

The background consists of large, overlapping, organic shapes in teal and pink. The teal shapes are more angular and layered, while the pink shapes are smoother and more rounded. The overall effect is a vibrant, modern, and abstract composition.

# Suma

CO-OPERATIVE SINCE 1977

**FAIRTRADE**

JUL - AUG 2024

# FAIRTRADE

A bit more about it..

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

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

To find out more [www.fairtrade.org.uk](http://www.fairtrade.org.uk)



## Key BFGSOV

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

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

code	product	size	rrp	bfgosv
<b>BAGS, BOXES AND BASKETS</b>				
<b>SIESTA CRAFTS</b>				
NF467	Recycled Saree Bag - Folding	each	4.79	FV
NF137	Sari Folding Bag - Recycled	1 x 20 bags	4.79	FV
<b>BAKING SUNDRIES</b>				
<b>COCOA LOCO</b>				
KB139	Dark Chocolate Couverture	4 x 1.5kg	22.99	FOSV
<b>ENGEVITA</b>				
LJ144	Organic Yeast Flakes	6 x 100g	6.49	FGOV
LJ143	Yeast Flakes Protein & Fibre	6 x 100g	3.95	FGV
LJ020	Yeast Flakes with Vitamin B12	6 x 100g	4.25	FGV
<b>GREEN &amp; BLACKS</b>				
Cooks Chocolate				
KB058	Dark Cooking Chocolate-Organic	15 x 150g	3.39	FOS
<b>TAYLOR &amp; COLLEDGE</b>				
LJ115	Vanilla Bean Extract	6 x 100ml	1.55	FOV
<b>VEGO</b>				
KB072	Hazelnut Chocolate Melts	10 x 180g	6.15	OFVS
<b>BISCUITS CRACKERS &amp; CRISPBREAD</b>				
<b>IBIS</b>				
BT187	W'grn Salt & Pepper Rice Cake	12 x 130g	1.69	FOV
BT179	Wholegrain Salted Rice Cake	12 x 130g	1.69	FOV
BT182	Wholegrain Unsalted Rice Cake	12 x 130g	1.69	FOV
<b>BODY CARE</b>				
<b>DR BRONNER'S</b>				
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	1 x 3.8l	79.99	FGOVB
475ml Bottle				
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	1 x 475ml	15.49	FOV
945ml Bottle				
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	1 x 945ml	24.99	FOV
Bar Soap				
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	12 x 140g	6.49	FOV
Hand Sanitiser				
DY455	Hand Sanitiser - Lavender	1 x 60ml	5.49	FOV
DY479	Hand Sanitiser - Peppermint	1 x 60ml	5.49	FOV
<b>WELEDA</b>				
Skin Food				
DY814	Skin Food	5 x 75ml	11.49	F
DY134	Skin Food Body Butter	150ml	23.99	FVB
DY086	Skin Food Body Lotion	5 x 200ml	14.95	FVB
DY181	Skin Food Cleansing Balm	1 x 75ml	12.95	VF
DY133	Skin Food Light	75ml	11.49	F
DY180	Skin Food Night Cream	1 x 40ml	14.95	VF
DY179	Skin Food Nourishing Day Cream	1 x 40ml	14.95	VF
DY189	Skin Food Ultra Light Dry Oil	1 x 100ml	15.95	FVB
<b>CANDLES, INCENSE &amp; HOLDERS</b>				
<b>GREATER GOODS</b>				
Display Units With Stock				
NF119	Mother's Incense Fan - Mixed	1 x 12 fans	6.99	F

code	product	size	rrp	bfgosv
NF444	Mother's Vegan Incense			
NF440	Incense Cinnamon & Spice	6 x 12 sticks	2.00	FV
NF441	Incense Frankincense	6 x 12 sticks	2.00	FV
	Incense Patchouli	6 x 12 sticks	2.00	FV
	The Mother's India Incense			
NF526	Incense - Aditi	5 x 20 sticks	3.50	F
NF394	Incense - Amrita	5 x 20 sticks	3.50	F
NF403	Incense - Ganesh	5 x 20 sticks	3.50	F
NF469	Incense - Lila	5 x 20 sticks	3.50	F
NF525	Incense - Meera	5 x 20 sticks	3.50	F
NF412	Incense - Om	5 x 20 sticks	3.50	F
NF408	Incense - Oudh	5 x 20 sticks	3.50	F
NF410	Incense - Prem	5 x 20 sticks	3.50	F
NF402	Incense - Rishi	5 x 20 sticks	3.50	F
NF411	Incense - Shanti	5 x 20 sticks	3.50	FV
NF393	Incense - Yoga	5 x 20 sticks	3.50	F
<b>SIESTA CRAFTS</b>				
NF285	Satya Sai Nag Champa Incense	12 x 15g	1.25	FV
NF577	Satya Sai Patchouli Incense	12 x 15g	1.25	FV
NF576	Satya Sai Sandalwood Incense	12 x 15g	1.25	FV
NF578	Satya Sai White Sage Incense	12 x 15g	1.25	FV
<b>CEREALS &amp; MUESLIS</b>				
<b>IBIS</b>				
MX048	Wholegrain Rice Pops	6 x 275g	2.99	FOV
MX056	Wholegrain Rice Pops	6 x 275g	3.29	FOSV
<b>CHOCOLATE</b>				
<b>ALTERECO</b>				
KB566	Dark Chocolate 70%	14 x 100g	2.65	FOSV
KB567	Dark Chocolate 85%	14 x 100g	2.65	FOSV
KB561	Dark Chocolate with Almond	14 x 100g	2.65	FOSV
KB568	Milk Chocolate	14 x 100g	2.65	FOS
KB571	Orange Dark Chocolate	14 x 100g	2.65	FOSV
KB572	Salted Caramel Milk Chocolate	14 x 100g	2.65	FOS
<b>BOOJA-BOOJA</b>				
	Artist's Collection Gift Boxes			
KB927	Fine De Champagne Truffles	3 x 185g	27.99	GFOSV
KB929	Hazelnut Truffles	3 x 185g	27.99	GFOSV
<b>CHOCOLATE AND LOVE</b>				
WS082	Creamy Dark 55% Chocolate	14 x 80g	4.89	FOS
WS079	Mint 67% Chocolate	14 x 80g	4.49	FOSV
WS081	Orange 65% Chocolate	14 x 80g	4.49	FOSV
WS077	Panama 80% Chocolate Bar	14 x 80g	4.89	FOSV
WS078	Pomegranate 70% Chocolate	14 x 80g	5.20	FOSV
WS080	Sea Salt 55% Chocolate	14 x 80g	4.49	FOS
<b>DIVINE</b>				
	35g Bars			
ZX286	70% Dark Chocolate	30 x 35g	1.40	FSV
ZX828	70% Dark with Cool Mint Crisp	30 x 35g	1.40	FSV
ZX180	Cappuccino Bar Fairtrade	30 x 35g	1.40	FS
ZX499	Milk Chocolate	30 x 35g	1.40	FS
ZX422	Orange Milk Chocolate Bars	30 x 35g	1.40	FS
ZX287	White Chocolate Mini Bar	30 x 35g	1.40	FS
	90g Bars			
ZX365	41% Dark Smooth Hazelnut	15 x 90g	3.30	SVF
KB039	60% Dark Pretzel & Caramel	15 x 90g	3.30	FS
ZX498	70% Dark Chocolate	15 x 90g	3.30	FSV
ZX469	85% Dark Chocolate	15 x 90g	3.30	FSV
ZX471	Dark Choc with Ginger & Orange	15 x 90g	2.95	FSV
KB534	Dark Choc with Raspberries	15 x 90g	3.30	FSV
ZX001	Dark Chocolate with Mint	15 x 90g	3.30	FSV
ZX789	Dark Chocolate with Pink Salt	15 x 90g	3.30	FSV
KB459	Milk Choc with Salted Caramel	15 x 90g	3.30	FS
ZX370	Milk Chocolate 45% Cocoa	15 x 90g	3.30	FS

code	product	size	rrp	bfgosv
KB043	Milk Chocolate Orange Crisp	15 x 90g	3.30	FS
KB364	White Choc with Strawberries Dessert Bars	15 x 90g	3.30	FS
ZX647	Dark Chocolate Bakewell Bar	10 x 180g	5.20	FSV
ZX652	Lemon Cheesecake Bar	10 x 180g	5.20	FS
ZX634	Milk Chocolate Tiramisu Bar	10 x 180g	5.20	FS
<b>EQUAL EXCHANGE</b>				
KB659	55% Dark Caramel & Sea Salt	12 x 100g	2.79	FOS
KB698	65% Organic Dark Orange	12 x 100g	2.79	FOSV
KB654	71% Organic Very Dark	12 x 100g	2.79	FOSV
KB977	Dark 55% Choc with Almond	12 x 100g	2.79	FOS
<b>GREEN &amp; BLACKS</b>				
90g Bars				
KB116	70% Dark Chocolate	15 x 90g	2.99	FOSV
KB034	85% Dark Chocolate	15 x 90g	2.99	FOSV
KB796	Dark Choc Hazelnut & Currant	15 x 90g	2.99	FOS
KB132	Dark Chocolate & Ginger	15 x 90g	2.99	FOS
ZX239	Milk Chocolate	15 x 90g	2.99	FOS
KB133	Milk Chocolate & Butterscotch	15 x 90g	2.99	FOS
KB370	White Chocolate	15 x 90g	2.99	FOS
<b>HU</b>				
KB674	Almond Butter Crispy Dark Bar	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
<b>ICHOC ORGANIC CHOCOLATE</b>				
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
KB898	White Vanilla	10 x 80g	2.99	FOSV
<b>MOO FREE</b>				
KB504	Choccy Rocks Bunnycomb Bar	16 x 35g	1.40	FGSV
<b>OMBAR CHOCOLATE</b>				
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 70g Bars	10 x 35g	2.50	FGOSV
ZX951	72% Cacao Chocolate Bar	10 x 70g	3.39	FGOSV
ZX952	Coco Almond Chocolate Bar	10 x 70g	3.39	FSGOV
ZX953	Coco Mylk Chocolate Bar	10 x 70g	3.39	FGOSV
ZX639	Coconut & Vanilla Chocolate	10 x 70g	3.39	FGOSV
ZX403	Hazelnut Truffle Chocolate Bar	10 x 70g	3.39	FGOSV
ZX641	Pistachio Chocolate Bar	10 x 70g	3.39	FGOSV
ZX644	Raspberry & Coconut Choc Bar	10 x 70g	3.39	FGOSV
ZX975	Salt & Nibs Chocolate Bar Buttons	10 x 70g	3.39	FSGOV
KB492	Coco Mylk Chocolate Buttons Filled Bar	15 x 25g	1.55	FGOSV

code	product	size	rrp	bfgosv
KB373	Pistachio Cream Chocolate Bar Filled Bars	15 x 42g	2.25	FGOSV
KB321	Almond Butter Chocolate Bar	15 x 42g	2.25	FGOSV
KB374	Coco Raspberry Chocolate Bar	15 x 42g	2.25	FGOSV
KB359	Coconut Vanilla Chocolate Bar	15 x 42g	2.25	FGOSV
KB355	Hazelnut Truffle Chocolate Bar	15 x 42g	2.25	FGOSV
	Oat Mylk			
ZX184	Fruit & Nut	10 x 70g	2.99	FOSV
ZX187	Hazelnut	10 x 70g	2.99	FOSV
ZX155	Salted Caramel Truffle	10 x 70g	2.99	FOSV
ZX192	Smooth & Creamy	10 x 70g	2.99	FOSV
<b>ORGANIC SEED &amp; BEAN COMPANY</b>				
	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
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
<b>TONY'S CHOCOLONELY</b>				
KB004	Caramel S/Salt Almond Pretzel	15 x 180g	4.50	FS
KB741	Dark Creamy Hazelnut Crunch	15 x 180g	4.50	FSV
KB794	Rainbowpack Classics 6 Pack 180g Bars	6 x 1.08kg	24.99	FS
ZX337	Dark Choc 51% Almonds&Sea Salt	15 x 180g	4.50	FSV
ZX345	Dark Chocolate 70%	15 x 180g	4.50	FSV
ZX105	Dark/Milk Choc Pretzel&Toffee	15 x 180g	4.50	FS
KB886	Milk Choc Caramel/Sea Salt	15 x 180g	4.50	FS
ZX091	Milk Chocolate	15 x 180g	4.50	FS
ZX369	Milk Chocolate Hazelnut	15 x 180g	4.50	FS
ZX724	White Chocolate & Raspberry	15 x 180g	4.50	FS
	Gift Range			
KB838	Small Bar Tasting Pack	12 x 288g	1.99	FS
KB178	Tiny Tony Gift Box	6 x 180g	7.35	FS
	Non Grocery Exclusives			
ZX642	Milk Chocolate Chip Cookie	15 x 180g	4.50	FS
ZX673	Milk Pecan Caramel Crunch	15 x 180g	4.50	FS
	Sharing Bags			
KB863	Littl'Bits Caramel Sea Salt	8 x 100g	3.00	FS
KB862	Littl'Bits Dark Orange Cookie	8 x 100g	3.00	FSV
KB864	Littl'Bits Marshmallow Biscuit	8 x 100g	3.00	FS
KB865	Littl'Bits Triple Choc Mix	8 x 100g	3.00	FGS
	Small Bars			
ZX101	Dark Chocolate 51% Almond	35 x 47g	1.49	FSV
ZX612	Milk 32% Almond Honey Nougat	35 x 47g	1.49	FS
ZX111	Milk Choc Caramel & Sea Salt	35 x 47g	1.49	FS
ZX102	Milk Chocolate	35 x 50g	1.49	FS
	Sweet Solution Bars			
ZX994	Milk Caramel Biscuit	15 x 180g	4.50	FS
KB697	Milk Chocolate 32% Nougat	15 x 180g	4.50	FS
ZX996	Milk Creamy Hazelnut Crunch	15 x 180g	4.50	FS
WS032	Milk Crispy Wafer	15 x 180g	4.50	FS
<b>VEGO</b>				
KB669	Chocolate & Rice Crisp Bar	20 x 40g	1.99	FGOV

code	product	size	rrp	bfgosv
KB821	Mini Whole Hazel Chocolate Bar	20 x 65g	2.59	FGOSV
WS003	Vego Dark Nuts & Berries	12 x 85g	4.39	FOVS
WS059	Vego White - Almond Bliss	18 x 50g	2.49	FOVS
KB943	Vegolino Pralines	8 x 180g	6.99	FOSV
KB489	Whole Hazelnut Chocolate Bar	20 x 150g	4.80	FGOSV

## CHOCOLATE & SWEET SPREADS

### VEGO

GH075	Hazelnut Chocolate Spread	6 x 350ml	5.69	FGSV
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### CLOTHING

#### SIESTA CRAFTS

NF088	Recycled Sari Gift Wrap/Scarf	each	4.29	FV
NF139	Sari Recycled Gift Wrap/Scarf	1 x 30	4.35	FV

### COCOA

#### SUMA PREPACKS - ORGANIC

LJ189	Cocoa Powder - Organic	6 x 250g	4.85	FOV
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#### CLIPPER

TE205	Drinking Chocolate	6 x 250g	4.59	FSV
TE188	Instant Hot Chocolate	6 x 350g	4.95	FS
TE196	Instant Hot Chocolate	4 x 1kg	16.90	FS

#### DIVINE

TE687	Drinking Chocolate	6 x 400g	4.55	FVS
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#### EQUAL EXCHANGE

TE491	Hispaniola Cocoa Powder - og	6 x 250g	5.55	FOV
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#### GREEN & BLACKS

TE453	Cocoa Powder - FT Organic	6 x 125g	4.20	FOV
TE131	Hot Chocolate	6 x 250g	7.50	FGO

### 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			
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
TE375	Ethiopia Yirgacheffe Beans	6 x 227g	6.69	FOV
TE401	Peru Coffee Beans	6 x 227g	5.69	FOV

#### CAFEDIRECT

	Blend - Roast & Ground			
TE298	Familia Espresso Ground	6 x 200g	5.55	FV
TE156	Lively Roast Ground	6 x 200g	4.95	FV
TE176	Smooth Roast Ground	6 x 200g	4.95	FV
	Coffee Bags			
TE321	Machu Picchu Coffee Bags	6 x 10 x 7g	4.39	FV
TE324	Machu Picchu Decaf Coffee Bags	6 x 10 x 7g	4.39	FV
	Instant Coffees			
TE513	Machu Picchu Instant	6 x 100g	6.35	FV
TE377	Machu Picchu Instant Decaf	6 x 100g	5.69	FV

code	product	size	rrp	bfgosv
TE449	Mayan Gold Instant	6 x 100g	6.35	FV
TE395	Smooth Roast Instant	6 x 500g	28.59	FV
	Roast Whole Bean Coffee			
TE299	Familia Espresso Beans	6 x 200g	5.55	FV
TE320	Machu Picchu Decaf Beans	6 x 227g	5.69	FV
TE901	Machu Picchu Organic Beans	6 x 200g	5.15	FOV
TE229	Machu Picchu Organic Beans	6 x 750g	14.99	FOV
TE302	Mayan Gold Beans	6 x 200g	5.15	FOV
	Single Origin - Roast & Ground			
TE323	Cauca Valley Columbia Ground	6 x 200g	5.15	FV
TE951	Kilimanjaro Tanzania Ground	6 x 200g	5.15	FV
TE493	Machu Picchu Decaf Ground	6 x 200g	5.15	FV
TE952	Machu Picchu Organic Ground	6 x 200g	5.15	FOV
TE226	Mayan Gold Ground	6 x 200g	5.15	FOV
	<b>CLIPPER</b>			
	Food Service Range			
TE724	Instant - Fairtrade & Organic	4 x 500g	37.75	FOV
TE526	Instant Decaf Organic	4 x 500g	42.82	FOV
	Instant Coffees			
TE076	Fairtrade Organic Instant	6 x 100g	7.79	FOV
TE422	FT Org Everyday Instant Coffee	6 x 100g	7.45	FOV
TE879	FT Org Super Spec Decaf Coffee	6 x 100g	8.59	FOV
TE739	House Blend	6 x 100g	7.79	FOV
	Roast and Ground Coffees			
TE845	Decaffeinated Ground Coffee	8 x 227g	6.89	FOV
TE705	House Blend	8 x 227g	5.89	FOV
TE849	Italian Style Ground Coffee	8 x 227g	5.89	FOV
	<b>EQUAL EXCHANGE</b>			
	Roast & Ground Coffees			
TE872	Anytime Medium Roast	8 x 200g	6.15	FOV
TE875	Colombian Excelso	8 x 200g	6.15	FOV
TE874	Dark City	8 x 200g	6.15	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
	<b>GRUMPY MULE</b>			
	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
	Roast Wholebean Coffees 1KG			
TE416	Dark Peak Espresso Beans	1kg	21.79	FV
TE417	Landscape Espresso Beans	1kg	23.49	FOV
	<b>PERCOL</b>			
	Instant Coffees			
TE679	Delicious Decaf	6 x 100g	5.55	FV
TE005	Smooth Colombian	6 x 100g	4.99	FV
	Roast & Ground Coffees			



code	product	size	rrp	bfgosv
TE632	Rich Americano Fairtrade	6 x 200g	4.99	FOV
<b>CRISPS &amp; SNACKS</b>				
<b>EAT REAL</b>				
ZX423	Hummus Chips - Sharing Sea Salt & Balsamic Vinegar	10 x 110g	2.30	FSV
<b>DRINKS (CHILLED)</b>				
<b>COCOS</b>				
CV482	Mango & Passionfruit Kefir	6 x 200ml	3.00	FGOV
<b>KARMA</b>				
	Kefir			
CV753	Kefruit Elderflower	6 x 750ml	5.25	FOV
CV752	Kefruit Fig and Lemon Kombucha	6 x 750ml	5.25	FOV
CV318	Apple Kombucha	6 x 1l	6.25	FGOSVB
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
CV258	Pomegranate Kombucha	6 x 1l	6.25	FOVB
CV259	Sunset Ltd. Edition Kombucha Zero Sugar	6 x 1l	6.25	FOVB
CV322	Citrus Tangerine Kombucha	6 x 750ml	4.90	FGOV
CV343	Ginger & Lime Kombucha	6 x 750ml	4.90	FGOV
CV331	Red Fruits Kombucha	6 x 750ml	4.90	FGOV
<b>UCHA</b>				
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
<b>FRUIT - DRIED</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
DR720	Dates -og pitted fairly traded	6 x 250g	2.99	FOV
<b>TROPICAL WHOLEFOODS</b>				
DR200	Fairtrade Organic Mango	14 x 100g	3.19	FOV
DR234	Sun Dried Pineapple	14 x 100g	4.29	FV
<b>ZAYTOUN</b>				
DR189	Medjoul Dates - Palestine	5kg		FV
DR028	Palestinian Medjoul Dates	6 x 500g	13.35	FV
DR164	Palestinian Medjoul Dates	6 x 250g	5.99	FV
<b>GRAINS</b>				
<b>IBIS</b>				
QS088	Brown Long Grain Jasmine Rice	6 x 1kg	4.99	FOV
QS089	Semi-Milled Jasmine Rice	6 x 1kg	4.99	FOV
QS087	White Long Grain Jasmine Rice	6 x 1kg	4.99	FOV
<b>ZAYTOUN</b>				
QS014	Maftoul Giant Couscous	6 x 200g	3.95	FOV
QS131	Smoky Freekeh	6 x 200g	3.95	FV
<b>GRAVY, STOCK &amp; BOUILLON</b>				
<b>MARIGOLD</b>				
LJ178	Bouillon Reduced Salt	1 x 2kg	22.49	FGV
LJ208	Organic Bouillon	1 x 2kg	23.49	FGOV
LJ253	Organic Reduced Salt Bouillon	1 x 2kg	27.49	FGOV
LJ139	Original Bouillon	1 x 2kg	21.75	FGV
<b>HERB &amp; FRUIT TEA INFUSIONS</b>				
<b>BOS</b>				
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
<b>CLIPPER</b>				
	Everyday Infusions			
TE035	Indian Chai Food Service Range	4 x 20 bags	3.90	FGOV
TE148	Chamomile	6 x 25 bags	3.59	FOV

code	product	size	rrp	bfgo5v
TE166	Peppermint	6 x 25 bags	3.59	FOV
	<b>HAMPSTEAD TEA</b>			
TE556	Peppermint Spearmint	4 x 20 bags	3.59	FOVB
TE557	Rosehip Hibiscus	4 x 20 bags	3.59	FOVB
	<b>PUKKA</b>			
TE421	Clean Matcha Green	4 x 20 bags	5.90	FOV
TE609	Ginseng Matcha Green	4 x 20 bags	5.90	FOV
TE490	Mint Matcha Green	4 x 20 bags	5.90	FOV
TE232	Morning Berry	4 x 20 bags	5.90	FOV
TE095	Original (Black Spice) Chai	4 x 20 bags	5.90	FOV
TE542	Supreme Green Matcha	4 x 20 bags	5.90	FOV
TE094	Vanilla Chai	4 x 20 bags	5.90	FOV
	<b>HONEY</b>			
	<b>COMVITA</b>			
HY023	10+ Manuka Honey	4 x 500g	56.00	FG
HY186	10+ Manuka Honey	6 x 250g	34.99	FG
HY687	15+ Manuka Honey	4 x 250g	58.29	FG
HY079	5+ Manuka Honey	6 x 250g	16.49	FG
HY155	5+ Manuka Honey	4 x 500g	26.49	FG
	<b>EQUAL EXCHANGE</b>			
HY005	Organic Raw Clear	10 x 500g	8.49	FO
HY004	Organic Raw Set	10 x 500g	8.19	FO
	<b>WAINWRIGHT'S</b>			
HY100	Organic Forest Honey - Clear	6 x 380g	4.79	FO
HY099	Organic Forest Honey - Set	6 x 380g	4.79	FO
	<b>HOUSEHOLD PRODUCTS</b>			
	<b>IF YOU CARE</b>			
	Cleaning			
NF223	Household Gloves - Large	12 xlARgE	4.79	FV
	<b>SEEP</b>			
NF037	Rubber Gloves Large	12 x 1 pair	3.95	VF
NF015	Rubber Gloves Medium	12 x 1 pair	3.95	VF
	<b>NUT &amp; SEED BUTTERS</b>			
	<b>SUMA ORGANIC</b>			
GH135	Peanut Butter, Crunchy + Salt	6 x 340g	4.35	FVO
	<b>OILS &amp; FATS</b>			
	<b>ZAYTOUN</b>			
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
	<b>OLIVES</b>			
	<b>MANI</b>			
KJ388	Green Olives with Pink Peppers	6 x 205g	3.99	FOV
KJ386	Mixed Olives With Herbs	6 x 175g	3.99	FOV
KJ385	Mixed Olives With Rosemary	6 x 175g	3.99	FOV
	<b>PASTA</b>			
	<b>SUMA ORGANIC</b>			
	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
	<b>SNACK BARS &amp; FLAPJACKS</b>			
	<b>TROPICAL WHOLEFOODS</b>			
	JUST 5			
KB769	Organic F/T Apricot & Almond Just 5	18 x 40g	1.25	FOV

code	product	size	rrp	bfgosv
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
<b>SOFT DRINKS</b>				
<b>CHARITEA</b>				
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
<b>GUSTO</b>				
JU223	Fiery Ginger With Jalapeno	12 x 275ml	2.15	FOV
JU376	Naturally Slim Cola	12 x 275ml	2.15	FGV
JU353	Organic Real Cola	12 x 275ml	2.15	FGOV
JU224	Sicilian Blood Orange	12 x 275ml	2.15	FOV
JU159	Sicilian Lemon with Fresh Yuzu	12 x 275ml	2.25	FOV
<b>KARMA</b>				
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
<b>KARMA DRINKS</b>				
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
<b>LEMONAID BEVERAGES</b>				
JU592	Lemonaid Blood Orange	24 x 330ml	1.95	FOSV
JU068	Lemonaid Ginger	24 x 330ml	1.95	FOSV
JU589	Lemonaid Passion Fruit	24 x 330ml	1.95	FOSV
<b>SUGARS &amp; SYRUPS</b>				
<b>SUMA PREPACKS</b>				
LJ090	Golden Granulated Sugar	6 x 500g	3.69	FV
<b>BULK COMMODITIES - ORGANIC</b>				
LJ217	Caster Sugar Org Fairly Traded	25kg		FOV
<b>EQUAL EXCHANGE</b>				
LJ500	Raw Cane Sugar - organic	10 x 500g	2.39	FOV
<b>MERIDIAN</b>				
HY012	Blackstrap Molasses - Organic	6 x 600g	3.29	FOV
HY300	Blackstrap Molasses - Organic	6 x 350g	2.39	FOV
<b>RAYNERS</b>				
LJ704	Golden Syrup - Organic	5kg	45.90	FOV
<b>SUPERFOODS &amp; SPORTS NUTRITION</b>				
<b>NATURYA</b>				
MD040	Greens Blend Organic	6 x 250g	14.99	FGOV
MD216	Organic Cacao Powder F/trade	6 x 250g	6.99	FGVO
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>NATURES AID</b>				
MCT				
VM003	MCT Oil	6 x 500ml	18.95	FGV
<b>SWEET SNACKS</b>				
<b>BEAR</b>				
Yoyos in multipacks				
ZX009	Yoyo-Blueberry&Banana Smoothie	6 x 5 x 20g	3.90	FV
ZX050	Yoyos - Apple Multipack	6 x 5 x 20g	3.90	FV

code	product	size	rrp	bfgosv
<b>COTSWOLD FUDGE CO</b>				
ZX064	Vegan Bitterscotch Fudge	12 x 150g	3.80	FGSV
ZX463	Vegan Chocolate Fudge	12 x 150g	3.80	FGSV
ZX464	Vegan Seasalt Fudge	12 x 150g	3.80	FGSV
ZX465	Vegan Vanilla Fudge	12 x 150g	3.80	FGSV
<b>TEAS</b>				
<b>CLIPPER</b>				
	Food Service Range			
TE178	Fairtrade Everyday	6 x 100 bags	7.99	FV
TE448	Fairtrade Everyday One Cup Bag	1120 bags	36.47	FV
TE726	Fairtrade One Cup Teabags	440 bags	17.32	FV
	Food Service Range - 250's			
TE152	Earl Grey	250 bags	28.57	FOV
TE451	Speciality English Breakfast	250 bags	28.57	FOV
	Food Service Range - 6 X 25's			
TE150	Earl Grey	6 x 25 bags	3.45	FOV
TE161	Green Tea	6 x 25 bags	3.59	FOV
	Green Tea 20's			
TE990	Green Tea with Lemon Organic	6 x 20 bags	3.50	OFV
TE989	Organic Pure Green Tea	6 x 20 bags	3.50	OFV
	Loose Leaf 80g			
TE463	Earl Grey	6 x 80g	3.95	FOV
TE467	English Breakfast	6 x 80g	3.95	FOV
TE466	Pure Green	6 x 80g	3.95	FOV
	Pack 40			
TE154	Decaffeinated Green	6 x 40 bags	4.35	FOV
TE151	Decaffeinated Tea	6 x 40 bags	4.15	FOV
TE158	Earl Grey Decaff	6 x 40 bags	4.15	FOV
TE172	English Breakfast Tea Organic	6 x 40 bags	3.45	FGOV
TE983	FT Organic Assam	6 x 40 bags	2.95	FOV
TE177	FT Organic Earl Grey	6 x 40 bags	3.39	FGOV
TE168	FT Organic Everyday Tea	6 x 40 bags	3.39	FGOV
TE182	FT Organic Green Tea	6 x 40 bags	3.59	FGOV
TE183	FT Organic White Tea	6 x 40 bags	3.69	FGOV
	Pack 80			
TE164	Decaffeinated Tea	4 x 80 bags	7.15	FOV
TE053	Earl Grey	6 x 80 bags	4.79	FOV
TE507	English Breakfast Organic	4 x 80 bags	4.79	FGOV
TE189	FT Organic Everyday Tea	4 x 80 bags	4.65	FGOV
TE190	FT Organic Green Tea	4 x 80 bags	4.99	FGOV
TE179	Green and Mint	4 x 80 bags	4.99	FOV
	Super Green Teas			
TE379	Reviving Organic Green Tea	4 x 20 bags	3.50	FOV
<b>HAMPSTEAD TEA</b>				
TE939	Clean Green	4 x 20 bags	3.59	FOV
TE936	Divine Earl Grey	4 x 20 bags	3.59	FOV
TE932	English Breakfast	4 x 20 bags	3.59	FOV
TE935	Pure Darjeeling	4 x 20 bags	3.59	FOV
<b>PUKKA</b>				
TE213	Elegant English Breakfast	4 x 20 bags	5.90	FOV
TE214	Gorgeous Earl Grey	4 x 20 bags	5.90	FOV
<b>QI</b>				
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
	Looseleaf			
TE819	Fairtrade Chun Mee Tea	6 x 100g	3.29	FOV
<b>TOMATOES &amp; TOMATO PRODUCTS</b>				
<b>ORGANICO</b>				
KJ010	Sundried Tomatoes - og	5 x 190g	4.25	FOV
<b>TOOTH CARE</b>				
<b>DR BRONNER'S</b>				
DY544	Peppermint Toothpaste	1 x 105ml	8.95	FV

code	product	size	rrp	bfgosv
DY629	Spearmint Toothpaste	1 x 105ml	8.95	FV
	<b>VEGAN &amp; OAT MILK</b>			
	<b>GLEBE FARM</b>			
SY165	Almond Drink Barista	6 x 1 l	2.79	FGV
SY164	Coconut Drink Barista	6 x 1 l	2.49	FGV
	<b>SPROUD</b>			
SY217	Iced Coffee - Original	15 x 250ml	1.99	FGV
SY218	Salted Caramel Vegan Ice Latte	15 x 250ml	1.99	FGSV
	<b>VEGETABLES</b>			
	<b>ORGANICO</b>			
KJ016	Artichoke Hearts - og	5 x 190g	4.95	FOV
	<b>WINES</b>			
	<b>RED WINE</b>			
	Chile			
WN030	Pico a Pico Merlot Carmenere South Africa	6 x 75cl	11.90	FV
WN114	Running Duck Cab. Sauvignon	6 x 75cl	12.25	FOV
WN197	Running Duck Merlot	6 x 75cl	11.85	FOV
WN196	Running Duck Pinotage	6 x 75cl	12.25	FOV
WN116	Running Duck Shiraz	6 x 75cl	11.85	FOV
WN138	Stellar Organics Merlot	6 x 75cl	12.25	FOV
	<b>ROSE WINE</b>			
	South Africa			
WN118	Running Duck Shiraz Rose	6 x 75cl	11.85	FOV
	<b>WHITE WINE</b>			
	Chile			
WN032	Pico a Pico Sauvignon Blanc South Africa	6 x 75cl	11.90	FV
WN008	Running Duck Chenin Blanc	6 x 75cl	11.85	FOV
WN115	Running Duck Chenin Sauv Blanc	6 x 75cl	11.85	FOV
WN019	Stellar Org. Sauvignon Blanc	6 x 75cl	11.85	FOV

# Suma

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