

Suma

CO-OPERATIVE SINCE 1977

ORGANIC

MAR - APR 2024

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
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ALCOHOL FREE AND LOW ALCOHOL BEVERAGES

GIMBER

JU284	Gimber - ginger concentrate	12 x 200ml	13.49	OSV
JU283	Gimber - ginger concentrate	6 x 500ml	2.99	OSV

ST PETER'S

JU048	Alcohol Free Beers St Peter's Without Pale Ale	8 x 500ml	2.19	OV
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BBY & CHILD FOOD

ELLA'S KITCHEN

	Breakfast			
BB109	Baby Brekkie - Banana	6 x 100g	1.75	O
BB199	Baby Brekkie - Blueberry/Pear	6 x 100g	1.75	O
	Smoothie Fruits			
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	12 x 90g	1.90	OV
	Stage 1			
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
BB078	Strawberries & Apples	7 x 120g	1.65	OV
BB126	Sweet Potato,Broccoli,Carrot	7 x 120g	1.65	OV
	Stage 2			
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			
BB002	Mini Alphabet Baby Pasta	14 x 250g	2.39	OV
BB005	Red Lentil & Pea Risoni Pasta	14 x 250g	2.45	OV
	Pasta			
BB255	Animal Pasta Shapes - Tricolor	15 x 300g	2.99	OV
BB151	Gluten Free Mini Gnocchi	12 x 250g	2.65	GOV
BB043	Red Lentil Dinosaur Pasta	8 x 250g	3.75	GOV
BB051	Teddy Bear Pasta	15 x 300g	2.99	VO
BB174	Travel Shaped Pasta	15 x 300g	2.49	OV
	ORGANIX			
BB019	Banana Weaning Wands	5 x 25g	1.35	OV
BB020	Little Ruskits Vanilla	4 x 60g	2.68	O
BB009	Magnificent 7 Veggies	6 x 130g	2.15	OV
BB015	Strawberry Weaning Wands	5 x 25g	1.34	OV
BB014	Very Veggie Pasta	6 x 190g	2.97	OV
	Cereals - Stage 2			
BB052	Banana & Plum Porridge	4 x 200g	3.59	OV
	Cereals - Stage 3			
BB057	Banana,Peach & Apple Muesli	4 x 200g	4.25	OV

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	Finger Foods - from 7 months			
BB715	Crunchy Carrot Sticks	8 x 20g	0.89	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	3.79	OV
BB158	Banana & Date Chunky Fruit Bar	6 x 6 x 17g	3.79	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	1.99	OV
BB039	Banana Rice Cake	6 x 40g	1.99	OV
BB036	Strawberry Rice Cake	6 x 40g	1.99	OV
BABY CARE				
BEAMING BABY				
	Wipes			
NF103	Organic Baby Wipes Unscented	12 x 72	4.69	OV
NATRACARE				
NF099	Baby Wipes 50 Pack	16 x 50	4.59	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
BAKING SUNDRIES				
BREAD MATTERS				
LJ218	Original Sourdough Starter	12 x 10g	4.99	OV
CLEARSPRING				
LJ138	Agar Agar Flakes Gelling Agent	8 x 30g	5.99	OV
COCOA LOCO				
KB139	Dark Chocolate Couverture	4 x 1.5kg	22.99	FOSV
DOVES FARM				
LJ203	Cornflour Organic	5 x 110g	2.29	GOV
ENGEVITA				
LJ144	Organic Yeast Flakes	6 x 100g	6.49	FGOV
GREEN & BLACKS				
	Cooks Chocolate			
KB058	Dark Cooking Chocolate-Organic	15 x 150g	2.85	FOS
KB429	Milk Cooks Chocolate - organic	15 x 150g	2.85	OS
MONTEZUMA'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	15.53	GOSV
KB658	Organic Rich Chocolate	1 x 1kg	16.13	GOSV

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	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	4.49	OSV
	BEANS & PULSES - CANNED			
	SUMA ORGANIC			
VF675	Aduki Beans - organic	12 x 400g	1.15	OV
VF625	Black Beans - organic	12 x 400g	1.15	OV
VF230	Black Beluga Lentils - organic	12 x 400g	1.90	OV
VF300	Black Chickpeas - organic	12 x 400g	1.15	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
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
	Baked Beans			
VF800	Baked Beans - Low Sugar	12 x 400g	1.39	OV
VF550	Baked Beans - organic	12 x 400g	1.39	OSV
	Canned From Fresh			
VF123	Fresh Borlotti Beans - Organic	12 x 400g	1.75	OV
VF169	Fresh Cannellini - Organic	12 x 400g	1.75	OV
VF560	Fresh Chickpeas - Organic	12 x 400g	1.75	OV
VF950	Fresh Edamame Soybeans - Org	12 x 200g	1.69	OV
VF350	Fresh Flageolet Beans - Org	12 x 200g	1.49	OV
	Catering Size			
VF900	Black Beans - organic	6 x 2.6kg	4.75	OV
VF785	Chickpeas - organic	6 x 2.6kg	4.39	OV
	AMAIZIN			
VF115	Mixed Beans with Corn	12 x 200g	1.60	OV
	BIONA			
VF222	Baked Beans - Organic	12 x 400g	1.69	OSV
LJ167	Brown Lentil Curry	6 x 400g	1.99	OV
VF042	Chilli Beans - Organic	6 x 395g	1.69	OSV
VF227	Chilli Black Beans - Organic	6 x 400g	1.69	OV
VF306	Edamame Beans	12 x 200g	2.19	OV
	BIONOVA			
VF495	Baked Beans - organic	6 x 340g	2.99	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
	LA BIO IDEA			
VF113	Beluga Lentils - Organic	12 x 200g	1.79	OV
VF075	Chickpeas - organic	12 x 200g	1.45	OV
VF062	Red Kidney Beans - organic	12 x 200g	1.45	OV

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MR ORGANIC				
VF215	BBQ Baked Beans	12 x 400g	1.79	OV
VF059	Brazilian Style Black Beans	12 x 400g	2.90	OV
VF216	Chilli Mixed Beans	12 x 400g	1.79	OV
VF120	Greek Style Butter Beans	12 x 400g	2.90	OV
VF178	Italian Style Cannellini beans	12 x 400g	2.90	OV
VF198	Mexican Style Beans and Corn	12 x 400g	2.90	OV
VF245	Moroccan Style Chickpeas	12 x 400g	2.90	OV
BEANS & PULSES - DRIED				
SUMA PREPACKS - ORGANIC				
PU202	Aduki Beans - Organic	6 x 500g	3.75	VO
PU222	Bean Mix - organic	6 x 500g	3.49	OV
PU034	Black Turtle Beans	6 x 500g	2.95	OV
PU004	Broth Mix - Organic	6 x 500g	2.45	OV
PU345	Butter Beans - organic	6 x 500g	3.99	VO
PU225	Cannellini Beans - organic	6 x 500g	3.35	OV
PU369	Chickpeas - organic	6 x 500g	2.55	VO
PU182	Green Split Peas - organic	6 x 500g	2.39	OV
PU145	Haricot Beans - organic	6 x 500g	2.99	OV
PU135	Lentils - Brown, organic	6 x 500g	2.45	VO
PU167	Lentils - Dark Speckled, org	6 x 500g	4.25	OV
PU129	Lentils - Green, organic	6 x 500g	2.85	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	3.50	OV
PU156	Red Kidney Beans - organic	6 x 500g	3.59	OV
PU146	Soya Beans - organic	6 x 500g	2.29	OV
PU166	Yellow Split Peas - organic	6 x 500g	2.55	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				
BRASSERIE BRUNEHAUT				
RT076	Belgian Beer - Amber	24 x 330ml	4.19	GOSV
RT077	Belgian Beer - Blanche	24 x 330ml	3.89	GOSV
RT075	Belgian Beer - Blonde	24 x 330ml	4.50	GOSV
LITTLE VALLEY BREWERY				
RT027	Cragg Bitter	12 x 500ml	3.15	OV
RT016	Python IPA	12 x 500ml	3.59	OV
RT015	Tod's Blonde	12 x 500ml	3.29	OV
RT024	Withens Pale Ale	12 x 500ml	3.15	OV
SAM SMITHS				
RT009	Organic Chocolate Stout	12 x 550ml	4.75	OV
RT008	Organic Pale Ale	12 x 550ml	4.39	OV
RT120	Organic Pure Brewed Lager	12 x 550ml	4.39	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	GOV
BT119	Chickpea Crispbread	12 x 100g	2.90	GOV
BT185	Crispbread - Buckwheat W/grain	12 x 120g	2.95	GOV
BT289	Crispbread - Quinoa Fibre Plus	12 x 100g	1.89	OV
BT291	Crispbread - Veggie Garden GF	12 x 100g	1.89	GOV
BT159	Protein Lentil Crispbread	12 x 100g	2.19	GOV
BIONA				
BT336	Blueberry Filled Cookies	12 x 175g	3.50	OS
BT167	Caramel Syrup Waffles	12 x 175g	3.25	OS

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BT005	Crissini Breadsticks - Quinoa	12 x 125g	2.75	OV
BT004	Crissini Breadsticks - Sesame	12 x 125g	2.55	OV
BT166	Hazelnut Syrup Waffles	12 x 175g	3.25	OSV
BT157	Honey Waffles	12 x 175g	3.50	OS
CLEARSPRING				
BT261	Brown Rice Cakes	6 x 120g	1.59	GOV
BT229	Brown Rice Cakes	6 x 120g	1.59	GOV
BT270	Brown Rice Cakes	6 x 120g	1.69	GOV
BT276	Brown Rice Cakes	6 x 120g	1.69	GOV
BT277	Brown Rice Cakes	6 x 120g	1.69	GOV
BT318	Oatcakes - Sea Vegetable	15 x 200g	3.79	OV
BT290	Oatcakes - Sun Dried Tom /Herb	15 x 200g	3.79	OV
BT319	Oatcakes, Traditional, Organic	15 x 200g	3.79	OV
BT317	Organic Corncakes	12 x 130g	1.79	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	12 x 130g	1.79	GOV
BT630	Rice Cakes - Lightly Salted	12 x 130g	1.79	GOV
BT629	Rice Cakes - No Added Salt,Org	12 x 130g	1.79	GOV
BT576	Rye Crispbread - Original	10 x 200g	1.59	OV
BT577	Rye Crispbread - Sesame	10 x 200g	1.89	OV
DOVES FARM				
BT295	Choc Chip Cookies	12 x 180g	2.59	GOSV
BT092	Digestive Biscuits	12 x 400g	2.79	OSV
BT010	Digestives	12 x 200g	1.69	OSV
BT271	Double Chocolate Cookies - GF	12 x 180g	2.59	GOSV
BT202	Fruity Oat Digestives	12 x 200g	2.90	OSV
BT269	Lemon Zest Cookies - GF	12 x 150g	2.50	GOSV
BT029	Organic Ginger Oat Biscuits	12 x 200g	2.45	OSV
BT008	Stem Ginger Cookies - GF	12 x 150g	2.50	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	OV
HONEYROSE				
BT292	All Butter Lemon Shortbread	6 x 125g	3.59	GOS
BT249	All Butter Oat & Raisin Cookie	6 x 115g	3.59	GOS
BT232	All Butter Shortbread	6 x 125g	3.59	GOS
BT227	Date & Walnut Toast	6 x 110g	4.39	GOSV
BT228	Hazelnut & Agen Plum Toast	6 x 110g	4.59	GOSV
BT230	Kale & Spiced Nut Toast	6 x 110g	4.39	GOSV
BT235	Triple Chocolate Cookie	6 x 115g	3.59	GOS
ISLAND BAKERY ORGANICS				
BT121	Apple Crumbles Organic Biscuit	12 x 125g	3.25	OS
BT252	Blonde Chocaccinos	12 x 133g	4.90	OS
BT163	Chocolate Gingers	12 x 133g	4.90	OS
BT164	Lemon Melts	12 x 133g	4.90	OS
BT006	Lime Melts	12 x 133g	4.90	OS
BT162	Oat Crumbles	12 x 125g	2.75	OS
BT253	Orange Melts	12 x 133g	4.90	OS
BT165	Shortbread Biscuits	12 x 125g	2.75	OS
KALLO				
BT045	Ancient Grain Corn Cakes	12 x 150g	2.49	GOV
BT184	Corn Cakes OG	12 x 130g	2.25	GOV
	Rice Cakes			
BT810	Milk Chocolate Rice Cakes OG	16 x 90g	3.45	GO
BT034	Original Wholegrain Rice Cakes	12 x 130g	2.15	GVO
BT338	Thin Slice Rice Cake Dark Choc	16 x 90g	3.35	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

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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
ZX219	Orange Biscuits/Cocoa Beans	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	2.49	GOV
BT147	Chickpea & Lentil Crackers	8 x 120g	2.49	GOV
BT372	Chickpea Triangles	6 x 80g	1.85	GOV
BT054	Corn Crackers	8 x 130g	1.99	GOV
BT371	Corn Triangles	6 x 100g	1.85	GOV
BT309	Multigrain Crackers	8 x 100g	1.99	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				
	Balms			
DY411	Lip Balm Sticks - Green Pack	4 x sticks	16.99	O
DY417	Lip Balm Sticks - Yellow Pack	4 x sticks	16.99	O
MD874	Sleep Balm - Mini	1 x 21g	7.99	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			
DY458	Deodorant - Cherry Blossom	1 x 40g	8.45	OV
DY462	Deodorant - Highland Breeze	1 x 40g	8.45	OV
DY463	Deodorant - Lemon & Lime	1 x 40g	8.45	OV

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DR BRONNER'S				
DY443	Lavender - Pump Soap	1 x 355ml	14.49	FOV
DY183	Lavender All In One Magic Soap	1 x 240ml	9.99	FOV
DY338	Lavender Castile Liquid Soap 475ml Bottle	1 x 3.8l	79.99	FGOVB
DY191	Almond All In One Magic Soap	1 x 475ml	15.49	FOV
DY198	Baby All In One Magic Soap	1 x 475ml	15.49	FOV
DY205	Lavender All In One Magic Soap	1 x 475ml	15.49	FOV
DY201	Orange All In One Magic Soap	1 x 475ml	15.49	FOV
DY207	Peppermint AllInOne Magic Soap 945ml Bottle	1 x 475ml	15.49	FOV
DY208	Almond All In One Magic Soap	1 x 945ml	24.99	FOV
DY209	Baby Castile Liquid Soap	1 x 945ml	24.99	FOV
DY213	Lavender Castile Liquid Soap	1 x 945ml	24.99	FOV
DY572	Orange All In One Magic Soap	1 x 945ml	24.99	FOV
DY214	Peppermint Castile Liquid Soap Bar Soap	1 x 945ml	24.99	FOV
DY117	Almond Pure Castile Bar Soap	12 x 140g	6.49	FOV
DY118	Baby Castile Bar Soap	12 x 140g	6.49	FOV
DY123	Lavender Castile Bar Soap	12 x 140g	6.49	FOV
DY119	Orange Castile Bar Soap Hand Sanitiser	12 x 140g	6.49	FOV
DY455	Hand Sanitiser - Lavender	1 x 60ml	5.49	FOV
DY479	Hand Sanitiser - Peppermint	1 x 60ml	5.49	FOV
DR ORGANIC				
COCONUT				
DY356	Coconut Body Wash	6 x 250ml	6.49	OV
DY403	Coconut Conditioner	6 x 265ml	6.99	OV
DY361	Coconut Shampoo Gift Sets	6 x 265ml	6.99	OV
DY238	Ageless Skincare Gift Set	1 x gift set	2.00	OV
DY242	Nourish Me Lip Balm Trio TEA TREE	1 x gift set	9.99	OV
DY337	Tea Tree Bodywash	6 x 250ml	6.49	OV
DY334	Tea Tree Deodorant	6 x 50ml	6.49	VO
LAVERA				
Basis				
DY963	All-Round Cream	4 x 150ml	9.85	OV
DY230	Body Lotion	4 x 250ml	11.35	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	4.50	OGV
DY581	Moisturising Face Cream	4 x 50ml	15.45	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	OV
UPCIRCLE				
DY272	Face Serum with Coffee	1 x 30ml	16.99	VO
BREADS & BREAD MIXES				
AMAIZIN				
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	9 x 500g	2.75	OV

code	product	size	rrp	bfgosv
BT461	Rice Bread with Sunflower Seed	6 x 500g	6.90	GOV
BT464	Rye Bread - Amaranth & Quinoa	7 x 500g	2.85	OV
BT073	Rye Bread - Chia & Flax	7 x 500g	2.93	OV
BT438	Rye Bread - Hemp Seed	7 x 500g	2.95	OV
BT207	Rye Bread - Pumpkin Seed	7 x 500g	2.95	OV
BT210	Rye Bread - Sunflower Seed	7 x 500g	2.75	OV
BT439	Rye Bread - Vitality	7 x 500g	2.85	OV
BT145	Rye Bread - Wholegrain	7 x 500g	2.75	OV
BT206	Rye Omega 3 Linseed Bread	7 x 500g	2.75	OV
BT422	Spelt Pizza Base - Organic	10 x 300g	4.25	OV
CROSTA & MOLLICA				
BT183	Wholeblend Piadina	12 x 300g	2.39	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
BT079	Sliced Gluten Free Olive Bread	4 x 275g	4.79	GOV
BT084	Sliced Gluten Free Seeded Brea	4 x 275g	4.79	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 380g	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	3.45	OV
SCHNITZER GLUTEN FREE				
BT467	Baguette Classic	6 x 360g	4.90	GOV
BT466	Baguette Grainy Linseed/Sesame	6 x 320g	4.90	GOV
BT062	Baguette Rustic	6 x 320g	3.89	GO
BURGERS SAUSAGES & TVP MIXES				
CLEARSPRING				
SY074	Organic Soya Chunks	12 x 200g	3.49	GOV
SY071	Organic Soya Mince	12 x 300g	4.90	GOV
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	3.85	GOV
SY095	Protein Mince Pea & Fava	12 x 125g	3.85	GOV
BUTTER, CREAM & MILK (CHILLED)				
CALON WEN				
CV277	The Farmers Co-op 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
DEVON CREAM COMPANY				
CV293	Clotted Cream	12 x 170g	3.70	GO
VRAI				
CV632	Minimum 5 days shelf life Creme Fraiche	6 x 200g	2.35	O
YEO VALLEY				
CV304	Slightly Salted Organic Butter	20 x 200g	3.50	O
CV292	Spreadable Butter	8 x 400g	5.95	O
CV726	Unsalted Organic Butter Minimum 4 days shelf life	20 x 200g	3.50	O

code	product	size	rrp	bfgosv
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	4.25	OV
MX123	Classic Apple Bircher	6 x 450g	4.45	OV
MX099	Everyday Muesli	6 x 550g	4.15	OV
MX085	Fruits and Seeds Muesli	6 x 650g	4.25	OV
MX047	Muesli Super Fruits	6 x 500g	4.75	OV
	Everyday Range			
MX023	Gluten Free Muesli - organic	6 x 250g	4.25	GOV
MX031	Rich Muesli - organic	6 x 500g	4.15	OV
	Into The Garden			
MX236	Active Muesli	6 x 250g	4.95	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
MX133	Nutty Clusters Granola	6 x 375g	5.99	OSV
MX132	Oaty Clusters Granola	6 x 375g	5.49	OV
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	4.90	GOV
MX087	Supergrain Hoops	5 x 300g	3.85	GOV
	Ancient Grains			
MX090	Breakfast Flakes	5 x 375g	4.69	GOV
MX081	Cereal Hoops	5 x 300g	4.49	GOV
MX080	Fruit & Fibre Flakes	5 x 375g	4.99	GOSV
	Snack Size			
MX115	Chocolate Stars	20 x 25g	0.75	GOSV
MX074	Corn Flakes	20 x 30g	0.75	GOSV
MX073	Fibre Flakes	20 x 30g	0.75	GOSV
	Wholegrain			
MX088	Cocoa Rice Pops	5 x 300g	3.55	GOSV
GLEBE FARM				
MX106	Porridge Oats GF	6 x 450g	2.79	GOV

code	product	size	rrp	bfgosv
	KALLO			
MX124	Puffed Rice Cereal - Natural	8 x 225g	3.69	GOV
	LIZI'S			
MX011	Organic Granola	10 x 350g	4.59	OSV
	NATURES PATH ORGANIC			
	Cereals			
MX194	Maple Sunrise	4 x 332g	4.75	GOSV
MX885	Mesa Sunrise	4 x 355g	4.95	GOSV
MX884	Millet Rice	4 x 375g	4.29	OV
	Envirokidz			
MX079	Choco Chimps	4 x 284g	4.59	GOVS
MX602	Gorilla Munch	4 x 300g	4.55	GOVS
	Granola			
MX136	Mixed Berry Granola	5 x 300g	5.59	OG
	PRIMROSE'S KITCHEN			
MX109	Beetroot & Ginger Muesli	6 x 400g	4.49	GOV
MX104	Carrot, Apple & Cinnamon Muesli	6 x 400g	4.49	GOV
MX098	Fig & Apricot Bircher OG	6 x 400g	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
MX142	Peanut Butter Choc Granola	6 x 250g	5.99	GOV
MX141	Peanut Butter Granola	6 x 250g	5.99	GOV
	ROLLAGRANOLA			
MX107	Organic & Nutty Granola	6 x 400g	5.39	GOV
	RUDE HEALTH			
MX140	Instant Bircher Apple & Cinnam	6 x 375g	3.49	OV
	RUDE HEALTH FOODS			
	Children's			
MX232	Honey Puffed Spelt	8 x 175g	3.49	O
	Granola			
MX108	Crunchy Berry Granola	6 x 400g	4.99	OSV
MX135	Ultimate Granola	6 x 400g	4.99	OS
	Muesli			
MX060	Ultimate Muesli	6 x 400g	4.99	OSV
	Puffs			
MX101	Choco Vanilla Puffs	7 x 200g	3.75	GOV
	WHOLE EARTH			
MX172	Classic Cornflakes - organic	12 x 375g	3.19	GOSV
MX158	Cocoa Crunch	5 x 375g	3.29	OSV
MX174	Maple Frosted Flakes - og	10 x 375g	3.95	GOSV
MX155	Organic Muesli	12 x 750g	5.99	O
MX162	Red Fruit Crunch	5 x 450g	3.95	OSV
	CHEESE, DAIRY (CHILLED)			
	BERGERIE			
CV583	Organic Fresh Goat Cheese	6 x 100g	2.35	GO
CV590	Organic Fresh Sheeps Cheese	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	4.19	O
CV760	Organic Halloumi Cheese	10 x 200g	4.60	O
	ETHICAL DAIRY			
CV162	Finlay's Cheddar	6 x 150g	5.90	O
CV148	Laganory Cheese	6 x 150g	5.30	O
CV144	Mature Carrick Cheese	6 x 150g	5.90	O
CV157	Rainton Tomme Cheese	6 x 150g	5.65	O

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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
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	10 x 245g	4.80	O
	Grated			
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)				
KINDA CO				
CV324	Blue Vegan Cheese	6 x 120g	7.50	OV
CV334	Farmhouse Vegan Cheese	6 x 120g	7.50	OV
CV339	Garlic & Herb Vegan Cheese	6 x 120g	7.50	OV
CV333	Greek Style Cheese	6 x 120g	7.50	OV
CV335	Smoked Vegan Cheese	6 x 120g	7.50	OV
CV340	Sour Creme & Chive Spread	6 x 130g	7.50	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
CV027	MascaRice Vegan Mascarpone	6 x 150g	3.65	GOV
CHOCOLATE				
SUMA PREPACKS - ORGANIC				
KB137	Cacao Nibs - Organic	6 x 100g	1.89	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	6.80	GOSV
ZX871	Around Midnight Espresso	8 x 92g	6.80	GOSV
KB749	Chocolate Orange Truffles	8 x 92g	6.80	GOSV
KB987	Chocolate Salted Caramel	8 x 92g	6.80	OSV
KB694	Deeply Chocolate Truffles	8 x 92g	6.80	GOSV
ZX872	Fine De Champagne	8 x 92g	6.80	GOSV
ZX874	Hazelnut Crunch	8 x 92g	6.80	GOVS
KB718	Honeycomb Caramel Truffle	8 x 92g	6.80	GOSV
	Artist's Collection Gift Boxes			

code	product	size	rrp	bfgosv
KB927	Fine De Champagne Truffles	3 x 185g	25.99	GFOSV
KB929	Hazelnut Truffles	3 x 185g	25.99	GFOSV
	EASTER 2024			
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	25.99	GOSV
KB985	Large Hazelnut Truffle Egg	4 x 138g	25.99	GOSV
WS149	Large Salted Caramel Egg	4 x 138g	25.99	OSV
KB223	Ltd Edition Easter Selection	5 x 184g	13.99	GOSV
	Four Corners			
KB655	The Gourmet Selection	4 x 230g	2.89	GOSV
	Gift Boxes			
KB815	Award-winning Selection	5 x 184g	13.49	GOSV
KB656	Champagne Truffles	6 x 138g	11.49	GOSV
KB612	Fine de Champagne Truffles	5 x 184g	13.49	OSV
KB605	Salted Caramel Choc Truffles	5 x 184g	13.49	OSV
KB793	The Signature Collection	5 x 184g	13.49	GOSV
	Gift Range			
KB623	Hazelnut Truffles	4 x 138g	16.69	GOSV
KB624	Truffle Selection 1	4 x 138g	16.69	GOSV
KB873	Truffle Selection 2	4 x 138g	16.69	GOSV
	Two Packs			
KB507	Almond Salted Caramel Truffles	16 x 23g	1.55	GOSV
KB513	Hazelnut Crunch Truffles	16 x 23g	1.55	GOSV
KB594	Honeycomb Caramel Truffles	16 x 23g	1.55	OSV
KB595	Orange Chocolate Truffles	16 x 23g	1.55	OSV
KB602	Salted Caramel Choc Truffles	16 x 23g	1.55	OSV
	XMAS 2023			
KB648	Chocolate Orange Truffle Logs	8 x 115g	1.45	GSOV
KB660	Gourmet Truffle Selection No1	4 x 289g	25.00	GSOV
KB667	Gourmet Truffle Selection No2	4 x 289g	25.00	GSOV
KB633	Hazelnut Crunch Truffle Logs	8 x 115g	1.45	GSOV
KB644	S/Caramel Mocha Truffle Logs	8 x 115g	1.45	GOSV
	CHOCOLATE AND LOVE			
WS082	Creamy Dark 55% Chocolate	14 x 80g	3.79	FOS
WS004	Milk Chocolate, Hazelnut	14 x 80g	4.10	OS
WS079	Mint 67% Chocolate	14 x 80g	3.79	FOSV
WS081	Orange 65% Chocolate	14 x 80g	3.79	FOSV
WS077	Panama 80% Chocolate Bar	14 x 80g	4.10	FOSV
WS078	Pomegranate 70% Chocolate	14 x 80g	4.10	FOSV
WS080	Sea Salt 55% Chocolate	14 x 80g	3.79	FOS
	COCOA LOCO			
	EASTER 2024			
KB495	Chocolate Egg & Spoon	6 x 100g	6.49	FOS
KB320	Marbled Chocolate Egg	6 x 225g	13.99	FOS
KB300	Marbled Chocolate Rabbit	6 x 200g	12.99	FSO
KB496	Milk & White Chocolate Chicks	6 x 100g	5.79	FOS
KB363	Milk Choc Mini Eggs	6 x 140g	6.99	FOS
WS110	Milk Chocolate Rabbit Lolly	24 x 26g	2.49	FOS
WS111	Raspberry Chocolate Mini Eggs	6 x 140g	6.99	FOS
KB497	Raspberry Chocolate Pigs	6 x 100g	5.79	FOS
	CONSCIOUS CHOCOLATE			
ZX487	Dark Side 75% Raw Bar	10 x 60g	3.49	GOSV
ZX488	Dark Side 85% Raw Bar	10 x 60g	3.49	GOSV
ZX491	Four Nuts Raw Bar	10 x 60g	3.49	GOSV
ZX492	Goji & Coconut Raw Bar	10 x 60g	3.49	GOSV
ZX493	Love Potion No 9 Raw Bar	10 x 60g	3.49	GOSV
ZX497	Orange & Tangerine Raw Bar	10 x 60g	3.49	GOSV
ZX501	Peppermint Raw Bar	10 x 60g	3.49	GOSV
ZX505	Sour Cherry Raw Bar	10 x 60g	3.49	GOSV

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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
KB801	67% Dark Mint Crunch	12 x 100g	2.79	GOSV
KB654	71% Organic Very Dark	12 x 100g	2.79	FOSV
KB803	88% Extreme Dark	14 x 80g	2.79	GOSV
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	2.80	FOSV
KB034	85% Dark Chocolate	15 x 90g	2.80	FOSV
KB796	Dark Choc Hazelnut & Currant	15 x 90g	2.80	FOS
KB132	Dark Chocolate & Ginger	15 x 90g	2.80	FOS
ZX251	Maya Gold Dark Chocolate	15 x 90g	2.80	FSOV
KB908	Milk Choc & Chopped Almonds	15 x 90g	2.80	FOS
ZX239	Milk Chocolate	15 x 90g	2.80	FOS
KB133	Milk Chocolate & Butterscotch	15 x 90g	2.80	FOS
WS091	Milk Chocolate & Sea Salt	15 x 90g	2.80	FOS
KB370	White Chocolate	15 x 90g	2.80	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	2.90	OSV
KB503	Mint Chocolate	15 x 90g	2.90	OSV
HU				
KB674	Almond Butter Crispy Dark Bar	12 x 60g	3.79	FGOSV
KB677	Cashew Butter Orange Dark Choc	12 x 60g	3.79	FGOSV
KB675	Cashew Butter Vanilla Dark Chc	12 x 60g	3.79	FGOSV
KB678	Crunchy Mint Dark Chocolate	12 x 60g	3.79	FGOSV
KB673	Hazelnut Butter Dark Chocolate	12 x 60g	3.79	FGOSV
KB672	Salty Dark Chocolate Bar	12 x 60g	3.79	FGOSV
KB671	Simple Dark Chocolate Bar	12 x 60g	3.79	FGOSV
KB680	Vanilla Crunch Dark Chocolate	12 x 60g	3.79	FGOSV
ICHOC ORGANIC CHOCOLATE				
iChoc				
KB897	Almond & Orange	10 x 80g	2.99	FOSV
KB882	Choco Cookie	10 x 80g	2.99	FOSV
KB922	Classic Style	10 x 80g	2.99	FOSV
KB579	Salty Pretzel	10 x 80g	2.99	FOSV
KB738	Super Nut	10 x 80g	2.99	FOSV
KB582	White Barista Art	10 x 80g	2.99	FOSV
KB881	White Nougat Crisp	10 x 80g	2.99	FOSV
KB898	White Vanilla	10 x 80g	2.99	FOSV
MONTEZUMA'S				
KB946	Great White Chocolate	12 x 90g	3.29	OS
EASTER 2024				
KB205	Clucky Chick With Buttons	8 x 100g	7.50	OS
WS220	Dark Chocolate Eco Egg	4 x 150g	1.00	GOSV
WS221	Milk Chocolate Eco Egg	4 x 150g	1.00	GOS
KB209	Plucky Chick With Buttons	8 x 100g	7.50	OSV
Giant Buttons				
KB005	Dark Chocolate Giant Buttons	8 x 180g	4.99	OVS
KB271	Milk Chocolate Button Bags	8 x 180g	4.99	O
KB270	White Chocolate Button Bag	8 x 180g	4.99	OS
Like No Udder				
KB530	Milk Alternative Bar	12 x 90g	3.29	GOVS
KB601	Milk Choc/Orange Alternative	12 x 90g	3.29	OSVG
Organic Bars				
KB194	Chilli Bonkers	12 x 90g	3.29	OSV
KB186	Darkside 51% Milk Chocolate	12 x 90g	3.29	OS

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KB196	FitzRoy Very Dark Chocolate	12 x 90g	3.29	OSV
KB254	Happy Hippy	12 x 90g	3.29	OSV
KB616	Hot Pickle Milk Chocolate	12 x 90g	3.29	OS
ZX779	Royal Mint Organic Dark W'Mint	12 x 90g	3.29	GOSV
KB191	Smooth Operator Milk Chocolate	12 x 90g	3.29	OS
KB617	Spotlch Milk Chocolate Bar	12 x 90g	3.29	OS
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
KB960	Oat m'lk Brownie Filled Bar	15 x 42g	1.99	FGOV
KB959	Oat M'lk Caramel Filled Bar	15 x 42g	1.99	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
	EASTER 2024			
KB916	Coco Mylk Easter Egg	6 x 200g	9.00	FGOSV
KB917	Smooth & Creamy Easter Egg	6 x 200g	9.00	FOSV
	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
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
KB813	37% Milk Chocolate Caramel	10 x 75g	2.99	FOS
KB816	37% Popped Rice Milk Chocolate	10 x 75g	2.99	FOS
KB184	47% Vegan Milk Coffee	10 x 75g	2.99	FOSV
KB970	58% Dark Espresso	10 x 75g	2.99	FOSV
KB155	58% Dark Hazelnut	10 x 75g	2.99	FOSV
KB979	58% Dark Lemon & Cardamom	10 x 75g	2.99	FOSV
WS117	58% Dark Salted Caramel	10 x 75g	2.99	OSV
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
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
	XMAS 2023			
KB731	Favourites Gift Set	6 x 1	14.99	OSV

code	product	size	rrp	bfgosv
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 2024			
ZX079	Easter Rabbits Gift Set	3 x gift	14.95	GOSV
ZX077	Rabbit Surprise	18 x 1	2.49	OGSV
RADEKS				
ZX433	75% Dark CBD Bar	10 x 72g	5.00	OSV
ZX439	Cocoa IPA Malted Barley Bar	10 x 72g	5.00	OSV
ZX449	Dark Hazelnut Gianduja	10 x 67g	5.00	OSV
ZX437	Radeks Lions Mane Bar	10 x 67g	6.00	OSV
	Collab with Blind Owl Coffee			
ZX447	Almond M*lk Mocha Bar	10 x 72g	3.95	OSV
	EASTER 2024			
WS101	Silky Almond Chocolate Eggs	10 x 95g	6.00	OSV
WS100	Silky Almond Chocolate Rabbit	10 x 50g	4.00	OSV
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
THE RAW CHOCOLATE CO				
KB307	Cacao Nibs	6 x 150g	3.75	GOV
	EASTER 2024			
WS063	Hazelnut Filled Egg	12 x 75g	4.99	OSV
	Raw Chocolate Coated Snacks			
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
	Sharing Bags			
ZX182	Chocolate Almonds	6 x 100g	4.69	OSV
ZX181	Chocolate Ginger	6 x 100g	4.69	OSV
KB033	Chocolate Goji Berries	6 x 100g	4.69	OSV
KB053	Chocolate Goji Berries	6 x 100g	4.69	OSV
KB054	Chocolate Mulberries	6 x 100g	4.69	OSV
KB956	Chocolate Raisins	6 x 100g	4.69	OSV
WS190	Salted Vanoffee Cashews	6 x 100g	4.69	OSV
KB957	Salty Chocolate Hazelnuts	6 x 100g	4.69	OSV
	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

code	product	size	rrp	bfgosv
VEGO				
KB669	Chocolate & Rice Crisp Bar	20 x 40g	1.60	FGOV
KB821	Mini Whole Hazel Chocolate Bar	20 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	20 x 150g	4.55	FGOSV
VIVANI ORGANIC CHOCOLATE				
KB485	71% Dark Chocolate	10 x 100g	3.30	OSV
KB851	Dark Choc & Almonds	10 x 100g	3.30	OS
KB486	Dark Choc & Cassis Filling	10 x 100g	3.30	OS
KB693	Dark Choc & Nougat	10 x 100g	3.30	OSV
KB487	Dark Choc & Peppermint Filling	10 x 100g	3.30	OS
KB849	Dark Choc & Whole Hazelnuts	10 x 100g	3.30	OSV
KB484	Dark Chocolate & Orange	10 x 100g	3.30	OSV
KB243	Dark Marzipan Amaretto	10 x 100g	3.30	OS
KB488	Milk & White Cappuccino Choc	10 x 100g	3.30	OS
KB480	Milk Choc & Praline Filling	10 x 100g	3.30	OS
KB479	Milk Chocolate	10 x 100g	2.99	OS
Premium Large Bars				
KB919	62% Dark Caramel Chocolate	10 x 80g	3.50	OSV
KB632	85% Dark Chocolate	10 x 100g	3.50	OSV
KB407	92% Dark Choc Panama Estate	10 x 80g	3.50	OSV
KB901	Dark 75% Chocolate	10 x 80g	3.29	OSV
KB909	Dark 75% Mallorca Flor de Sal	10 x 80g	3.50	OSV
KB048	Dark Choc & Cranberry	10 x 100g	3.50	OSV
KB042	Superior Dark 100% Cocoa	10 x 80g	3.50	OV
KB035	Superior Dark 89% Chocolate	10 x 80g	3.50	OSV
Snack Size				
KB420	Almond Orange Rice Chocolate	18 x 35g	1.59	OSV
KB430	Black Cherry	18 x 35g	1.59	OSV
KB447	Creamy Caramel	18 x 40g	1.59	OS
KB049	Crunchy Coconut Chocolate Bars	18 x 35g	1.59	OSV
KB475	Dark Nougat Croccante	18 x 35g	1.59	OSV
KB452	Espresso Biscotti	18 x 40g	1.59	OS
KB476	White Nougat Crisp	18 x 35g	1.59	OSV
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
ESSENTIAL TRADING				
GH092	Dark Chocolate Spread	6 x 400g	4.39	OSV
CIDERS				
ASPALL				
RT023	Organic Suffolk Cyder	12 x 500ml	4.29	OSV
DUNKERTONS				
RT041	Black Fox Organic Cider	12 x 500ml	4.50	GOSV
RT054	Organic Craft Cider	12 x 500ml	4.50	GOSV
RT053	Premium Reserve Organic Cider	12 x 500ml	4.50	GOSV
WESTONS				
RT006	Vintage Organic Cider 6% ABV	8 x 500ml	3.35	GOV
COCOA				
SUMA PREPACKS - ORGANIC				
LJ189	Cocoa Powder - Organic	6 x 250g	3.49	FOV
COCOA LOCO				
XMAS 2023				
ZX320	Festive Spoon Set	6 x 115g	8.79	FOS

code	product	size	rrp	bfgosv
	EQUAL EXCHANGE			
TE491	Hispaniola Cocoa Powder - og	6 x 250g	5.55	FOV
	GREEN & BLACKS			
TE453	Cocoa Powder - FT Organic	6 x 125g	3.70	FOV
TE131	Hot Chocolate	6 x 250g	6.80	FGO
	RADEKS			
	Drinking Chocolate			
TE029	CBD Drinking Chocolate	6 x 175g	8.95	OSV
TE010	Lions Mane Drinking Chocolate	6 x 175g	11.25	OSV
	RHEAL			
VF266	Superfoods Coco Dream	6 x 180g	24.99	GOV
	COFFEE			
	SUMA ORGANIC			
	Bulk Packs			
TE103	Colombia Beans	1kg	25.65	FOV
TE656	Espresso Beans	1kg	25.65	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	27.85	FOV
TE109	Honduras Coffee Beans	1kg	21.95	FOV
TE758	Medium Roast Blend Ground	1kg	22.65	FOV
TE106	Peru Cepicafe Beans	1kg	21.95	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	27.80	FOV
TE113	Swiss Water Decaf Beans	1kg	27.55	FOV
	Roast and Ground Coffees			
TE014	Bolivia Femenino Ground Coffee	6 x 227g	6.69	FOV
TE372	Colombia Ground Coffee	6 x 227g	5.95	FOV
TE650	Espresso Ground Coffee	6 x 227g	6.25	FOV
TE374	Ethiopia Yirgacheffe Ground	6 x 227g	6.69	FOV
TE384	Honduras Ground Coffee	6 x 227g	5.39	FOV
TE643	Medium Roast Ground Coffee	6 x 227g	5.25	FOV
TE397	Peru Ground Coffee	6 x 227g	5.69	FOV
TE641	Suma Dark Roast Ground	6 x 227g	5.25	FOV
TE399	Sumatra Ground Coffee	6 x 227g	6.15	FOV
TE400	Swiss Water Decaf Ground	6 x 227g	6.85	FOV
	Roast Whole Bean Coffees			
TE373	Colombia Coffee Beans	6 x 227g	5.95	FOV
TE655	Espresso Coffee Beans	6 x 227g	6.25	FOV
TE375	Ethiopia Yirgacheffe Beans	6 x 227g	6.69	FOV
TE401	Peru Coffee Beans	6 x 227g	5.69	FOV
	CAFEDIRECT			
	Roast Wholebean Coffees			
TE901	Machu Picchu Organic Beans	6 x 227g	5.55	FOV
TE229	Machu Picchu Organic Beans	6 x 750g	14.99	FOV
TE302	Mayan Gold Beans	6 x 227g	5.55	FOV
	Single Origin - Roast & Ground			
TE952	Machu Picchu Organic Ground	6 x 227g	5.55	FOV
TE226	Mayan Gold Ground	6 x 227g	5.55	FOV
	CLIPPER			
	Food Service Range			
TE724	Instant - Fairtrade & Organic	4 x 500g	36.45	FOV
TE526	Instant Decaf Organic	4 x 500g	41.35	FOV
	Instant Coffees			
TE076	Fairtrade Organic Instant	6 x 100g	7.55	FOV
TE422	FT Org Everyday Instant Coffee	6 x 100g	7.15	FOV
TE879	FT Org Super Spec Decaf Coffee	6 x 100g	8.29	FOV
TE739	House Blend	6 x 100g	7.55	FOV
	Roast and Ground Coffees			
TE845	Decaffeinated Ground Coffee	8 x 227g	6.65	FOV
TE849	Italian Style Ground Coffee	8 x 227g	5.69	FOV
TE705	Papua New Guinea Ground Coffee	8 x 227g	5.69	FOV
	EQUAL EXCHANGE			
	Roast & Ground Coffees			
TE872	Anytime Medium Roast	8 x 200g	6.15	FOV

code	product	size	rrp	bfgosv
TE875	Colombian Excelso	8 x 200g	6.15	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	6.59	FOV
TE876	Grown by Women	8 x 200g	6.15	FOV
TE866	Italian Blend	8 x 200g	6.15	FOV
	Roast Wholebean Coffees 1kg			
TE896	Espresso	6 x 1kg	25.15	FOV
TE008	Italian Blend	6 x 1kg	25.15	FOV
	Roast Wholebean Coffees 200g			
TE402	Dark City	8 x 200g	6.15	FOV
TE403	Decaffeinated	8 x 200g	6.99	FOV
TE409	Grown By Women	8 x 200g	6.15	FOV
TE408	Italian Blend	8 x 200g	6.15	FOV
TE371	Medium Roast	8 x 200g	6.15	FOV
	XMAS 2023			
TE138	Festive Blend Ground Coffee	8 x 200g	6.35	OV
	GRUMPY MULE			
	Roast & Ground Coffees			
TE286	Colombia Cafe Equidad	6 x 227g	5.55	FOV
TE289	Decaf Ground Swiss Water	6 x 227g	6.39	FOV
TE134	Honduras Fuerza La Labor	6 x 227g	5.49	FOV
TE559	Peru Cafe Femenino	6 x 227g	5.49	FOV
TE285	Sumatra Gayo Highlands	6 x 227g	5.69	FOV
	Roast Wholebean Coffees			
TE718	Colombia Cafe Equidad Beans	6 x 227g	5.59	FOV
TE130	Decaf Beans - Swiss Water	6 x 227g	6.29	FOV
TE290	Landscape Espresso Beans	6 x 227g	5.99	OV
	Roast Wholebean Coffees 1KG			
TE417	Landscape Espresso Beans	1kg	23.49	FOV
	PERCOL			
	Roast & Ground Coffees			
TE632	Rich Americano Fairtrade	6 x 200g	4.75	FOV
	RHEAL			
VF263	Superfoods Shroom Coffee	6 x 150g	34.99	GOV
	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	5.69	GOV
	WHOLE EARTH			
TE389	No Caf Coffee Alternative	9 x 100g	3.29	VO
	CONVENIENCE FOODS			
	SUMA ORGANIC			
VF269	Chickpea & Lentil Daal	12 x 400g	2.35	OSV
VF275	Ravioli with Mushroom Sauce	6 x 400g	2.95	OV
VF181	Ravioli with Tomato & Ricotta	6 x 400g	2.95	OS
VF172	Ravioli with Vegetable Sauce	6 x 400g	2.85	OSV
VF270	Saag Aloo	12 x 400g	3.90	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	3.19	GOV
VF006	Chickpea / Vegetable Curry	6 x 400g	3.19	GOV
VF116	Chickpea & Bean Tagine	6 x 400g	3.19	GOV
VF132	Middle Eastern Casserole	6 x 400g	3.19	GOV
VF141	Sweet Pot/Kale/Coconut Curry	6 x 400g	3.19	GOV

code	product	size	rrp	bfgosv
VF014	Three Bean Chilli - og	6 x 400g	3.19	GOV
VF127	Vegetable Balti - og	6 x 400g	3.19	GOV
VF128	Vegetable Hotpot - og	6 x 400g	3.19	GOV
GEO ORGANICS				
KJ182	Chickpea & Apricot Tagine	6 x 400g	3.25	OSV
KJ183	Moroccan Chickpea Tagine	6 x 400g	3.25	OV
VF074	Organic Bombay Potatoes Dahl	6 x 400g	3.45	OSV
VF079	Chickpea & Lentil Dahl	6 x 400g	2.90	OV
VF148	Coconut & Kale	6 x 400g	3.15	OV
VF149	Tadka Dahl	6 x 400g	2.95	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
ZX542	Bio Corn Chips Natural	15 x 75g	1.49	OSV
ZX543	Bio Corn Chips Natural	10 x 150g	2.50	OV
ZX546	Bio Corn Chips Paprika	15 x 75g	1.59	OSV
ZX429	Natural Corn Chips Value Bag	10 x 250g	2.85	OV
ZX482	Rice Paper Organic	12 x 110g	2.29	OV
ZX254	Salsa Dip Hot	6 x 260g	2.65	GOSV
ZX249	Salsa Dip Mild	6 x 260g	2.65	GOSV
ZX406	Tomato Corn Rolls	14 x 100g	1.95	VOS
BIONA				
ZX424	Potato Chips - Lightly Salted	12 x 100g	2.45	OV
CLEARSPRING				
BT033	Brown Rice Crackers	12 x 40g	2.29	GOV
BT026	Brown Rice Crackers	12 x 40g	2.29	GOV
BT053	Brown Rice Crackers Sesame	12 x 40g	2.29	GOV
BT129	Brown Rice Crackers-Blk Sesame	12 x 40g	2.29	GOV
ZX193	Rice Crackers - Tamari	12 x 50g	2.29	OV
BT055	Rice Crackers Olive Oil & Salt	12 x 50g	2.29	OV
JP082	Seaveg Crispies - Original	20 x 4g	1.30	GOV
JP035	Seaveg Crispies - Turmeric	20 x 4g	1.30	GOV
JP085	Seaveg Crispies Multipack-Chil	6 x 5 x 4g	4.99	GOV
JP083	Seaveg Crispies Multipack-Orig	6 x 5 x 4g	4.99	GOV
ZX226	Tamari Roast Sicilian Almonds	15 x 30g	1.99	GOV
ZX207	Tamari Roasted Cashew Nuts	15 x 30g	1.99	GOV
ZX191	Tamari Roasted Pumpkin Seeds Sea Veg	15 x 30g	1.59	GOV
JP073	Seaveg Crispies - Chilli	16 x 4g	1.29	GOV
EAT REAL				
Organic - Sharing				
ZX215	Hummus Sea Salt Chips - Org	10 x 100g	2.79	GOV
ZX214	Lentil Sea Salt Chips - Org	10 x 100g	2.79	GOV
ZX213	Veggie Straws - Organic	10 x 100g	2.79	GOSV
TRAF0				
Flips				
ZX359	Chickpea Flips Mild Curry	6 x 75g	2.95	GOV
ZX343	Pea Flips Lightly Salted	6 x 75g	2.95	GOV
ZX299	Rosemary Lentil Flips Handcooked Potato Crisps	6 x 75g	2.95	GOV
ZX709	Barbecue Potato Crisps	10 x 125g	3.79	OSV
ZX755	Hand Cook Cheese & Onion	15 x 40g	1.39	O
ZX473	Rosemary & Himalaya Salt	15 x 40g	1.39	OV
ZX710	Rosemary & Himalaya Salt Crisp	10 x 125g	3.79	OV
ZX707	Sea Salt & Black Pepper Crisps	10 x 125g	3.79	OSV

code	product	size	rrp	bfgosv
ZX705	Sea Salt Potato Crisps	10 x 125g	3.79	OV
ZX460	Sea Salt Potato Crisps	15 x 40g	1.39	O
ZX701	Truffle Potato Crisps	12 x 100g	4.99	OV
	Hummus Chips			
ZX932	Hummus Chips - Paprika	6 x 75g	3.50	OV
	Light Baked Crisps			
ZX625	Coconut Oil Baked Crisps	12 x 100g	3.25	OV
ZX624	Vegetable Chips	12 x 75g	3.90	OV
ZX575	Vegetable Chips Sweet Potato	6 x 80g	3.89	OV
	Popcorn			
ZX112	Caramel Popcorn Organic	6 x 50g	3.25	GOSV
ZX094	Salted Popcorn Organic	6 x 50g	3.25	GOV
ZX118	Sweet Popcorn Organic	6 x 50g	3.25	GOSV
	Potato Crisps Fried			
ZX053	Paprika Crisps - organic	15 x 40g	1.39	OV
ZX616	Salt & Vinegar Crisps	12 x 125g	2.95	OV
ZX055	Salted Crisps - organic	15 x 40g	1.39	OV
ZX626	Virgin Olive Oil Crisps	12 x 100g	4.99	OV
	Snacks			
ZX401	Corn Peanuts	12 x 75g	2.90	OV
BT075	Pretzel Sticks	12 x 100g	1.55	OV
	Tortilla Chips			
VF218	Tortilla Chips - Chilli	15 x 75g	1.59	OV
VF226	Tortilla Chips - Natural	15 x 75g	1.55	OV
ZX136	Tortilla Chips - Natural	10 x 200g	3.90	OV

DESSERTS

BIONA

SY192	Coconut Whipping Cream	6 x 400ml	3.50	OV
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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

DESSERTS & PUDDINGS (CHILLED)

RADEKS

CV311	Brownie with Pecans & Dates	12 x 60g	2.70	OSV
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SOJADE

CV445	La Fraiche Creme	6 x 200g	2.10	GOV
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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

	120ml Tubs			
XL174	Caramel Crunch Ice Cream	24 x 120ml	1.89	OS
XL171	Chocolate Ice Cream	24 x 120ml	1.89	OS
XL170	Clotted Cream Vanilla Ice	24 x 120ml	1.89	OS
XL173	Mint Choc Chip Ice Cream	24 x 120ml	1.89	OS
XL172	Strawberry Ice Cream	24 x 120ml	1.89	OS
	500ml Tubs			
XL219	Caramel Crunch Ice Cream	6 x 500ml	5.95	OS
XL325	Chocolate Ice Cream	6 x 500ml	5.95	OS
XL326	Mint Choc Chip Ice Cream	6 x 500ml	5.95	OS
XL327	Strawberry Ice Cream	6 x 500ml	5.95	OS
XL220	Vanilla Ice Cream	6 x 500ml	5.95	OS

YEO VALLEY

XL347	Mint Chocolate Chip Ice Cream	6 x 500ml	5.49	OS
XL248	Sea Salted Caramel Ice Cream	6 x 500ml	5.49	OS
XL246	Vanilla Ice Cream	6 x 500ml	5.49	OS
	Kefir Ice Cream			
XL159	Blueberry Kefir Ice Cream	6 x 480ml	5.49	OS
XL158	Strawberry Kefir Ice Cream	6 x 480ml	5.49	OS

code	product	size	rrp	bfgosv
DESSERTS, NON-DAIRY (FROZEN)				
BOOJA-BOOJA				
	110ml Tubs			
XL258	Caramel Pecan Ice Cream	22 x 110ml	2.10	GOSV
XL031	Deeply Chocolate Ice Cream	22 x 110ml	2.10	GOSV
XL340	Mango & Raspberry Ice Cream	22 x 110ml	2.10	GOSV
XL410	Vanilla Ice Cream	22 x 110ml	2.10	GOSV
	465ml Tubs			
XL263	Caramel Pecan Ice Cream	6 x 465ml	5.69	GOSV
XL013	Choc Fudge Brownie Ice Cream	6 x 465ml	5.69	GOSV
XL259	Choc Salted Caramel Ice Cream	6 x 465ml	5.69	GOSV
XL002	Cookie Dough Ice Cream	6 x 465ml	5.69	GOSV
XL033	Deeply Chocolate Ice Cream	6 x 465ml	5.69	GOSV
XL023	Mango & Raspberry Ice Cream	6 x 465ml	5.69	GOSV
XL038	Vanilla Ice Cream	6 x 465ml	5.69	GOSV
DRINKS (CHILLED)				
AGUA DE MADRE				
CV411	Apple Elderflower Water Kefir	12 x 330ml	3.35	GOSV
CV417	Blood Orange Water Kefir	12 x 330ml	3.35	GOSV
CV419	Culture Shot	12 x 60ml	3.50	GOSV
CV388	Lemon & Ginger Water Kefir	12 x 330ml	3.35	GOSV
CV399	Passion Fruit Kefir Water	12 x 330ml	3.35	GOSV
CV396	Pomegranate & Hibiscus Kefir	12 x 330ml	3.35	GOSV
BIOTIFUL DAIRY				
CV359	Baked Milk Drink	6 x 500ml	3.65	GO
CV361	Kefir Milk Drink	6 x 250ml	2.20	GO
CV342	Kefir Milk Drink	6 x 500ml	3.65	GO
CV092	Peach Kefir Drink	6 x 250ml	2.45	GO
CV438	Raspberry Kefir Drink	6 x 250ml	2.45	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	Ginger Kombucha	12 x 275ml	2.35	OSV
CV830	Grapefruit & Guava Kombucha	12 x 275ml	2.35	OSV
CV465	Orange & Yuzu Kombucha	12 x 275ml	2.35	OV
CV737	Original Kombucha	12 x 275ml	2.35	OSV
CV466	Peach & Strawberry Kombucha	12 x 275ml	2.35	OV
CV741	Raspberry Elderflower Kombucha	12 x 275ml	2.35	OSV
CV459	Sicilian Lemon Kombucha	12 x 275ml	2.35	OV
CV742	Wild Berry Kombucha	12 x 275ml	2.35	OSV
	Large Bottles			
CV052	Ginger Kombucha	6 x 750ml	5.15	OV
CV048	Raspberry Elderflower Kombucha	6 x 750ml	5.15	OV
KARMA				
	Kefir			
CV753	Kefruit Elderflower	6 x 750ml	5.25	FOV
CV752	Kefruit Fig and Lemon	6 x 750ml	5.25	FOV
	Kombucha			
CV425	Ginger Kombucha	6 x 500ml	3.65	OVB
CV256	Ginger Kombucha	6 x 1l	6.25	FOVB
CV060	Ginger Trilogy Kombucha	6 x 500ml	3.85	FOVB
CV245	Mango Kombucha	6 x 500ml	3.85	FOVB
CV276	Mango Kombucha	6 x 1l	6.25	FOVB
CV426	Pomegranate Kombucha	6 x 500ml	3.65	OVB
CV258	Pomegranate Kombucha	6 x 1l	6.25	FOVB
CV435	Raspberry Kombucha	6 x 500ml	3.85	OVB
CV259	Sunset Ltd. Edition Kombucha	6 x 1l	6.25	FOVB
LOVING FOODS				
CV176	Blueberry & Lavender Kombucha	12 x 330ml	2.99	OSV

code	product	size	rrp	bfgosv
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 Kefir	6 x 250ml	2.20	OV
CV268	Natural Organic Soya Kefir	6 x 250ml	1.90	OV
UCHA				
CV158	Ginger Kombucha	12 x 350ml	2.39	FGOSV
CV161	Mango Kombucha	12 x 350ml	2.39	FGOSV
CV159	Raspberry Kombucha	12 x 350ml	2.39	FGOSV
YEO VALLEY				
CV558	Cherry Kefir Drink	6 x 500ml	2.49	OG
CV556	Mango & Passion Kefir Drink	6 x 500ml	2.49	GO
CV539	Natural Kefir Drink	6 x 500ml	2.49	GO
EGGS				
THE LAKES FREE-RANGE EGG CO.				
LJ794	Minimum 5 days 'display until' Organic Medium Eggs	per dozen	5.10	O
ESSENTIAL OILS				
AQUA OLEUM				
	Organic Essential Oils			
AR006	Essential Oil - Eucalyptus	3 x 10ml	4.39	OV
AR241	Essential Oil - Lavender	3 x 10ml	7.89	VO
AR012	Essential Oil - Patchouli	3 x 10ml	8.79	VO
AR025	Essential Oil - Peppermint	3 x 10ml	6.90	OV
AR016	Essential Oil - Tea Tree	3 x 10ml	5.29	VO
FAR EASTERN FOOD				
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	2.49	OV
LJ273	Light Coconut Milk	6 x 400ml	1.99	OV
BIONA				
WT071	Asia Noodles	8 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	1.95	OV
VF772	Creamed Coconut Organic	12 x 200g	2.55	OV
JP008	Garlic and Ginger Paste	6 x 130g	3.25	OV
JP009	Garlic Paste	6 x 130g	3.25	OV
JP150	Ginger Paste	6 x 130g	3.25	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	5.59	OV
WT101	Spelt Asia Noodles	8 x 250g	3.25	OV
JP041	Tofu	6 x 500g	5.50	OV
JP014	Wasabi Style Horseradish Paste	8 x 50g	3.95	OV
CLEARSPRING				
JP060	Brown Rice Vinegar - Organic	6 x 150ml	2.69	OV
JP033	Brown Rice Vinegar - Organic	6 x 250ml	3.79	OV
JP077	Brown&Wild Rice w/Tamari Sauce	5 x 250g	3.69	GOV
JP111	Instant Noodle Broth	6 x 245ml	6.49	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	6.99	OV
JP066	Shiitake Mushrooms - Organic	6 x 40g	7.99	OV
JP059	Shoyu Ramen Noodles/Soy Soup	5 x 210g	5.39	OV
JP044	Shoyu Soya Sauce	6 x 250ml	4.19	OV

code	product	size	rrp	bfgosv
JP016	Sushi Ginger Pickle Organic	10 x 50g	3.69	OV
JP314	Sushi Rice - Organic	12 x 500g	3.59	OV
JP680	Teriyaki Sauce	6 x 150ml	4.49	OV
JP103	Teriyaki Sauce - Organic & GF	6 x 150ml	5.19	GOV
JP026	Tofu Silken	12 x 300g	2.29	GOV
JP039	Udon Noodles	12 x 200g	3.49	OV
JP112	Umami Instant Stock Paste	8 x 112g	3.99	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	5.69	OV
	Condiments			
JP149	Shichimi Togarashi	8 x 50g	5.90	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	3.29	GOV
JP049	Ginger & Turmeric Miso Soup	8 x 4 x 15g	3.29	GOV
JP047	Hot & Spicy Miso Soup Paste	8 x 4 x 15g	3.29	GOV
JP321	Instant Miso Soup and Sea Veg	8 x 4x10g	3.99	OV
JP018	Instant Miso Soup Paste	8 x 4 x 15g	3.29	OV
JP011	Instant White Miso Paste OG	8 x 60g	3.29	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	5.39	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	12 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	12 x 200g	3.49	OV
JP040	Wide Udon Noodles	12 x 200g	3.49	OV
	Savoury Sesame Condiments			
JP145	Gomashio Black Sesame Sea Salt	6 x 100g	4.90	OV
JP144	Gomashio Whole Sesame Sea Salt	6 x 100g	4.90	OV
JP147	Irigoma Toasted Black Sesame	6 x 100g	4.90	OV
JP146	Irigoma Toasted Whole Sesame	6 x 100g	4.90	OV
	Sea Veg			
JP003	Dulse - Atlantic Coast Organic	8 x 25g	4.69	OV
JP092	Wakame Organic	8 x 25g	4.19	OV
	Soya Sauce			
JP605	Shoyu	2.5l	26.99	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	3.29	OV
JP130	Tamari Soy Sauce Double Strnth	6 x 150ml	3.99	GOV
JP501	Tamari Soya Sauce	6 x 500ml	1.49	GOV
JP098	Tamari Soya Sauce	6 x 150ml	2.99	GOV
JP099	Tamari Soya Sauce	6 x 250ml	3.99	GOV
JP110	Tamari Soya Sauce	6 x 1l	18.99	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	GOV
JP029	Yaemon Tamari Soy Sauce	6 x 250ml	5.99	GOV
	COCOFINA			
KJ319	Coconut Amino Sauce	12 x 250ml	5.99	OV

code	product	size	rrp	bfgosv
GEO ORGANICS				
VF228	Indonesian Rendang Curry Paste	6 x 180g	3.95	OV
VF229	Indonesian Satay Curry Paste	6 x 180g	3.95	OV
VF738	Thai Green Curry Paste	6 x 180g	3.95	OV
VF739	Thai Red Curry Paste	6 x 180g	3.95	OV
VF247	Thai Yellow Curry Paste	6 x 180g	3.95	OV
KIKKOMAN				
JP051	Organic Soy Sauce	6 x 250ml	4.99	OV
KING SOBA				
WT210	100% Buckwheat Noodles	12 x 250g	2.79	OV
WT954	Black Rice Noodles	12 x 250g	2.99	OV
WT037	Brown Rice Noodles	12 x 250g	2.79	OV
JP087	Brown Rice Paper	10 x 200g	2.89	GOV
WT952	Brown Rice Wakame Noodles	12 x 250g	2.79	OV
WT953	Buckwheat & Sweet Potato	12 x 250g	2.79	OV
WT212	Millet & Brown Rice Noodles	12 x 250g	2.79	OV
WT057	Miso Soup Edamame Soya Bean	10 x 60g	3.45	OV
WT123	Og Basmati White Rice Noodles	12 x 250g	2.79	OFV
WT058	Og Miso Soup Pumpkin & Veg	10 x 60g	3.45	OV
WT059	Og Miso Soup Tofu & Ginger	10 x 60g	3.45	OV
WT099	Organic Brown Rice Ramen	6 x 280g	3.59	OV
WT097	Organic Buckwheat Ramen	6 x 280g	3.59	OV
WT088	Organic Vermicelli Noodles	12 x 250g	2.79	OV
WT002	Pho Noodles	12 x 250g	2.99	GOV
WT951	Pumpkin Ginger & Rice Noodles	12 x 250g	2.79	OV
WT217	Thai Rice Noodles	12 x 250g	2.79	OV
JP089	White Rice Paper	10 x 200g	2.89	GOV
MEKHALA				
VF241	Lemongrass Turmeric Paste	6 x 100g	4.39	GOV
VF236	Yellow Curry Paste	6 x 100g	4.39	GOV
OCEAN'S HALO				
VF261	Spring Roll Wraps	12 x 120g	2.79	OV
SANCHI				
JP670	Tamari - organic	6 x 150ml	3.95	OV
YAKSO				
JP012	Coconut Aminos	6 x 250ml	7.45	GOV
WT164	Egg Noodles - organic	6 x 250g	2.69	O
JP094	Garlic Paste - Organic	6 x 100g	3.90	OV
JP127	Hoisin Sauce - Organic	6 x 250g	3.99	OV
JP128	Krupuk Crackers - Organic	6 x 60g	3.49	OV
JP131	Oyster Sauce - Organic	6 x 250g	3.29	OV
JP024	Rice Paper	15 x 150g	3.75	OV
JP132	Rice Paper with Tapioca - Org	15 x 150g	3.35	OV
JP102	Sea Sauce - Organic	6 x 250g	3.35	OV
VF010	Seitan in Tamari	6 x 330ml	4.25	OV
JP113	Tamari - organic	6 x 250ml	5.15	GVO
VF005	Tempeh	6 x 175g	3.89	OV
YUTAKA				
JP005	Miso Paste - Organic	6 x 300g	5.15	OV
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	2.45	VO
FX047	Oats - jumbo, organic	6 x 750g	3.49	VO
FX048	Oats - Porridge - Organic	6 x 750g	3.49	OV
FX031	Organic Millet Flakes	6 x 500g	4.55	OV
FX092	Organic Pearl Barley Flakes	6 x 500g	1.99	OV
FX656	Quinoa Flakes - organic	6 x 500g	4.85	OV
FX032	Rice Flakes Brown - organic	6 x 500g	4.45	OV
FX093	Rye Flakes - organic	6 x 500g	1.99	OV
	Gluten Free			

code	product	size	rrp	bfgosv
FX042	Oats - Jumbo Gluten Free	6 x 750g	4.25	GOV
FX044	Oats - Porridge & Gluten Free	6 x 750g	4.25	GOV
ALARA				
FX026	Gluten Free Scottish Porridge	6 x 500g	4.55	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	2.65	OV
LJ105	Coconut Flour, Organic	6 x 500g	2.99	OV
FG128	Maize Flour - organic	6 x 500g	2.49	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	3.79	GOV
COCONUT MERCHANT				
FG073	Organic Coconut Flour	6 x 500g	4.25	OV
DOVES FARM				
FG097	Chickpea Flour	5 x 260g	2.85	GOV
FG069	Fine Plain White Flour	5 x 1kg	1.99	OV
FG010	Fine Plain Wholemeal Flour	5 x 1kg	1.79	VO
FG103	Heritage Seeded Bread Flour	5 x 1kg	3.99	OV
FG004	Malthouse Bread Flour	5 x 1kg	2.39	OV
FG096	OAT FLOUR	4 x 450g	4.45	GOV
FG047	Organic Coconut Flour	4 x 500g	3.95	GOV
FG101	Seeded Bread Flour	5 x 1kg	3.69	OV
FG115	Self Raising Wholemeal Flour	5 x 1kg	1.79	OV
FG997	Speciality Pasta Flour	5 x 1kg	2.39	OV
FG072	Strong White Bread Flour	5 x 1.5kg	2.75	OV
FG008	Strong Wholemeal Bread Flour	5 x 1.5kg	2.55	OV
FG070	White Self Raising Flour	5 x 1kg	2.50	OV
Artisan Flour				
FG028	Buckwheat Wholegrain Flour	5 x 1kg	4.69	OV
FG082	Einkorn Flour	5 x 1kg	3.79	OV
FG011	Khorasan Flour Wholegrain	5 x 1kg	4.79	OV
FG152	Rye Flour White Organic	5 x 1kg	2.39	OV
FG016	Rye Flour Wholegrain Organic	5 x 1kg	1.99	OV
FG071	Spelt Flour White Organic	5 x 1kg	3.69	OV
FG102	Spelt Flour Whole Meal Organic Bulk	5 x 1kg	3.15	OV
FG020	Strong White Flour	25kg	1.75	VO
GILCHESTERS ORGANICS				
FG014	Pizza & Ciabatta Wheat Flour	6 x 1.5kg	4.65	OV
FG018	Semolina Fine Wheat Flour	10 x 1kg	4.19	OV
FG009	Strong 100% Whole Wheat Flour	6 x 1.5kg	4.50	OV
FG006	Strong White Wheat Flour	6 x 1.5kg	4.49	OV
FG025	White Flour Strong Unbleached	4 x 3kg	8.99	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

code	product	size	rrp	bfgosv
FG133	Light Rye 997 Flour Organic	6 x 1kg	2.90	OV
FG136	Soft Cake & Pastry White Flour	6 x 1kg	2.19	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

CLEARSPRING

VF190	Apple & Apricot Puree - Org	12 x 2x100g	1.99	OV
VF188	Apple & Blueberry Puree - Org	12 x 2x100g	1.99	OV
VF170	Apple & Mango Puree - Org	12 x 2x100g	1.99	OV
VF189	Apple & Plum Puree - Organic	12 x 2x100g	1.99	OV
VF335	Apple & Strawberry Puree - og	12 x 2x100g	1.99	OV
VF248	Apple Puree	12 x 2x100g	1.99	OV
JP061	Apple,Banana&S'berry 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
VF020	Pear & Banana Puree - Org	12 x 2x100g	1.99	OV
VF155	Pear Puree - organic	12 x 2x100g	1.99	OV
JP084	Pear,Apple,Peach Puree Org	12 x 2x100g	1.99	OV

ESSENTIAL TRADING

KJ263	Mango Chunks in Org Juice	6 x 400g	2.55	VO
KJ262	Pineapple Chunks In Org Juice	6 x 400g	2.55	VO
KJ260	Tropical Fruits in Org Juice	6 x 400g	2.49	VO

FRUIT - DRIED

SUMA PREPACKS - ORGANIC

DR063	Apricots - organic	6 x 250g	4.49	OV
DR250	Apricots - organic	6 x 500g	7.99	OV
DR655	Banana Chips - Organic	6 x 250g	2.29	OS
DR132	Cherries sour - Organic	6 x 125g	3.49	OV
DR325	Cranberries - organic	6 x 125g	2.50	OSV
DR057	Cranberries - organic	6 x 250g	3.65	OSV
DR073	Currants - organic	6 x 250g	2.35	OV
DR251	Currants - organic	6 x 500g	4.50	OV
DR159	Dates - Medjool Organic	6 x 250g	4.59	OV
DR074	Dates - pitted organic	6 x 250g	2.39	OV
DR252	Dates - pitted organic	6 x 500g	4.15	OV
DR720	Dates -og pitted fairly traded	6 x 250g	3.90	FOV
DR064	Figs - organic	6 x 250g	4.15	OV
DR254	Figs - organic	6 x 500g	7.69	OV
DR011	Ginger - crystallised organic	6 x 125g	2.50	OSV
DR020	Ginger - crystallised organic	6 x 250g	3.49	OSV
DR049	Mulberries White - Organic	6 x 125g	1.85	OV
DR077	Pitted Prunes - organic	6 x 250g	4.29	OV
DR253	Pitted Prunes - organic	6 x 500g	7.95	OV
DR065	Raisins - organic	6 x 250g	2.55	OV
DR255	Raisins - organic	6 x 500g	4.45	OV
DR066	Sultanas - organic	6 x 250g	2.49	OV
DR256	Sultanas - organic	6 x 500g	4.39	OV
DR365	Vine Fruit Mix - organic	6 x 500g	3.75	OV

CRAZY JACK

DR030	Organic Soft Apricots	8 x 200g	3.25	OV
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code	product	size	rrp	bfgosv
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
PLANTLIFE				
DR075	Baby Bananas	7 x 325g	7.99	GOV
DR083	Cereal Killer	7 x 110g	5.89	GOV
DR076	Coconut Cubes	7 x 235g	8.59	GOV
DR085	Sour Cherries	7 x 100g	5.19	GOV
DR019	Sweet Apricot kernels	7 x 325g	13.29	GOV
TROPICAL WHOLEFOODS				
DR200	Fairtrade Organic Mango	14 x 100g	3.19	FOV
DR233	Sun Dried Banana Chips	14 x 150g	2.45	OV
FRUIT (FROZEN)				
NATURAL COOL				
XL142	Organic Berry Mix	10 x 300g	4.85	GOV
XL034	Organic Blackberries	10 x 300g	4.99	OV
XL145	Organic Blueberries	10 x 300g	4.70	GOV
XL043	Organic Curly Kale	8 x 450g	2.99	OV
XL005	Organic Mango	10 x 300g	4.99	OV
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
XL036	Organic Tropical Fruit Mix	10 x 300g	4.99	OV
PACK'D				
XL252	Organic Blueberries	10 x 300g	5.50	OV
XL148	Organic Cherries	10 x 300g	5.25	OV
XL356	Organic Mango	10 x 300g	5.25	OV
XL133	Organic Raspberries	10 x 300g	6.80	OV
XL135	Organic Strawberries	10 x 300g	5.25	OV
XL188	Organic Summer Berries	10 x 300g	5.50	OV
WINDMILL HILL				
XL282	British Organic Blackcurrants	12 x 400g	3.75	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			
JU201	Beet It Shot	15 x 70ml	2.25	OV
JU453	Beetroot Juice	6 x 750ml	3.95	OV
JU719	Beetroot Juice with Apple	8 x 1l	4.65	OV
JU204	Beetroot Juice with Ginger	6 x 750ml	4.15	OV
BIONA				
	1L Pressed Juices			
JU448	Peach, Apricot & Apple Juice	6 x 1l	5.75	OV
JU181	Pomegranate Juice	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	3.65	OV
JU288	Carrot Juice	6 x 750ml	3.95	OV
JU541	Orange Juice	6 x 750ml	5.99	OV
JU269	Red Grape Juice	6 x 750ml	4.95	OV
JU289	Tomato Juice	6 x 750ml	3.95	OV
	Glass Bottles			
JU521	Cranberry Fruit Drink	6 x 750ml	6.29	OV
JU182	Pomegranate Juice	6 x 200ml	2.75	OV
JU085	Prune Juice	6 x 750ml	8.95	OV
	Organic Pure Pressed Juices			
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

code	product	size	rrp	bfgosv
	Super Juice			
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	3.75	OV
JU184	Beetroot Juice	12 x 500ml	2.69	OV
	CULTURED FOOD COMPANY			
JU175	Fermented Beet Kvass	6 x 500ml	4.50	GOV
	JAMES WHITE			
	Glass Bottles 250ml			
JU621	Apple & Ginger Juice	24 x 250ml	1.79	OV
JU064	Apple Juice	24 x 250ml	1.79	OV
JU608	Carrot & Apple Juice	24 x 250ml	1.79	OV
JU599	Pear Juice	24 x 250ml	1.79	OV
	Glass Bottles 750ml			
JU864	Apple & Ginger Juice	6 x 750ml	4.90	OV
JU095	Apple Juice	6 x 750ml	4.50	OV
JU862	Carrot & Apple Juice	6 x 750ml	4.90	OV
JU325	Carrot Juice	6 x 750ml	4.90	OV
JU863	Pear & Raspberry Juice	6 x 750ml	5.39	OV
JU860	Pear Juice	6 x 750ml	4.90	OV
JU431	Tomato Juice	6 x 750ml	4.90	OV
JU324	Vegetable Juice	6 x 750ml	4.90	OV
	PIP ORGANIC			
	Fruit Juice			
JU670	Cloudy Apple Juice	6 x 4 x180ml	5.49	OV
JU047	Smooth Orange Juice	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	5.49	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	1.89	OV
JU571	Ginger Zinger Shot	15 x 70ml	1.89	OV
	GRAINS			
	SUMA PREPACKS - ORGANIC			
QS068	Buckwheat - unroasted organic	6 x 500g	2.35	OV
QS300	Bulgur Wheat - Organic	6 x 500g	2.55	OV
QS150	Corn Couscous - Organic	6 x 500g	3.55	OV
QS301	Couscous - wholemeal, organic	6 x 500g	2.39	OV
QS322	Millet - organic	6 x 500g	2.29	VO
QS165	Pearl barley, organic	6 x 500g	1.75	OV
QS070	Popcorn - organic	6 x 500g	2.49	OV
QS065	Quinoa, Red - Organic	6 x 500g	4.29	OV
QS075	Quinoa, Tricolour - Organic	6 x 500g	4.15	OV
QS086	Quinoa, White - Organic	6 x 500g	3.59	OV
QS677	Rice - arborio, organic	6 x 500g	3.99	OV
QS302	Rice - basmati, brown organic	6 x 500g	2.75	OV
QS252	Rice - basmati, brown organic	6 x 750g	3.75	OV
QS303	Rice - white basmati organic	6 x 500g	2.85	OV
QS213	Rice - white basmati, organic	6 x 750g	3.89	OV
QS100	Rice -long grain brown organic	6 x 750g	3.69	VO

code	product	size	rrp	bfgosv
QS066	Rice-long grain brown organic	6 x 500g	2.65	OV
QS067	Rice-short grain brown organic	6 x 500g	2.69	OV
QS101	Rice-short grain brown organic	6 x 750g	3.75	VO
QS072	Wheat grain - organic	6 x 500g	1.75	OV
BIONA				
QS096	Jasmine Brown Rice	6 x 500g	3.95	OV
QS105	Pudding Rice Organic	6 x 500g	3.35	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	4.35	OV
MR ORGANIC				
QS073	Chickpea Rice	12 x 250g	3.69	GOV
QS020	Red Lentil Rice	12 x 250g	3.69	GOV
ZAYTOUN				
QS014	Maftoul Giant Couscous	6 x 200g	3.95	FOV
GRAVY, STOCK & BOUILLON				
SUMA ORGANIC				
LJ650	Organic Bouillon	12 x 150g	2.65	GOV
KALLO				
LJ102	French Onion Stock Cubes	15 x 66g	1.65	GOVS
LJ103	Garlic & Herb Stock Cubes	15 x 66g	1.65	GOVS
LJ034	Low Salt Org Gravy Granules	6 x 160g	3.59	OSV
LJ171	Low Salt Vegetable Stock Cubes	15 x 60g	1.99	GOVS
LJ122	Mushroom Stock Cubes	15 x 66g	1.65	GOVS
LJ101	Tomato & Herb Stock Cubes	15 x 66g	1.65	GOVS
LJ205	Umami Stock Cubes	15 x 66g	1.85	GOV
LJ120	Vegetable Stock Cubes	15 x 66g	1.65	GOV
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
HERB & FRUIT TEA INFUSIONS				
BOS				
TE241	Rooibos - Apple & Mint	12 x 20 bags	3.89	FGOV
TE281	Rooibos - Chai	12 x 20 bags	3.89	FGOV
TE242	Rooibos - Orange & Ginger	12 x 20 bags	3.89	FGOV
TE261	Rooibos - Strawberry & Vanilla	12 x 20 bags	3.89	FGOV
CELESTIAL SEASONINGS				
TE986	Ginger & Turmeric	6 x 20 bags	3.69	OV
CLIPPER				
TE011	Rooibos	6 x 80 bags	4.85	OV
Everyday Infusions				
TE788	Chamomile	6 x 20 bags	2.65	OV
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	2.99	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
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

code	product	size	rrp	bfgosv
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	2.85	OV
TE588	Cape Rooibos & Honeybush Tea	4 x 20 bags	2.85	OV
TE038	Chai Pu'er Digestive Tea	4 x 20 bags	3.90	OV
TE569	Golden Balance Turmeric Tea	4 x 20 bags	3.90	OV
TE813	Good Dragon Pu'er Tea	4 x 20 bags	2.85	OV
TE139	Happy Times Tulsi	4 x 20 bags	3.90	OV
TE124	Lemon Pu'er Digestive Tea	4 x 20 bags	3.90	OV
TE581	Mint Garden Digestif	4 x 20 bags	3.90	OV
TE338	Moonlight Jasmine	4 x 20 bags	2.85	OV
TE339	Moroccan Mint	4 x 20 bags	2.85	OV
TE046	Mountain Honeybush Tea	4 x 20 bags	2.85	OV
TE546	Night Sky Calm	4 x 20 bags	3.90	OV
TE234	Swirling Mist White Tea	4 x 20 bags	3.90	OV
TE145	True Clarity Ginger	4 x 20 bags	3.90	OV
	Rooibos Teas			
TE363	Rooibos	4 x 40 bags	3.25	OV
TE367	Rooibos Earl Grey	4 x 40 bags	3.25	OV
TE376	Rooibos Vanilla	4 x 40 bags	3.25	OV
	ELEVEN O'CLOCK			
TE381	Rooibos	4 x 40 bags	2.95	OV
TE382	Rooibos	4 x 80 bags	5.77	OV
	ESSENTIAL TRADING			
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
	HAMPSTEAD TEA			
TE550	Camomile	4 x 20 bags	3.59	OVB
TE600	Fennel and Peppermint	4 x 20 bags	3.59	OVB
TE555	Lavender Valerian	4 x 20 bags	3.59	OVB
TE572	Lemon Ginger	4 x 20 bags	3.59	OVB
TE556	Peppermint Spearmint	4 x 20 bags	3.59	FOVB
TE557	Rosehip Hibiscus	4 x 20 bags	3.59	FOVB
	Wellness Teas			
TE180	Sleep Well	4 x 20 bags	3.59	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
	PUKKA			
TE927	Blackcurrant Beauty	4 x 20 bags	5.90	OV

code	product	size	rrp	bfgosv
TE394	Breathe In	4 x 20 bags	5.90	O
TE719	Chamomile Vanilla Manuka Hon	4 x 20 bags	5.90	O
TE421	Clean Matcha Green	4 x 20 bags	5.90	FOV
TE331	Elderberry & Echinacea	4 x 20 bags	5.90	OV
TE731	Feel New	4 x 20 bags	5.90	OV
TE235	Fresh Start	4 x 20 bags	5.90	OV
TE609	Ginseng Matcha Green	4 x 20 bags	5.90	FOV
TE318	Joy	4 x 20 bags	5.90	OV
TE334	Lemon Ginger & Manuka Honey	4 x 20 bags	5.90	O
TE481	Lemongrass and Ginger	4 x 20 bags	5.90	OV
TE478	Liquorice & Cinnamon	4 x 20 bags	5.90	OV
TE393	Love	4 x 20 bags	5.90	OV
TE490	Mint Matcha Green	4 x 20 bags	5.90	FOV
TE165	Mint Refresh	4 x 20 bags	5.90	OV
TE232	Morning Berry	4 x 20 bags	5.90	FOV
TE246	Night Time	4 x 20 bags	5.90	OV
TE231	Night Time Berry	4 x 20 bags	5.90	OV
TE095	Original (Black Spice) Chai	4 x 20 bags	5.90	FOV
TE102	Peace	4 x 20 bags	5.90	OV
TE043	Peppermint & Liquorice	4 x 20 bags	5.90	OV
TE473	Radiance	4 x 20 bags	5.90	OV
TE170	Relax	4 x 20 bags	5.90	OV
TE542	Supreme Green Matcha	4 x 20 bags	5.90	FOV
TE811	Three Chamomile	4 x 20 bags	5.90	OV
TE602	Three Fennel	4 x 20 bags	5.90	OV
TE245	Three Ginger	4 x 20 bags	5.90	OV
TE238	Three Mint	4 x 20 bags	5.90	OV
TE592	Tulsi Clarity	4 x 20 bags	5.90	OV
TE058	Turmeric Active	4 x 20 bags	5.90	GOV
TE094	Vanilla Chai	4 x 20 bags	5.90	FOV
TE727	Womankind Collections	4 x 20 bags	5.90	OV
TE509	Day To Night Collection	4 x 20 bags	5.59	OV
TE721	Herbal Collection	4 x 20 bags	5.59	O
	TAKA			
TE305	Masala Chai Turmeric	4 x 15 bags	3.49	OV
	TICK TOCK			
	40 Bags			
TE431	Green Rooibos - organic	4 x 40 bags	3.50	OV
TE430	Rooibos - organic	4 x 40 bags	2.89	OV
	80 Bags			
TE434	Rooibos - organic	4 x 80 bags	5.65	OV
	Loose Leaf			
TE436	Rooibos Loose Leaf - organic	6 x 100g	2.89	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

code	product	size	rrp	bfgosv
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
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
TE006	Star Salutation	6 x 17 bags	2.75	GOV
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
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
	For The Senses			
TE615	Good Night	6 x 17 bags	2.75	GOV
TE263	Natural Energy	6 x 17 bags	2.75	GOV
TE129	Natural Wellbeing	6 x 17 bags	2.75	GOV
TE610	Pure Happiness	6 x 17 bags	2.75	GOV
	Loose Tea			
TE620	Classic Chai	8 x 90g	2.95	OV

HERBS & SPICES - PREPACKED SUMA ORGANIC

	Curry Spices - organic			
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 4g	1.69	OV
HE377	Dill Herb - organic	6 x 15g	1.75	OV
HE378	Garlic Granules - organic	6 x 20g	1.75	OV
HE380	Mixed Herbs - organic	6 x 20g	1.69	OV
HE385	Oregano - organic	6 x 20g	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	1.99	OV
	Milled Spices - organic			
HE371	Chilli powder - organic	6 x 25g	1.75	OV
HE370	Cinnamon - organic	6 x 30g	1.75	OV
HE374	Coriander - organic	6 x 40g	1.69	OV
HE376	Cumin Ground - organic	6 x 25g	1.75	OV
HE379	Ginger - organic	6 x 30g	1.75	OV
HE381	Mixed Spice - organic	6 x 25g	1.75	OV
HE384	Nutmeg - Ground	6 x 20g	1.99	OV

code	product	size	rrp	bfgosv
HE386	Paprika - organic	6 x 25g	1.75	OV
HE094	Smoked Paprika - organic	6 x 25g	1.75	OV
HE394	Turmeric - organic	6 x 30g	1.69	OV
	Whole Spices - organic			
HE367	Caraway Seeds - organic	6 x 30g	1.75	OV
HE092	Chilli Flakes - organic	6 x 25g	1.75	OV
HE369	Cinnamon Bark - organic	6 x 15g	1.99	OV
HE372	Cloves - organic	6 x 20g	1.75	OV
HE373	Coriander Seed - organic	6 x 40g	1.69	OV
HE375	Cumin Seed - organic	6 x 25g	1.75	OV
HE073	Fennel Seeds - organic	6 x 40g	1.69	OV
HE060	Fenugreek Seeds - organic	6 x 40g	1.75	OV
HE368	Green Cardamom Pods - organic	6 x 10g	1.75	OV
HE382	Mustard Seeds Black - organic	6 x 50g	1.75	OV
HE388	Peppercorns Black - Organic	6 x 25g	1.75	OV
HE389	Poppy Seed Blue - organic	6 x 40g	1.75	OV
HE089	Star Anise - organic	6 x 15g	1.69	OV
HE091	Whole Nutmeg - organic	6 x 20g	1.99	OV
TARANTELLA				
HE085	Liquid Basil	12 x 40ml	2.59	GOV
HE067	Liquid Chilli	12 x 40ml	2.59	GOV
HE102	Liquid Garlic	12 x 40ml	2.59	GOV
HE109	Liquid Ginger	12 x 40ml	2.59	GOV
HE072	Liquid Thyme	12 x 40ml	2.59	GOV
HONEY				
EQUAL EXCHANGE				
HY005	Organic Raw Clear	10 x 500g	8.49	FO
HY004	Organic Raw Set	10 x 500g	8.19	FO
HILLTOP HONEY				
HY075	Organic Acacia Honey	6 x 340g	4.49	O
HY076	Organic Blossom Honey	6 x 340g	4.25	GO
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	7.65	O
HY041	Organic Wildflower Set Honey	6 x 340g	4.90	O
RAW HEALTH				
HY013	Acacia Honey	6 x 350g	6.79	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
INDIAN FOOD				
GEO ORGANICS				
VF740	Balti Curry Paste	6 x 180g	3.95	OV
VF249	Bhuna Curry Paste	6 x 180g	3.95	OV
VF743	Korma Curry Paste	6 x 180g	3.95	OV
VF742	Madras Curry Paste	6 x 180g	3.95	OV
KJ573	Mango Chutney - Organic	6 x 370g	4.59	OSV
VF744	Tikka Masala Paste	6 x 180g	3.95	OV
INTIMATE CARE				
&SISTERS BY MOONCUP				
NF128	Breathable Everyday Liners	12 x 24	4.75	OV
NF095	Eco Applicator Tampon - Medium	12 x 14	3.80	OV
NF107	Eco Applicator Tampons - Heavy	12 x 12	3.80	OV
NF090	Eco Applicator Tampons - Light	12 x 16	3.80	OV
NF127	Pads with Wings - Heavy	12 x 10 pads	4.20	OV

code	product	size	rrp	bfgosv
NF117	Pads with Wings - Light	12 x 10 pads	3.80	OV
NF124	Pads with Wings - Medium	12 x 10 pads	4.20	OV
	HERE WE FLO			
	Flo Period Care			
NF030	Bamboo Day & Night Pads Pack	8 x 15 pads	3.95	VO
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	12 x 14	4.39	OV
	NATRACARE			
	Panty Liners			
NF048	Organic Cotton Panty Liners	16 x 22	2.49	OV
	Tampons			
NF826	Applicator Tampon - Super	12 x 16	3.79	OV
NF823	Applicator Tampons - Regular	12 x 16	3.59	OV
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	4.25	OSV
JS141	Raspberry Jam - organic	6 x 340g	4.99	VOS
JS140	Strawberry Jam - organic	6 x 340g	4.55	OSV
JS133	Tangy Marmalade - organic	6 x 340g	3.59	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
	MERIDIAN			
JS020	Morello Cherry Spread -organic	6 x 284g	3.89	VO
JS100	Wild Blueberry Spread - og	6 x 284g	4.39	OV
	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
MA030	Sunflower Spread	8 x 500g	5.55	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	2.95	OV

code	product	size	rrp	bfgosv
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
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
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
WHEATY				
CV690	Smoked Slices	15 x 100g	2.85	OV
CV267	Vegan Chorizo Slices	10 x 80g	2.75	OV
CV250	Vegan Hot Dogs	8 x 200g	4.35	OV
	Snackers			
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
BIONA				
VF257	Hot Chili Paste	6 x 125g	3.45	OV
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				
ALPRO				
SY050	Organic Soya Drink	8 x 1l	2.90	GOV
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	5.90	OV
ECOMIL				
SY087	Almond Barista Drink	6 x 1l	2.99	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
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
SY146	Oat Barista Drink	6 x 1l	2.69	OV
SY133	Oat Drink NAS Plus	6 x 1l	2.29	OV

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SY082	Oat Drink Powder	6 x 400g	11.99	OSV
SY249	Oat Drink Sugar Free	6 x 1l	2.29	OV
SY279	Soya Drink Powder (sweetened)	6 x 400g	11.49	OV
	GLEBE FARM			
SY161	PureOaty Organic Barista	6 x 1lT	2.59	GOV
	JOYA			
SY166	Rice Milk	10 x 1l	2.25	OV
	MINOR FIGURES			
SY172	Masala Chai Organic	6 x 1l	6.50	SVO
SY196	Organic Barista Oat Drink	6 x 1l	2.45	OV
	NATURLI'			
SY151	Organic Ice Coffee	12 x 330ml	1.85	OSV
SY153	Organic Oat Cuisine	12 x 330ml	1.75	OV
	OATLY			
SY048	Barista Oat Drink Organic	6 x 1l	2.50	OV
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	2.80	VOG
	PLENISH			
SY204	Almond Barista - Organic	6 x 1l	2.99	OSV
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
SY206	Oat Barista - Organic	6 x 1l	2.65	GOV
SY170	Oat M*lk - Gluten Free	8 x 1l	2.59	GOV
SY182	Soya Barista - Organic	6 x 1l	2.65	OSV
SY191	Soya M*lk	8 x 1l	2.59	OV
	REBEL KITCHEN			
SY093	Barista Mylk	6 x 1l	2.55	OV
	RUDE HEALTH FOODS			
SY052	Almond Drink - No Sugars	6 x 1l	2.69	GOV
SY004	Almond Drink - Organic	10 x 250ml	1.65	GOV
SY129	Almond Drink - Organic	6 x 1l	2.69	GOV
SY031	Barista Oat Organic	6 x 1l	2.49	OV
SY233	Barista Soya	6 x 1l	1.99	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
SY054	Oat Drink - No Sugars	6 x 1l	2.50	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
	SOJADE			
SY018	Soya Drink - Mild Sweetened	8 x 1l	2.45	GOV
SY016	Soya Drink - Unsweetened	8 x 1l	2.19	GOV
SY023	Vanilla Soya Drink	8 x 1l	2.69	GOV
	SOON			
SY241	Organic Hemp Drink	8 x 1l	3.90	OV
	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
SY068	Rice Drink - Cacao	10 x 250ml	0.99	OV
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

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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
GH158	Black Tahini	6 x 250g	4.75	OV
GH211	Cashew Nut Butter - og	6 x 170g	5.50	OV
GH126	Hi-Oleic Peanut Butter	6 x 250g	4.35	OV
GH122	Hi-Oleic Peanut Butter	6 x 250g	4.35	OV
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	4.45	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	3.49	OV
	COCONUT MERCHANT			
GH076	Coconut Butter	12 x 300g	5.90	GOV
	MERIDIAN			
GH072	Almond Butter Smooth + salt	6 x 170g	5.89	OV
GH081	Cashew Butter Smooth	6 x 470g	1.49	OV
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
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

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SUNITA				
GH159	Black Tahini	6 x 170g	2.99	GOV
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	3.59	GOV
GH090	Peanut Butter -crunchy organic	6 x 227g	3.59	GOV
GH151	Peanut Butter-100% Nuts,Crunch	6 x 227g	3.45	GOV
NUTS & SEEDS				
SUMA PREPACKS - ORGANIC				
NU217	Almonds - organic	6 x 125g	2.59	OV
NU102	Almonds - organic	6 x 250g	4.69	OV
NU159	Almonds - organic	6 x 500g	8.79	OV
NU097	Almonds, Flaked - Organic	6 x 125g	3.90	OV
NU387	Almonds, ground - organic	6 x 125g	2.75	OV
NU043	Almonds, ground - organic	6 x 250g	4.95	OV
NU344	Brazils - organic	6 x 125g	2.35	OV
NU219	Brazils - organic	6 x 250g	4.19	OV
NU033	Cashews whole - organic	6 x 125g	2.39	OV
NU255	Cashews whole - organic	6 x 250g	4.25	OV
NU120	Chia Seeds, Black - organic	6 x 250g	2.55	VO
NU041	Coconut - desiccated, organic	6 x 125g	1.35	OV
NU103	Hazelnuts - organic	6 x 125g	2.65	OV
NU258	Hazelnuts - organic	6 x 250g	4.75	OV
NU272	Hemp Seeds - organic	6 x 250g	2.99	VO
NU322	Linseed, golden - organic	6 x 250g	1.75	OV
NU136	Omega Seed Mix - Organic	6 x 125g	1.69	OV
NU288	Omega Seed Mix - organic	6 x 125g	1.69	OV
NU138	Omega Seed Mix - Organic	6 x 250g	2.45	OV
NU293	Omega Seed Mix - organic	6 x 250g	2.45	OV
NU069	Peanuts - organic	6 x 125g	1.35	OV
NU218	Peanuts - organic	6 x 500g	3.69	OV
NU545	Pine Kernels - organic	6 x 125g	5.55	OV
NU212	Pumpkin seeds - organic	6 x 125g	1.69	OV
NU323	Pumpkin seeds - organic	6 x 250g	2.95	OV
NU261	Pumpkin seeds - organic	6 x 500g	5.25	OV
NU213	Sesame seeds - organic	6 x 125g	1.49	OV
NU356	Sesame seeds - organic	6 x 250g	2.49	OV
NU105	Sunflower seeds - organic	6 x 125g	1.29	OV
NU254	Sunflower Seeds - organic	6 x 250g	1.79	OV
NU457	Sunflower seeds - organic	6 x 500g	2.49	OV
NU104	Walnuts - organic	6 x 125g	2.15	OV
NU012	Walnuts - organic	6 x 250g	3.85	OV
NU289	Walnuts - organic	6 x 375g	5.45	OV
ALARA				
NU098	Raw Milled Linseeds	6 x 500g	5.19	OV
BIONA				
NU304	Amaranth Seeds	6 x 500g	3.95	OV
RAW HEALTH				
NU187	Organic Black Chia Seeds	6 x 450g	9.15	OV
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	11.65	OV
GT018	Italian Organic Olive Oil	6 x 750ml	17.40	OV
GT019	Italian Organic Olive Oil	4 x 3l	64.00	OV
GT085	Olive Oil-Extra Virgin,organic	6 x 500ml	1.79	VO

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GT087	Olive Oil-Extra Virgin,organic	5l	95.00	VO
GT080	Sunflower Oil - organic	6 x 500ml	4.95	VO
GT091	Sunflower Oil - organic	5l	4.99	VO
ABEA				
GT059	Olive Oil-Extra Virgin Organic	5l	89.99	O
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
GT060	Mild / Odourless Coconut Oil	6 x 610ml	6.90	OV
GT061	Mild / Odourless Coconut Oil	6 x 470ml	4.95	OV
GT014	Sesame Seed Oil Cold Pressed	6 x 500ml	7.39	OV
GT024	Toasted Sesame Seed Oil	6 x 250ml	5.79	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	8.99	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	5.39	OV
GT001	Hemp Oil Organic	8 x 250ml	7.69	OV
GT049	Italian Olive Oil Organic	8 x 250ml	6.99	OV
GT203	Italian Olive Oil Organic	6 x 500ml	11.99	OV
GT204	Italian Olive Oil Organic	6 x 1l	19.99	OV
GT038	Organic Toasted Sesame Oil	6 x 500ml	9.99	OV
GT009	Rapeseed Oil Organic	6 x 500ml	4.99	OV
GT207	Sesame Oil organic	6 x 500ml	8.39	OV
GT037	Sesame Oil organic	6 x 1l	15.49	GOV
GT208	Sesame Oil Toasted organic	8 x 250ml	5.99	OV
GT231	Sunflower Frying Oil organic	6 x 500ml	5.29	OV
GT230	Sunflower Frying Oil organic	6 x 1l	8.69	OV
GT063	Sunflower Frying Oil Organic	6 x 2l	14.99	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	8.45	OV
GT209	Toasted Pumpkin Seed Oil Org	8 x 250ml	14.49	OVB
GT062	Toasted Sesame Oil	6 x 150ml	4.59	OV
GT211	Walnut Oil Toasted, Organic	8 x 250ml	1.99	OV
COCOFINA				
GH074	Coconut Oil Neutral	6 x 500ml	4.99	OV
COCONUT MERCHANT				
GT042	Raw Extra Virgin Coconut Oil	12 x 500ml	7.64	OV
HAPPY BUTTER				
VF202	Organic Ghee	12 x 150g	5.55	O
VF204	Organic Ghee	6 x 300g	9.49	O
VF122	Organic Ghee	6 x 580g	16.49	O
MANI				
GT007	Og Extra Virgin Olive Oil	6 x 500ml	13.49	OV
GT002	Og Extra Virgin Olive Oil	6 x 1l	24.49	OV
ZAYTOUN				
GT056	Olive Oil - Fair Trade	6 x 500ml	19.50	FOV
GT020	Olive Oil - Organic Fairtrade	6 x 250ml	11.39	FOV
GT022	Olive Oil - Organic Fairtrade	6 x 750ml	27.55	FOV
OLIVES				
BIONA				
KJ349	Black Olives in Brine	5 x 280g	3.45	GOSV
KJ345	Green Olives in Brine	5 x 280g	3.35	GOVS
KJ051	Italian Pitted Black Olives	5 x 280g	3.75	OV
KJ145	Italian Pitted Green Olives	5 x 280g	3.75	OV
MANI				
KJ432	Og Green & Kalamata Olives	6 x 175g	3.99	OV

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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	5.49	GOV
KJ250	Og Mixed Olives al Naturale	6 x 205g	3.99	OV
SUNITA				
KJ494	Green Olives Organic	6 x 360g	3.55	OV
PASTA				
SUMA / IRIS ORGANIC				
WT018	Tricolore Spirals Pasta	12 x 500g	2.15	OV
WT075	White Fusilli Pasta	12 x 500g	1.79	OV
WT085	White Penne Pasta	12 x 500g	1.79	OV
WT125	Wholewheat Fusilli Pasta	12 x 500g	1.79	OV
WT120	Wholewheat Spaghetti Pasta	12 x 500g	1.79	OV
SUMA ORGANIC				
Gluten Free				
WT011	Brown Rice Fusilli Gluten Free	8 x 500g	3.25	GOV
WT013	Brown Rice Penne Gluten Free	8 x 500g	3.25	GOV
WT089	Casarecce Oat Pasta Glutenfree	12 x 340g	2.99	GOV
WT008	Corn Rice Fusilli Gluten Free	8 x 500g	2.89	GOV
WT009	Corn Rice Penne Gluten Free	8 x 500g	2.89	GOV
WT077	Oat Linguine Gluten Free	12 x 340g	3.19	GOV
WT073	Rigatoni Oat Pasta	12 x 340g	2.99	GOV
Paper Packaging				
WT019	Tricolore Fusilli Pasta	12 x 500g	2.25	FOV
WT017	White Fusilli Pasta	12 x 500g	1.89	FOV
WT062	White Macaroni Pasta	12 x 500g	1.89	FOV
WT020	White Penne Pasta	12 x 500g	1.89	FOV
WT022	White Spaghetti Pasta	12 x 500g	1.89	FOV
WT035	Wholewheat Fusilli Pasta	12 x 500g	1.89	FOV
WT044	Wholewheat Penne Pasta	12 x 500g	1.89	FOV
WT045	Wholewheat Spaghetti Pasta	12 x 500g	1.89	FOV
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
Little Foodies				
WT064	Spelt Safari Animals	12 x 250g	2.29	OV
WT063	Whole Wheat Dinosaurs	12 x 250g	2.19	OSV
CIEMME				
WT136	OG Gluten Free Gnocchi Plain	12 x 400g	3.90	GOV
CLEARSPRING				
WT148	Brown Rice Penne - Gluten Free	8 x 250g	3.79	GOV
WT052	Gluten Free Buckwheat Pasta	8 x 250g	3.79	GOV
WT149	Green Pea & Quinoa Fusilli	8 x 250g	3.79	GOV
WT150	Red Lentil & Brown Rice Pasta	8 x 250g	3.79	GOV
DOVES FARM				
WT038	Organic Brown Rice Fusilli	8 x 500g	4.19	GOV
WT047	Organic Brown Rice Penne Pasta	8 x 500g	4.19	GOV
WT036	Organic Brown Rice Spaghetti	12 x 500g	4.19	GOV
WT133	Organic Buckwheat Pasta	8 x 500g	4.99	GOV
WT167	Organic Green Pea Penne Pasta	6 x 250g	3.39	GOV
WT165	Organic Maize and Rice Lasagne	6 x 250g	3.29	GOV
WT051	Organic Maize/Rice Fusilli	8 x 500g	3.39	GOV
WT039	Organic Maize/Rice Penne Pasta	8 x 500g	3.39	GOV
WT053	Organic Maize/Rice Spaghetti	12 x 500g	3.39	GOV
WT135	Organic Multigrain Pasta	8 x 500g	4.19	GOV
WT166	Organic Red Lentil Penne Pasta	6 x 250g	3.39	GOV

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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
WT114	Edamame Bean Spaghetti	6 x 200g	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				
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
WT072	Tortelloni - Red Pepper	10 x 250g	4.10	OV
WT068	Vegan Formaggio & Leek Ravioli	10 x 250g	4.90	OV
PROFUSION				
WT130	Chickpea Fusilli	8 x 250g	3.35	GOV
WT042	Organic Chickpea Orzo	12 x 250g	3.15	GOV
WT030	Organic Red Lentil Orzo	12 x 250g	3.15	GOV
WT129	Red Lentil Fusilli	8 x 250g	3.45	GOV
PASTA SAUCES & PESTOS				
SUMA				
Organic Pestos				
KJ800	Green Basil Pesto	12 x 130g	2.79	OV
KJ900	Red Pesto - Sundried Tomatoes	12 x 130g	2.79	OV
SUMA ORGANIC				
Organic Pasta Sauces				
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
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
KJ046	Basilico Sauce	6 x 350g	2.29	GOV
KJ238	Chilli & Garlic Passata Sauce	6 x 400g	2.49	OV
KJ328	Chilli & Garlic Pesto	6 x 130g	2.99	GOV
KJ074	Grilled Pepper Pesto	6 x 130g	3.29	OV
KJ359	Lentil Ragù	6 x 350g	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
KJ084	Tomato & Garlic Flavour Paste	6 x 200g	2.39	OV
KJ075	Tomato & Olive Pesto	6 x 130g	3.29	OV
KJ109	Tomato & Veg Flavour Paste	6 x 200g	2.39	OV
Antipasti				

code	product	size	rrp	bfgosv
KJ360	Antipasti Black Bean	6 x 230g	3.49	OV
KJ361	Antipasti Butter Bean	6 x 230g	3.49	OV
KJ362	Antipasti Chickpea & Tomato	6 x 230g	3.49	OV
KJ022	Artichoke Antipasti - Sliced	5 x 190g	4.89	GOV
KJ037	Peppers Grilled - Antipasti	5 x 190g	3.89	GOV
KJ039	Sundried Tomatoes - Antipasti	5 x 190g	3.89	GOV
	Kid's Pasta Sauce			
KJ358	Kid's Tomato Veg Pasta Sauce	6 x 200g	2.39	OV
KJ357	Kid's Vegetable Pasta Sauce	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			
GH048	Hummus - Edamame	6 x 135g	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
GH162	Cashew Chive 'Cheese' Spread	6 x 135g	3.85	OSV
GH105	Lentil & Turmeric Pate	6 x 140g	2.95	OSV
GH161	Toscana Style Spread	6 x 135g	2.95	OSV
	SUNITA			
KJ791	Kalamata Olive Pate	6 x 180g	3.99	OV
	TARTEX			
GH001	Classic Pate - og	12 x 200g	3.85	GOV
GH012	Herb & Garlic Pate - og	12 x 200g	3.85	OV
GH006	Herb Pate - og	12 x 200g	3.85	OV
GH007	Mushroom pate - og	12 x 200g	3.85	OV
	PATES, DIPS & TAPAS (CHILLED)			
	FLORENTIN			
CV951	Baba Ganoush	6 x 170g	3.50	GOSV
CV931	Houmous	6 x 200g	3.80	GOV
CV526	Houmous Extra with Pinenuts	6 x 200g	3.70	GOV
	THE REAL OLIVE COMPANY			
CV538	Chilli, Cumin & Garlic Olives	6 x 150g	3.40	GOV
CV806	Fresh Basil Pesto	6 x 150g	3.65	OV
CV536	Garlic & Basil Olives	6 x 150g	3.40	OV
CV903	Harissa Tapenade	6 x 180g	3.89	OV
CV902	Kalamata Olive Tapenade	6 x 180g	3.89	OV
CV554	Kalamata Olives	12 x 210g	3.59	GOV
CV549	Nocellara Del Belice Olives	12 x 210g	3.70	GOV
	PET FOODS & PET CARE			
	YARRAH			
PF023	Dog Biscuits - Larger Dogs	4 x 500g	6.59	OV
PF503	Dog Biscuits - Smaller Dogs	6 x 250g	3.99	OV
PF026	Dog Food - Grain Free	4 x 2kg	19.75	O
PF030	Dog Food - Grain Free	10kg	87.99	O
PF501	Dog Food - Vega Bio Organic	4 x 2kg	16.79	O
PF502	Dog Food - Vega Bio Organic	10kg	76.99	O
	PICKLES, CHUTNEYS & MUSTARDS			
	BIONA			
KJ283	Biona Sauerkraut Golden Turner	6 x 350g	2.55	OSVB
KJ052	Gherkin 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

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KJ036	Sauerkraut - Organic	6 x 360g	2.45	OVB
	BIONOVA			
KJ346	Cherkins - Sour	6 x 670g	6.25	VOS
KJ025	Cherkins - Sweet & Sour	6 x 330g	5.90	OV
	BYODO			
KJ351	Mustard - Dijon, organic	1kg	13.19	VO
KJ354	Mustard - wholegrain, organic	1kg	1.35	VO
	CULTURED FOOD COMPANY			
KJ064	Fermented Beetroot	6 x 400g	5.35	GOV
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			
	Gluten Free Pies			
XL030	Chickpea Tagine Pie	6 x 235g	4.10	GOSV
XL114	Mushroom & Leek Pie	6 x 235g	4.10	GOV
XL308	Saag Aloo GF Pie	6 x 235g	4.10	GOV
	Nut Roasts			
XL338	Organic Nut Roast	6 x 280g	6.40	GOSV
XL044	Organic Nut Roast	4 x 600g	13.35	GOV
	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
XL057	Red Pepper & Harissa Quiche	4 x 380g	5.55	OV
	Sausage Rolls			
XL049	Vegan Sausagey Rolls	4 x 160g	3.65	OV
	Tarts			
XL323	Bombay Curry Tart	6 x 195g	4.00	GOSV
XL336	Tomato and Olive Tart	6 x 195g	4.00	GOSV
	Wholemeal Pies			
XL105	Creamy Cauliflower Pie	6 x 235g	3.95	OV
XL025	Mushroom Pie	6 x 235g	3.95	OSV
XL020	Saag Aloo Wholemeal Pie	6 x 235g	3.95	OSV
	READY TO EAT FOODS (CHILLED)			
	SUMA			
CV088	Kimchi	6 x 300g	4.40	GOV
CV076	Sauerkraut	6 x 300g	4.20	GOV
	BIONA			
CV075	Asian Pumpkin & Almond Falafel	5 x 220g	4.75	OV
CV068	Beetroot Falafel Balls	6 x 180g	5.35	OV
CV456	Cashew & Red Lentil Corners	5 x 180g	4.55	OSV
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	4.65	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
CV061	Oaty Carrot Bites	6 x 165g	4.45	OV
CV376	Samosas	4 x 230g	5.55	OV

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CV454	Spinach & Cashew Rolls	6 x 200g	4.65	OV
CV613	Spring Rolls	5 x 220g	5.10	OV
CV422	Thai Spring Rolls	5 x 220g	5.10	OV
CV455	Tofu & Herb Deli Corners	5 x 180g	4.55	OSV
CV065	Veggie Quinoa Sticks	6 x 170g	4.55	OV
LOVING FOODS				
	Raw, Organic, Vegan & UK made			
CV801	Classic Sauerkraut	6 x 475g	6.45	GOV
CV316	Hot 'N' Smoky Kimchi	6 x 475g	6.85	GOV
CV802	Kimchi	6 x 475g	6.85	GOV
CV928	Ruby Beetroot Kraut	6 x 475g	6.85	GOV
CV929	Sauerkraut with Caraway	6 x 475g	6.85	GOV
CV314	Spicy Cortido Kraut	6 x 475g	6.85	GOV
CV803	Turmeric & Black Pepper Kimchi	6 x 475g	6.85	GOV
MORGIEL				
CV936	Apple & Parsley Sauerkraut	6 x 300g	4.49	OV
CV938	Carrot Sauerkraut	6 x 300g	3.19	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	2.35	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	2.35	OV
CV476	Alfalfa & Radish Sprouts	100g	2.35	OV
CV475	Alfalfa Sprouts	100g	2.30	OV
CV721	Broccoli Sprouts	100g	2.45	OV
CV504	Mixed Bean Sprouts	225g	2.45	OV
CV503	Mung Bean Sprouts	200g	2.35	OV
CV510	Organic Sprouts Multi Pack	160g	3.35	OV
CV121	Organic Sprouts Protein Pack	175g	3.35	OV
CV131	Organic Sprouts Superfood Pack	110g	3.35	OV
CV509	Radish Sprout	100g	2.35	OV
SALT & SEASONINGS				
GEO ORGANICS				
LJ005	Atlantic Fine Ground Sea Salt	6 x 500g	3.49	OV
LJ555	Atlantic Sea Salt Crystals	6 x 250g	1.65	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				
LJ176	Seaweed Bacon	6 x 20g	6.15	O
LJ198	Seaweed Tagliatelle	6 x 50g	4.79	O
OCEAN'S HALO				
HE007	Sea Salt Seaweed	20 x 4g	0.79	OV
HE013	Wasabi Seaweed	20 x 4g	0.79	OV

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SNACK BARS & FLAPJACKS				
CLIF BAR				
KB782	Chocolate Chip & Peanut Butter	12 x 50g	2.59	OSV
KB365	Chocolate Peanut Butter	12 x 50g	2.59	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	18 x 35g	0.89	GOSV
	Multipack			
KB237	Apple & Sultana Flapjack	7 x 4 x 35g	2.89	GOSV
KB261	Apricot & Chia Seed Flapjack	7 x 4 x 35g	2.89	GOSV
KB463	Chocolate Chip Flapjack	7 x 4 x 35g	2.89	GOSV
ORGANICA				
KB525	Creamy Marzipan Dream Bar	24 x 40g	1.45	OSV
KB703	Golden Coconut Delight	24 x 40g	1.45	OSV
KB702	Hazelnut Nougat Delight	24 x 40g	1.45	OSV
SUNITA				
KB998	Sesame & Honey Bar - organic	24 x 30g	0.69	O
TROPICAL WHOLEFOODS				
	JUST 5			
KB769	Organic F/T Apricot & Almond	18 x 40g	1.25	FOV
	Just 5			
KB592	Organic F/T Banana & Cocoa	18 x 40g	1.25	FOV
KB590	Organic F/T Date & Cocoa	18 x 40g	1.25	FOV
	JUST 5			
KB710	Organic F/T Mango & Brazil	18 x 40g	1.25	FOV
SOFT DRINKS				
SUMA				
JU025	Cola Kombucha	24 x 250ml	1.15	OSV
JU034	Elderflower Lemon Kombucha	24 x 250ml	1.75	OSV
JU169	Ginger Kombucha	24 x 250ml	1.75	OSV
JU032	Lychee Lemongrass Kombucha	24 x 250ml	1.75	OSV
JU172	Peach & Turmeric Kombucha	24 x 250ml	1.75	OSV
JU173	Strawberry & Rasp Kombucha	24 x 250ml	1.75	OSV
JU004	Winter Berries Kombucha	24 x 250ml	1.15	OSV
BELVOIR				
JU810	Elderflower Presse	12 x 250ml	2.90	GOSV
JU814	Ginger Beer	12 x 250ml	1.95	GOSV
JU811	Handmade Lemonade	12 x 250ml	2.90	GOSV
	750ML Bottles			
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	1.59	FOSV
JU597	CharITea Green	24 x 330ml	1.59	FOS
JU596	CharITea Mate	24 x 330ml	1.59	FOSV
JU595	CharITea Red	24 x 330ml	1.59	FOSV
CLIPPER				
TE135	Iced Tea Chamomil Orange Peach	12 x 250ml	1.79	OV
COCOFINA				
JU368	Cocofina Natural Coconut Water	12 x 1l	4.10	OV
GUSTO				
JU222	Cherry Cola	12 x 275ml	2.15	OV
JU223	Fiery Ginger With Jalapeno	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

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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
JARR KOMBUCHA				
JU062	Ginger & Lemon Kombucha	12 x 330ml	3.35	GOV
JU084	Original Kombucha	12 x 330ml	3.35	GOV
JU071	Passion Fruit Kombucha	12 x 330ml	3.35	GOV
JU077	Raspberry Kombucha	12 x 330ml	3.35	GOV
KARMA				
JU076	Hibiscus Ginger Beer	12 x 350ml	2.65	FGOSV
JU067	Original Ginger Beer	12 x 350ml	2.65	FGOSV
JU035	Spicy Ginger Beer	12 x 350ml	2.85	FGOSV
KARMA DRINKS				
Cans				
JU617	Gingerella Ginger Ale	24 x 250ml	1.45	FOSV
JU616	Karma Cola	24 x 250ml	1.45	FOSV
JU800	Karma Orangeade	24 x 250ml	1.45	FOSV
JU615	Lemony Lemon	24 x 250ml	1.45	FSOV
JU420	Razza Raspberry Lemonade	24 x 250ml	1.45	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	1.95	FOSV
JU068	Lemonaid Ginger	24 x 330ml	1.95	FOSV
JU587	Lemonaid Lime	24 x 330ml	1.95	OSV
JU589	Lemonaid Passion Fruit	24 x 330ml	1.95	FOSV
LUSCOMBE DRINKS				
JU584	Cool Ginger Beer	24 x 270ml	2.29	OSV
JU586	Hot Ginger Beer	24 x 270ml	2.29	OV
JU145	Raspberry Crush	24 x 270ml	2.49	OSV
JU583	Sicilian Lemonade	24 x 270ml	2.29	OSV
JU439	St Clements	24 x 270ml	2.29	OSV
PIP ORGANIC				
JU399	Sparkling Apple	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
WHOLE EARTH				
JU311	Apple	24 x 330ml	1.49	OSV
JU946	Cola	24 x 330ml	1.49	OSV
JU947	Cranberry	24 x 330ml	1.49	OSV
JU935	Lemonade	24 x 330ml	1.49	OSV
JU310	Orange & Lemonade	24 x 330ml	1.49	OSV
JU189	Sparkling Elderflower	24 x 330ml	1.49	OV
JU186	Sparkling Ginger	24 x 330ml	1.49	OV
SOUPS				
SUMA ORGANIC				
VF390	Organic Minestrone Soup	12 x 400g	2.29	OV
VF655	Organic Mushroom Soup	12 x 400g	2.39	OV
VF595	Organic Pea Soup	12 x 400g	2.29	OV
VF525	Organic Rustic Vegetable Soup	12 x 400g	2.29	OV
VF365	Organic Spicy Lentil Soup	12 x 400g	2.15	OV
VF345	Organic Tomato & Basil Soup	12 x 400g	1.99	OSV
VF600	Organic Tomato Soup	12 x 400g	2.15	OSV
VF685	Organic Tuscan Bean Soup	12 x 400g	2.90	OV
ESSENTIAL TRADING				
VF085	Lentil & Pumpkin Soup	6 x 680g	3.65	OV
VF375	Pea Soup	6 x 680g	3.65	OV

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FREE & EASY				
VF302	Broccoli & Kale	6 x 400g	2.39	GOV
VF096	Butternut Squash & Ginger - Og	6 x 400g	2.39	GOV
VF297	Butternut, Sweet Potato, Turmeric	6 x 400g	2.39	GOV
VF124	Carrot & Coconut Soup	6 x 400g	2.39	GOV
VF720	Lentil & Red Pepper Soup - Org	6 x 400g	2.39	GOV
VF086	Pea & Mint Soup - Org	6 x 400g	2.39	GOV
VF097	Sweet Potato & Chia Soup - Org	6 x 400g	2.39	GOV
VF083	Tomato Soup - Org	6 x 400g	2.39	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				
CV306	Caribbean Sweet Potato Soup	6 x 560g	3.80	GOV
CV782	Lentil & Spinach Soup	6 x 560g	3.80	GOV
CV720	Malaysian Coconut Noodle Soup	6 x 560g	3.80	GOV
CV297	Thai Green Vegetable Soup	6 x 560g	3.80	GOV
YEO VALLEY				
CV601	Carrot & Parsnip Soup	6 x 400g	3.10	GO
CV584	Cream of Tomato Soup	6 x 400g	3.10	GO
CV607	Creamy Vegetable Soup	6 x 400g	3.10	GO
CV588	Leek & Potato Soup	6 x 400g	3.10	GO
SPIRITS & LIQUEURS				
FATTYS ORGANIC SPIRITS				
WN037	Pink Grapefruit Spirit	1 x 70cl	35.00	OV
WN039	Winter Spiced Orange Gin	1 x 70cl	52.78	OV
SUGARS & SYRUPS				
SUMA ORGANIC				
LJ121	Agave Syrup - organic	6 x 500ml	7.99	OV
LJ099	Agave Syrup Light - organic	6 x 240ml	3.99	OV
LJ260	Barley Malt Extract - Organic	6 x 340g	3.75	OV
LJ300	Coconut Blossom Syrup Organic	6 x 350g	5.99	OV
SUMA PREPACKS - ORGANIC				
LJ100	Coconut Palm Sugar, Organic	6 x 500g	4.75	OV
LJ261	Demerara Sugar - organic	6 x 500g	3.49	OV
LJ255	Icing Sugar - organic	6 x 500g	4.65	OV
LJ251	Raw Cane Sugar - organic	6 x 500g	3.55	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
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
HY020	Organic Date Syrup	6 x 350g	4.45	OV
HY022	Organic Maple Agave Syrup	6 x 350g	5.79	OV
HY026	Organic Rice Syrup	6 x 350g	4.35	OV
HY008	Pure Maple Syrup Amber Grade A	12 x 330g	6.90	OV
HY011	Pure Maple Syrup Amber Grade A	6 x 1l	23.65	OV
HY003	Pure Maple Syrup Dark Grade A	12 x 330g	6.90	OV
LJ181	Rapadura / Sucanat Sugar	5 x 500g	4.95	OV
BUCKWUD				
HY001	Maple Syrup	6 x 250g	6.65	GOV
CLEARSPRING				
JP123	Barley Malt Syrup	6 x 300g	3.69	OV
JP125	Date Syrup	6 x 300g	3.89	OV
JP124	Oat Syrup	6 x 300g	3.99	OV

code	product	size	rrp	bfgosv
HY210	Rice Malt Syrup	6 x 300g	3.69	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	2.39	FOV
HY012	Blackstrap Molasses - Organic	6 x 600g	3.29	FOV
	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	9.49	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			
	BIONA			
MD736	Cracked Linseed Gold Organic	6 x 500g	5.59	OV
	GRANOVITA			
GT300	Flax Oil - Organic	6 x 260ml	11.75	GOV
	LINWOODS			
MD113	Chia Seed	12 x 200g	6.99	GOV
MD104	Flax,Sun,Pum,Chia,Goji Berries	5 x 425g	6.79	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	12 x 425g	6.79	GOV
MD102	Flaxseed	12 x 425g	5.99	GOV
MD114	Flaxseed	12 x 200g	3.79	GOV
MD048	Milled Hemp	6 x 200g	4.89	GOV
	Organic Sprouted Range			
VM263	Sprouted Flaxseed	5 x 360g	7.99	GOV
	NATURYA			
MD040	Greens Blend Organic	6 x 250g	14.99	FGOV
MD020	Mushroom Blend	8 x 100g	1.99	OV
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
	PREWETT'S			
VM020	Organic Ground Flaxseed	6 x 175g	3.49	GOV
	RHEAL			
VF259	Berry Beauty	6 x 150g	24.99	GOV
VF212	Superfoods Balance Tonic	6 x 150g	24.99	GOV
VF031	Superfoods Clean Greens	6 x 150g	24.99	GOV
	SUPPLEMENTS & REMEDIES			
	AYURVEDIQ WELLNESS			
	Capsules			
VM346	Organic Ashwagandha	1 x 120 capsules	19.99	OV
VM352	Organic Moringa	1 x 120 capsules	18.99	OV
VM350	Organic Shatavari	1 x 120 capsules	19.99	OV
VM353	Organic Triphala	1 x 120 capsules	19.99	OV
VM344	Organic Turmeric	1 x 120 capsules	17.99	OV
	CORNISH SEAWEED COMPANY			
VM056	Kelp Food Supplement	6 x 60 capsules	14.95	OV

code	product	size	rrp	bfgosv
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
DR VEGAN				
VM339	Ashwagandha KSM-66	1 x 30 capsules	1.99	GOV
VM345	Curcumin & Turmeric	1 x 30 capsules	9.99	GOV
NATURES OWN				
Organic Range				
VM126	Organic Kelp	60 capsules	12.25	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
VM358	Chaga Mushroom	5 x 60	25.99	GOV
VM102	Iodine	6 x 30	6.99	GOV
VM356	Lion's Mane Mushroom	5 x 60	25.99	GOV
VM355	Mushroom 5 Complex	5 x 60	25.99	GOV
VM357	Reishi Mushroom	5 x 60	25.99	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				
ZX906	Orangutangies	8 x 125g	2.39	GOSV
PIP ORGANIC				
ZX730	Mango Pipstick	24 x 18g	0.89	OV
ZX545	Pineapple & Mango Pipstick	24 x 18g	0.89	OV
SUNITA				
ZX587	Grape Juice & Sultana Halva OG	12 x 75g	1.95	OV
ZX099	Halva with Coconut	12 x 75g	1.95	OV
ZX850	Honey Halva - organic	12 x 75g	1.95	O
ZX588	Honey Halva with Almonds OG	12 x 75g	2.45	O
ZX524	Organic Honey Halva with Cocoa	12 x 75g	2.45	O
TROPICKS				
ZX008	Fruit Balls Mango	8 x 50g	1.75	GOV
ZX023	Fruit Balls Pineapple	8 x 50g	1.75	GOV
ZX003	Fruit Roll Mango	30 x 27g	0.99	GOV
ZX006	Fruit Roll Pineapple	30 x 27g	0.99	GOV
TABLE SAUCES				
BIONA				
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
KJ343	Sriracha Sauce	6 x 130ml	3.35	OSV
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	3.95	OSV

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MR ORGANIC				
KJ355	Chilli Ketchup	6 x 480g	3.79	OSV
KJ050	Italian Organic Ketchup	6 x 480g	3.49	OSV
KJ496	Naturally sweetened Ketchup	6 x 480g	3.79	GOV
TEAS				
CLEARSPRING				
JP210	Genmaicha Green Tea Tea Bags	4 x 20 bags	3.49	OV
JP097	Hojicha Roasted Green Tea	4 x 20 bags	3.49	OV
TE024	Japanese Matcha Green Tea Pwdr	6 x 100g	23.99	OSV
TE236	Japanese Oolong Tea (bags)	4 x 36g	3.99	OV
JP063	Kukicha,Roasted Twig Teabags	4 x 20 bags	3.49	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
TE022	Org Japanese Kuwa Mulberry Pow	10 x 40g	8.99	OSV
JP302	Sencha Green Tea	4 x 20 bags	3.49	OV
JP019	Sencha Traditional Green Tea	6 x 90g	7.49	OV
LIMITED EDITION				
TE223	Matcha Green Tea Powder	3 x 30g	29.99	OV
CLIPPER				
Food Service Range - 250's				
TE152	Earl Grey	250 bags	27.59	FOV
TE451	Speciality English Breakfast	250 bags	27.59	FOV
Food Service Range - 6 X 25's				
TE150	Earl Grey	6 x 25 bags	3.35	FOV
Food Service Range - 6 x 25's				
TE635	Everyday Decaffeinated Tea	6 x 25 bags	4.50	OV
Food Service Range - 6 X 25's				
TE161	Green Tea	6 x 25 bags	3.49	FOV
Green Tea 20's				
TE990	Green Tea with Lemon Organic	6 x 20 bags	2.95	OFV
TE989	Organic Pure Green Tea	6 x 20 bags	2.95	OFV
Loose Leaf 80g				
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	6 x 80g	3.79	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
TE983	FT Organic Assam	6 x 40 bags	2.89	FOV
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				
TE379	Reviving Organic Green Tea	4 x 20 bags	2.99	FOV
HAMPSTEAD TEA				
TE369	Assam	4 x 20 bags	3.59	OV
TE939	Clean Green	4 x 20 bags	3.59	FOV
TE936	Divine Earl Grey	4 x 20 bags	3.59	FOV

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TE932	English Breakfast	4 x 20 bags	3.59	FOV
TE935	Pure Darjeeling	4 x 20 bags	3.59	FOV
	20 bags/box, 3 boxes/gift pack			
TE222	Triple Pack Teas - Gift Looseleaf	4 x 1	11.99	OV
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
	PUKKA			
TE213	Elegant English Breakfast	4 x 20 bags	5.90	FOV
TE214	Gorgeous Earl Grey	4 x 20 bags	5.90	FOV
	QI			
TE308	Decaffeinated Green Tea	6 x 20 bags	3.79	OV
TE485	Fairtrade Green Tea	6 x 25 bags	2.29	FOV
TE114	Fairtrade White Tea	6 x 25 bags	2.59	FOV
TE112	Green Tea & Jasmine	6 x 25 bags	2.89	FOV
TE310	Matcha Green Tea Powder Looseleaf	8 x 40g	11.99	OV
TE819	Fairtrade Chun Mee Tea	6 x 100g	3.29	FOV
	RHEAL			
VF262	Superfoods Magic Matcha	6 x 120g	34.99	GOV
	TOFU & TEMPEH (CHILLED)			
	BETTER NATURE			
CV201	Organic Tempeh	6 x 200g	2.99	OV
	CAULDRON			
CV562	Organic Marinated Tofu Pieces	6 x 160g	3.40	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
CV393	Organic Marinated Tofu	5 x 300g	3.70	GOV
	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
	TAIFUN			
CV007	Almond/Sesame Tofu Slice	8 x 200g	4.55	OV
CV835	Basil Tofu with Fresh Herbs	6 x 200g	4.70	OVB
CV140	Blackforest Tofu	6 x 200g	4.75	OV
CV684	Firm Tofu - Natural	8 x 200g	2.75	OV
CV139	Natural Silken Tofu	6 x 400g	4.35	OV
CV833	Smoked Tofu	8 x 200g	4.50	OV
CV133	Spinach Tofu	6 x 200g	4.65	OV
CV841	Tofu Fillet - Japanese Style	8 x 160g	3.85	OVB
CV840	Tofu Fillet - Mild Wild Garlic	8 x 160g	4.15	OVB
CV151	Tofu Fillets with Garden Peas	8 x 160g	4.15	OV
CV832	Tofu Rosso - Taste of the Med	6 x 200g	4.70	OVB

code	product	size	rrp	bfgosv
TOMATOES & TOMATO PRODUCTS				
SUMA ORGANIC				
LJ560	Organic Passata	12 x 690g	1.95	VO
LJ088	Tomato Puree - organic Canned	24 x 200g	1.89	OV
LJ075	Cherry Tomatoes - organic	12 x 400g	1.39	OV
LJ080	Tomatoes - chopped, organic	12 x 400g	1.19	OV
LJ123	Tomatoes - chopped, organic	6 x 2.5kg	6.90	OV
LJ081	Tomatoes - peeled, whole OG	12 x 400g	1.19	VO
SUMA PREPACKS - ORGANIC				
LJ602	Dried Sundried Tomatoes - organic	6 x 125g	1.99	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
DY291	Toothpaste - Whitening Toothpaste - Tubes	1 x 100ml	8.95	OV
DY193	Toothpaste Tube - Black	6 x 75ml	5.95	OV
DY203	Toothpaste Tube - Coco Mania	6 x 75ml	5.95	OV
DY204	Toothpaste Tube - Mint	6 x 75ml	5.95	OV
DY195	Toothpaste Tube - White	6 x 75ml	5.95	OV
GREEN PEOPLE				
DY014	Childrens Toothpaste	12 x 50ml	6.50	VO
DY256	Childrens Toothpaste Mandarin	12 x 50ml	6.50	VO
VEGETABLES				
SUMA ORGANIC				
VF111	Canned from Fresh Fresh Peas - Organic	12 x 340g	1.75	OV
LJ270	Supersweet Sweetcorn - Organic	12 x 160g	1.45	OV
LJ800	Supersweet Sweetcorn - Organic	12 x 340g	2.15	OV
AMAIZIN				
KJ117	Jalapeno Peppers	6 x 150g	2.69	OV
BIONA				
KJ172	Artichokes in Olive Oil	5 x 190g	5.60	OV
LJ243	Capers In Olive Oil	6 x 120g	4.85	OV
KJ352	Capers in Wine Vinegar	6 x 140g	3.25	OV
KJ363	Grilled Peppers in Olive Oil	5 x 190g	3.95	OV
BIONOVA				
VF039	Garden Peas	6 x 350g	2.69	O
VF040	Sauerkraut	6 x 350g	2.89	VO
VF030	Sweetcorn - organic	6 x 340g	2.49	VO
CLEARSPRING				
VF339	Bio Kitchen Sauerkraut	6 x 360g	1.99	OV B
MANI				
KJ440	Og Capers in Olive Oil	6 x 180g	5.29	OV
KJ434	Og Kalamata Olive Paste	6 x 180g	6.39	OV
KJ437	Og Sun Dried Tomato Paste	6 x 180g	6.39	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
VEGETABLES (FROZEN)				
BIO INSIDE				
XL278	Organic Asia Vegetable Mix	12 x 400g	2.95	OV

code	product	size	rrp	bfgosv
XL155	Organic Garden peas	12 x 300g	2.20	GOV
XL270	Organic Mushrooms	12 x 300g	2.45	OV
XL153	Organic Sweetcorn	12 x 300g	2.50	GOV
NATURAL COOL				
XL183	Broccoli	8 x 300g	3.45	GOVB
XL221	Chips - Oven or Fry	12 x 600g	4.50	BGOV
XL176	Cut Green Beans	8 x 450g	2.99	OVB
XL177	Leaf Spinach Portions	8 x 450g	3.50	OVB
XL178	Peas	8 x 450g	4.50	GOV
XL098	Potato Wedges	12 x 450g	3.65	BGOV
XL134	Vegetable Mix	8 x 450g	3.30	BGOV
PACK'D				
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 Org	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
KJ151	OG Balsamic Vinegar - oak aged	6 x 250ml	3.89	OV
KJ153	Org Balsamic 5 Litre	5l	37.90	OV
KJ089	Organic Red Wine Vinegar	12 x 500ml	2.29	OV
KJ099	Organic Red Wine Vinegar	5l	18.59	OV
KJ091	Organic White Wine Vinegar	12 x 500ml	2.29	OV
KJ107	Organic White Wine Vinegar	5l	18.59	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
KJ350	Coconut Vinegar - Organic	6 x 250ml	3.35	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				
KJ058	Apple Cider Vinegar	12 x 250ml	2.99	GOV
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
WINES				
ORANGE WINE				
Spain				
WN024	El Troyano Verdejo	6 x 75cl	17.89	OVB

code	product	size	rrp	bfgosv
RED WINE				
WN119	Argentina Made in Mendoza Malbec	6 x 75cl	11.35	OV
WN055	Chile MontGras Pinot Noir	6 x 750ml	16.90	GOV
WN006	France Merlot La Marouette	6 x 75cl	14.89	GOV
WN078	Rouge Sans Sulfite Marouette	6 x 750ml	15.29	GOV
WN140	Italy Fedele Nero D'Avola	6 x 75cl	13.35	OV
WN058	Ingeno Nero D'Avola	6 x 75cl	11.65	OV
WN020	Integro Organic Primitivo	6 x 75cl	13.95	GOV
WN114	South Africa Running Duck Cab. Sauvignon	6 x 75cl	12.90	FOV
WN197	Running Duck Merlot	6 x 75cl	12.90	FOV
WN196	Running Duck Pinotage	6 x 75cl	12.19	FOV
WN116	Running Duck Shiraz	6 x 75cl	12.90	FOV
WN138	Stellar Organics Merlot	6 x 75cl	12.90	FOV
WN050	Spain Amigo de la Tierra Red	6 x 750ml	11.79	GOV
WN207	Cuesta Colora Tempranillo	6 x 75cl	15.90	OV
WN232	Tempranillo Camino	6 x 75cl	11.85	GOV
WN080	Tempranillo Finca Fabian	6 x 750ml	12.65	GOV
ROSE WINE				
WN229	France Grenache Rose La Marouette	6 x 75cl	15.19	GOV
WN060	Rose Sans Sulfite Marouette	6 x 750ml	15.75	OV
WN118	South Africa Running Duck Shiraz Rose	6 x 75cl	12.90	FOV
SPARKLING WINE				
WN009	Italy Prosecco Col di Manza	6 x 75cl	23.45	GOVB
WN133	Proverbio Prosecco	6 x 75cl	16.90	OV
WN081	Spain Cava Bodegas Enguera	6 x 750ml	2.25	GOV
WN054	Vallformosa Bio Organic Cava	6 x 750ml	17.85	GOV
WHITE WINE				
WN016	Chile MontGras Sauvignon Blanc	6 x 75cl	16.90	GOV
WN076	France Blanc Sans Sulfite Marouette	6 x 750ml	16.65	GOV
WN141	Italy Fedele Catarratto Pinot Grigio	6 x 75cl	13.35	OV
WN057	Ingeno Pinot Grigio	6 x 75cl	11.65	OV
WN008	South Africa Running Duck Chenin Blanc	6 x 75cl	12.90	FOV
WN115	Running Duck Chenin Sauv Blanc	6 x 75cl	12.90	FOV
WN019	Stellar Org. Sauvignon Blanc	6 x 75cl	12.90	FOV
WN079	Spain Verdejo Finca Fabian	6 x 750ml	12.65	GOV
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			

code	product	size	rrp	bfgosv
CV578	Honey Kefir Yoghurt	6 x 350g	2.00	GO
CV863	Mango & Passion. Kefir Yoghurt	6 x 350g	2.00	GOS
CV864	Natural Kefir Yoghurt	6 x 350g	2.00	GOS
CV560	Rhubarb Kefir Yoghurt	6 x 350g	2.00	GO
CV862	Strawberry Kefir Yoghurt	6 x 350g	2.00	GOS
	Minimum 4 days shelf life			
CV614	5% Fat Natural Yoghurt	6 x 450g	2.85	O
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 Yoghurt	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
CV610	Thick 0% Fat Natural Yoghurt	6 x 450g	2.85	O
	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
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
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
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	1.60	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

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