
OFF

OUR GLUTEN-FREE PASTA DOESN'T COMPROMISE ON TEXTURE OR TASTE

This pasta is made for us in Italy by a company that specialises in gluten-free foods.

It also has great texture that sauce just loves to stick to, ensuring there's more flavour with every mouthful.



CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	RRP	OFFER PRICE	OFFER RRP	BFGOSV
WT011	Brown Rice Fusilli Pasta	8 x 500g		19.50	3.25	16.58	2.79	GOV
WT013	Brown Rice Penne Pasta	8 x 500g		19.50	3.25	16.58	2.79	GOV

amisa

ORGANIC

GLUTEN FREE bread collection

Simply bake in the oven for 10 mins
until golden brown for that freshly
baked taste

♥ Organic ♥ Vegan ♥ Gluten Free

For full range details
visit us at www.amisa.co.uk

15%
OFF



CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	RRP	OFFER PRICE	OFFER RRP	BFGOSV
BT472	Seeded Breakfast Rolls	8 x 188g		21.24	3.55	18.05	2.99	GOV
BT468	Sundried Tomato Ciabatta	8 x 180g		22.46	3.75	19.09	3.19	GOV

BROWN BAG CRISPS
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Brown Bag Crisps

Our crisp bags can be recycled!
Visit our website for more details
www.brownbagcrisps.co.uk



An independent
family run company
supplying great
crisps since 2010



Naturally delicious,
award-winning and gluten free
crisps that you will never find in
supermarkets - a promise that we
will never break

20% OFF

Phil & Viv x

Home
COMPOSTABLE
PACKAGING

45%
LESS
SUGAR*

100%
VEGAN

Gluten &
Dairy
FREE

NO
Refined
SUGAR

20% OFF



 
@CAROBOOUK
www.eatcaroboo.co.uk

We have revolutionised carob - Caroboo bars deserve front and centre stage with their melt in the mouth, ridiculously creamy and smooth texture!

Ridiculously Chocolatey Carob Bars

CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	RRP	OFFER PRICE	OFFER RRP	BFGOSV
ZX522	Raspberry & Honeycomb Crunch	20 x 32g	v	20.99	1.69	16.79	1.35	GSV
ZX516	Salted Caramel Nutty Bars	20 x 32g	v	20.99	1.69	16.79	1.35	GV
ZX985	Smooth & Creamy Coconut Bars	20 x 35g	v	20.99	1.69	16.79	1.35	GSV
ZX990	Smooth & Creamy Mint Bars	20 x 35g	v	20.99	1.69	16.79	1.35	GSV
ZX987	Smooth & Creamy Orange Bars	20 x 35g	v	20.99	1.69	16.79	1.35	GSV



DAIRY FREE | SOYA FREE | GLUTEN FREE | ORGANIC | NO REFINED SUGAR | VEGAN

CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	RRP	OFFER PRICE	OFFER RRP	BFGOSV
KB593	Mint Caramel Filled Bar	12 x 70g	v	22.46	2.99	17.97	2.39	GOSV
KB603	Orange Caramel Filled Bar	12 x 70g	v	22.46	2.99	17.97	2.39	GOSV
KB389	Salted Caramel Filled Bar	12 x 70g	v	22.46	2.99	17.97	2.39	GOSV
KB388	Vanilla Caramel Filled Bar	12 x 70g	v	22.46	2.99	17.97	2.39	SVGO
KB402	Dark 70% Chocolate Buttons	6 x 96g	v	18.69	4.99	14.94	3.99	GOSV
KB392	Mint Filled Buttons	6 x 96g	v	18.69	4.99	14.94	3.99	GOSV
KB401	Orange Caramel Filled Buttons	6 x 96g	v	18.69	4.99	14.94	3.99	GOSV
KB391	Salted Caramel Filled Buttons	6 x 96g	v	18.69	4.99	14.94	3.99	GOSV



Try our NEW range of Artisan Biscuits and Toasts

NOW VEGAN!

THE SAVOURY RANGE

THE SWEET RANGE



Full of fruits and nuts, our vegan, organic & gluten-free toast slices are delicious on their own, dipped, topped or with cheese

An indulgent range of organic & gluten-free cookies and shortbreads made with pure butter

www.honeyrosebakery.com

Le Pain des fleurs

"the bread of flowers"



-15%

wonderfully organic
Crunchy crispbreads

- ✓ Created from nature, baked for you
- ✓ Perfect for breakfast and snacking AM to PM
- ✓ Only 20-21 kcal per cracker

distributed by Lavida Food Ltd www.lavidafood.com



EKIBIO SAS - France - www.lepaindesfleurs.fr - www.ekibio.fr  

15%

Nature's Path Organic Cereals

Millet Rice Not Gluten Free

NATURE'S PATH ORGANIC

NATURE'S PATH, NATURE'S FACE

[f](https://www.facebook.com/naturespathuk) [i](https://www.instagram.com/naturespathuk) @NATURESPATHUK

A WHOLE RANGE OF GLUTEN FREE BARGAINS



20% Off



Gluten free wholegrain oats



Coeliac UK Approved



A great source of fibre



Discover the ranges at nairns.com



CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	RRP	OFFER PRICE	OFFER RRP	BFGOSV
BT200	GF Apple&Cinnamon Chunky Bisc	6 x 160g		12.16	2.69	9.73	2.15	GSV
BT324	GF Biscuit Breaks Choc Chip	12 x 160g		24.32	2.69	19.46	2.15	GS
BT108	GF Biscuit Breaks Oat & Fruit	12 x 160g		24.33	2.69	19.46	2.15	GSV
BT109	GF Biscuit Breaks Oat & Syrup	12 x 160g		24.33	2.69	19.46	2.15	GSV
BT267	GF Biscuit Breaks Stem Ginger	12 x 160g		24.33	2.69	19.46	2.15	GSV
BT571	GF Blue&Rasp Chunky Biscuits	6 x 160g		12.16	2.69	9.73	2.15	GSV
BT572	GF Dark Choc&C'nut Chunky Bisc	6 x 160g		12.16	2.69	9.73	2.15	GS
BT549	GF Super Seeded Oatcake	8 x 180g		15.49	2.59	12.39	2.07	GV
BT420	Gluten Free Oatcakes	8 x 213g		15.49	2.59	12.39	2.07	GV
BT424	Gluten Free Oatcakes - Cheese	8 x 180g		15.49	2.59	12.39	2.07	G
BT559	W/Grain Super Seeded Cracker	8 x 137g		14.36	2.39	11.49	1.91	GS
BT557	Wholegrain Cracker	8 x 160g		14.36	2.39	11.49	1.91	GS
BT425	Salted Caramel Oat Biscuit	6 x 160g		12.16	2.69	9.73	2.15	GS
BT149	Caramelised Onion Flatbreads	6 x 150g		10.76	2.39	8.61	1.91	GS
BT156	Cheese Cracker	8 x 137g		10.94	1.79	8.75	1.43	GS
ZX338	Original Flatbread	6 x 150g		10.76	2.39	8.61	1.91	GSV
BT027	Sourdough Flatbreads	6 x 125g		10.76	2.39	8.61	1.91	GSV
MX152	Gluten Free Porridge Oats	5 x 450g		11.68	3.09	9.34	2.47	GV
MX154	Muesli - Gluten Free	5 x 450g		13.47	3.59	10.78	2.87	GSV
ZX335	Sea Salt & Rosemary Flatbread	6 x 150g		10.76	2.39	8.61	1.91	GS
ZX210	Snackers - Cheese	20 x 23g		10.63	0.69	8.50	0.55	G

15% OFF!



TASTES LIKE:
**VEGEMITE,
NOW GLUTEN
FREE**

The same VEGEMITE
taste you love, now
Gluten Free



SERVING SUGGESTION

GLUTEN FREE VEGEMITE CONTAINS VITAMINS B1, B2, B3 AND FOLATE. ENJOY AS PART OF A BALANCED, VARIED DIET AND ACTIVE LIFESTYLE.
VEGEMITE, THE VEGEMITE DEVICE AND THE VEGEMITE TRADE DRESS ARE TRADE MARKS OF BEGA CHEESE LIMITED.

CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	RRP	OFFER PRICE	OFFER RRP	BFGOSV
GH148	Vegemite Gluten Free	8 x 235g		20.19	3.35	17.16	2.85	CV



SUMA
SUSTAINABLE FOOD & BEVERAGE

ORGANIC
GLUTEN-FREE
**PENNE
PASTA**
100% Whole Grain Flour
500g