

# Summa

CO-OPERATIVE SINCE 1977

**GLUTEN FREE**

JUL - AUG 2024

# Gluten Free

A bit more about it..

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

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

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



## Key BFGSOV

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

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

code	product	size	rrp	bfgosv
<b>ALCOHOL FREE AND LOW ALCOHOL BEVERAGES</b>				
<b>BELVOIR</b>				
JU559	Spiced Ginger Punch	6 x 750ml	4.79	GSV
JU205	Alcohol Free Cocktails Lime and Yuzu Mojito	6 x 750ml	4.15	GS
<b>ALCOHOLIC DRINKS</b>				
<b>DIRTY COW</b>				
RT057	Chocolate Cre*m Liqueur	6 x 70cl	24.99	GSV
RT052	Original Cre*m Liqueur	6 x 70cl	24.99	GSV
<b>HOLLOWS</b>				
RT017	From Fentimans Superior Alcoholic Ginger Beer	8 x 500ml	3.65	GSV
<b>BABY &amp; CHILD FOOD</b>				
<b>BEAR</b>				
ZX523	Paws- Raspberry & Blueberry	18 x 20g	0.65	GV
ZX520	Paws- Strawberry & Apple Paws in multipacks	18 x 20g	0.65	GV
ZX189	Paws- Raspberry & Blueberry	4 x 5 x 20g	2.99	GV
ZX245	Paws- Strawberry & Apple	4 x 5 x 20g	2.99	GV
<b>LITTLE PASTA ORGANICS</b>				
Pasta				
BB151	Gluten Free Mini Gnocchi	12 x 250g	2.65	GOV
BB043	Red Lentil Dinosaur Pasta	8 x 250g	3.75	GOV
<b>BAKING SUNDRIES</b>				
<b>SUMA</b>				
LJ039	Baking Powder - Gluten Free	6 x 200g	2.85	GV
LJ040	C/Free Bicarbonate of Soda	6 x 200g	2.19	GV
GT028	Gluten Free Vegetarian Suet	6 x 250g	3.75	GV
LJ223	Gluten Free Xanthan Gum	6 x 100g	4.85	GV
<b>DOVES FARM</b>				
LJ206	Baking Powder	5 x 130g	1.95	GV
LJ202	Bicarbonate of Soda	5 x 200g	1.79	GV
LJ228	Choc Chip Cookie Mix	5 x 350g	3.49	GSV
LJ234	Chocolate Brownie Mix	5 x 350g	3.15	GS
LJ203	Cornflour Organic	5 x 110g	2.29	GOV
BT528	Gluten Free Sponge Mix	5 x 350g	2.79	GS
LJ233	Pancake Mix	5 x 300g	2.65	GV
LJ423	Quick Yeast	2 x 8 x 125g	1.75	GV
<b>ENGEVITA</b>				
LJ144	Organic Yeast Flakes	6 x 100g	6.49	FGOV
LJ148	Super Yeast Flakes Vit D & B12	6 x 100g	4.79	GV
LJ265	Yeast Flakes - Bulk	25kg		GV
LJ143	Yeast Flakes Protein & Fibre	6 x 100g	3.95	FGV
LJ020	Yeast Flakes with Vitamin B12	6 x 100g	4.25	FGV
<b>FREE &amp; EASY</b>				
LJ009	Cheese Flavour Sauce Mix	6 x 130g	2.85	GSV
LJ016	Egg Replacer	6 x 135g	2.95	GV
<b>MONTEZUMA'S</b>				
Cooking Chocolate				
KB052	Dark Couverture	3kg	59.70	GOSV
KB060	Milk Couverture	3kg	63.65	GOS
<b>NIELSEN MASSEY</b>				
LJ242	Madagascar Vanilla Extract	6 x 1l	135.00	GV
LJ244	Vanilla Extract	8 x 60ml	1.85	GV
<b>ORGRAN</b>				
LJ656	Egg Replacer	8 x 200g	3.35	GV
LJ077	Vegan Easy Egg	8 x 250g	4.99	GSV
<b>PLAMIL</b>				
Drops in 1kg bags				
KB651	Baking Chocolate	1 x 1kg	13.70	GSV
KB652	Organic Baking Chocolate	1 x 1kg	15.53	GOSV
KB658	Organic Rich Chocolate	1 x 1kg	16.13	GOSV
<b>THE RAW CHOCOLATE CO</b>				
Chocolate Making Ingredients				
KB051	Raw Cacao Powder	6 x 180g	4.65	GOV
<b>BEERS</b>				
<b>BRASSERIE BRUNEHAUT</b>				
RT076	Belgian Beer - Amber	24 x 330ml	4.19	GOSV
RT077	Belgian Beer - Blanche	24 x 330ml	3.75	GOSV

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RT075	Belgian Beer - Blonde	24 x 330ml	3.99	GOSV
<b>BISCUITS CRACKERS &amp; CRISPREAD</b>				
<b>AMISA</b>				
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
BT291	Crispbread - Veggie Garden GF	12 x 100g	1.89	GOV
BT159	Protein Lentil Crispbread	12 x 100g	2.19	GOV
<b>CLEARSPRING</b>				
BT229	Brown Rice Cakes	6 x 120g	1.59	GOV
BT261	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
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
<b>DOVES FARM</b>				
BT295	Choc Chip Cookies	12 x 180g	2.59	GOSV
BT271	Double Chocolate Cookies - GF	12 x 180g	2.59	GOSV
BT269	Lemon Zest Cookies - GF	12 x 150g	2.50	GOSV
BT008	Stem Ginger Cookies - GF	12 x 150g	2.50	GOSV
<b>EASY BEAN</b>				
<b>CRACKERS</b>				
BT304	Fava Bean & Poppy Seed Crackers	8 x 150g	4.15	GV
BT305	Greenpea & Chia Seed	8 x 150g	4.15	GV
BT303	Red Lentil & Poppy Seed	8 x 150g	4.15	GV
BT279	Turmeric & Nigella Seed	8 x 150g	4.15	GV
BT285	Yellow Pea & Sunflower Seed Crispbreads	8 x 150g	4.15	GV
BT078	Chickpea Crispbread - Cheddar	8 x 110g	4.15	G
BT204	Chickpea Crispbread - Moroccan	8 x 110g	4.15	G
BT076	Chickpea Crispbread - Seaweed	8 x 110g	4.15	G
BT208	Chickpea Crispbread with Seeds	8 x 110g	4.15	G
<b>HONEYROSE</b>				
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
<b>KALLO</b>				
BT045	Ancient Grain Corn Cakes	12 x 150g	3.55	GOV
BT088	Beetroot & Three Seeds Thins	12 x 100g	3.19	GV
BT152	Blueberry/Van Rice/Corn Cakes	6 x 131g	3.69	GSV
BT184	Corn Cakes OG	12 x 130g	2.35	GOV
BT085	Lentil&Pea Veggie Cake	6 x 122g	3.69	GV
BT096	Mixed Seeds Veggie Thins	12 x 100g	3.19	GV
BT104	Rosemary & Sea Salt Veggie Ths Lentil Cakes	12 x 100g	3.19	GV
BT578	Protein Lentil Cake Rice Cakes	6 x 100g	2.55	GV
BT810	Milk Chocolate Rice Cakes OG	16 x 90g	3.59	GO
BT034	Original Wholegrain Rice Cakes	12 x 130g	2.19	GVO
BT338	Thin Slice Rice Cake Dark Choc	16 x 90g	3.49	GO
<b>LAZY DAY</b>				
BT019	Chocolate Tiffin	12 x 50g	1.75	GSV
BT017	Millionaire Shortbread	12 x 50g	1.75	GSV
BT316	Millionaires Shortbread	8 x 150g	3.79	GSV
BT032	Orange Tiffin	12 x 50g	1.75	GSV
BT436	Orange Tiffin	8 x 150g	3.79	GV
BT023	Rocky Road	12 x 50g	1.75	GSV
BT437	Rocky Road	8 x 150g	3.79	GV
BT443	Salted Caramel Crispie	8 x 150g	3.79	GV
BT041	Scottish Shortbread	12 x 50g	1.75	GSV
<b>LE PAIN DES FLEURS</b>				
BT094	Buckwheat Crispbread	6 x 150g	4.19	GOV
BT189	Buckwheat Crispbread no Salt	6 x 150g	4.19	GOV

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BT095	Chestnut Crispbread	6 x 150g	4.59	GOV
BT093	Quinoa Crispbread	6 x 150g	4.59	GOV
<b>MRS CRIMBLES</b>				
BT245	Chocolate Macaroons	12 x 195g	2.25	GSV
BT288	Coconut Macaroon	12 x 180g	1.99	GSV
<b>NAIRN'S</b>				
BT149	Caramelised Onion Flatbreads	6 x 150g	2.39	GS
BT156	Cheese Cracker	8 x 137g	1.79	GS
ZX338	Original Flatbread	6 x 150g	2.39	GSV
BT027	Sourdough Flatbreads	6 x 125g	2.39	GSV
Biscuit Breaks				
BT425	Salted Caramel Oat Biscuit	6 x 160g	2.69	GS
Gluten Free				
BT194	Chocolate Chip Oaties	8 x 160g	1.70	GSV
BT558	Cracked Black Pepper Cracker	8 x 137g	2.19	GS
BT200	GF Apple&Cinnamon Chunky Bisc	6 x 160g	2.69	GSV
BT324	GF Biscuit Breaks Choc Chip	12 x 160g	2.69	GSV
BT108	GF Biscuit Breaks Oat & Fruit	12 x 160g	2.69	GSV
BT267	GF Biscuit Breaks Stem Ginger	12 x 160g	2.69	GSV
BT571	GF Blueb&Rasp Chunky Biscuits	6 x 160g	2.69	GSV
BT572	GF Dark Choc&C'nut Chunky Bisc	6 x 160g	2.69	GS
BT549	GF Super Seeded Oatcake	8 x 180g	2.59	GV
BT420	Gluten Free Oatcakes	8 x 213g	2.59	GV
BT424	Gluten Free Oatcakes - Cheese	8 x 180g	2.59	G
BT195	Syrup Oaties	8 x 160g	1.70	GSV
BT127	Toffee Flavour Oaties	8 x 160g	1.70	GSV
BT559	W/Grain Super Seeded Cracker	8 x 137g	2.39	GS
BT557	Wholegrain Cracker	8 x 160g	2.39	GS
<b>ORGRAN</b>				
BT176	Splits Pumpkin Crispbread	6 x 130g	3.75	GV
BT177	Splits Swt Potato Crispbread	6 x 130g	3.75	GV
<b>ORIGIN EARTH</b>				
BT390	Gluten Free Crackers	10 x 150g	2.99	GV
BT389	Gluten Free Crackers Fennel	10 x 150g	2.99	GV
BT387	Gluten Free Crackers Sesame	10 x 150g	2.99	GV
<b>PROFUSION</b>				
BT212	Protein Chickpea Cakes	12 x 100g	2.55	GOV
BT209	Protein Lentil Cakes	12 x 100g	2.55	GOV
<b>REAL FOODS</b>				
BT381	Corn Thins - Original	6 x 150g	1.95	GV
<b>RHYTHM 108</b>				
Biscuit Share Bags				
BT333	Almond Biscotti	8 x 135g	3.29	GOV
BT334	Coconut Cookie	8 x 135g	3.29	GOV
BT335	Double Choco Hazelnut Biscuits	8 x 135g	3.29	OVG
BT344	Lemon Ginger Chia Biscuits	8 x 135g	3.29	GOSV
<b>RUDE HEALTH FOODS</b>				
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
BT313	High Protein Lentil Triangles	6 x 70g	1.85	GV
BT309	Multigrain Crackers	8 x 100g	2.49	GOV
<b>SWEET FA</b>				
By Island Bakery				
BT358	Cranberry & Orange Cookies	12 x 125g	3.90	GOSV
BT359	Double Choc Chip Cookies	12 x 125g	3.90	GOSV
BT362	Oat & Raisin Cookies	12 x 125g	3.90	GOSV
BT364	Peanut Butter Cookies	12 x 125g	3.90	GOSV
<b>BODY CARE</b>				
<b>DR BRONNER'S</b>				
DY338	Lavender Castile Liquid Soap	1 x 3.8l	79.99	FGOVB
<b>FAITH IN NATURE</b>				
2.5 Litre - Body Wash				
DY418	Body Wash-Wild Rose	4 x 2.5l	19.50	GVB
2.5 Litre - Conditioner				
DY381	Conditioner-Lavender/Geranium	4 x 2.5l	22.50	GVB
DY409	Conditioner-Wild Rose	4 x 2.5l	22.50	GVB
2.5 Litre - Shampoo				
DY395	Shampoo-Lavender/Geranium	4 x 2.5l	22.50	GVB

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DY413	Shampoo-Wild Rose Body Wash	4 x 2.5l	22.50	GVB
DY351	Body Wash - Avocado	6 x 400ml	6.49	GV
	<b>LAVERA</b>			
	Basis			
DY583	Lip Balm Sensitive	6 x 4.5g	4.50	OGV
	<b>BREADS &amp; BREAD MIXES</b>			
	<b>AMISA</b>			
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
	<b>BIONA</b>			
BT461	Rice Bread with Sunflower Seed	6 x 500g	6.90	GOV
	<b>CREATIVE NATURE</b>			
FG032	Fudgy Brownie Mix	6 x 250g	3.59	GV
FG040	Sticky Toffee Cake Mix	6 x 300g	3.59	GV
FG019	Wholegrain Banana Bread Mix	6 x 250g	3.59	GV
	<b>DILLON ORGANIC</b>			
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
	<b>FREE &amp; EASY</b>			
FG059	Afternoon Tea Scone Mix	4 x 350g	3.99	GSV
FG057	Yorkshire Pudding Mix	4 x 155g	2.95	GV
	<b>ISABEL'S NATURALLY FREE FROM</b>			
BT203	Gluten & Wheat Free Pizza Mix	8 x 300g	4.55	G
FG084	Yorkshire Pudding Mix - G/Free	8 x 100g	3.55	G
	<b>SUPERGOOD! BAKERY</b>			
FG023	Go Splits! Banana Bread Mix	6 x 250g	3.69	GSV
	<b>BURGERS SAUSAGES &amp; TVP MIXES</b>			
	<b>SUMA PREPACKS</b>			
VF154	Nut Roast Mix - Gluten Free	6 x 340g	3.85	GVS
	<b>CLEARSPRING</b>			
SY074	Organic Soya Chunks	12 x 200g	3.49	GOV
SY071	Organic Soya Mince	12 x 300g	4.90	GOV
	<b>PROFUSION</b>			
SY092	Protein Chunks Pea & Fava	12 x 125g	3.85	GOV
SY095	Protein Mince Pea & Fava	12 x 125g	3.85	GOV
	<b>CAKES</b>			
	<b>FREE &amp; EASY</b>			
	Gluten & Dairy Free			
BT072	Chocolate Brownie Mix	4 x 350g	4.49	GSV
	<b>CEREALS &amp; MUESLIS</b>			
	<b>ALARA</b>			
	Everyday Range			
MX023	Gluten Free Muesli - organic	6 x 250g	4.25	GOV
	Into The Garden			
MX236	Active Muesli	6 x 250g	4.95	GOV
	<b>AMISA</b>			
FX016	Organic Porridge Oats	6 x 325g	2.75	GOV
	<b>BIO &amp; ME</b>			
MX116	Burst Gluten Free Granola	5 x 350g	4.69	GV
MX117	Cashew & Almond GF Granola	5 x 350g	4.69	GV
	Porridge Pot			
MX129	Porridge Pot - Nice & Nutty	8 x 58g	1.45	GV
MX122	Porridge Pot - Spiced Apple	8 x 58g	1.45	GV
	<b>DELICIOUSLY ELLA</b>			
MX010	Berry Granola	6 x 400g	4.19	GV
MX001	Nutty Granola	6 x 380g	4.19	GV
MX006	Original Granola	6 x 400g	4.19	GV
	<b>DOVES FARM</b>			
MX019	Cereal Flakes	5 x 375g	3.99	GOSV
MX988	Chocolate Stars	5 x 300g	3.25	GOV
MX063	Cinnamon Hoops	5 x 300g	3.25	GOSV
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

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MX002	Porridge Oats	4 x 430g	4.90	GOV
MX087	Supergrain Hoops Ancient Grains	5 x 300g	3.85	GOV
MX090	Breakfast Flakes	5 x 375g	4.69	GOV
MX081	Cereal Hoops	5 x 300g	4.49	GOV
MX080	Fruit & Fibre Flakes Bulk Cereals	5 x 375g	4.99	GOSV
MX091	Chocolate Stars	1 x 10kg		GOSV
MX093	Corn Flakes	1 x 10kg		GOV
MX096	Fibre Flakes Snack Size	1 x 10kg		GOSV
MX115	Chocolate Stars	20 x 25g	0.75	GOSV
MX074	Corn Flakes	20 x 30g	0.75	GOSV
MX073	Fibre Flakes Wholegrain	20 x 30g	0.75	GOSV
MX088	Cocoa Rice Pops	5 x 300g	3.55	GOSV
<b>GLEBE FARM</b>				
FX037	Porridge Oats GF	6 x 450g	2.65	GV
MX106	Porridge Oats GF	6 x 450g	2.79	GOV
<b>KALLO</b>				
MX124	Puffed Rice Cereal - Natural	8 x 225g	3.79	GOV
<b>LIZI'S</b>				
MX181	Gluten Free Nut & Seed Granola	10 x 350g	4.59	SGV
<b>NAIRN'S</b>				
MX152	Gluten Free Porridge Oats	5 x 450g	3.90	GV
MX154	Muesli - Gluten Free	5 x 450g	3.59	GSV
MX114	Porridge Oats with Maple Syrup	5 x 400g	3.55	GSV
<b>NATURES PATH ORGANIC</b>				
Cereals				
MX194	Maple Sunrise	4 x 332g	4.75	GOSV
MX885	Mesa Sunrise Envirokidz	4 x 355g	4.95	GOSV
MX079	Choco Chimps	4 x 284g	4.59	GOVS
MX602	Gorilla Munch Granola	4 x 300g	4.55	GOVS
MX136	Mixed Berry Granola	5 x 300g	5.59	OG
<b>NUTRI BREX</b>				
MX036	Nutri Brex	12 x 375g	5.69	GV
<b>PRIMROSE'S KITCHEN</b>				
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
<b>RAW GORILLA</b>				
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
<b>ROLLAGRANOLA</b>				
MX145	Absolutely Chocolate Granola	6 x 400g	5.39	GV
MX144	Almond Pecan Crunch Granola	6 x 400g	5.39	GV
MX035	Awesome Almond Granola	6 x 400g	5.39	GV
MX147	Cool Raspberry Granola	6 x 300g	5.59	GV
MX045	Healthy Hazelnut Granola	6 x 400g	5.39	GV
MX107	Organic & Nutty Granola	6 x 400g	5.39	GOV
MX146	Zesty Caveman Granola	6 x 300g	5.59	GV
<b>RUDE HEALTH FOODS</b>				
Puffs				
MX101	Choco Vanilla Puffs	7 x 200g	3.75	GOV
MX164	Honey Puffed Oats	4 x 240g	4.25	G
MX120	Puffed Brown Rice	4 x 225g	2.39	GV
<b>SPOON CEREALS</b>				
MX039	Apple + Almond Butter Granola	5 x 400g	4.79	GV
MX003	Cinnamon + Pecan Granola	5 x 400g	4.79	GV
<b>WHOLE EARTH</b>				
MX172	Classic Cornflakes - organic	12 x 375g	3.29	GOSV
MX174	Maple Frosted Flakes - og	10 x 375g	4.90	GOSV
<b>CHOCOLATE</b>				
<b>BOOJA-BOOJA</b>				
ZX869	Almond Salted Caramel	8 x 92g	6.99	GOSV

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ZX871	Around Midnight Espresso	8 x 92g	6.99	GOSV
KB648	Chocolate Orange Truffle Logs	8 x 115g	1.45	GSOV
KB749	Chocolate Orange Truffles	8 x 92g	6.99	GOSV
KB694	Deeply Chocolate Truffles	8 x 92g	6.99	GOSV
ZX872	Fine De Champagne	8 x 92g	6.99	GOSV
KB660	Gourmet Truffle Selection No1	4 x 289g	25.00	GSOV
KB667	Gourmet Truffle Selection No2	4 x 289g	25.00	GSOV
ZX874	Hazelnut Crunch	8 x 92g	6.99	GOVS
KB633	Hazelnut Crunch Truffle Logs	8 x 115g	1.45	GSOV
KB718	Honeycomb Caramel Truffle	8 x 92g	6.99	GOSV
KB644	S/Caramel Mocha Truffle Logs	8 x 115g	1.45	GOSV
	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
	Four Corners			
KB655	The Gourmet Selection Gift Boxes	4 x 230g	22.99	GOSV
KB815	Award-winning Selection	5 x 184g	14.59	GOSV
KB656	Champagne Truffles	6 x 138g	12.49	GOSV
KB793	The Signature Collection Gift Range	5 x 184g	14.59	GOSV
KB623	Hazelnut Truffles	4 x 138g	17.49	GOSV
KB624	Truffle Selection 1	4 x 138g	17.49	GOSV
KB873	Truffle Selection 2	4 x 138g	17.49	GOSV
	Two Packs			
KB507	Almond Salted Caramel Truffles	16 x 23g	1.69	GOSV
KB513	Hazelnut Crunch Truffles	16 x 23g	1.69	GOSV
	<b>BUTTERMILK</b>			
	Vegan Chocolate Bars			
KB314	Coconut Choccy Bar	24 x 45g	1.89	GSV
KB315	Double Choccy Crisp Bar	24 x 23g	1.40	GSV
	<b>CAROBOO</b>			
	Carob Bars			
ZX522	Raspberry & Honeycomb Crunch	20 x 32g	1.69	GSV
ZX516	Salted Caramel Nutty Bars	20 x 32g	1.69	GV
ZX985	Smooth & Creamy Coconut Bars	20 x 35g	1.69	GSV
ZX990	Smooth & Creamy Mint Bars	20 x 35g	1.69	GSV
ZX987	Smooth & Creamy Orange Bars	20 x 35g	1.69	GSV
	<b>CONSCIOUS CHOCOLATE</b>			
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
	<b>COX &amp; CO</b>			
KB443	Bee Pollen & Honey Mini Bar	20 x 25g	1.75	GS
KB441	Mint Crunch Mini Chocolate Bar	20 x 25g	1.75	GSV
KB440	Miso Caramel Chocolate Bar	20 x 25g	1.75	GSV
	<b>DELICIOUSLY ELLA</b>			
ZX150	Chocolate Orange Dipped Almond	12 x 27g	1.29	GV
ZX151	Peanut Butter Cup	12 x 36g	1.69	GV
ZX152	Salted Caramel Cup	12 x 36g	1.69	GV
ZX144	Salted Chocolate Dipped Almond	12 x 27g	1.29	GV
	<b>ENJOY!</b>			
KB954	70% Dark Chocolate Bar	12 x 70g	2.99	GV
KB402	70% Dark Chocolate Buttons	6 x 100g	3.99	GV
KB958	Vanilla & Chocolate Fudge	6 x 100g	3.20	GV
	Soft Centre Bars			
KB593	Dark Chocolate Mint Centre bar	12 x 70g	2.99	GV
KB603	Dark Chocolate Orange Bar	12 x 70g	2.99	GV
KB952	Dark Chocolate Raspberry Bar	12 x 70g	2.99	GV
KB389	Dark Chocolate Salted caramel	12 x 70g	2.99	GV
KB388	Dark Chocolate Vanilla Centre	12 x 70g	2.99	GV
	Soft Centre Buttons			
KB392	Mint soft Centre Buttons	6 x 100g	3.99	GV
KB401	Orange Soft Centre Buttons	6 x 100g	3.99	GV
KB391	Salted Caramel Buttons	6 x 100g	3.99	GV
	<b>EQUAL EXCHANGE</b>			
KB801	67% Dark Mint Crunch	12 x 100g	2.79	GOSV



code	product	size	rrp	bfgosv
KB803	88% Extreme Dark	14 x 80g	2.79	GOSV
	<b>FLOWER &amp; WHITE</b>			
KB765	Raspberry Crumble Meringue Bar	12 x 20g	1.49	GS
KB780	Vegan Double Choc Meringue Bar	12 x 20g	1.49	GV
KB781	Vegan Orange Meringue Bar	12 x 20g	1.49	GV
KB774	Vegan Strawberry Meringue Bar	12 x 20g	1.49	GV
	<b>HIP - HAPPINESS IN PLANTS</b>			
	70g Bars			
KB607	Original - Creamy & Smooth	12 x 70g	3.49	GSV
KB606	Salted Caramel	12 x 70g	3.49	GSV
	<b>HAPPI</b>			
	80g Bars			
KB953	Cacao Nibs Crunch	12 x 80g	3.19	GSV
KB988	Orange	12 x 80g	3.19	GSV
KB951	Plain Milk	12 x 80g	3.19	GSV
KB950	Salted Caramel	12 x 80g	3.19	GSV
KB996	White Chocolate	12 x 80g	3.19	GSV
ZX983	White Chocolate & Raspberry	12 x 80g	3.19	GSV
	Chocolate Buttons			
ZX986	Oat Milk Chocolate Buttons	10 x 100g	3.89	GSV
	<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>LOVERAW</b>			
	Peanut Butter Cups			
KB127	Milk Chocolate PNB Cups	18 x 34g	1.95	GSV
	<b>MONTEZUMA'S</b>			
	Giant Buttons			
ZX775	Absolute Black Giant Buttons	8 x 180g	4.99	GV
	Organic Bars			
ZX779	Royal Mint Organic Dark W'Mint	12 x 90g	3.29	GOSV
	<b>MOO FREE</b>			
KB504	Choccy Rocks Bunnycomb Bar	16 x 35g	1.40	FGSV
KB247	Cookie Crunch Bar	20 x 35g	1.35	GSV
KB390	Moofreesa Bar	20 x 35g	1.35	GSV
KB010	Moofreesas	16 x 35g	1.40	GSV
	Buttons			
KB348	Buttons - Original	25 x 25g	0.95	GSV
	Everyday Bars			
KB354	Original Bars	12 x 80g	1.95	GSV
	Mini Moos			
KB324	Bunnycomb Bars	20 x 20g	0.80	GSV
KB337	Original Bars	20 x 20g	0.80	GSV
KB345	White Chocolate Bars	20 x 20g	0.80	GSV
	<b>NOURISH</b>			
KB416	The Nutty One	14 x 50g	2.29	GSOV
	<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	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	FGSOV
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

code	product	size	rrp	bfgosv
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
	Filled Bar			
KB373	Pistachio Cream Chocolate Bar	15 x 42g	2.25	FGOSV
	Filled Bars			
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
<b>PLAYIN CHOC</b>				
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
<b>PRODIGY</b>				
	Chunky			
KB096	Salted Caramel Chocolate Bar	15 x 35g	1.75	GV
<b>RAW HALO</b>				
	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
<b>RHYTHM 108</b>				
BT143	Chocolate/Salt Caramel Biscuit	4 x 135g	3.79	GOV
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
<b>SO FREE</b>				
	No Added Sugar Large Bars			
ZX915	No Added Sugar 72% Dark Choc	12 x 80g	3.65	GV
ZX919	No Added Sugar Mint Dark Choc	12 x 80g	3.65	GV
	Oat Milk Chocolate Bars			
ZX561	No Added Sugar Vegan Oat Milk	12 x 70g	3.85	GV
<b>THE RAW CHOCOLATE CO</b>				
KB307	Cacao Nibs	6 x 150g	3.75	GOV
	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
ZX884	Raw Chocolate Covered Almonds	12 x 25g	1.39	GOSV
<b>TONY'S CHOCOLONELY</b>				
	Sharing Bags			
KB865	Littl'Bits Triple Choc Mix	8 x 100g	3.00	FGS
<b>UP-UP</b>				
KB846	Milk Choc Salted Caramel Bar	15 x 130g	3.50	GS
KB856	Milk Choc Sea Salt & Lime Bar	15 x 130g	3.50	GS
KB860	Milk Chocolate Gingerbread Bar	15 x 130g	3.50	GS
KB842	Original Dark Chocolate Bar	15 x 130g	3.50	GSV
KB840	Original Milk Chocolate Bar	15 x 130g	3.50	GS
<b>VEGO</b>				
KB669	Chocolate & Rice Crisp Bar	20 x 40g	1.99	FGOV
KB821	Mini Whole Hazel Chocolate Bar	20 x 65g	2.59	FGOSV
KB489	Whole Hazelnut Chocolate Bar	20 x 150g	4.80	FGOSV
<b>CHOCOLATE &amp; SWEET SPREADS</b>				
<b>VEGO</b>				
GH075	Hazelnut Chocolate Spread	6 x 350ml	5.69	FGSV
<b>CIDERS</b>				
<b>DUNKERTONS</b>				
RT041	Black Fox Organic Cider	12 x 500ml	4.29	GOSV
RT054	Organic Craft Cider	12 x 500ml	4.29	GOSV
RT053	Premium Reserve Organic Cider	12 x 500ml	4.29	GOSV
<b>WESTONS</b>				
RT006	Vintage Organic Cider 6% ABV	8 x 500ml	3.59	GOV

code	product	size	rrp	bfgosv
	<b>COCOA</b>			
	<b>CHEERFUL BUDDHA</b>			
TE077	Cacao Bliss w/Mushroom Extract	6 x 150g	12.99	GV
	<b>GREEN &amp; BLACKS</b>			
TE131	Hot Chocolate	6 x 250g	7.50	FGO
	<b>RHEAL</b>			
VF266	Superfoods Coco Dream	6 x 180g	24.99	GOV
	<b>COFFEE</b>			
	<b>CHEERFUL BUDDHA</b>			
TE072	Chaga Mushroom Coffee Blend	6 x 150g	13.95	GV
TE075	Reishi Mushroom Coffee Blend	6 x 150g	13.95	GV
	<b>QUIRKY MONKEY</b>			
TE275	Cordyceps Coffee Fusion	6 x 150g	13.50	GV
TE219	Lion's Mane Mushroom Coffee	6 x 150g	13.50	VG
TE291	Mushroom Hot Chocolate	6 x 150g	13.99	G
TE224	Reishi Mushroom Coffee Fusion	6 x 150g	13.50	G
	<b>RHEAL</b>			
VF263	Superfoods Shroom Coffee	6 x 150g	34.99	GOV
	<b>COFFEE SUBSTITUTES</b>			
	<b>CHEERFUL BUDDHA</b>			
TE111	Chaga Latte	6 x 150g	12.99	GV
TE090	Lion's Mane Latte	6 x 150g	12.99	GV
TE121	Matcha Latte	6 x 150g	14.99	GV
	<b>THE CHICORY CO</b>			
TE728	Chicory Drink - Cocoa	6 x 125g	4.49	GV
TE589	Chicory Drink - Organic	6 x 100g	5.69	GOV
	<b>CONVENIENCE FOODS</b>			
	<b>ARTISAN GRAINS</b>			
VF213	Nut Roast - Cashew & Cranberry	6 x 200g	3.59	VG
	<b>FREE &amp; EASY</b>			
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
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
	<b>GRANOVITA</b>			
VF036	Nut Luncheon	6 x 400g	2.99	GV
	<b>LOMA LINDA</b>			
VF035	Tuno - In Spring Water	12 x 142g	1.99	GV
VF246	Tuno - Mild Curry	12 x 142g	1.99	GV
VF026	Tuno - Thai Sweet Chilli	12 x 142g	1.99	GSV
VF022	Tuno Mayo	12 x 142g	1.99	GSV
	Ready Meals			
VF033	Jamaican Jerk Bowl	6 x 284g	3.99	GSV
VF013	Taco Filling	6 x 284g	3.99	GSV
VF028	Thai Green Curry	6 x 284g	3.99	GSV
VF016	Tikka Masala	6 x 284g	3.99	GSV
	<b>MARIGOLD</b>			
SY154	Tempeh - Cans	6 x 280g	3.65	GV
	<b>MERCHANT GOURMET</b>			
	Ready-to-eat Pouches			
QS056	Brown, Red & Wild Rice	6 x 250g	2.40	GV
PU002	Puy Lentils	6 x 250g	2.85	GV
QS019	Red & White Quinoa	6 x 250g	2.85	GV
QS060	Sunblush Tomato & Basil Rice	6 x 250g	2.40	GV
PU005	Tomatoey French Lentils	6 x 250g	2.85	GV
	<b>CRISPS &amp; SNACKS</b>			
	<b>AMAIZIN</b>			
ZX543	Bio Corn Chips Natural	10 x 150g	2.50	GOV
ZX254	Salsa Dip Hot	6 x 260g	2.65	GOSV
ZX249	Salsa Dip Mild	6 x 260g	2.65	GOSV
	<b>BOUNDLESS</b>			
	CHIPS			
ZX385	Chipotle & Lime Chips	10 x 80g	2.29	GSV
	<b>BROWN BAG CRISPS</b>			
	Impulse			

code	product	size	rrp	bfgosv
ZX266	Lightly Salted	20 x 40g	0.89	GV
ZX268	Oak Smoked Chilli	20 x 40g	0.89	GSV
ZX206	Rosemary & Sea Salt	20 x 40g	0.89	GSV
ZX267	Sea Salt and Vinegar	20 x 40g	0.89	GS
ZX265	West Country Cheddar & Onion Sharing	20 x 40g	0.89	G
ZX270	Lightly Salted	10 x 150g	2.69	GV
ZX108	Rosemary & Sea Salt	10 x 150g	2.69	GSV
	Vegetable Crisps			
ZX833	Vegetable Chips - Hand Cooked	15 x 40g	1.49	GV
<b>CLEARSPRING</b>				
BT026	Brown Rice Crackers	12 x 40g	2.29	GOV
BT033	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
JP073	Seaveg Crispies - Chilli	20 x 4g	1.30	GOV
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	15 x 30g	1.59	GOV
<b>EAT REAL</b>				
	Hummus Chips - Impulse			
ZX198	Hummus Sour Cream Chips	18 x 45g	0.89	GSV
ZX161	Salted, Hummus Chips	18 x 45g	0.89	GV
ZX160	Tomato & Basil, Hummus Chips	18 x 45g	0.89	GSV
	Hummus Chips - Sharing			
ZX326	Hummus Sour Cream & Chive Chip	10 x 110g	2.19	GSV
ZX125	Lemon & Chilli Hummus Chips	10 x 110g	2.19	GV
ZX124	Salted Hummus Chips	10 x 110g	2.19	GV
ZX121	Tomato & Basil, Hummus Chips	10 x 110g	2.19	GSV
	Kids			
ZX246	Kids Veggie straws	24 x 20g	0.69	GSV
	Lentil Chips - Impulse			
ZX169	Lentil Chilli & Lemon Chips	18 x 40g	0.89	GSV
ZX170	Lentil Creamy Dill Chips	18 x 40g	0.89	GSV
ZX165	Lentil Sea Salted Chips	18 x 40g	0.89	GV
ZX168	Lentil Tomato & Basil Chips	12 x 40g	0.89	GSV
	Lentil Chips - Sharing			
ZX135	Lentil Chips Chilli Lemon	10 x 95g	2.19	GV
ZX883	Lentil Chips Creamy Dill	10 x 95g	2.19	GSV
ZX737	Lentil Chips Mango & Mint	10 x 95g	2.19	GSV
ZX128	Lentil Chips Sea Salt	10 x 95g	2.19	GV
	Multi Pack			
ZX027	Hummus, Lentil, Quinoa Multi	8 x 98g	3.19	GV
	Quinoa Chips - Impulse			
ZX007	Quinoa Cream & Chive Chips	18 x 40g	0.89	GSV
	Quinoa Chips - Sharing			
ZX315	Quinoa Chips Cream & Chives	10 x 90g	2.19	GSV
ZX314	Quinoa Chips Tomato & Garlic	10 x 90g	2.19	GSV
	Veggie Straws - Impulse			
ZX107	Veggie Straws with Sea Salt	18 x 45g	0.89	GSV
	Veggie Straws - Sharing			
ZX095	Veggie Straws Black Pepper	10 x 110g	2.19	GSV
ZX106	Veggie Straws Paprika & Chilli	10 x 110g	2.19	GSV
ZX090	Veggie Straws with Sea Salt	10 x 110g	2.19	GSV
<b>EMILY CRISPS</b>				
ZX183	Rainbow Roots	12 x 30g	1.49	GV
ZX234	Sour Cream & Onion Thins	8 x 85g	1.99	GV
ZX235	Sour Cream & Onion Thins	24 x 23g	0.99	GV
ZX197	Veg Thins - Chipotle BBQ	8 x 85g	1.89	GV
<b>KETTLE CHIPS</b>				
	Sharing Bags			
ZX248	Lightly Salted	12 x 130g	3.35	GV
ZX427	Sheese & Red Onion	8 x 130g	3.35	GV
<b>LOVE CORN</b>				
ZX849	Crunchy Corn - BBQ	6 x 115g	2.29	GV
ZX957	Crunchy Corn - Cheese & Onion	6 x 115g	2.29	GV
ZX607	Crunchy Corn - Habanero	6 x 115g	2.29	GV
ZX852	Crunchy Corn - Salt & Vinegar	6 x 115g	2.29	GV

code	product	size	rrp	bfgo
ZX608	Sea Salt	6 x 115g	2.29	G
ZX621	Sour Cream & Chive	6 x 115g	2.29	GV
<b>MR FILBERTS</b>				
	Mixed Nuts			
ZX694	Roasted Nuts & Plump Fruits	12 x 150g	3.95	GSV
ZX685	Valencia Orange & Belgium Choc	12 x 150g	3.95	GS
ZX691	Woodland Truffle & Wild Garlic	12 x 150g	3.95	GSV
<b>NAIRN'S</b>				
ZX631	Mini Cheese Bakes	14 x 45g	0.92	GS
ZX335	Sea Salt & Rosemary Flatbread	6 x 150g	2.39	GS
<b>NUDIE SNACKS</b>				
	Cauliflower Crisps			
ZX958	Cheese & Caramelised Onion	6 x 80g	2.49	GSV
ZX713	Cheese and Caramelised Onion	24 x 20g	1.25	GV
ZX692	Katsu Curry	24 x 20g	1.25	GV
ZX979	Katsu Curry	6 x 80g	2.49	GSV
ZX689	Sea Salt	12 x 80g	2.49	GV
ZX690	Sea Salt	24 x 20g	1.25	GV
	Hummus Chips			
ZX714	Lightly Salted	24 x 20g	1.25	GV
	Lentil Curls			
ZX720	Chilli & Lime	24 x 20g	1.25	GV
	Quinoa Chips			
ZX716	Tomato & Garlic	24 x 20g	1.25	GV
<b>PIPERS CRISPS</b>				
	Impulse Bag			
ZX292	Anglesey Sea Salt	24 x 40g	0.85	GV
ZX296	Cider Vinegar & Sea Salt	24 x 40g	0.85	GS
ZX297	Lye Cross Cheddar & Onion	24 x 40g	0.85	GS
ZX434	Wild Thyme & Rosemary	24 x 40g	0.85	GSV
	Sharing Bag			
ZX291	Anglesey Sea Salt	15 x 150g	2.19	GV
ZX283	Cider Vinegar & Sea Salt	8 x 150g	2.75	GS
ZX289	Lye Cross Cheddar & Onion	8 x 150g	2.75	GS
ZX436	Wild Thyme & Rosemary	8 x 150g	2.75	GSV
<b>PROPERCHIPS</b>				
	Barbecue			
ZX725	Barbecue	24 x 20g	0.79	GSV
ZX615	Ghost Chilli Chickpea Chips	30 x 30g	0.99	GSV
ZX604	Katsu Curry Chickpea Chips	30 x 30g	0.99	GSV
ZX512	Salt & Vinegar Chips	24 x 20g	0.79	GSV
ZX726	Sea Salt	24 x 20g	0.79	GSV
ZX479	Sour Cream & Chive Chips	24 x 20g	0.79	GSV
ZX727	Sweet Sriracha Chilli	24 x 20g	0.79	GSV
	Sharing Bag			
ZX426	Barbecue Chips	8 x 85g	2.29	GSV
ZX572	Ghost Chilli Chickpea Chips	8 x 85g	2.31	GSV
ZX578	Jerk Sauce Chickpea Chips	8 x 85g	2.31	GSV
ZX596	Katsu Curry Chickpea Chips	8 x 85g	2.31	GSV
ZX467	Salt & Vinegar Chips	8 x 85g	2.29	GSV
ZX430	Sea Salt Chips	8 x 85g	2.29	GSV
ZX451	Sour Cream & Chive Chips	8 x 85g	2.29	GSV
ZX474	Sriracha Chilli Chips	8 x 85g	2.29	GSV
<b>PROPERCORN</b>				
	Sharing Bag			
ZX861	Popcorn - Lightly Sea Salted	8 x 70g	1.99	GV
ZX862	Popcorn - Salted Caramel	8 x 90g	1.95	GSV
ZX431	Popcorn - Sweet	8 x 90g	1.99	GSV
ZX860	Popcorn - Sweet & Salty	8 x 90g	1.95	GSV
ZX428	Popcorn - Sweet Cinnamon	8 x 90g	1.99	GSV
<b>PROPERCRISPS</b>				
	Cheese and Onion			
ZX216	Cheese and Onion	8 x 100g	2.90	GSV
ZX217	Flame Grilled Steak	8 x 100g	2.90	GSV
<b>PURELY PLANTAIN</b>				
	Plantain Chip - Lemon Sea Salt			
ZX244	Plantain Chip - Lemon Sea Salt	10 x 75g	1.99	GV
ZX961	Plantain Chips - Nice & Spicy	10 x 75g	1.99	GV
ZX959	Plantain Chips - Sea Salt	10 x 75g	1.99	GV
ZX960	Plantain Chips - Wild Garlic	10 x 75g	1.99	GV
ZX330	Sweet Treat	10 x 75g	1.99	GV
<b>TRAF0</b>				
	Flips			
ZX359	Chickpea Flips Mild Curry	6 x 75g	2.95	GOV
ZX343	Pea Flips Lightly Salted	6 x 75g	2.95	GOV

code	product	size	rrp	bfgosv
ZX299	Rosemary Lentil Flips	6 x 75g	2.95	GOV
	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
<b>TYRRELLS</b>				
	Potato Chips - Furrows Sharing			
ZX502	Sea Salt and Cider Vinegar	8 x 150g	2.85	GS
	Potato Chips - Impulse			
ZX907	Cheddar Cheese and Chives	24 x 40g	1.19	GS
	Potato Chips - Sharing			
ZX018	Cider Vinegar and Sea Salt	8 x 150g	2.79	GS
ZX022	Lightly Sea Salted	8 x 150g	2.79	GV
ZX024	Sea Salt & Black Pepper	8 x 150g	2.79	GV
ZX021	Sweet Chilli & Red Pepper	8 x 150g	2.79	GSV
	Vegetable Chips			
ZX388	Mixed Roots	12 x 125g	3.99	GV
<b>DAIRY BUTTER, CREAM &amp; MILK</b>				
<b>CALON WEN</b>				
	The Farmers Co-op			
CV277	Lightly Salted Welsh Butter	20 x 250g	4.10	GO
CV174	Spreadable Butter	16 x 250g	3.75	GO
CV204	Unsalted Welsh Butter	20 x 250g	4.10	GO
<b>DEVON CREAM COMPANY</b>				
CV293	Clotted Cream	12 x 170g	3.70	GO
<b>YEO VALLEY</b>				
	Minimum 4 days shelf life			
CV101	Double Cream	6 x 220ml	2.20	GO
<b>DAIRY CHEESE</b>				
<b>BERGERIE</b>				
CV583	Organic Fresh Goat Cheese	6 x 100g	2.35	GO
<b>GODMINSTER</b>				
CV305	Black Pepper Mature Cheddar	12 x 200g	5.35	GO
CV296	Mature Bruton Cheddar Cheese	12 x 200g	5.35	GO
	Waxed Rounds			
CV255	Black Truffle Cheddar Cheese	8 x 200g	8.20	GO
CV248	Oak-Smoked Cheddar Cheese	8 x 200g	7.95	GO
CV282	Red Chilli Cheddar Cheese	8 x 200g	7.20	GO
CV224	Vintage Bruton Cheddar Cheese	8 x 200g	7.50	GO
<b>DAIRY YOGHURTS</b>				
<b>BERGERIE</b>				
CV581	Goat Milk Yoghurt Natural Org	8 x 125g	0.85	GO
CV585	Sheep Milk Yoghurt Greek Style	6 x 250g	1.95	GO
<b>YEO VALLEY</b>				
	Kefir Yoghurt			
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
<b>DESSERTS</b>				
<b>SOJADE</b>				
SY099	Chocolate Soya Dessert	8 x 530g	1.89	GOSV
SY107	Vanilla Soya Dessert	8 x 530ml	1.95	GOSV
<b>DESSERTS &amp; PUDDINGS (CHILLED)</b>				
<b>NOURISH</b>				
CV640	Caramel Bar	10 x 60g	2.99	GOV
CV645	Coconutty Bar	10 x 60g	2.99	GOV
CV646	Raspbounty Bar	10 x 60g	2.99	GOV
<b>ORIGIN KITCHEN</b>				
	Creamed Cashew Desserts			
CV789	Chocolate Mousse	6 x 80g	2.65	GSV
CV778	Mango Passionfruit Pot	6 x 80g	2.65	GSV
<b>SOJADE</b>				
CV445	La Fraiche Creme	6 x 200g	2.10	GOV
<b>THE COCONUT COLLABORATIVE</b>				
CV507	Little Choc Pots	6 x 4 x 45g	3.50	GSV
CV511	Salted Caramel Pots	6 x 4 x 45g	3.50	GSV

code	product	size	rrp	bfgosv
	<b>VRAI</b>			
CV627	Rice Pudding with Vanilla	12 x 110g	1.55	GOS
	<b>DRINKS (CHILLED)</b>			
	<b>BIOTIFUL DAIRY</b>			
CV359	Baked Milk Drink	6 x 500ml	3.65	GO
CV342	Kefir Milk Drink	6 x 500ml	3.65	GO
CV361	Kefir Milk Drink	6 x 250ml	2.20	GO
CV092	Peach Kefir Drink	6 x 250ml	2.45	GO
CV438	Raspberry Kefir Drink	6 x 250ml	2.45	GO
	<b>CALIFIA FARMS</b>			
CV826	Cold Brew Mocha	6 x 750ml	2.99	GSV
CV823	Unsweetened Almond Milk	6 x 750ml	2.50	GSV
	<b>COCOS</b>			
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
	<b>KARMA</b>			
	Kombucha			
CV318	Apple Kombucha	6 x 1l	6.25	FGOSVB
	Zero Sugar			
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>KOKO DAIRY FREE</b>			
CV021	Koko Dairy Free Original	6 x 1l	2.15	GSV
	<b>MOCKINGBIRD</b>			
	Juices			
CV550	Raw Activate Juice	6 x 750ml	4.75	GV
CV514	Raw Pump Juice	6 x 750ml	4.75	GV
CV551	Raw Shield Juice	6 x 750ml	4.75	GV
	Large Smoothies			
CV474	Raw Boost Smoothie	6 x 750ml	4.95	GV
CV473	Raw Greens Smoothie	6 x 750ml	4.95	GV
CV484	Raw Mango Smoothie	6 x 750ml	4.95	GV
	<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>YEO VALLEY</b>			
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
	<b>FAR EASTERN FOOD</b>			
	<b>BOMBOM</b>			
JP157	Kimchi Mayonnaise	12 x 185g	6.50	GSV
	<b>CLEARSPRING</b>			
JP077	Brown&Wild Rice w/Tamari Sauce	5 x 250g	3.69	GOV
JP153	Pad Thai Sauce	6 x 150ml	5.59	GOV
JP103	Teriyaki Sauce - Organic & GF	6 x 150ml	5.19	GOV
JP026	Tofu Silken	12 x 300g	2.29	GOV
	Miso Products			
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
	Noodles			
JP056	All Buckwheat Soba Noodles	6 x 200g	4.49	GOV
JP152	Black Rice Noodles	10 x 200g	3.99	GOV
JP053	Brown Rice Noodles - GF	10 x 200g	3.99	GOV
JP151	Brown Rice Vermicelli Noodles	8 x 180g	3.39	GOV
JP054	Brown Rice Wide Noodles - GF	5 x 200g	3.99	GOV
	Soya Sauce			
JP130	Tamari Soy Sauce Double Strnth	6 x 150ml	3.99	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	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
JP501	Tamari Soya Sauce	6 x 500ml	1.49	GOV
JP029	Yaemon Tamari Soy Sauce	6 x 250ml	5.99	GOV
	<b>KIKKOMAN</b>			
JP067	Tamari Gluten Free Soy Sauce	6 x 150ml	3.59	GV
JP136	Teriyaki Marinade	6 x 250ml	3.99	GSV

code	product	size	rrp	bfgovs
<b>KING SOBA</b>				
JP087	Brown Rice Paper	10 x 200g	2.89	GOV
WT054	Chilli Miso Ramen Cup	6 x 85g	2.39	GOV
WT055	Classic Miso Ramen Cup	6 x 85g	2.39	GOV
WT034	Ginger Miso Ramen Cup	6 x 85g	2.39	GOV
WT002	Pho Noodles	12 x 250g	2.99	GOV
JP089	White Rice Paper	10 x 200g	2.89	GOV
<b>MERIDIAN</b>				
JP310	Tamari	6 x 500ml	6.89	GV
<b>NOJO</b>				
JP121	Orange Poke Sauce	6 x 200ml	4.90	GV
JP095	Sesame Sauce	6 x 200ml	4.90	GV
JP143	Tahini Sauce	6 x 200ml	4.90	GV
JP081	Teriyaki Sauce	6 x 200ml	4.90	GV
JP106	White Miso Sauce	6 x 200ml	4.90	GV
JP142	Yuzu Sauce	6 x 200ml	6.39	GV
<b>THAI TASTE</b>				
VF174	Galangal	6 x 114g	1.99	GV
VF319	Green Curry Paste	6 x 114g	2.90	GV
VF171	Red Curry Paste	6 x 114g	2.90	GV
VF258	Sriracha Hot Chilli Sauce	6 x 435ml	2.69	GSV
VF199	Tamarind Paste	6 x 130g	1.99	GSV
VF159	Vegan 'Fish' Sauce	6 x 180ml	2.39	GSV
<b>YAKSO</b>				
JP012	Coconut Aminos	6 x 250ml	7.45	GOV
JP113	Tamari - organic	6 x 250ml	5.15	GOV
<b>FLAKES, BRANS &amp; WHEATGERM</b>				
<b>SUMA PREPACKS</b>				
Gluten Free				
FX046	Oats - Jumbo & Gluten Free	6 x 750g	3.75	GV
FX045	Oats - Porridge & Gluten Free	6 x 750g	3.75	GV
<b>SUMA PREPACKS - ORGANIC</b>				
Gluten Free				
FX042	Oats - Jumbo Gluten Free	6 x 750g	4.25	GOV
FX044	Oats - Porridge & Gluten Free	6 x 750g	4.25	GOV
<b>ALARA</b>				
FX026	Gluten Free Scottish Porridge	6 x 500g	4.55	GOV
<b>FLOURS &amp; BREAD MIXES</b>				
<b>AMISA</b>				
FG085	Chestnut Flour - Organic	6 x 350g	5.99	GOV
FG065	Chickpea Flour	6 x 400g	3.45	GOV
<b>BULK COMMODITIES</b>				
FG043	GF Oat Flour	25kg		GO
<b>CLEARSPRING</b>				
FG180	Breadcrumbs - Brown Rice, GF	12 x 250g	4.79	GOV
<b>DOVES FARM</b>				
FG097	Chickpea Flour	5 x 260g	2.85	GOV
FG039	GF Buckwheat Flour	5 x 1kg	5.25	GV
FG522	Gluten Free Brown Bread Flour	5 x 1kg	3.29	GV
FG700	Gluten Free Plain White Flour	5 x 1kg	3.15	GV
FG520	Gluten Free White Bread Flour	5 x 1kg	3.15	GV
FG096	Oat Flour	4 x 450g	4.45	GOV
FG047	Organic Coconut Flour	4 x 500g	3.95	GOV
FG117	Rice Flour	5 x 1kg	2.55	GV
FG116	Stoneground Gram Flour	5 x 1kg	3.19	GV
FG701	White Self Raising Flour GF	5 x 1kg	3.15	GV
Bulk				
FG062	Brown Rice Flour	25kg		GOV
FG197	Plain White Flour, Organic, GF	16kg		GOV
<b>ORGRAN</b>				
Gluten Free Mixes				
FG061	Buckwheat Pancake Mix	8 x 375g	5.25	GV
<b>FRUIT - DRIED</b>				
<b>PLANTLIFE</b>				
DR104	Black Shotut Mulberries	7 x 80g	5.29	GOV
DR085	Sour Cherries	7 x 100g	5.29	GOV
DR116	Sweet Cherries	7 x 80g	5.59	GOV
DR106	White Mulberries	10 x 190g	5.99	GOV
<b>URBAN FRUIT</b>				
DR009	Baked Mango & Passionfruit	7 x 85g	2.85	GV



code	product	size	rrp	bfgosv
DR201	Gently Baked Pineapple	6 x 100g	2.85	GV
DR086	Gently Baked Pineapple & Cocon	7 x 85g	2.85	GV
DR266	Gently Baked Strawberries	8 x 90g	2.85	GSV
	Sharing			
DR192	Gently Baked Mango	6 x 100g	2.85	GV
	Snacking			
DR263	Snack Pack - Mango	14 x 35g	1.90	GV
DR144	Snack Pack - Pineapple	14 x 35g	1.90	VG
DR002	Snack Pack - Strawberry	14 x 35g	1.90	GV

## FRUIT (FROZEN)

### NATURAL COOL

XL142	Organic Berry Mix	10 x 300g	4.85	GOV
XL145	Organic Blueberries	10 x 300g	4.70	GOV
XL179	Organic Raspberries	10 x 300g	7.20	GOV
XL182	Organic Sour Cherries	10 x 300g	4.40	GOV
XL180	Organic Strawberries	10 x 300g	4.65	GOV

## FRUIT & VEGETABLE JUICES

### BERRY COMPANY

	1L Tetrapack			
JU737	Acai with Raspberry & Yerba	12 x 1l	2.69	GV
JU055	Blueberry Juice	12 x 1l	2.69	GV
JU253	Cranberry Juice	12 x 1l	2.69	GV
JU063	Goji Berry Juice	12 x 1l	2.69	GV
JU061	Superberries Purple Juice	12 x 1l	2.69	GV
JU050	Superberries Red Juice	12 x 1l	2.69	GV
JU736	White Tea and Peach Juice	12 x 1l	2.69	GV

### CULTURED FOOD COMPANY

JU175	Fermented Beet Kvass	6 x 500ml	4.50	GOV
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### FLAWSOME!

Not from concentrate juices

JU825	Apple & Strawberry Juice	12 x 250ml	2.25	GV
JU820	Orange Juice	12 x 250ml	2.49	GV
JU821	Sweet & Sour Apple Juice	12 x 250ml	2.25	GV

### JAMES WHITE

	Tetrapack 1 Litre			
JU087	Veg-It	8 x 1l	3.89	GV

### ZINGER

	Zinger Health Shots			
JU264	Sour Cherry Zinger Shot	15 x 70ml	1.79	GV

## GRAINS

### MR ORGANIC

QS073	Chickpea Rice	12 x 250g	3.69	GOV
QS020	Red Lentil Rice	12 x 250g	3.69	GOV

## GRAVY, STOCK & BOUILLON

### FREE & EASY

LJ008	Gravy Sauce Mix	6 x 130g	2.39	GV
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### KALLO

LJ102	French Onion Stock Cubes	15 x 66g	1.99	GOVS
LJ103	Garlic & Herb Stock Cubes	15 x 66g	1.99	GOVS
LJ171	Low Salt Vegetable Stock Cubes	15 x 60g	2.50	GOVS
LJ122	Mushroom Stock Cubes	15 x 66g	1.99	GOVS
LJ101	Tomato & Herb Stock Cubes	15 x 66g	1.99	GOVS
LJ205	Umami Stock Cubes	15 x 66g	1.85	GOV
LJ120	Vegetable Stock Cubes	15 x 66g	1.99	GOV
LJ186	Vegetable Stock Pots	8 x 24g	2.79	GOSV
LJ147	Yeast Free Veg. Stock Cubes	15 x 66g	1.99	GV

### MARIGOLD

LJ211	Bouillon Cubes	12 x 8	1.49	GOV
LJ043	Bouillon Powder	6 x 150g	2.55	GV
LJ044	Bouillon Powder	6 x 500g	6.89	GV
LJ073	Bouillon Powder - Organic	6 x 150g	2.55	GOV
LJ238	Bouillon Powder - Organic	6 x 500g	7.75	GOV
LJ070	Bouillon Powder - Reduced Salt	6 x 150g	2.45	GV
LJ237	Bouillon Powder - Reduced Salt	6 x 500g	7.39	GV
LJ178	Bouillon Reduced Salt	1 x 2kg	22.49	FGV
LJ195	Gravy Granules - Instant	1 x 2kg	19.49	GV
LJ062	Gravy Powder - Instant	6 x 170g	1.95	GSV
LJ208	Organic Bouillon	1 x 2kg	23.49	FGOV
LJ074	Organic Bouillon Reduced Salt	6 x 140g	2.79	GOV

code	product	size	rrp	bfgosv
LJ253	Organic Reduced Salt Bouillon	1 x 2kg	27.49	FGOV
LJ139	Original Bouillon	1 x 2kg	21.75	FGV
LJ321	Yeast Free Bouillon Stock Cube	12 x 84g	1.49	GOV
	Catering			
LJ032	Engevita with B12 Y/Flakes	1 x 650g	19.99	GV

## 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

### CLIPPER

	Everyday Infusions			
TE035	Indian Chai	4 x 20 bags	3.90	FGOV

### HEATH AND HEATHER

	Botanicals			
TE594	Turmeric Root Brew	6 x 20 bags	3.55	GOV

### PUKKA

TE058	Turmeric Active	4 x 20 bags	5.90	GOV
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### YOGI TEA

TE167	Ashwagandha Balance Tea	6 x 17 bags	2.75	GOV
TE553	Bedtime	6 x 17 bags	2.75	GOV
TE250	Bedtime Rooibos Vanilla	6 x 17 bags	2.75	GOV
TE204	Black Chai	6 x 17 bags	2.75	GOV
TE346	Breathe Deep	6 x 17 bags	2.75	GOV
TE597	Choco	6 x 17 bags	2.75	GOV
TE192	Classic Original	6 x 17 bags	2.75	GOV
TE551	Detox	6 x 17 bags	2.75	GOV
TE208	Echinacea	6 x 17 bags	2.75	GOV
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	GOV
TE293	Ginger Lemon	6 x 17 bags	2.75	GOV
TE836	Ginger Orange & Vanilla	6 x 17 bags	2.75	GOV
TE195	Green Balance	6 x 17 bags	2.75	GOV
TE209	Green Chai	6 x 17 bags	2.75	GOV
TE194	Green Energy	6 x 17 bags	2.75	GOV
TE787	Green Tea Matcha Lemon	6 x 17 bags	2.75	GOV
TE028	Happy Nature	6 x 17 bags	2.75	GOV
TE645	Heartwarming	6 x 17 bags	2.75	GOV
TE187	Himalaya	6 x 17 bags	2.75	GOV
TE785	Immune Support	6 x 17 bags	2.75	GOV
TE998	Inner Harmony	6 x 17 bags	2.75	GOV
TE638	Lime Mint	6 x 17 bags	2.75	GOV
TE193	Liquorice	6 x 17 bags	2.75	GOV
TE837	Liquorice Mint	6 x 17 bags	2.75	GOV
TE342	Maca Chai	6 x 17 bags	2.75	GOV
TE181	Mental Clarity Tea	6 x 17 bags	2.75	GOV
TE252	Positive Energy Cranberry Hib	6 x 17 bags	2.75	GOV
TE001	Rooibos	6 x 17 bags	2.75	GOV
TE283	Rose	6 x 17 bags	2.75	GOV
TE414	Soul Balm	6 x 17 bags	2.75	GOV
TE006	Star Salutation	6 x 17 bags	2.75	GOV
TE211	Sweet Chai	6 x 17 bags	2.75	GOV
TE428	Sweet Chilli	6 x 17 bags	2.75	GOV
TE554	Throat Comfort	6 x 17 bags	2.75	GOV
TE349	Tulsi Relax	6 x 17 bags	2.75	GOV
TE018	Turmeric Chai	6 x 17 bags	2.75	GOV
TE088	Turmeric Orange	6 x 17 bags	2.75	GOV
TE733	Wellbeing	6 x 17 bags	2.75	GOV
TE012	White Tea with Aloe Vera	6 x 17 bags	2.75	GOV
TE017	Women's Balance	6 x 17 bags	2.75	GOV
TE355	Women's Energy	6 x 17 bags	2.75	GOV
	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

## HERBS & SPICES - PREPACKED

### TARANTELLA

HE085	Liquid Basil	12 x 40ml	2.59	GOV
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code	product	size	rrp	bfgosv
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

### COMVITA

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

### HILLTOP HONEY

HY076	Organic Blossom Honey	6 x 340g	4.25	GO
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### WAINWRIGHT'S

HY007	Ukrainian Sunflower Honey	6 x 380g	4.75	GB
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## HOUSEHOLD CLEANING PRODUCTS

### ECOZONE

HJ044	Solutions Appliance Descaler	12 x 500ml	5.82	GV
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## INDIAN FOOD

### MERIDIAN

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

### PATAKS

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

### PUNJABAN

KJ316	Jalfrezi Curry Sauce	6 x 350g	3.99	GV
KJ317	Korma Curry Sauce	6 x 350g	3.99	GV
	Bases (Sauce Concentrate)			
KJ374	Authentic Curry Base - Medium	6 x 350g	3.99	GV
KJ373	Authentic Curry Base - Mild	6 x 350g	3.99	GV
KJ379	Butter 'Chicken' Base	6 x 350g	3.99	GV
KJ383	Tasty Tamarind Curry Base	6 x 350g	3.99	GV
KJ083	Tikka Masala Curry Base Sauce	6 x 350g	3.99	GV

## JAMS & FRUIT SPREADS

### SQUISHED

JS015	Rescue Blueberry Jam	6 x 320g	5.15	GV
JS014	Rescue Raspberry Jam	6 x 320g	5.15	GV

### ST DALFOUR

JS002	Apple & Cinnamon Spread	6 x 284g	2.99	GV
JS051	Apricot Spread	6 x 284g	2.99	GV
JS064	Black Cherry Spread	6 x 284g	2.99	GV
JS063	Blackberry Spread	6 x 284g	2.99	GV
JS062	Blackcurrant Spread	6 x 284g	2.99	GV
JS009	Cranberry & Blueberry	6 x 284g	2.99	GV
JS068	Fig Spread	6 x 284g	2.99	GV
JS067	Four Fruits Spread	6 x 284g	2.99	GV
JS007	Lemon & Lime Spread	6 x 284g	2.99	GV
JS003	Mango & Passion Fruit Spread	6 x 284g	2.99	GV
JS066	Mirabelle Plum Spread	6 x 284g	2.99	GV
JS120	Orange and Ginger Spread	6 x 284g	2.99	GV
JS046	Raspberry & Pomegranate Spread	6 x 284g	2.99	GV
JS049	Raspberry Spread	6 x 284g	2.99	GV
JS004	Strawberry & Rhubarb Spread	6 x 284g	2.99	GV
JS050	Strawberry Spread	6 x 284g	2.99	GV
JS061	Thick Cut Orange Spread	6 x 284g	2.99	GV
JS060	Wild Blueberry Spread	6 x 284g	2.99	GV

## JUICE CONCENTRATES & CORDIALS

### BELVOIR

JU234	Blueberry Blackcurrant Cordial	6 x 500ml	5.79	GSV
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code	product	size	rrp	bfgo
JU516	Elderflower & Rose Cordial	6 x 500ml	5.79	GSV
JU578	Elderflower Cordial	6 x 500ml	5.79	GSV
JU577	Ginger Cordial	6 x 500ml	5.79	GSV
JU197	Honey, Lemon & Ginger Cordial	6 x 500ml	5.79	GS
JU275	Organic Elderflower Cordial	6 x 500ml	6.39	GOSV
JU276	Organic Ginger Cordial	6 x 500ml	6.39	GOSV
JU355	Organic Lemon & Mint Cordial	6 x 500ml	6.39	GOSV
JU043	Raspberry & Lemon Cordial Family Size	6 x 500ml	5.79	CV
JU339	Blackcurrant Cordial	6 x 750ml	6.69	GSV
JU338	Orange Cordial	6 x 750ml	6.69	GSV
<b>MARGARINES &amp; SPREADS (CHILLED)</b>				
<b>KOKO DAIRY FREE</b>				
CV317	Koko Dairy Free Spread	12 x 250g	1.85	GV
<b>NATURLI'</b>				
CV735	Spreadable Vegan Butter	16 x 450g	4.25	GOV
CV879	Spreadable Vegan Butter	24 x 225g	2.20	GOV
CV880	Vegan Butter Block	15 x 200g	2.10	GOV
<b>MAYONNAISE &amp; SALAD DRESSINGS</b>				
<b>DINE</b>				
KJ164	Hollandaise Sauce	6 x 180g	2.99	G
<b>HUNTER AND GATHER</b>				
KJ332	Egg Free Olive Oil Mayo	6 x 250g	5.99	GV
<b>INSPIRED VEGAN</b>				
KJ048	Vegan Honey Mustard Dressing	6 x 265g	3.19	GSV
<b>RUBIES IN THE RUBBLE</b>				
KJ118	Plant Based Mayo - Chilli	8 x 285ml	3.59	GSV
KJ241	Plant Based Mayo - Garlic	8 x 285ml	3.59	GSV
<b>MEAT FREE ALTERNATIVES(FROZEN)</b>				
<b>BEYOND MEAT</b>				
XL053	Burgers	8 x 226g	5.20	GV
XL091	Meatballs	8 x 200g	5.20	GV
XL088	Mince	8 x 300g	5.20	GV
XL063	Sausages	10 x 200g	5.20	GV
<b>NATURLI'</b>				
XL101	'Shape Me' Vegan Mince	8 x 300g	4.65	GV
XL065	Schnitzel	8 x 300g	4.65	GV
XL071	Vegan Balls	8 x 300g	3.95	GV
<b>STRONG ROOTS</b>				
XL213	Pumpkin & Spinach Burgers	12 x 300g	4.10	GV
<b>MEATLESS SUBSTITUTES (CHILLED)</b>				
<b>FLORENTIN</b>				
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
<b>HEURA</b>				
Minimum 5 days shelf life				
CV142	Chorizo	6 x 216g	4.30	GV
CV115	Mediterranean Chunks	6 x 160g	4.25	GV
CV119	Original Burger	6 x 227g	4.60	GV
CV116	Original Chunks	6 x 160g	4.20	GV
CV124	Original Nuggets	6 x 180g	3.85	GV
<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>				
<b>AL'FEZ</b>				
KJ548	Apricot & Coriander Sauce 450g	6 x 450g	3.15	GV
KJ190	Moroccan Style Tagine Sauce	6 x 450g	2.79	GV
KJ243	Smoky Harissa Tagine Sauce	6 x 450g	2.79	GV
<b>AMISA</b>				
KJ105	Falafel Mix	6 x 160g	2.75	GOV
<b>NUT &amp; SEED BUTTERS</b>				
<b>COCONUT MERCHANT</b>				
GH076	Coconut Butter	12 x 300g	5.99	GOV
<b>SUNITA</b>				
GH159	Black Tahini	6 x 170g	2.99	GOV
<b>WHOLE EARTH</b>				
GH091	Peanut Butter - smooth organic	6 x 227g	3.75	GOV
GH090	Peanut Butter -crunchy organic	6 x 227g	3.75	GOV

code	product	size	rrp	bfgosv
GH084	Peanut Butter -smooth original	6 x 340g	4.90	GV
GH113	Peanut Butter -smooth original	2 x 1kg	8.49	GV
GH151	Peanut Butter-100% Nuts,Crunch	6 x 227g	3.59	GOV
GH082	Peanut Butter-crunchy original	6 x 340g	4.90	GV
GH115	Peanut Butter-crunchy original	2 x 1kg	8.49	GV
<b>OILS &amp; FATS</b>				
<b>CLEARSPRING</b>				
GT054	Coconut Oil	6 x 200g	4.59	GOV
GT055	Coconut Oil	6 x 400g	8.65	GOV
GT037	Sesame Oil organic	6 x 1l	15.49	GOV
<b>HELLENIC</b>				
GT403	Extra Virgin Olive Oil	12 x 750ml	14.99	GOV
<b>HUNTER AND GATHER</b>				
GT057	Extra Virgin Avocado Oil	6 x 250ml	7.29	GV
<b>MONINI</b>				
GT064	Black Truffle Flavoured Oil	6 x 250ml	6.39	GV
GT011	White Truffle Flavoured Oil	6 x 250ml	6.39	GV
<b>OLIVES</b>				
<b>BIONA</b>				
KJ349	Black Olives in Brine	5 x 280g	3.45	GOSV
KJ345	Green Olives in Brine	5 x 280g	3.35	GOVS
<b>HELLENIC SUN</b>				
KJ365	Green Olives	6 x 330g	2.99	GOV
<b>MANI</b>				
KJ425	Og Kalamata Olives in OliveOil	6 x 280g	5.49	GOV
<b>PARTHENON</b>				
KJ367	Natural Black Olives	10 x 250g	2.29	GV
<b>PAPER PRODUCTS &amp; STATIONERY</b>				
<b>WHO GIVES A CRAP</b>				
NF243	Facial Tissues	12 x 1 box	1.79	GV
NF241	Toilet Tissue - Double Length	12 x 4 pack	5.15	GV
NF242	Toilet Tissue - Double Length	1 x 16 pack	1.25	GV
<b>PASTA</b>				
<b>SUMA ORGANIC</b>				
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	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 Pasta	12 x 340g	3.19	GOV
WT073	Rigatoni Oat Pasta	12 x 340g	2.99	GOV
<b>BARENAKED</b>				
WT162	Barenaked Noodles	6 x 250g	2.45	GV
WT163	Barenaked Rice	6 x 250g	2.45	GV
WT172	Barenaked Spaghetti	6 x 250g	2.45	GV
WT004	Protein Noodles	6 x 250g	2.45	GV
<b>CIEMME</b>				
WT060	Gnocchi - Gluten Free	12 x 250g	1.90	GV
WT136	OG Gluten Free Gnocchi Plain	12 x 400g	3.90	GOV
<b>CLEARSPRING</b>				
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
<b>DIFATTI</b>				
WT015	Gluten Free Egg Tagliatelle	6 x 250g	3.99	G
WT151	Gnocchi - Gluten Free	10 x 250g	2.39	GV
WT033	Gnocchi - Pumpkin & Quinoa GF	12 x 250g	2.65	GV
WT153	Spinach Gnocchi - gluten free	10 x 250g	2.39	GV
<b>DOVES FARM</b>				
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

code	product	size	rrp	bfgovs
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
<b>EXPLORE CUISINE</b>				
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
<b>LA BUONA VITA</b>				
WT027	Gluten Free Fusilli	10 x 400g	2.75	GV
WT056	Gluten Free Lasagne Sheets	12 x 250g	2.75	GV
WT026	Gluten Free Penne Pasta	12 x 400g	2.75	GV
WT028	Gluten Free Spaghetti	12 x 400g	2.75	GV
<b>MAIDEA</b>				
WT007	Pacheri	10 x 250g	3.75	GV
WT010	Tagliatelle	12 x 250g	3.75	GV
<b>ORGRAN</b>				
WT078	Buckwheat Pasta Spirals	5 x 350g	3.99	GV
WT005	Garden Veggies Spirals	5 x 350g	3.99	GV
WT061	Pasta Roma Penne	8 x 350g	4.25	GV
WT091	Pasta Roma Rigatoni	8 x 350g	4.25	GV
WT092	Pasta Roma Spirals	8 x 350g	4.25	GV
WT109	Rice & Corn Macaroni	5 x 350g	3.99	GV
WT080	Vegetable Rice Spirals	5 x 350g	3.99	GV
<b>PROFUSION</b>				
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
<b>PASTA (CHILLED)</b>				
<b>SUNNY &amp; LUNA</b>				
CV213	Cauliflower Gnocchi	8 x 350g	5.35	GV
CV041	Spinach Gnocchi	8 x 350g	5.35	GV
<b>PASTA SAUCES &amp; PESTOS</b>				
<b>MR ORGANIC</b>				
KJ046	Basilico Sauce	6 x 350g	2.29	GOV
KJ328	Chilli & Garlic Pesto	6 x 130g	3.29	GOV
	Antipasti			
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
<b>MUTTI</b>				
VF008	Bolognese Sauce	6 x 400g	3.59	GV
VF271	Vegan Bolognese	6 x 400g	3.95	GV
<b>ZEST</b>				
KJ314	Red Pesto	6 x 165g	3.49	GV
VF256	Tomato&Mascarpone Pasta Sauce	6 x 340g	3.15	GV
<b>PATE</b>				
<b>GRANOVITA</b>				
GH143	Mushroom Pate	12 x 125g	1.99	GV
GH015	Olive Pate	12 x 125g	1.99	GV
GH144	Vegetable Pate	12 x 125g	1.99	GV
<b>HELLENIC SUN</b>				
KJ348	Kalamata Olive Pate	6 x 200g	2.99	GOV
<b>KALLO</b>				
GH008	Chunky Tomato Dip	6 x 150g	3.19	GOV
GH033	Spicy Tomato Dip	6 x 150g	3.19	GOV
GH036	Tomato & Olives Dip	6 x 150g	3.19	GOV
<b>TARTEX</b>				
GH001	Classic Pate - og	12 x 200g	3.99	GOV
<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>				
<b>DELPHI FOODS</b>				
CV352	Tzatziki	6 x 170g	1.39	G
	Houmous			
CV349	Avocado Houmous	6 x 150g	2.49	GV
CV347	Smoky Red Lentil Houmous	6 x 170g	1.55	GV
<b>FLORENTIN</b>				
CV951	Baba Ganoush	6 x 170g	3.50	GOSV

code	product	size	rrp	bfgosv
CV931	Houmous	6 x 200g	3.80	GOV
CV526	Houmous Extra with Pinenuts	6 x 200g	3.70	GOV
<b>THE REAL OLIVE COMPANY</b>				
CV538	Chilli, Cumin & Garlic Olives	6 x 150g	3.40	GOV
CV554	Kalamata Olives	12 x 210g	3.59	GOV
CV549	Nocellara Del Belice Olives	12 x 210g	3.70	GOV
<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>				
<b>CULTURED FOOD COMPANY</b>				
KJ064	Fermented Beetroot	6 x 400g	5.35	GOV
KJ063	Vegan Kimchi	12 x 300g	5.35	GV
<b>SHAWS</b>				
KJ175	Beetroot & Horseradish Chutney	6 x 290g	2.75	GSV
KJ174	Caramelised Red Onion Chutney	6 x 195g	2.65	GSV
KJ185	Fig & Honey Chutney	6 x 195g	2.65	GS
KJ028	Mango Chutney - Chunky	6 x 300g	1.99	GSV
KJ179	Piccalilli	6 x 280g	2.95	GSV
<b>READY MEALS (FROZEN)</b>				
<b>BEYOND MEAT</b>				
XL015	Chilli Non Carne	6 x 350g	3.79	GSV
XL366	Keema Curry	6 x 350g	3.79	GSV
<b>CLIVE'S</b>				
Gluten Free Pies				
XL030	Chickpea Tagine Pie	6 x 235g	4.30	GOSV
XL114	Mushroom & Leek Pie	6 x 235g	4.30	GOV
XL308	Saag Aloo GF Pie	6 x 235g	4.30	GOV
Nut Roasts				
XL338	Organic Nut Roast	6 x 280g	6.75	GOSV
XL044	Organic Sharing Nut Roast	4 x 600g	14.50	GOV
Tarts & Quiches				
XL336	Tomato and Olive Tart	6 x 195g	4.25	GOSV
<b>GOODLIFE</b>				
XL265	Falafel	6 x 280g	3.45	GV
<b>STRONG ROOTS</b>				
XL301	Thai Green Vegetable Curry	9 x 350g	4.50	GV
XL287	Veggie Masala	9 x 350g	4.50	GV
XL294	White Bean and Lentil Stew	9 x 350g	4.50	GV
<b>READY TO EAT FOODS (CHILLED)</b>				
<b>SUMA</b>				
CV088	Kimchi	6 x 300g	4.40	GOV
CV076	Sauerkraut	6 x 300g	4.20	GOV
<b>EATEN ALIVE</b>				
CV090	Classic Kraut	8 x 375g	5.99	GV
CV078	Massive Classic Kimchi	6 x 775g	12.49	GV
CV081	Massive Pickled Cucumbers	6 x 775g	1.99	GV
<b>LOVING FOODS</b>				
Raw, Organic, Vegan & UK made				
CV801	Classic Sauerkraut	6 x 475g	6.45	GOV
CV316	Hot 'N' Smoky Kimchi	6 x 475g	7.85	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
<b>SALT &amp; SEASONINGS</b>				
<b>LOSALT</b>				
LJ089	Reduced Sodium Salt	6 x 350g	3.90	GV
<b>MARIGOLD</b>				
LJ444	Liquid Aminos	6 x 250ml	3.99	GV
<b>SAUSAGES &amp; BURGERS (FROZEN)</b>				
<b>DEVIL'S KITCHEN</b>				
XL116	Mexican Wave Vegan Burger	12 x 200g	3.75	GV
XL113	Mushroom & Med Veg Burger	12 x 200g	3.75	GV
XL117	Oyster Mushroom Sausages	12 x 192g	3.75	GV
XL115	Thai Green Curry Burger	12 x 200g	3.75	GV
<b>FRYS</b>				
XL360	Rice Protein & Quinoa Burgers	6 x 320g	4.50	GV
<b>NATURLI'</b>				
XL078	Vegan Burger	8 x 320g	4.45	GV

code	product	size	rrp	bfgosv
XL086	Vegan Sausages	8 x 300g	4.65	GV
<b>SEA VEGETABLES</b>				
<b>I SEA</b>				
LJ135	Seaweed Chips	12 x 135g	2.99	GV
<b>SNACK BARS &amp; FLAPJACKS</b>				
<b>ADONIS</b>				
Keto Bar				
KB351	Keto Pecan, Hazelnut & Cocoa	16 x 35g	1.79	GV
KB371	Keto Vanilla & Coconut Bar	16 x 35g	1.79	GV
<b>B'GOOD</b>				
KB646	Apricot & Almond	16 x 45g	0.95	GS
KB650	Peanut & Chocolate	16 x 45g	0.95	GS
KB664	Peanut & Salted Caramel	16 x 45g	0.95	GS
Utterly Nutty				
KB638	Dark Chocolate& Sea Salt	16 x 40g	0.95	GS
KB643	Peanut Butter & Dark Chocolate	16 x 40g	0.95	GS
<b>BEAR</b>				
KB542	Carrot Cake Bars - Multipack	12 x 4 x 27g	2.51	GV
KB519	Forest Fruit Bars - Multipack	12 x 4 x 27g	2.51	GV
<b>BIO &amp; ME</b>				
Gut - Loving Oat Bar				
KB400	Cocoa & Hazelnut	18 x 38g	1.29	GV
KB399	Super Berry	18 x 38g	1.29	GV
KB396	Toffee Apple	18 x 38g	1.29	GV
<b>BOUNCE</b>				
Dipped				
KB598	Dipped Choc Brownie Protein	12 x 40g	2.90	GSV
KB600	Dipped Hazelnut Praline	12 x 40g	2.90	GSV
Filled				
ZX671	Filled almond protein	12 x 35g	1.99	GS
KB599	Filled Caramel Millionaire	12 x 40g	2.90	GSV
ZX672	Filled Peanut Butter Cacao	12 x 35g	1.99	GS
ZX706	Filled peanut protein	12 x 35g	1.99	GS
ZX711	Filled salted caramel	12 x 35g	1.99	GS
Vegan				
ZX592	Maple Pecan & Cashew	12 x 35g	1.99	GSV
<b>BRYNMOR</b>				
Flapjack				
KB559	Apricot & Almond	20 x 80g	0.75	GSV
KB562	Caramel Fudge	20 x 80g	0.79	GS
KB541	Cashew & Coconut	20 x 80g	0.75	GSV
KB563	Chocolate	20 x 80g	0.79	GS
KB575	Dark Chocolate & Ginger	20 x 80g	0.79	VGS
KB543	Summer Berry	20 x 80g	0.75	GSV
<b>CREATIVE NATURE</b>				
KB468	Berry Fruit Chewy Oatie Bar	20 x 38g	1.19	GV
KB502	Blueberry Muffin Bar	20 x 35g	1.19	GV
KB493	Cacao Chocolate Fruit Oat Bar	20 x 38g	1.19	GV
<b>DAMN GOOD</b>				
KB891	Cookies Ginger, Choc, Orange	12 x 38g	1.79	GSV
KB888	Cookies Honeycomb & Chocolate	12 x 38g	1.79	GSV
KB153	Cookies Salted Double Choc	12 x 38g	1.79	GSV
KB150	Cookies Vanilla Choc Chip	12 x 38g	1.79	GSV
<b>DELICIOUSLY ELLA</b>				
KB783	Almond Fruit, Nut & Seed Bar	12 x 40g	1.39	GV
KB030	Apple and Raisin Oat Bar	12 x 3x50g	3.90	GV
KB435	Cacao & Almond Ball	12 x 40g	1.99	GV
KB785	Cashew Cranberry Fruit Nut Bar	12 x 40g	1.39	GV
KB026	Peanut Butter Oat Bar	12 x 3x50g	3.90	GV
Nut Butter Filled				
WS071	Almond Butter Ball	12 x 36g	1.99	GV
WS072	Hazelnut Nut Butter Ball	12 x 36g	1.99	GV
Oat Bars				
KB790	Apple Raisin Cinnamon Oat Bar	16 x 50g	1.90	GV
KB791	Apricot & Coconut Oat Bar	16 x 50g	1.90	GV
KB792	Cacao & Almond Oat Bar	16 x 50g	1.90	GV
<b>DOVES FARM</b>				
KB445	Banana & Chocolate Oat Bar	18 x 35g	0.85	GOSV
KB456	Banana & Chocolate Oat Bar	7 x 4 x 35g	2.79	GOSV
KB457	Cranberry Oat Bar	18 x 35g	0.85	GOV
KB461	Cranberry Oat Bar	7 x 4 x 35g	2.79	GOV



code	product	size	rrp	bfgosv
	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
	<b>LOVE VEGAN</b>			
KB014	Chocolate Cherry	20 x 45g	1.49	GV
KB011	Chocolate orange	20 x 45g		GV
	<b>MISFITS</b>			
KB145	Chocolate Brownie	12 x 45g	2.29	GV
KB140	Chocolate Caramel	12 x 45g	2.29	GV
KB192	Chocolate Speculoos	12 x 45g	2.29	GV
KB193	White Choc Cookies n' Cream	12 x 45g	2.29	GV
	<b>NAIRN'S</b>			
	Crunchy Oat Bars			
BT112	Belgian Chocolate	10 x 160g	3.49	GV
BT113	Honey	10 x 160g	3.49	GS
BT111	Raisin Apple & Cinnamon	10 x 160g	3.49	GSV
	<b>NAKD</b>			
	Big Bar			
KB712	Blueberry Muffin	16 x 45g	1.89	GV
KB713	Cocoa Orange	16 x 45g	1.89	GV
	Chocolish			
ZX756	Double Chocolish Big Bite	16 x 50g	1.89	GV
	Fruit & Fibre			
KB395	Strawberry & Raspberry	16 x 44g	1.39	GV
	Fruit & Fibre			
KB378	Apple & Cinnamon	16 x 44g	1.39	GV
	Multi Packs			
WS045	Apple Danish Multipacks	12 x 4 x 30g	3.69	GV
KB802	Banoffee Pie Multipack	12 x 4 x 35g	3.69	GV
KB029	Berry Delight Multipack	12 x 4 x 35g	3.49	GV
KB779	Blueberry Muffin Multipack	12 x 4 x 35g	3.69	GV
KB931	Cashew Cookie Multipack	12 x 4 x 35g	3.69	GV
KB031	Cocoa Delight Multipack	12 x 4 x 35g	3.69	GV
KB003	Cocoa Orange Multipack	12 x 4 x 35g	3.69	GV
KB771	Salted Caramel Multipack	12 x 4 x 35g	3.69	GV
	Nudie Bars			
KB877	Bakewell Tart Bar	18 x 35g	1.50	GV
KB686	Banoffee Pie Bar	18 x 35g	1.50	GV
KB756	Berry Delight Bar	18 x 35g	1.50	GV
KB532	Blueberry Muffin	18 x 35g	1.50	GV
KB526	Carrot Cake	18 x 35g	1.50	GV
KB554	Cashew Cookie Bar	18 x 35g	1.50	GV
KB757	Cocoa Delight Bar	18 x 35g	1.50	GV
KB556	Cocoa Orange Bar	18 x 35g	1.50	GV
KB163	Lemon Drizzle Bar	18 x 35g	1.50	GV
WS021	Peanut Delight	18 x 35g	1.50	GV
ZX609	Salted Caramel	18 x 35g	1.50	GV
	Protein			
KB719	Protein Caramel	16 x 45g	1.89	GV
KB708	Protein Cocoa Hazelnut	16 x 45g	1.89	GV
KB707	Protein Peanut Butter	16 x 45g	1.89	GV
	<b>NUGO</b>			
	Protein			
KB376	D/Mint Choc Chip Protein Bar	12 x 50g	2.55	VG
KB871	Dark Chocolate Pretzel	12 x 50g	2.55	GV
	<b>PULSIN'</b>			
WS040	Brownie Double Choc Dream	18 x 35g	1.29	GSV
KB723	Chocolate Hazelnut Brownie	18 x 35g	0.99	GV
WS049	Double Choc Fudge Brownie	18 x 35g	1.29	GSV
	Keto Bars			
KB414	Almond Salted Caramel Keto Bar	18 x 50g	1.99	GV
KB784	Choc Fudge & Peanut Keto Bar	18 x 50g	1.99	GV
KB483	Choc Mint & Peanut Keto Bar	18 x 50g	1.99	GV
KB490	Choc Orange & Peanut Keto Bar	18 x 50g	1.99	GV
KB404	Raspberry Choc Chip Keto Bar	18 x 50g	1.99	GV
	Protein Boosters			
KB727	Caramel Choc & P'nut Booster	18 x 50g	2.49	GV

code	product	size	rrp	bfgosv
KB090	Maple & Peanut Protein Bar	18 x 50g	1.99	GV
KB148	Peanut Choc Protein Bar	18 x 50g	1.99	GV
KB706	Vanilla Choc Chip Protein Bar	18 x 50g	1.99	GV
	Raw Choc Brownie			
WS056	Peanut Choc Chip Raw Brownie	18 x 35g	1.19	GSV
	<b>RHEAL</b>			
	Energy Bar			
KB635	Banana Bread	12 x 50g	1.99	GV
KB637	Hazelnut Cacao	12 x 50g	1.99	GV
KB636	Peanut Butter	12 x 50g	1.99	GV
	Energy Bars			
KB626	Blueberry Muffin Bar	12 x 50g	1.99	GV
	<b>SQUIRREL SISTERS</b>			
KB422	Cacao Brownie Snack Bars	16 x 40g	1.29	GV
KB426	Peanut Caramel Snack Bar	16 x 40g	1.35	GV
KB432	Peanut Raspberry Snack Bar	16 x 40g	1.35	GV
	<b>TREK</b>			
KB097	Chocolate Orange	16 x 55g	2.49	GV
KB450	Peanut Butter Flapjack	16 x 50g	1.19	GSV
KB941	Salted Caramel Flapjack	16 x 50g	1.19	GSV
ZX738	Smooth Lemon	16 x 50g	1.19	GSV
	FLAPJACKS			
KB499	Cocoa and oat protein flapjack	16 x 50g	1.19	GVS
KB500	Cocoa coconut protein flapjack	16 x 50g	1.19	GVS
KB505	Original oat protein flapjack	16 x 50g	1.19	GVS
	Power			
KB663	Millionaire Shortbread	16 x 55g	2.49	GV
KB662	Peanut Butter Crunch	16 x 55g	2.49	GV
	TREK BARS			
KB722	Cocoa Chaos	16 x 55g	1.39	GV
KB725	Peanut Power	16 x 55g	1.39	GV
	<b>VIVE</b>			
	Better Brownie			
BT409	Cherry Bakewell	15 x 40g	1.35	GSV
BT410	Chocolate Orange	15 x 40g	1.50	GSV
BT411	Creamy Coconut Cashew	15 x 40g	1.35	GSV
	<b>SOFT DRINKS</b>			
	<b>BELVOIR</b>			
JU795	Elderflower Presse	12 x 250ml	1.95	GSV
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
JU554	Raspberry Lemonade	12 x 250ml	1.75	GSV
	750ML Bottles			
JU629	Cucumber & Mint Presse	6 x 750ml	4.10	GSV
JU236	Elderflower & Rose Presse	6 x 750ml	4.10	GSV
JU041	Elderflower Light Presse	6 x 750ml	3.69	GSV
JU674	Elderflower Presse	6 x 750ml	4.10	GSV
JU792	Elderflower Presse	6 x 750ml	4.45	GOSV
JU782	Freshly Squeezed Lemonade	6 x 750ml	4.10	GSV
JU780	Ginger Beer	6 x 750ml	4.10	GSV
JU813	Ginger Beer	6 x 750ml	4.49	GOSV
	<b>DALSTON'S</b>			
	Cans			
JU163	Cherryade	24 x 330ml	1.19	GV
JU166	Fizzy Elderflower	24 x 330ml	1.19	GV
JU772	Fizzy Rhubarb	24 x 330ml	1.19	GV
JU162	Ginger Beer	24 x 330ml	1.19	GV
JU155	Pineapple	24 x 330ml	1.19	GV
JU023	Raspberry Prebiotic Soda	24 x 250ml	1.99	GV
JU027	Tropical Prebiotic Soda	24 x 250ml	1.99	GV
	<b>DASH WATER</b>			
JU110	Sparkling Peach	12 x 330ml	1.29	GV
	<b>FENTIMANS</b>			
	275ML Range			
JU008	Cherry Cola	12 x 275ml	2.25	GSV
JU625	Curiosity Cola	12 x 275ml	2.25	GSV
JU908	Dandelion & Burdock	12 x 275ml	2.25	GSV
JU463	Gently Sparkling Elderflower	12 x 275ml	2.25	GSV
JU346	Ginger Beer	12 x 275ml	2.25	GSV
JU354	Mandarin Seville Orange Jigger	12 x 275ml	2.25	GSV

code	product	size	rrp	bfgosv
JU344	Raspberry Lemonade	12 x 275ml	2.25	GSV
JU618	Rose Lemonade	12 x 275ml	2.25	GSV
JU435	Victorian Lemonade	12 x 275ml	2.25	GSV
	750ML Range			
JU573	Curiosity Cola	6 x 750ml	4.89	GSV
JU280	Ginger Beer	6 x 750ml	4.89	GSV
JU455	Rose Lemonade	6 x 750ml	4.89	GSV
	Cans			
JU366	Ginger Beer	12 x 250ml	1.95	GSV
JU300	Rose Lemonade	12 x 250ml	1.95	GSV
	Mixer Range			
JU161	Pink Grapefruit Tonic Water	8 x 500ml	3.45	GSV
JU207	Premium Indian Tonic Water	8 x 500ml	2.55	GSV
	<b>FEVERTREE</b>			
JU387	Tonic Water	6 x 4x200ml	5.65	GSV
	<b>GUSTO</b>			
JU376	Naturally Slim Cola	12 x 275ml	2.15	FGV
JU353	Organic Real Cola	12 x 275ml	2.15	FGOV
	<b>HIP POP</b>			
	CBD Kombucha			
JU099	CBD Blood Orange & Grapefruit	12 x 330ml	2.29	GSV
JU098	CBD Cherry & Blackberry	12 x 330ml	2.29	GSV
JU094	CBD Passionfruit Guava	12 x 330ml	2.29	GSV
	<b>HULLABALOO DRINKS</b>			
JU154	Pure Apple Juice	12 x 250ml	1.89	GSV
JU153	Still Citrus Lemonade	12 x 330ml	1.89	GSV
JU134	Still Elderflower Presse	12 x 330ml	1.89	GSV
JU135	Still Ginger Beer	12 x 330ml	1.89	GSV
JU146	Still Lime & Mint Lemonade	12 x 330ml	1.89	GSV
JU106	Still Original Lemonade	12 x 330ml	1.89	GSV
JU122	Still Raspberry Lemonade	12 x 330ml	1.89	GSV
JU271	Still Wild Berry Presse	12 x 330ml	1.89	GSV
	<b>JARR KOMBUCHA</b>			
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
	<b>JAX COCO</b>			
JU100	Coconut Water Pure	4 x 6 x330ml	12.59	VG
	<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>PUNCHY</b>			
JU089	Blood Orange,Bitters&Cardamom	12 x 250ml	1.89	GSV
JU096	Cucumber, Yuzu and Rosemary	12 x 250ml	1.89	GSV
JU313	Hydration Drink - Blueberry	12 x 330ml	2.15	GSV
JU307	Hydration Drink - Mango	12 x 330ml	2.15	GSV
JU086	Peach, Ginger & Chai Spice	12 x 250ml	1.89	GSV
	<b>TRIP</b>			
	Lightly Sparkling			
JU362	Elderflower & Mint CBD Drink	12 x 250ml	1.99	GV
JU374	Lemon & Basil CBD Drink	12 x 250ml	1.99	GV
JU378	Peach & Ginger CBD Drink	12 x 250ml	1.99	GV
	<b>SOUPS</b>			
	<b>FREE &amp; EASY</b>			
VF302	Broccoli & Kale	6 x 400g	2.39	GOV
VF096	Butternut Squash & Ginger - Og	6 x 400g	2.39	GOV
VF297	Butternut,Sweet Potato,Turmerc	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
	<b>SOUPS (CHILLED)</b>			
	<b>TIDEFORD ORGANIC VEGAN FOODS</b>			
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

code	product	size	rrp	bfgosv
<b>YEO VALLEY</b>				
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
<b>SUGARS &amp; SYRUPS</b>				
<b>BILLINGTONS</b>				
LJ057	Sugar - Golden Caster Sugar	10 x 250g	0.95	CVB
<b>BUCKWUD</b>				
HY001	Maple Syrup	6 x 250g	6.65	GOV
HY002	Maple Syrup	6 x 620g	1.99	GV
<b>HILLTOP HONEY</b>				
HY015	Maple Syrup Grade A Amber	5 x 640g	11.99	GV
HY050	Maple Syrup Grade A Dark	5 x 640g	11.99	GV
<b>RAYNERS</b>				
LJ901	Black Treacle - organic	6 x 340g	3.49	GOV
<b>SUPERFOODS &amp; SPORTS NUTRITION</b>				
<b>GRANOVITA</b>				
GT300	Flax Oil - Organic	6 x 260ml	11.75	GOV
<b>LINWOODS</b>				
MD113	Chia Seed	12 x 200g	6.99	GOV
MD109	Flax,Almond,Brazil,Walnut,Q10	12 x 360g	6.99	GV
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
MD112	Flaxseed,Bio Cultures & Vit D	12 x 360g	6.99	GV
MD110	Linwoods Shelled Hemp	12 x 200g	7.45	GV
MD048	Milled Hemp	6 x 200g	4.89	GOV
VM263	Organic Sprouted Range Sprouted Flaxseed	5 x 360g	7.99	GOV
<b>NATURYA</b>				
MD040	Greens Blend Organic	6 x 250g	14.99	FGOV
MD158	Organic Acai Powder	6 x 125g	19.99	GOV
MD216	Organic Cacao Powder F/trade	6 x 250g	6.99	FGVO
MD111	Organic Chia Seeds	6 x 300g	5.99	GOV
MD156	Organic Chlorella Powder	6 x 200g	12.49	GOV
MD153	Organic Cocoa Nibs	6 x 300g	7.99	GOV
MD152	Organic Hemp Protein Powder	6 x 300g	9.99	GOV
MD155	Organic Spirulina Powder	6 x 200g	8.99	GOV
MD067	Organic Turmeric Superblend	6 x 250g	7.99	GOV
MD154	Organic Wheatgrass Powder Gut Feel	6 x 200g	7.99	GOV
MD027	Apple & Cinnamon	6 x 240g	4.99	GV
MD028	Cacao & Maca	6 x 240g	4.99	GV
MD026	Mixed Berry	6 x 240g	4.99	GV
<b>PREWETT'S</b>				
VM020	Organic Ground Flaxseed	6 x 175g	3.49	GOV
<b>PULSIN'</b>				
VM331	Berry Protein Powder	6 x 270g	12.49	GV
VM258	Chocolate Pea Protein Powder	6 x 280g	14.99	GV
VM332	Hazelnut Protein Powder	6 x 280g	12.49	GV
VM093	Hemp Protein Powder	6 x 250g	12.19	GV
VM027	Pea Protein Isolate	1kg	28.15	GV
VM092	Pea Protein Powder	6 x 250g	8.39	GV
VM024	Rice Protein Powder	6 x 250g	9.99	GV
VM095	Soya Protein Powder	6 x 250g	8.45	GV
VM155	Vanilla Faba Bean Powder	6 x 270g	12.99	GV
VM090	Vanilla Keto Protein Powder Supershakes	6 x 252g	24.99	VG
VM304	Cacao & Maca Energy Supershake	6 x 300g	17.59	GV
<b>RHEAL</b>				
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
<b>SQUISHED</b>				
VM068	Rescue Apple Boost	16 x 150g	5.79	GV
VM063	Rescue Blueberry Boost	16 x 150g	5.79	GV
VM070	Strawberry Boost	16 x 150g	5.79	GV

code	product	size	rrp	bfgosv
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>ALLICINMAX</b>				
VM324	Allicin Max Powder Capsules	6 x 30 capsules	8.75	GV
VM325	Allicinmax Powder Capsules	6 x 90 capsules	21.55	GV
VM328	Lesterol Caps	1 x 90 capsules	15.99	GV
<b>AYURVEDIQ WELLNESS</b>				
VM186	Boswellia Serrata	1 x 60 capsules	17.99	GV
VM183	Organic Fenugreek	1 x 120 capsules	19.99	GOV
VM184	Shilajit	1 x 60 capsules	23.99	GV
<b>BIO-KULT</b>				
VM317	Boosted Extra Strength	1 x 30 capsules	27.99	G
VM059	Brighten	1 x 60 capsules	22.19	G
VM330	Candea Advanced Multi-Action	1 x 60 capsules	18.69	G
VM310	Everyday Advanced Formulation	1 x 30 capsules	11.55	G
VM316	Everyday Advanced Formulation	1 x 60 capsules	22.49	G
VM036	Mind- Multi-Action Formulation	1 x 60 capsules	22.19	G
VM306	Pro-Cyan Advanced Multi-Action	1 x 45 capsules	18.69	G
<b>DR VEGAN</b>				
VM339	Ashwagandha KSM-66	1 x 30 capsules	1.99	GOV
VM349	Brain Fuel	1 x 30 capsules	25.99	GV
VM345	Curcumin & Turmeric	1 x 30 capsules	11.99	GOV
VM049	Daily Multi-Vitamin	1 x 60 capsules	17.99	GV
VM347	Debloat & Detox	1 x 60 capsules	18.99	GV
VM080	Fibre Complex	1 x 30 capsules	12.99	GV
VM342	Gut Works	1 x 30 capsules	26.99	GV
VM044	Hair Saviour	1 x 60 capsules	25.99	GV
VM343	Magnesium	1 x 60 capsules	8.99	GV
VM079	Men's ProMulti	1 x 30 capsules	29.99	GV
VM340	MenoFriend	1 x 60 capsules	19.99	GV
VM081	PeriMenoFriend	1 x 30 capsules	19.99	GV
VM373	pH Hero	1 x 30 capsules	29.99	GV
VM372	Screen Eyes	1 x 60 capsules	23.99	GV
VM348	Skin Saviour	1 x 60 capsules	24.99	GV
VM351	Stay Calm	1 x 60 capsules	16.99	GV
VM371	Ultra Energy	1 x 30 capsules	1.99	GV
VM341	Vegan Omega 3	1 x 60 capsules	21.99	GV
<b>FLORADIX</b>				
MD016	Floradix Vitamin B Complex	250ml	14.95	GV
MD006	Kindervital Children's Fruity	250ml	11.79	GV
MD187	Magnesium Liquid	250ml	1.95	G
MD033	Neuro Balance with Ashwagandha	250ml	14.95	GV
MD280	Saludynam Calcium/Magnesium/Zn	250ml	13.75	G
<b>GUT-SMART</b>				
VM082	COOL Digestion Support	90 tablets	2.95	GV
<b>HIGHER NATURE</b>				
Body Health				
VM298	Red Sterol Complex	1 x 90	25.95	GV
Essentials				
VM361	Colloidal Silver	15ml	11.95	GV
Gut Health				
VM040	Citricidal	100ml	29.95	GV
VM302	Citricidal	25ml	9.95	GV
VM300	Pro-Daily	1 x 90	11.95	GV
Immunity				
VM297	Quercetin & Bromelain	1 x 60	17.95	GV
Mind Health				
VM028	Ashwagandha & Rhodiola Complex	1 x 30 capsules	17.95	GV
VM133	Balance For Nerves	1 x 90 capsules	26.95	GV
VM290	L-Theanine	1 x 90	28.95	GV
VM179	Serotone 5-HTP (100mg)	1 x 30 capsules	12.95	GV
<b>HUX</b>				
Hydration				
VM139	Ginger & Lemongrass	1 x 20 tablets	7.99	GOV
VM163	Lemon & Elderflower	1 x 20 tablets	7.99	GOV
VM136	Watermelon	1 x 20 tablets	7.99	GOV
<b>KIKI HEALTH</b>				
Mushrooms				
VM085	Chaga Mushroom Extract	1 x 60 capsules	29.99	GOV
VM087	Cordyceps Mushroom Extract	1 x 60 capsules	27.99	GOV
VM088	Lion's Mane Extract	1 x 60 capsules	24.99	GOV
VM091	Maitake Mushroom Extract	1 x 60 capsules	26.99	GOV
VM120	Multi Mushroom Extract Blend	1 x 60 capsules	29.99	GOV

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VM099	Oyster Mushroom Extract	1 x 60 capsules	25.99	GOV
VM094	Reishi Mushroom Extract	1 x 60 capsules	29.99	GOV
VM098	Shiitake Mushroom Extract	1 x 60 capsules	24.99	GOV
<b>LEPICOL</b>				
VM198	Lepicol Capsules	1 x 180 capsules	21.55	G
VM228	Lepicol Plus Powder	1 x 180g	17.45	G
VM142	Lepicol Powder	1 x 180g	14.35	G
VM195	Lepicol Powder	1 x 350g	21.55	G
VM294	Whole Psyllium Husk Powder	1 x 300g	13.35	G
<b>NATURES AID</b>				
VM083	Bio360 Probiotics Pro-Daily Probiotic	5 x 30 capsules	9.95	GV
	Botanicals			
VM259	Beetroot	60 capsules	9.95	GV
VM267	Spirulina	1 x 90 capsules	1.95	GV
VM291	Turmeric Capsules	30 capsules	1.95	GV
VM292	Turmeric Capsules	60 capsules	19.95	GV
	Effervescent			
VM314	Daily Multivit Effervescent	1 x 20 tablets	5.95	GV
VM315	Immune Effervescent	1 x 20 tablets	4.95	GV
VM318	Magnesium Effervescent	1 x 20 tablets	5.95	GV
VM374	Vitamin C 1000mg Effervescent	1 x 20 tablets	4.45	GV
	MCT			
VM213	MCT Creamer	6 x 225g	19.95	GV
VM003	MCT Oil	6 x 500ml	18.95	FGV
VM227	MCT Oil - Caramel Flavour	6 x 500ml	2.95	GV
VM268	MCT Oil - Hazelnut Flavour	6 x 500ml	2.95	GV
VM215	MCT Oil Sachets	15 x 15ml	19.95	GV
	Minerals			
VM274	Calcium, Magnesium & Vit D3	1 x 90 tablets	9.95	GV
	Vitamins			
VM272	Vitamin B12 1000ug	90 tablets	9.95	GV
VM295	Vitamin D3 1000iu	60 tablets	5.95	GV
<b>NATURES OWN</b>				
	B Vitamins			
VM308	Vitamin B12 Sublingual	1 x 60 tablets	1.20	GV
	Minerals			
VM320	Foodstate Iron	1 x 60 tablets	14.50	GV
	Multi-Formulations			
VM309	Bone Support Formula	1 x 60 capsules	17.35	GV
	Nutritional Support			
VM307	Immune Support	1 x 60 capsules	27.00	GV
<b>PROVEN</b>				
VM116	Fit For School - Chewable	1 x 30	14.95	GV
VM114	Urgent C - Everyday Immune	1 x 30	15.95	G
VM323	Womens Lactobacillus & Bifidus	1 x 30	18.95	GV
	Urgent-C			
VM145	Urgent C Night Time Support	1 x 7	7.99	G
<b>RICOLA</b>				
	Soothe & Clear			
MD001	Honey Herb Bag	12 x 75g	1.65	SG
MD009	Honey, Lemon & Echinacea	12 x 75g	1.65	GS
MD008	Original Bag	12 x 75g	1.65	GSV
<b>SIMPLEE ALOE</b>				
MD025	Aloe Juice Health Supplement	6 x 1l	15.99	GOV
MD041	Aloe Juice Health Supplement	6 x 500ml	9.99	GOV
<b>SOLARAY</b>				
VM230	Chlorophyllin	1 x 60 tablets	19.99	GV
<b>TOGETHER HEALTH</b>				
VM032	Ashwagandha Complex	6 x 30	1.99	GOV
VM022	Beautiful	5 x 60	15.99	GV
VM013	Bio CoQ10	6 x 30	14.99	GV
VM018	Calcium - from seaweed	5 x 60	9.99	GV
VM076	CBD Hemp	5 x 60	19.99	GV
VM358	Chaga Mushroom	5 x 60	25.99	GOV
VM026	Curcumin & Turmeric	6 x 30	9.99	GV
VM033	Gentle Iron	6 x 30	7.99	GV
VM014	Immune	6 x 30	11.99	GV
VM102	Iodine	6 x 30	6.99	GOV
VM078	Joint Aid	6 x 30	1.99	GV
VM356	Lion's Mane Mushroom	5 x 60	25.99	GOV
VM119	Magnesium	6 x 30	6.99	GV

code	product	size	rrp	bfgosv
VM077	Men's Multivitamin	6 x 30	11.99	GV
VM112	Multi Vitamin & Mineral	6 x 30	1.99	GV
VM019	Multibiotic	6 x 30	15.99	GV
VM355	Mushroom 5 Complex	5 x 60	25.99	GOV
VM359	Natural Folate	6 x 30	7.99	GV
VM052	Night Time Marine Magnesium	5 x 60	13.99	GV
VM121	Omega 3 - Algae	6 x 30	13.99	GV
VM025	Pregnancy - Multi Vit & Mins	5 x 60	15.99	GV
VM357	Reishi Mushroom	5 x 60	25.99	GOV
VM050	Stress Aid Vitamin & Mineral	6 x 30	1.99	GV
VM017	Vegan Multi Vitamin & Mineral	5 x 60	12.99	GV
VM021	Vegan Vitamin D3	6 x 30	6.99	GV
VM111	Vitamin B Complex	6 x 30	9.99	GV
VM134	Vitamin B12	6 x 30	8.99	GOV
VM113	Vitamin C with Bioflavonoids	6 x 30	8.99	GV
VM319	Vitamin K2	6 x 30	9.99	GV
VM054	Womens Multivit	6 x 30	1.99	GV

## SWEET SNACKS

### BEAR

ZX529	Yoyo Pure Fruit Rolls - Mango	18 x 20g	0.69	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	18 x 20g	0.69	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	18 x 20g	0.69	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry	18 x 20g	0.69	GV
	Bites			
ZX336	Blackcurrant and Beetroot	4 x 5 x 18g	3.19	GV
ZX333	Strawberry and Butternut	4 x 5 x 18g	3.19	GV
	Fruit Splits			
ZX632	Splits Pineapple & Raspberry	8 x 100g	3.90	GV
ZX623	Strawberry & Apple	8 x 100g	3.90	GV
	Fruit Treasures			
ZX649	Fruit Treasure's Berry	4 x 100g	2.99	GV
ZX646	Fruit Treasure's Tropical	4 x 100g	2.99	GV
	Giant Yoyo			
ZX063	Giant Yoyo -Strawberry/Mango	6 x 5 x 20g	3.49	GV
ZX067	Giant Yoyo-Apple/Blackcurrant	6 x 5 x 20g	3.49	VG
	Yoyo Sours			
ZX448	Strawberry & Apple	18 x 20g	0.55	GV
	Yoyos in multipacks			
ZX570	Yoyos - Banana Multipack	6 x 5 x 20g	3.90	GV
ZX020	Yoyos - Blackcurrant Multipack	6 x 5 x 20g	3.90	GV
ZX014	Yoyos - Mango Multipack	6 x 5 x 20g	3.90	GV
ZX013	Yoyos - Raspberry Multipack	6 x 5 x 20g	3.90	GV
ZX012	Yoyos - Strawberry Multipack	6 x 5 x 20g	3.90	GV

### BIONA

ZX002	Berry Burst Sweets - Organic	10 x 75g	2.90	GOSV
ZX446	Fizzy Peaches	10 x 75g	2.90	GOVS
ZX441	Jelly Dino Sweets - Organic	10 x 75g	2.90	GOSV
ZX911	Mini Fruit Bears	10 x 75g	2.90	GOSV
ZX443	Pomegranate Heart Sweets - Org	10 x 75g	2.90	GOSV

### BUTTERMILK

	Grab Bags			
ZX682	Clotted Cream Fudge	16 x 175g	3.49	GS
ZX684	Cream Tea Fudge	16 x 175g	3.49	GS
ZX683	Double Chocolate Fudge	16 x 175g	3.49	GS
ZX688	Vanilla Vegan Fudge	16 x 175g	3.49	GSV

### CANDY KITTENS

	Small Bags			
ZX645	Sour Watermelon	12 x 54g	1.45	SVG

### COTSWOLD FUDGE CO

ZX064	Vegan Bitterscotch Fudge	12 x 150g	3.80	FGSV
WS202	Vegan Caramel & Sea Salt Fudge	12 x 150g	3.80	GSV
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

### DANDIES

ZX654	Vegan Chocolate Marshmallows	2 x 10 x 105	2.29	GSV
ZX667	Vegan Maple Marshmallow	2 x 10 x 105	2.29	GSV
ZX668	Vegan Vanilla Jumbo Campers	10 x 280g	4.99	GSV
ZX199	Vegan Vanilla Marshmallows	12 x 200g	3.99	GSV
ZX203	Vegan Vanilla Mini Marshmallow	12 x 200g	3.99	GSV
ZX650	Vegan Vanilla Mini Marshmallow	2 x 10 x 105	2.29	GSV

code	product	size	rrp	bfgosv
	<b>FABULOUS FREE FROM FACTORY</b>			
	Bulk - Zero Waste			
ZX782	Choc Covered Crunchee Bites	2 x 5kg		GSV
ZX776	Chocolate Covered Peanuts	2 x 5kg		GSV
	<b>FLOWER &amp; WHITE</b>			
KB744	Strawberry & Banana Mallow Bar	15 x 35g	1.59	G
	<b>FREE FROM FELLOWS</b>			
ZX065	Cola Bottles	10 x 100g	2.90	GV
ZX060	Gummy Bears	10 x 100g	2.90	GV
ZX072	Midget Gems	10 x 100g	2.90	GV
	Boiled Sweets			
ZX321	Cola & Strawberry Lollipops	10 x 60g	2.15	VG
ZX373	Pear Drops	10 x 70g	2.90	GSV
ZX324	Rhubarb and Custard	10 x 70g	2.90	VG
	<b>FREEDOM CONFECTIONERY</b>			
KB292	Gummies Cola	10 x 100g	3.15	GSV
KB282	Gummies Mojis	10 x 100g	3.15	GSV
KB291	Mallow Gems	10 x 100g	4.19	GSV
KB789	Pink & White Mini Marshmallows	10 x 105g	2.90	GSV
KB726	Vegantics - Large Mallows	10 x 105g	2.90	GSV
	<b>JEALOUS SWEETS</b>			
	40g Bags			
ZX238	Grizzly Bears	10 x 40g	1.49	GVS
ZX675	Love Bears	10 x 40g	1.49	GV
ZX229	Tangy Worms	10 x 40g	1.49	SVG
ZX233	Tropical Wonder	10 x 40g	1.49	SGV
	Share Bags			
ZX005	Fizzy Lips Share Bag	10 x 125g	2.99	GSV
ZX466	Grizzly Bears Share Bags	10 x 125g	2.99	GSV
ZX472	Tangy Worms Share Bags	10 x 125g	2.99	GSV
ZX004	Tropical Wonder Share Bag	10 x 125g	2.99	GSV
	Shot Bag			
ZX948	Grizzly Bear Shot Bags	20 x 24g	0.99	GSV
	Shot Bags			
ZX949	Tangy Worms Shot Bags	20 x 24g	0.99	GSV
	<b>NUDDERS</b>			
ZX548	Chocovered Crunchee Bites	12 x 65g	1.85	GSV
ZX175	Chocovered Salty Corn Balls	12 x 55g	1.89	GSV
ZX159	Dairy Free Chocolate Raisins	12 x 65g	1.69	GV
	<b>PENG</b>			
ZX382	Cappuccino Chocolate Chickpeas	6 x 110g	2.99	GSV
ZX383	Coconut Chocolate Chickpeas	6 x 110g	2.99	GSV
ZX379	Fruity Candy Roasted Chickpeas	6 x 110g	2.99	GSV
	<b>PEPPERSMITH</b>			
ZX048	Strawberry Pastilles	12 x 15g	1.59	GV
	Big Packs			
ZX772	Mighty Box Peppermint Mints	18 x 60g	4.39	GV
	<b>RICOLA</b>			
ZX269	Glacier Peppermint -Sugar Free	20 x 45g	1.65	GV
ZX327	Mountain Mint - Sugar Free	20 x 45g	1.65	GV
	<b>TROPICKS</b>			
ZX008	Fruit Balls Mango	8 x 50g	2.90	GOV
ZX023	Fruit Balls Pineapple	8 x 50g	2.90	GOV
ZX003	Fruit Roll Mango	30 x 27g	1.19	GOV
ZX006	Fruit Roll Pineapple	30 x 27g	1.19	GOV
	<b>TABLE SAUCES</b>			
	<b>BIONA</b>			
KJ106	Classic Tomato Ketchup Squeezy	12 x 560g	4.35	GOSV
KJ463	Worcester Sauce	6 x 140ml	4.35	GOSV
	<b>HENDERSON'S</b>			
KJ344	Henderson's Relish	12 x 284ml	2.49	GSV
	<b>HUNTER AND GATHER</b>			
KJ323	Tomato Ketchup Unsweetened	6 x 350g	3.69	GV
	<b>MR ORGANIC</b>			
KJ496	Naturally sweetened Ketchup	6 x 480g	3.79	GOV
	<b>STUBB'S</b>			
KJ073	Hickory Liquid Smoke	12 x 148ml	3.49	GSV
	<b>TEAS</b>			
	<b>CHEERFUL BUDDHA</b>			
TE221	Lion's Mane Mushroom Decaf Tea	6 x 15PK	4.99	GV
TE287	Lion's Mane Mushroom Green Tea	6 x 15PK	4.99	GV



code	product	size	rrp	bfgosv
	<b>CLIPPER</b>			
	Pack 40			
TE172	English Breakfast Tea Organic	6 x 40 bags	3.45	FGOV
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			
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
	<b>HAMPSTEAD TEA</b>			
	Looseleaf			
TE677	English Breakfast	6 x 100g	6.49	GOVB
	<b>RHEAL</b>			
VF262	Superfoods Magic Matcha	6 x 120g	34.99	GOV
	<b>T. BUCKWHEAT TEA</b>			
TE197	Buckwheat Teabags	6 x 15 bags	9.99	GV
	<b>TOFU &amp; TEMPEH (CHILLED)</b>			
	<b>BETTER NATURE</b>			
CV763	BBQ Tempeh Pieces	6 x 180g	3.29	GSV
CV766	Mediterranean Tempeh Pieces	6 x 180g	3.29	GV
CV387	Smoky Tempeh	6 x 220g	3.29	GV
	<b>CLEAR SPOT</b>			
CV777	Scrambled Tofu	6 x 200g	3.90	GOV
	<b>DRAGONFLY</b>			
CV393	Organic Marinated Tofu	5 x 300g	3.70	GOV
	<b>IMPULSE FOODS</b>			
CV177	Black Turtle Bean Tempeh	6 x 200g	4.55	GOV
CV178	Chickpea & Chia Tempeh	6 x 200g	4.55	GOV
	<b>TOOTH CARE</b>			
	<b>KINGFISHER</b>			
DY669	Toothpaste Aloe TeaTree Fennel	12 x 100ml	3.69	GV
DY668	Toothpaste Aloe, TeaTree, Mint	12 x 100ml	3.69	GV
DY527	Toothpaste Baking Soda & Mint	12 x 100ml	3.69	GV
DY416	Toothpaste Charcoal Whitening	12 x 100ml	3.69	GV
DY111	Toothpaste Fennel	12 x 100ml	3.69	GV
DY800	Toothpaste Fennel FluorideFree	12 x 100ml	3.69	GV
DY161	Toothpaste Kids Strawberry	12 x 100ml	3.69	GV
DY190	Toothpaste Mint	12 x 100ml	3.69	GV
DY529	Toothpaste Mint Fluoride Free	12 x 100ml	3.69	GV
	<b>VEGAN &amp; OAT MILK</b>			
	<b>ALPRO</b>			
TE004	Almond Barista	12 x 1l	2.95	GSV
SY050	Organic Soya Drink	8 x 1l	2.90	GOV
	<b>BLUE DIAMOND</b>			
SY101	Almond Breeze - Barista Blend	8 x 1l	3.90	GV
SY061	Almond Breeze - Original	8 x 1l	2.39	GSV
SY066	Almond Breeze - Unsweetened	8 x 1l	2.39	GV
	<b>FOOD HEAVEN</b>			
SY245	Chocolate Whipped Spray Cream	12 x 200ml	2.75	GSV
SY168	Heavenly Whipped Spray Cream	12 x 200ml	2.49	GSV
	<b>GLEBE FARM</b>			
SY165	Almond Drink Barista	6 x 1l	2.79	FGV
SY164	Coconut Drink Barista	6 x 1l	2.49	FGV
SY140	Pure Oaty Barista Drink	6 x 1l	2.39	GV
SY162	Pureoaty Creamy and enriched	6 x 1l	2.39	GV
SY161	PureOaty Organic Barista	6 x 1lT	2.59	GOV
	<b>KOKO DAIRY FREE</b>			
SY149	Barista Coconut Milk Drink	6 x 1l	2.25	GSV
SY038	Coconut Milk Drink	12 x 1l	2.15	GSV
SY122	Coconut Milk Drink Unsweetened	6 x 1l	2.15	GV
SY020	Koko Kids Milk Alternative	6 x 1l	2.25	GSV
	<b>ODDLY GOOD</b>			
SY256	Barista Oat Drink	6 x 1l	2.20	GV
SY210	Salted Caramel Barista Oat	10 x 1l	2.75	GSV
SY255	Vanilla Barista Oat Drink	10 x 1l	2.75	GSV
	<b>PLAMIL</b>			
SY009	Organic Soya Milk Heritage	8 x 1l	2.80	VOG

code	product	size	rrp	bfgovs
	<b>PLENISH</b>			
SY206	Oat Barista - Organic	6 x 1l	2.65	GOV
SY170	Oat M*lk - Gluten Free	8 x 1l	2.59	GOV
	<b>RUDE HEALTH FOODS</b>			
SY052	Almond Drink - No Sugars	6 x 1l	2.69	GOV
SY129	Almond Drink - Organic	6 x 1l	2.69	GOV
SY230	Barista Almond	6 x 1l	2.49	GV
SY231	Barista Coconut	6 x 1l	2.49	GV
SY232	Barista Oat	6 x 1l	1.99	GV
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
SY117	Tiger Nut Drink Organic	6 x 1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	6 x 1l	3.85	GOV
	<b>SOJADE</b>			
SY063	Cooking Cream	8 x 500ml	2.39	GOV
SY062	High Protein Drink	8 x 750ml	2.19	GOV
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
	<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
SY069	Sproud Barista	6 x 1l	2.45	GSV
SY057	Sproud Original	6 x 1l	2.45	GSV
	<b>THE BRIDGE</b>			
SY160	Coconut Drink	12 x 1l	2.45	GOV
SY487	Rice Drink - Original	6 x 1l	2.15	GOV
SY452	Rice Drink + Almond	6 x 1l	2.49	GOV
SY008	Rice Drink + Coconut	12 x 1l	2.65	GOV
	Cooking Cream			
SY188	Coconut Cream - Organic	10 x 200ml	1.55	GOV
SY186	Soya Cream - Organic	10 x 200ml	1.19	GOV
	<b>THE COCONUT COMPANY</b>			
SY116	Coconut Milk Powder - Organic	12 x 250g	6.99	GOV
	<b>VEGAN CHEESE</b>			
	<b>APPLEWOOD</b>			
CV615	Smoked Cheese Block	8 x 200g	2.80	GSV
CV618	Smoked Cheese Slices	12 x 200g	3.10	GV
	<b>BUTE ISLAND FOODS</b>			
CV016	Greek Style	6 x 200g	2.45	GV
CV191	Mighty Mature Cheddar Style	6 x 200g	2.45	GV
	Creamy Sheese			
CV308	Creamy Garlic and Herb Spread	6 x 255g	2.65	GSV
CV284	Creamy Onion & Black Pepper	6 x 255g	2.65	GSV
CV315	Creamy Original Spread	6 x 255g	2.65	GSV
	Grated Sheese			
CV165	Grated Mature Cheddar Style	4 x 200g	3.10	GV
CV183	Grated Mozzarella Style	4 x 200g	3.10	GV
	Sheese Bakes			
CV457	Jalapeno Melting Bake	12 x 150g	4.80	GV
CV458	Spring Onion & Garlic Bake	12 x 150g	4.80	GV
	Sliced Sheese			
CV542	Mozzarella Style Slices	10 x 180g	2.65	GV
	<b>GREENVIE</b>			
CV629	Blue Cheese Wedge	10 x 200g	3.59	GV
CV639	Camembert Flavour Block	8 x 200g	3.80	GV
CV620	Cheddar Style Block	8 x 250g	3.30	GV
CV630	Grated Mozzarella Cheese	7 x 150g	2.39	GV
CV598	Grated Parveggio	8 x 100g	1.99	GV
CV595	Greek Style Cheese Block	10 x 200g	2.65	GOV
CV611	Mozzarella Block	8 x 250g	3.30	GV
CV633	Original Cheese Spread	8 x 200g	2.90	GV
CV628	Plant-Based Sour Cream	8 x 200g	3.10	GV
CV631	Smoked Gouda Slices	11 x 180g	2.39	GV
CV600	Vegrill Cheese	8 x 200g	3.30	GSV

code	product	size	rrp	bfqosv
CV638	Vintage Cheddar Cheese	10 x 200g	2.50	GV
	<b>MOZZARISELLA</b>			
CV027	MascaRice Vegan Mascarpone	6 x 150g	3.65	GOV
	<b>VIOLIFE</b>			
	Grated			
CV904	Grated Tex-Mex Cheese	8 x 180g	3.40	GSV
	Specialities			
CV905	Camembert	6 x 150g	3.80	GV
	<b>VEGAN DESSERTS</b>			
	<b>BEAR</b>			
XL067	Mango Ice Lolly Squeezers	8 x 5 x 60ml	3.95	GV
XL064	Strawberry Ice Lolly Squeezers	8 x 5 x 60ml	3.95	GV
	<b>BOOJA-BOOJA</b>			
	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
	<b>VEGAN YOGHURT</b>			
	<b>ALPRO</b>			
CV575	Coconut Soya Yoghurt	6 x 500g	1.95	GV
CV576	Soya Blueberry Cherry Yoghurt	6 x 4 x 125g	2.39	GSV
CV572	Soya Blueberry Yoghurt	6 x 500g	1.95	GSV
CV579	Soya Greek Style	6 x 400g	1.95	GV
CV589	Soya Strwb/Bana/Peach Yoghurt	6 x 4 x 125g	2.39	GSV
	<b>COCOS</b>			
CV892	Mango & Passionfruit	6 x 125g	2.35	GOV
CV013	Mango & Passionfruit Yoghurt	6 x 400g	5.65	GOV
CV014	Mixed Berry Coconut Yoghurt	6 x 400g	5.65	GOV
CV893	Mixed Berry Coconut Yoghurt	6 x 125g	2.35	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
	<b>KOKO DAIRY FREE</b>			
	Coconut Yoghurts			
CV229	Greek Style Yoghurt	6 x 350g	2.20	GV
CV032	Peach & Passionfruit Yoghurt	5 x 2 x 125g	1.95	GSV
CV020	Plain Yoghurt Alternative	6 x 400g	2.20	GSV
CV031	Raspberry Yoghurt Alternative	5 x 2 x 125g	1.95	GSV
CV029	Strawberry Yoghurt Alternative	5 x 2 x 125g	1.95	GSV
CV300	Vanilla Yoghurt	6 x 400g	2.20	GSV
	<b>NUSH</b>			
	Almond Milk Dairy-Free Yoghurt			
CV796	Mango & Passionfruit	6 x 350g	3.50	GV
	<b>SOJADE</b>			
	150g Pots			
CV916	Blueberry 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
CV289	Blueberry Cherry Yoghurt	6 x 400g	2.75	GOV
CV486	Blueberry Yoghurt	6 x 400g	2.45	GOSV
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

code	product	size	rrp	bfgosv
<b>THE COCONUT COLLABORATIVE</b>				
CV508	Mango-Passion Compote Yoghurt	6 x 360g	3.70	GV
CV495	Natural Yoghurt	6 x 350g	3.50	GV
CV825	Natural Yoghurt	6 x 600g	5.30	GV
CV369	Protein Yoghurt	6 x 350g	3.69	GV
CV497	Vanilla Yoghurt	6 x 350g	3.50	GV
<b>VEGETABLES</b>				
<b>COOKS &amp; CO</b>				
KJ078	Sweetie Drop Peppers	6 x 235g	4.29	GV
<b>MERCHANT GOURMET</b>				
VF146	Whole Chestnuts	6 x 180g	3.15	GV
<b>ST DALFOUR</b>				
VF112	Whole Chestnuts	6 x 200g	4.69	GV
<b>VEGETABLES (FROZEN)</b>				
<b>BIO INSIDE</b>				
XL155	Organic Garden peas	12 x 300g	2.20	GOV
XL153	Organic Sweetcorn	12 x 300g	2.50	GOV
<b>NATURAL COOL</b>				
XL183	Broccoli	8 x 300g	3.45	GOVB
XL221	Chips - Oven or Fry	12 x 600g	4.50	BGOV
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
<b>STRONG ROOTS</b>				
XL165	Mixed Root Vegetable Fries	12 x 500g	4.10	GV
XL166	Proper Potato Chips	12 x 750g	4.10	GV
XL162	Sweet Potato Fries	12 x 500g	4.10	GV
<b>VINEGARS</b>				
<b>BRAGG</b>				
KJ324	Apple Cider Vinegar w/Mother	12 x 946ml	11.98	GOV
KJ325	Apple Cider Vinegar w/Mother	12 x 473ml	6.99	GOV
<b>MR ORGANIC</b>				
KJ058	Apple Cider Vinegar	12 x 250ml	2.99	GOV
KJ492	Organic Apple Cider Vinegar	6 x 500ml	3.35	GOV
<b>WINES</b>				
<b>ORANGE WINE</b>				
Austria				
WN023	Winzer Krems Gruner Veltliner	6 x 75cl	15.19	GV
<b>RED WINE</b>				
Chile				
WN055	MontGras Pinot Noir	6 x 750ml	16.90	GOV
France				
WN006	Merlot La Marouette	6 x 75cl	14.89	GOV
WN078	Rouge Sans Sulfite Marouette	6 x 750ml	15.29	GOV
Italy				
WN020	Integro Organic Primitivo	6 x 75cl	13.95	GOV
Spain				
WN050	Amigo de la Tierra Red	6 x 750ml	11.79	GOV
WN232	Tempranillo Camino	6 x 75cl	11.85	GOV
WN080	Tempranillo Finca Fabian	6 x 750ml	12.55	GOV
<b>ROSE WINE</b>				
France				
WN229	Grenache Rose La Marouette	6 x 75cl	15.19	GOV
<b>SPARKLING WINE</b>				
Italy				
WN009	Prosecco Col di Manza	6 x 75cl	23.45	GOVB
Spain				
WN081	Cava Bodegas Enguera	6 x 750ml	16.99	GOV
WN054	Vallformosa Bio Organic Cava	6 x 750ml	17.85	GOV
<b>WHITE WINE</b>				
Chile				
WN016	MontGras Sauvignon Blanc	6 x 75cl	16.90	GOV
France				
WN076	Blanc Sans Sulfite Marouette	6 x 750ml	16.65	GOV
Spain				
WN079	Verdejo Finca Fabian	6 x 750ml	12.55	GOV

code	product	size	rrp	bfgosv
	<b>YEAST EXTRACTS</b>			
	<b>MERIDIAN</b>			
GH160	Yeast Extract + B12 and salt	6 x 340g	4.99	CV
GH098	Yeast Extract +B12, no salt	6 x 340g	4.99	CV
	<b>VEGEMITE</b>			
GH148	Vegemite Gluten Free	8 x 235g	3.35	CV

# Suma

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