

The background is a solid blue color. On the left side, there are large, stylized, abstract shapes in yellow and white. These shapes resemble thick, rounded letters or calligraphic forms, some of which are partially cut off by the edge of the frame. The shapes are arranged in a vertical column, with some overlapping. The overall aesthetic is modern and graphic.

Suma

CO-OPERATIVE SINCE 1977

FAIRTRADE

March April 2025

FAIRTRADE

A bit more about it

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

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

To find out more www.fairtrade.org.uk



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
BAGS, BOXES AND BASKETS				
SIESTA CRAFTS				
NF137	Sari Folding Bag - Recycled	20 x bags	4.79	FV
BAKING SUNDRIES				
ENGEVITA				
LJ144	Organic Yeast Flakes	6 x 100g	6.49	FGOV
LJ143	Yeast Flakes Protein & Fibre	6 x 100g	3.95	FGV
LJ020	Yeast Flakes with Vitamin B12	6 x 100g	4.25	FGV
EPICURE				
LJ084	Mediterranean Peach Halves	6 x 540g	3.29	FGSV
LJ146	Stoneless Sour Cherries	6 x 570g	3.29	FGSV
LJ145	Williams Pear Halves	6 x 540g	3.29	FGSV
GREEN & BLACKS				
Cooks Chocolate				
KB058	Dark Cooking Chocolate-Organic	15 x 150g	4.15	FOS
TAYLOR & COLLEDGE				
LJ115	Vanilla Bean Extract	6 x 100ml	1.55	FOV
VEGO				
KB072	Hazelnut Chocolate Melts	10 x 180g	6.15	OFVS
BISCUITS CRACKERS & CRISPBREAD				
IBIS				
BT187	W'grn Salt & Pepper Rice Cake	12 x 130g	1.89	FOV
BT179	Wholegrain Salted Rice Cake	12 x 130g	1.89	FOV
BT182	Wholegrain Unsalted Rice Cake	12 x 130g	1.89	FOV
BODY CARE				
DR BRONNER'S				
DY443	Lavender - Pump Soap	1 x 355ml	14.49	FOV
DY183	Lavender All In One Magic Soap	1 x 240ml	9.99	FOV
DY338	Lavender Castile Liquid Soap 475ml Bottle	1 x 3.8l	79.99	FGOVB
DY191	Almond All In One Magic Soap	1 x 475ml	15.49	FOV
DY198	Baby All In One Magic Soap	1 x 475ml	15.49	FOV
DY717	Cherry Blossom Castile Soap	1 x 475ml	15.59	FOV
DY205	Lavender All In One Magic Soap	1 x 475ml	15.49	FOV
DY201	Orange All In One Magic Soap	1 x 475ml	15.49	FOV
DY207	Peppermint AllInOne Magic Soap	1 x 475ml	15.49	FOV
DY715	Rose All In One Magic Soap 945ml Bottle	1 x 475ml	15.49	FOV
DY208	Almond All In One Magic Soap	1 x 945ml	24.99	FOV
DY209	Baby Castile Liquid Soap	1 x 945ml	24.99	FOV
DY213	Lavender Castile Liquid Soap	1 x 945ml	24.99	FOV
DY572	Orange All In One Magic Soap	1 x 945ml	24.99	FOV
DY214	Peppermint Castile Liquid Soap Bar Soap	1 x 945ml	24.99	FOV
DY117	Almond Pure Castile Bar Soap	12 x 140g	6.49	FOV
DY118	Baby Castile Bar Soap	12 x 140g	6.49	FOV
DY123	Lavender Castile Bar Soap	12 x 140g	6.49	FOV
DY119	Orange Castile Bar Soap Hand Sanitiser	12 x 140g	6.49	FOV
DY455	Hand Sanitiser - Lavender	1 x 60ml	5.49	FOV
DY479	Hand Sanitiser - Peppermint	1 x 60ml	5.49	FOV
WELEDA				
Skin Food				
DY814	Skin Food	75ml	15.95	F
DY134	Skin Food Body Butter	150ml	23.99	FVB
DY086	Skin Food Body Lotion	200ml	14.95	FVB
DY181	Skin Food Cleansing Balm	1 x 75ml	13.50	VF
DY133	Skin Food Light	75ml	15.95	F
DY180	Skin Food Night Cream	1 x 40ml	15.95	VF
DY179	Skin Food Nourishing Day Cream	1 x 40ml	15.95	VF
DY189	Skin Food Ultra Light Dry Oil	1 x 100ml	15.95	FVB

code	product	size	rrp	bfgovs
CANDLES, INCENSE & HOLDERS				
GREATER GOODS				
NF119	Display Units With Stock Mother's Incense Fan - Mixed Mother's Vegan Incense	1 x 12 fans	8.99	FV
NF444	Incense Cinnamon & Spice	6 x 12 sticks	2.20	FV
NF440	Incense Frankincense	6 x 12 sticks	2.20	FV
NF441	Incense Patchouli	6 x 12 sticks	2.20	FV
NF367	Sandalwood The Mother's India Incense	6 x 12 sticks	2.20	FV
NF526	Incense - Aditi	5 x 20 sticks	3.85	FV
NF394	Incense - Amrita	5 x 20 sticks	3.85	FV
NF403	Incense - Ganesh	5 x 20 sticks	3.85	FV
NF469	Incense - Lila	5 x 20 sticks	3.85	FV
NF525	Incense - Meera	5 x 20 sticks	3.85	FV
NF412	Incense - Om	5 x 20 sticks	3.85	FV
NF408	Incense - Oudh	5 x 20 sticks	3.85	FV
NF410	Incense - Prem	5 x 20 sticks	3.85	FV
NF402	Incense - Rishi	5 x 20 sticks	3.85	FV
NF065	Incense - Sattva	5 x 20 sticks	3.85	FV
NF411	Incense - Shanti	5 x 20 sticks	3.85	FV
NF393	Incense - Yoga	5 x 20 sticks	3.85	FV
SIESTA CRAFTS				
NF175	Incense Ashcatcher - Elephant	each	2.30	FV
NF285	Satya Sai Nag Champa Incense	12 x 15g	1.25	FV
NF577	Satya Sai Patchouli Incense	12 x 15g	1.25	FV
NF576	Satya Sai Sandalwood Incense	12 x 15g	1.25	FV
NF578	Satya Sai White Sage Incense	12 x 15g	1.25	FV
CEREALS & MUESLIS				
IBIS				
MX048	Wholegrain Rice Pops	6 x 275g	2.99	FOV
MX056	Wholegrain Rice Pops	6 x 275g	3.29	FOSV
CHOCOLATE				
ALTERECO				
KB566	Dark Chocolate 70%	14 x 100g	3.49	FOSV
KB567	Dark Chocolate 85%	14 x 100g	3.49	FOSV
KB561	Dark Chocolate with Almond	14 x 100g	3.49	FOSV
KB568	Milk Chocolate	14 x 100g	3.49	FOS
KB571	Orange Dark Chocolate	14 x 100g	3.49	FOSV
KB572	Salted Caramel Milk Chocolate	14 x 100g	3.49	FOS
BENNETTO				
KB872	70% Dark Chocolate Bar	12 x 80g	3.39	FGOV
KB874	82% Super Dark Bar	12 x 80g	3.89	FGOV
KB875	Coconut Flake Bar	12 x 80g	3.39	FGOV
KB896	Dark Chocolate with Raspberry	12 x 80g	3.89	FGOV
KB880	Dark Coffee Bar	12 x 80g	3.89	FGOV
KB885	Dark Mint Bar	12 x 80g	3.39	FGOV
KB895	Dark Orange with Chilli bar	12 x 80g	3.39	FGOV
KB894	Dark Salted Caramel	12 x 80g	3.39	FGOV
KB900	Dark with Toasted Hazelnuts	12 x 80g	3.39	FGOV
BOOJA-BOOJA				
KB927	Artist's Collection Gift Boxes Fine De Champagne Truffles	3 x 185g	3.59	GFOSV
KB929	Hazelnut Truffles	3 x 185g	3.59	GFOSV
CHOCOLATE AND LOVE				
WS232	100% Dark Ginger Bar	12 x 80g	5.99	FGOSV
WS082	Creamy Dark 55% Chocolate	14 x 80g	5.00	FOS
WS079	Mint 67% Chocolate	14 x 80g	4.75	FOSV
WS081	Orange 65% Chocolate	14 x 80g	4.75	FOSV
WS077	Panama 80% Chocolate Bar	14 x 80g	5.39	FOSV
WS136	Passion Fruit Dark Chocolate	12 x 85g	5.39	FGOSV

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WS078	Pomegranate 70% Chocolate	14 x 80g	5.39	FOSV
WS080	Sea Salt 55% Chocolate	14 x 80g	4.75	FOS
COCOA LOCO				
EASTER 2025				
KB748	72% Dark Chocolate Easter Egg	6 x 225g	14.99	FOSV
KB495	Chocolate Egg & Spoon	6 x 100g	7.49	FOS
KB696	Dark Choc Ginger Easter Egg	6 x 225g	14.99	FOSV
KB704	Dark Chocolate Mini Eggs	6 x 140g	8.49	FOSV
KB716	Dark Chocolate Rabbit	6 x 200g	13.99	FOSV
KB320	Marbled Chocolate Egg	6 x 225g	14.99	FOS
KB300	Marbled Chocolate Rabbit	6 x 200g	13.99	FOS
KB496	Milk & White Chocolate Chicks	6 x 100g	6.99	FOS
KB745	Milk Chocolate Easter Egg	6 x 225g	14.99	FOS
KB363	Milk Chocolate Mini Eggs	6 x 140g	8.49	FOS
WS110	Milk Chocolate Rabbit Lolly	24 x 26g	2.49	FOS
DIVINE				
35g Bars				
ZX286	70% Dark Chocolate	30 x 35g	1.55	FSV
ZX180	Cappuccino Bar Fairtrade	30 x 35g	1.55	FS
ZX499	Milk Chocolate	30 x 35g	1.55	FS
ZX422	Orange Milk Chocolate Bars	30 x 35g	1.55	FS
ZX287	White Chocolate Mini Bar	30 x 35g	1.55	FS
90g Bars				
ZX365	41% Dark Smooth Hazelnut	15 x 90g	4.39	SVF
KB039	60% Dark Pretzel & Caramel	15 x 90g	3.30	FS
ZX498	70% Dark Chocolate	15 x 90g	4.39	FSV
ZX469	85% Dark Chocolate	15 x 90g	4.39	FSV
ZX471	Dark Choc with Ginger & Orange	15 x 90g	4.39	FSV
KB534	Dark Choc with Raspberries	15 x 90g	4.39	FSV
ZX001	Dark Chocolate with Mint	15 x 90g	4.39	FSV
ZX789	Dark Chocolate with Pink Salt	15 x 90g	4.39	FSV
KB459	Milk Choc with Salted Caramel	15 x 90g	4.39	FS
ZX370	Milk Chocolate 45% Cocoa	15 x 90g	4.39	FS
KB364	White Choc with Strawberries	15 x 90g	3.30	FS
Dessert Bars				
ZX647	Dark Chocolate Bakewell Bar	10 x 180g	5.20	FSV
ZX652	Lemon Cheesecake Bar	10 x 180g	5.20	FS
ZX634	Milk Chocolate Tiramisu Bar	10 x 180g	5.20	FS
EQUAL EXCHANGE				
KB698	65% Organic Dark Orange	12 x 100g	4.45	FOSV
KB654	71% Organic Very Dark	12 x 100g	4.45	FOSV
GREEN & BLACKS				
90g Bars				
KB116	70% Dark Chocolate	15 x 90g	3.49	FOSV
KB034	85% Dark Chocolate	15 x 90g	3.49	FOSV
KB796	Dark Choc Hazelnut & Currant	15 x 90g	3.49	FOS
KB132	Dark Chocolate & Ginger	15 x 90g	3.49	FOS
ZX239	Milk Chocolate	15 x 90g	3.49	FOS
KB133	Milk Chocolate & Butterscotch	15 x 90g	3.49	FOS
KB370	White Chocolate	15 x 90g	3.49	FOS
HU				
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
ICHOC ORGANIC CHOCOLATE				
iChoc				
KB922	Classic Style	10 x 80g	3.29	FOSV
KB579	Salty Pretzel	10 x 80g	3.29	FOSV
KB898	White Vanilla	10 x 80g	3.29	FOSV

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MOO FREE				
KB504	Choccy Rocks Bunnycomb Bar	16 x 35g	1.60	FGSV
OMBAR CHOCOLATE				
KB574	100% Cacao Chocolate Bar	10 x 70g	3.65	FGOSV
ZX419	100% Cacao Chocolate Bar	10 x 35g	2.30	FGOV
KB763	72% Cacao Chocolate Bar	10 x 35g	2.30	FGOSV
KB584	90% Cacao Chocolate Bar	10 x 70g	3.65	FGOSV
ZX659	90% Cacao Chocolate Bar	10 x 35g	2.30	FGOSV
KB761	Coco 60% Chocolate Bar	10 x 35g	2.30	FGOSV
KB406	Coco Mylk Chocolate Bar	10 x 35g	2.30	FGOSV
KB960	Oat m'lk Brownie Filled Bar	15 x 42g	1.99	FGOSV
KB959	Oat M'lk Caramel Filled Bar	15 x 42g	1.99	FGOSV
	70g Bars			
ZX951	72% Cacao Chocolate Bar	10 x 70g	3.69	FGOSV
ZX952	Coco Almond Chocolate Bar	10 x 70g	3.69	FSGOV
ZX953	Coco Mylk Chocolate Bar	10 x 70g	3.69	FGOSV
ZX639	Coconut & Vanilla Chocolate	10 x 70g	3.69	FGOSV
ZX403	Hazelnut Truffle Chocolate Bar	10 x 70g	3.69	FGOSV
ZX641	Pistachio Chocolate Bar	10 x 70g	3.69	FGOSV
ZX644	Raspberry & Coconut Choc Bar	10 x 70g	3.69	FGOSV
ZX975	Salt & Nibs Chocolate Bar	10 x 70g	3.69	FSGOV
	EASTER 2025			
KB916	Coco Mylk Easter Egg	6 x 200g	1.69	FGOSV
	Filled Bars			
KB321	Almond Butter Chocolate Bar	15 x 42g	2.40	FGOSV
KB374	Coco Raspberry Chocolate Bar	15 x 42g	2.40	FGOSV
KB359	Coconut Vanilla Chocolate Bar	15 x 42g	2.40	FGOSV
KB355	Hazelnut Truffle Chocolate Bar	15 x 42g	2.40	FGOSV
KB373	Pistachio Cream Chocolate Bar	15 x 42g	2.40	FGOSV
	Oat Mylk			
ZX184	Fruit & Nut	10 x 70g	3.20	FOSV
ZX187	Hazelnut	10 x 70g	3.20	FOSV
ZX155	Salted Caramel Truffle	10 x 70g	3.20	FOSV
ZX192	Smooth & Creamy	10 x 70g	3.20	FOSV
ORGANIC SEED & BEAN COMPANY				
	Large Bars			
KB152	37% Milk Choc Hazel & Almond	10 x 75g	3.95	FOS
KB733	37% Milk Chocolate	10 x 75g	3.95	FOS
KB970	58% Dark Espresso	10 x 75g	3.95	FOSV
KB155	58% Dark Hazelnut	10 x 75g	3.95	FOSV
KB979	58% Dark Lemon & Cardamom	10 x 75g	3.95	FOSV
KB736	70% Dark Chocolate & Sea Salt	10 x 75g	3.95	FOSV
KB743	72% Dark Dominican	10 x 75g	3.95	FOSV
KB767	72% Dark Lavender	10 x 75g	3.95	FOSV
KB772	72% Dark Mandarin & Ginger	10 x 75g	3.95	FOSV
KB200	72% Dark Mint	10 x 75g	3.95	FOSV
ZX126	Sea Salt & Tropical Lime	10 x 75g	3.95	FOS
OXFAM FAIR TRADE				
WS295	Bite To Fight Brazil Nut Bar	35 x 45g	1.69	FSB
WS296	Bite to Fight Brazil Nut Bar	35 x 50g	1.69	FSB
WS300	Bite To Fight Caramel Sea Salt	35 x 47g	1.69	FSB
WS297	Bite To Fight Coffee Cream bar	35 x 45g	1.69	FSB
WS298	Bite To Fight Milk Chocolate	35 x 50g	1.69	FB
WS299	Bite To Fight Praline Bar	35 x 47g	1.69	FSB
WS294	Bite To Fight Salty Corn Bar	35 x 45g	1.69	FSB
TONY'S CHOCOLONELY				
KB004	Caramel S/Salt Almond Pretzel	15 x 180g	4.50	FS
KB741	Dark Creamy Hazelnut Crunch	15 x 180g	4.50	FSV
KB794	Rainbowpack Classics 6 Pack	6 x 1.08kg	24.99	FS
	180g Bars			
KB982	Caramel Rice Crisp Bar	15 x 180g	4.50	FS
ZX337	Dark Choc 51% Almonds&Sea Salt	15 x 180g	4.50	FSV

code	product	size	rrp	bfgosv
ZX345	Dark Chocolate 70%	15 x 180g	4.50	FSV
ZX105	Dark/Milk Choc Pretzel&Toffee	15 x 180g	4.50	FS
KB886	Milk Choc Caramel/Sea Salt	15 x 180g	4.50	FS
ZX091	Milk Chocolate	15 x 180g	4.50	FS
ZX369	Milk Chocolate Hazelnut	15 x 180g	4.50	FS
ZX724	White Chocolate & Raspberry EASTER 2025	15 x 180g	4.50	FS
WS156	Easter Egg Assortment	24 x 150g	5.25	FS
WS157	Easter Eggs Mix Gift Range	8 x 230g	7.30	FS
KB838	Small Bar Tasting Pack Non Grocery Exclusives	12 x 288g	12.50	FS
ZX642	Milk Chocolate Chip Cookie	15 x 180g	4.50	FS
ZX673	Milk Pecan Caramel Crunch Sharing Bags	15 x 180g	4.50	FS
KB863	Littl'Bits Caramel Sea Salt	8 x 100g	3.00	FS
KB864	Littl'Bits Marshmallow Biscuit	8 x 100g	3.00	FS
KB865	Littl'Bits Triple Choc Mix Small Bars	8 x 100g	3.00	FGS
ZX101	Dark Chocolate 51% Almond	35 x 47g	1.49	FSV
ZX612	Milk 32% Almond Honey Nougat	35 x 47g	1.49	FS
ZX111	Milk Choc Caramel & Sea Salt	35 x 47g	1.49	FS
ZX102	Milk Chocolate Sweet Solution Bars	35 x 50g	1.49	FS
ZX994	Milk Caramel Biscuit	15 x 180g	4.50	FS
KB697	Milk Chocolate 32% Nougat	15 x 180g	4.50	FS
ZX996	Milk Creamy Hazelnut Crunch	15 x 180g	4.50	FS
WS032	Milk Crispy Wafer	15 x 180g	4.50	FS
VEGO				
KB669	Chocolate & Rice Crisp Bar	20 x 40g	2.19	FGOV
KB821	Mini Whole Hazel Chocolate Bar	20 x 65g	2.69	FGOSV
WS059	Vego White - Almond Bliss	18 x 50g	2.49	FOVS
KB943	Vegolino Pralines	8 x 180g	7.99	FOSV
KB489	Whole Hazelnut Chocolate Bar	20 x 150g	5.00	FGOSV
CHOCOLATE & SWEET SPREADS				
VEGO				
GH075	Hazelnut Chocolate Spread	6 x 350ml	5.69	FGSV
CLOTHING				
SIESTA CRAFTS				
NF135	Recycled Sari Scrunchie	each	2.30	FV
NF136	Sari Patch Scarf	each	11.00	FV
NF139	Sari Recycled Gift Wrap/Scarf	30 x items	4.35	FV
COCOA				
SUMA PREPACKS - ORGANIC				
LJ189	Cocoa Powder - Organic	6 x 250g	4.85	FOV
CLIPPER				
TE205	Drinking Chocolate	6 x 250g	4.59	FSV
TE188	Instant Hot Chocolate	6 x 350g	4.95	FS
TE196	Instant Hot Chocolate	4 x 1kg	16.90	FS
EQUAL EXCHANGE				
TE491	Hispaniola Cocoa Powder - og	6 x 250g	8.55	FOV
GREEN & BLACKS				
TE453	Cocoa Powder - FT Organic	6 x 125g	4.20	FOV
TE131	Hot Chocolate	6 x 250g	7.50	FGO
COFFEE				
SUMA ORGANIC				
Bulk Packs				
TE103	Colombia Beans	1kg	28.39	FOV
TE656	Espresso Beans	1kg	28.50	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	3.85	FOV
TE109	Honduras Coffee Beans	1kg	24.15	FOV

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TE758	Medium Roast Blend Ground	1kg	24.65	FOV
TE106	Peru Cepicafe Beans	1kg	24.15	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	29.79	FOV
TE113	Swiss Water Decaf Beans	1kg	3.29	FOV
	Roast and Ground Coffees			
TE372	Colombia Ground Coffee	6 x 227g	6.55	FOV
TE374	Ethiopia Yirgacheffe Ground	6 x 227g	7.35	FOV
TE384	Honduras Ground Coffee	6 x 227g	5.95	FOV
TE643	Medium Roast Ground Coffee	6 x 227g	5.75	FOV
TE397	Peru Ground Coffee	6 x 227g	6.25	FOV
TE641	Suma Dark Roast Ground	6 x 227g	5.75	FOV
TE399	Sumatra Ground Coffee	6 x 227g	6.79	FOV
TE400	Swiss Water Decaf Ground	6 x 227g	7.49	FOV
CAFEDIRECT				
	Blend - Roast & Ground			
TE176	Empower Ground Coffee - Smooth	6 x 200g	5.69	FV
TE298	Familia Espresso Ground	6 x 200g	6.15	FV
TE156	Lively Roast Ground	6 x 200g	5.69	FV
	Coffee Bags			
TE321	Machu Picchu Coffee Bags	6 x 10 x 7g	4.99	FV
TE324	Machu Picchu Decaf Coffee Bags	6 x 10 x 7g	4.99	FV
	Instant Coffees			
TE513	Machu Picchu Instant	6 x 100g	7.95	FV
TE377	Machu Picchu Instant Decaf	6 x 100g	7.15	FV
TE449	Mayan Gold Instant	6 x 100g	7.95	FV
TE395	Smooth Roast Instant	6 x 500g	34.89	FV
	Roast Whole Bean Coffee			
TE299	Familia Espresso Beans	6 x 200g	6.15	FV
TE229	Machu Picchu Organic Beans	6 x 750g	16.99	FOV
TE901	Machu Picchu Organic Beans	6 x 200g	5.89	FOV
TE302	Mayan Gold Beans	6 x 200g	5.89	FOV
	Single Origin - Roast & Ground			
TE323	Colombia Ground Coffee	6 x 200g	5.89	FV
TE493	Machu Picchu Decaf Ground	6 x 200g	5.89	FV
TE952	Machu Picchu Organic Ground	6 x 200g	5.89	FOV
TE226	Mayan Gold Ground	6 x 200g	5.89	FOV
CLIPPER				
	Food Service Range			
TE724	Instant - Fairtrade & Organic	4 x 500g	4.85	FOV
TE526	Instant Decaf Organic	4 x 500g	46.35	FOV
	Instant Coffees			
TE422	FT Org Everyday Instant Coffee	6 x 100g	7.45	FOV
TE879	FT Org Super Spec Decaf Coffee	6 x 100g	9.35	FOV
TE739	House Blend	6 x 100g	8.45	FOV
TE076	Rich Roast Instant Coffee FT	6 x 100g	8.45	FOV
	Roast and Ground Coffees			
TE845	Decaffeinated Ground Coffee	8 x 227g	7.45	FOV
TE705	House Blend	8 x 227g	6.35	FOV
TE849	Italian Style Ground Coffee	8 x 227g	6.35	FOV
EQUAL EXCHANGE				
	Roast & Ground Coffees			
TE872	Anytime Medium Roast	8 x 200g	6.15	FOV
TE875	Colombian Excelso	8 x 200g	7.19	FOV
TE874	Dark City	8 x 200g	6.15	FOV
TE325	Dark Roast Decaffeinated	8 x 200g	7.69	FOV
TE870	Decaffeinated	8 x 200g	7.69	FOV
TE867	Ethiopia Yirgacheffe	8 x 200g	7.19	FOV
TE876	Grown by Women	8 x 200g	6.15	FOV
TE866	Italian Blend	8 x 200g	6.15	FOV
	Roast Wholebean Coffees 1kg			
TE896	Espresso	6 x 1kg	25.79	FOV
TE008	Italian Blend	6 x 1kg	25.15	FOV

code	product	size	rrp	bfgosv
TE402	Roast Wholebean Coffees 200g Dark City	8 x 200g	6.15	FOV
TE403	Decaffeinated	8 x 200g	7.69	FOV
TE409	Grown By Women	8 x 200g	6.15	FOV
TE408	Italian Blend	8 x 200g	6.15	FOV
TE371	Medium Roast	8 x 200g	6.15	FOV
GRUMPY MULE				
	Roast & Ground Coffees			
TE286	Columbia Planadas Ground	6 x 200g	5.55	FOV
TE289	Easy Does It Decaff Ground	6 x 200g	6.39	FOV
TE134	Honduras La Labor Ground	6 x 200g	5.55	FOV
TE559	Peru Chiclayo Ground	6 x 200g	5.55	FOV
TE285	Sumatra Mount Gayo	6 x 200g	5.75	FOV
	Roast Wholebean Coffees			
TE718	Columbia Planadas Beans	6 x 200g	5.55	FOV
TE130	Easy Does It Decaff Beans	6 x 200g	6.39	FOV
TE290	Top Notch Beans	6 x 200g	6.90	FOV
	Roast Wholebean Coffees 1KG			
TE416	Dark Peak Espresso Beans	1kg	23.85	FV
TE417	Landscape Espresso Beans	1kg	25.79	FOV
PERCOL				
	Instant Coffees			
TE679	Delicious Decaf	6 x 100g	5.55	FV
TE005	Smooth Colombian	6 x 100g	4.99	FV
	Roast & Ground Coffees			
TE632	Rich Americano Fairtrade	6 x 200g	4.99	FOV
CRISPS & SNACKS				
EAT REAL				
	Hummus Chips - Sharing			
ZX423	Sea Salt & Balsamic Vinegar	10 x 110g	2.30	FSV
DRINKS (CHILLED)				
COCOS				
CV482	Mango & Passionfruit Kefir	6 x 200ml	3.00	FGOV
KARMA				
	Kefir			
CV753	Kefruit Elderflower	6 x 750ml	5.25	FOV
CV752	Kefruit Fig and Lemon	6 x 750ml	5.25	FOV
	Kombucha			
CV318	Apple Kombucha	6 x 1l	6.25	FGOSVB
CV256	Ginger Kombucha	6 x 1l	6.25	FOVB
CV060	Ginger Trilogy Kombucha	6 x 500ml	3.85	FOVB
CV245	Mango Kombucha	6 x 500ml	3.85	FOVB
CV258	Pomegranate Kombucha	6 x 1l	6.25	FOVB
CV259	Sunset Ltd. Edition Kombucha	6 x 1l	6.25	FOVB
	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
FAR EASTERN FOOD				
MANI				
JP164	Garlic with Herbs in Oil	6 x 185g	4.49	FOV
JP163	Mediterranean Mix in Oil	6 x 190g	4.49	FOV
FRUIT - DRIED				
SUMA PREPACKS - ORGANIC				
DR720	Dates -og pitted fairly traded	6 x 250g	2.99	FOV
TROPICAL WHOLEFOODS				
DR200	Fairtrade Organic Mango	14 x 100g	3.19	FOV
ZAYTOUN				
DR189	Medjoul Dates - Palestine	5kg		FV
DR028	Palestinian Medjoul Dates	6 x 500g	13.35	FV
DR164	Palestinian Medjoul Dates	6 x 250g	5.99	FV

code	product	size	rrp	bfgosv
GRAINS				
IBIS				
QS088	Brown Long Grain Jasmine Rice	6 x 1kg	4.45	FOV
QS089	Semi-Milled Jasmine Rice	6 x 1kg	4.45	FOV
QS087	White Long Grain Jasmine Rice	6 x 1kg	4.45	FOV
ZAYTOUN				
QS014	Maftoul Giant Couscous	6 x 200g	3.95	FOV
QS131	Smoky Freekeh	6 x 200g	3.95	FV
GRAVY, STOCK & BOUILLON				
MARIGOLD				
LJ178	Bouillon Reduced Salt	1 x 2kg	22.49	FGV
LJ208	Organic Bouillon	1 x 2kg	23.49	FGOV
LJ253	Organic Reduced Salt Bouillon	1 x 2kg	27.49	FGOV
LJ139	Original Bouillon	1 x 2kg	21.75	FGV
HERB & FRUIT TEA INFUSIONS				
CLIPPER				
TE035	Everyday Infusions Indian Chai	4 x 20 bags	3.90	FGOV
TE148	Food Service Range Chamomile	6 x 25 bags	3.59	FOV
TE166	Peppermint	6 x 25 bags	3.59	FOV
HAMPSTEAD TEA				
TE556	Peppermint Spearmint	4 x 20 bags	3.89	FOVB
TE557	Rosehip Hibiscus	4 x 20 bags	3.89	FOVB
PUKKA				
TE421	Clean Matcha Green	4 x 20 bags	5.90	FOV
TE609	Ginseng Matcha Green	4 x 20 bags	5.90	FOV
TE230	Hero Collection	4 x 30 sachet	13.69	FO
TE490	Mint Matcha Green	4 x 20 bags	5.90	FOV
TE232	Morning Berry	4 x 20 bags	5.90	FOV
TE095	Original (Black Spice) Chai	4 x 20 bags	5.90	FOV
TE542	Supreme Green Matcha	4 x 20 bags	5.90	FOV
TE094	Vanilla Chai	4 x 20 bags	5.90	FOV
TE292	Winter Warmer	4 x 20 bags	5.90	FOV
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
EQUAL EXCHANGE				
HY005	Organic Raw Clear	10 x 500g	8.49	FO
HY004	Organic Raw Set	10 x 500g	8.19	FO
WAINWRIGHT'S				
HY100	Organic Forest Honey - Clear	6 x 380g	4.79	FO
HY099	Organic Forest Honey - Set	6 x 380g	4.79	FO
HOUSEHOLD PRODUCTS				
IF YOU CARE				
NF223	Cleaning Household Gloves - Large	12 xlARgE	4.79	FV
SEEP				
NF037	Rubber Gloves Large	12 x 1 pair	3.95	VF
NF015	Rubber Gloves Medium	12 x 1 pair	3.95	VF
NUT & SEED BUTTERS				
SUMA ORGANIC				
GH135	Peanut Butter, Crunchy + Salt	6 x 340g	4.35	FVO
OILS & FATS				
MANI				
GT068	Extra Virgin Olive Oil	2 x 3 l	12.99	FOV

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ZAYTOUN				
GT056	Olive Oil - Fair Trade	6 x 500ml	19.50	FOV
CT020	Olive Oil - Organic Fairtrade	6 x 250ml	11.39	FOV
GT022	Olive Oil - Organic Fairtrade	6 x 750ml	27.55	FOV
OLIVES				
HELLENIC				
KJ396	Kalamata Pitted Olives	6 x 2kg	21.99	FGOV
MANI				
KJ388	Green Olives with Pink Peppers	6 x 205g	3.99	FOV
KJ386	Mixed Olives With Herbs	6 x 175g	3.99	FOV
KJ385	Mixed Olives With Rosemary	6 x 175g	3.99	FOV
PASTA				
SUMA ORGANIC				
Paper Packaging				
WT019	Tricolore Fusilli Pasta	12 x 500g	2.25	FOV
WT017	White Fusilli Pasta	12 x 500g	1.89	FOV
WT062	White Macaroni Pasta	12 x 500g	1.89	FOV
WT020	White Penne Pasta	12 x 500g	1.89	FOV
WT022	White Spaghetti Pasta	12 x 500g	1.89	FOV
WT035	Wholewheat Fusilli Pasta	12 x 500g	1.89	FOV
WT044	Wholewheat Penne Pasta	12 x 500g	1.89	FOV
WT045	Wholewheat Spaghetti Pasta	12 x 500g	1.89	FOV
SNACK BARS & FLAPJACKS				
TROPICAL WHOLEFOODS				
JUST 5				
KB769	Organic F/T Apricot & Almond Just 5	18 x 40g	1.25	FOV
KB590	Organic F/T Date & Cocoa JUST 5	18 x 40g	1.25	FOV
KB710	Organic F/T Mango & Brazil	18 x 40g	1.25	FOV
SOFT DRINKS				
CHARITEA				
JU598	ChariTTea Black	24 x 330ml	1.59	FOSV
JU597	ChariTTea Green	24 x 330ml	1.59	FOS
JU596	ChariTTea Mate	24 x 330ml	1.59	FOSV
JU595	ChariTTea Red	24 x 330ml	1.59	FOSV
GUSTO				
JU223	Fiery Ginger With Jalapeno	12 x 275ml	2.25	FOV
JU376	Naturally Slim Cola	12 x 275ml	2.25	FGV
JU353	Organic Real Cola	12 x 275ml	2.25	FGOV
JU224	Sicilian Blood Orange	12 x 275ml	2.25	FOV
JU159	Sicilian Lemon with Fresh Yuzu	12 x 275ml	2.35	FOV
KARMA DRINKS				
Cans				
JU617	Gingerella Ginger Ale	24 x 250ml	1.45	FOSV
JU616	Karma Cola	24 x 250ml	1.45	FOSV
JU800	Karma Orangeade	24 x 250ml	1.45	FOSV
JU615	Lemony Lemon	24 x 250ml	1.45	FOSV
JU420	Razza Raspberry Lemonade Glass Bottles	24 x 250ml	1.45	FOSV
JU073	Gingerella Ginger Ale	24 x 300ml	2.15	FOVS
JU075	Karma Cola	24 x 300ml	2.15	FOSV
JU078	Lemony Lemon	24 x 300ml	2.15	FOSV
JU418	Razza Raspberry Lemonade	24 x 300ml	2.15	FOVS
JU302	Summer Orangeade	24 x 300ml	2.15	FOSV
LEMONAID BEVERAGES				
JU592	Lemonaid Blood Orange	24 x 330ml	1.95	FOSV
JU068	Lemonaid Ginger	24 x 330ml	1.95	FOSV
JU587	Lemonaid Lime	24 x 330ml	1.95	FOSV
JU589	Lemonaid Passion Fruit	24 x 330ml	1.95	FOSV

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SUGARS & SYRUPS				
SUMA PREPACKS				
LJ090	Golden Granulated Sugar	6 x 500g	3.69	FV
BULK COMMODITIES - ORGANIC				
LJ217	Caster Sugar Org Fairly Traded	25kg		FOV
EQUAL EXCHANGE				
LJ500	Raw Cane Sugar - organic	10 x 500g	3.85	FOV
MERIDIAN				
HY012	Blackstrap Molasses - Organic	6 x 600g	3.79	FOV
HY300	Blackstrap Molasses - Organic	6 x 350g	2.59	FOV
SUPERFOODS & SPORTS NUTRITION				
NATURYA				
MD040	Organic Green Superblend	6 x 250g	14.99	FGOV
SUPPLEMENTS & REMEDIES				
NATURES AID				
MCT				
VM003	MCT Oil	6 x 500ml	18.95	FGV
SWEET SNACKS				
BEAR				
Yoyos in multipacks				
ZX009	Yoyo-Blueberry&Banana Smoothie	6 x 5 x 20g	3.90	FV
ZX050	Yoyos - Apple Multipack	6 x 5 x 20g	3.90	FV
COTSWOLD FUDGE CO				
ZX064	Vegan Btterscotch Fudge	12 x 150g	3.95	FGSV
ZX463	Vegan Chocolate Fudge	12 x 150g	3.95	FGSV
ZX464	Vegan Seasalt Fudge	12 x 150g	3.95	FGSV
ZX465	Vegan Vanilla Fudge	12 x 150g	3.95	FGSV
TEAS				
CLIPPER				
Food Service Range				
TE178	Fairtrade Everyday	6 x 100 bags	7.99	FV
TE448	Fairtrade Everyday One Cup Bag	1120 bags	36.47	FV
TE726	Fairtrade One Cup Teabags	440 bags	17.32	FV
Food Service Range - 250's				
TE152	Earl Grey	250 bags	28.57	FOV
TE451	Speciality English Breakfast	250 bags	28.57	FOV
Food Service Range - 6 X 25's				
TE150	Earl Grey	6 x 25 bags	3.45	FOV
TE161	Green Tea	6 x 25 bags	3.59	FOV
Green Tea 20's				
TE990	Green Tea with Lemon Organic	6 x 20 bags	3.50	OFV
TE989	Organic Pure Green Tea	6 x 20 bags	3.50	OFV
Pack 40				
TE154	Decaffeinated Green	6 x 40 bags	4.35	FOV
TE151	Decaffeinated Tea	6 x 40 bags	4.15	FOV
TE158	Earl Grey Decaff	6 x 40 bags	4.15	FOV
TE172	English Breakfast Tea Organic	6 x 40 bags	3.45	FGOV
TE983	FT Organic Assam	6 x 40 bags	2.95	FOV
TE177	FT Organic Earl Grey	6 x 40 bags	3.39	FGOV
TE168	FT Organic Everyday Tea	6 x 40 bags	3.39	FGOV
TE182	FT Organic Green Tea	6 x 40 bags	3.59	FGOV
TE183	FT Organic White Tea	6 x 40 bags	3.69	FGOV
Pack 80				
TE164	Decaffeinated Tea	4 x 80 bags	7.15	FOV
TE053	Earl Grey	6 x 80 bags	4.79	FOV
TE507	English Breakfast Organic	4 x 80 bags	4.79	FGOV
TE189	FT Organic Everyday Tea	4 x 80 bags	4.65	FGOV
TE190	FT Organic Green Tea	4 x 80 bags	4.99	FGOV
Super Green Teas				
TE379	Reviving Organic Green Tea	4 x 20 bags	3.50	FOV

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HAMPSTEAD TEA				
TE939	Clean Green	4 x 20 bags	3.89	FOV
TE936	Divine Earl Grey	4 x 20 bags	3.99	FOV
TE932	English Breakfast	4 x 20 bags	3.99	FOV
TE935	Pure Darjeeling	4 x 20 bags	3.89	FOV
PUKKA				
TE213	Elegant English Breakfast	4 x 20 bags	5.90	FOV
TE214	Gorgeous Earl Grey	4 x 20 bags	5.90	FOV
QI				
TE505	Clarity Tea	6 x 32g	3.69	FOV
TE503	Detox Green Tea	6 x 40g	3.29	FOV
TE582	Fairtrade Ginger Green Tea	6 x 40g	2.99	FOV
TE485	Fairtrade Green Tea	6 x 25 bags	2.49	FOV
TE114	Fairtrade White Tea	6 x 25 bags	2.79	FOV
TE112	Green Tea & Jasmine	6 x 25 bags	3.99	FOV
TE257	Green Tea and Matcha Loose Leaf	6 x 40g	2.99	FOV
TE819	Fairtrade Chun Mee Tea	6 x 100g	3.49	FOV
TE200	Green Tea & Jasmine Loose Leaf	6 x 100g	6.90	FOV
TE499	Gunpowder Loose Leaf Tea	6 x 100g	4.29	FOV
TOMATOES & TOMATO PRODUCTS				
ORGANICO				
KJ010	Sundried Tomatoes - og	5 x 190g	4.25	FOV
TOOTH CARE				
DR BRONNER'S				
DY544	Peppermint Toothpaste	1 x 105ml	8.95	FV
DY629	Spearmint Toothpaste	1 x 105ml	8.95	FV
VEGAN & OAT MILK				
GLEBE FARM				
SY165	Almond Drink Barista	6 x 1l	2.79	FGV
SY164	Coconut Drink Barista	6 x 1l	2.49	FGV
VEGETABLES				
ORGANICO				
KJ016	Artichoke Hearts - og	5 x 190g	4.95	FOV
WINES				
RED WINE				
Chile				
WN030	Pico a Pico Merlot Carmenera South Africa	6 x 75cl	11.35	FV
WN114	Running Duck Cab. Sauvignon	6 x 75cl	12.65	FOV
WN197	Running Duck Merlot	6 x 75cl	12.35	FOV
WN196	Running Duck Pinotage	6 x 75cl	12.65	FOV
WN116	Running Duck Shiraz	6 x 75cl	12.35	FOV
WN138	Stellar Organics Merlot	6 x 75cl	12.65	FOV
ROSE WINE				
South Africa				
WN118	Running Duck Shiraz Rose	6 x 75cl	12.90	FOV
WHITE WINE				
Chile				
WN032	Pico a Pico Sauvignon Blanc South Africa	6 x 75cl	11.59	FV
WN008	Running Duck Chenin Blanc	6 x 75cl	12.90	FOV
WN115	Running Duck Chenin Sauv Blanc	6 x 75cl	12.35	FOV
WN019	Stellar Org. Sauvignon Blanc	6 x 75cl	12.90	FOV

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