

The background features a dark, textured surface with large, stylized, yellow abstract shapes. These shapes include thick, curved lines, circles, and teardrop-like forms, creating a modern, graphic design. The shapes are scattered across the page, with some appearing as large, dominant elements and others as smaller accents.

Suma

CO-OPERATIVE SINCE 1977

CATERING

May June 2025

CATERING

A bit more about it

This list is made up of the bulk quantities of fine foods used by restaurants, cafes, hotels and other caterers. It includes bulk coffee, cheese, oil, flour, herbs, spices and other cooking ingredients. This catering list covers all your dry store needs, chilled and frozen foods too. From ingredients to soft drinks, cleaning products to dairy-free milks, all clean label, with no undesirable additives.

Suma has a broad customer base. We supply delis, wholefood shops, restaurants, cafes, caterers, farm shops and many more, the diverse nature of who we supply means that we have a huge choice of wholesome, natural products for food lovers everywhere.

If you are not a caterer but just want to stock up on a larger size of your favourite Suma products, this is the list for you.



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	price	bfgosv
ALCOHOL FREE AND LOW ALCOHOL BEVERAGES				
ALT				
JU226	Blanc de Blancs 0% Sparkling	750ml	48.61	SV
ALCOHOLIC DRINKS				
HOLLOWS				
	From Fentimans			
RT017	Superior Alcoholic Ginger Beer	500ml	18.50	CVS
BAGS, BOXES AND BASKETS				
SUMA				
	Plastic Free Cellophane Bags			
NF487	Cellophane Bags - Large	1000 bags	89.35	V
NF477	Cellophane Bags - XLarge	1000 bags	129.75	V
BAKING SUNDRIES				
SUMA				
LJ039	Baking Powder - Gluten Free	200g	12.83	GV
LJ019	Cornflour	500g	10.31	V
LJ040	G/Free Bicarbonate of Soda	200g	9.86	GV
GT028	Gluten Free Vegetarian Suet	250g	16.88	CV
LJ223	Gluten Free Xanthan Gum	100g	18.20	GV
SUMA BAGGED DOWN				
GT032	Gluten Free Vegetarian Suet	2kg	11.49	GV
DOVES FARM				
LJ168	Baking Powder Bulk	1kg	19.30	GV
LJ166	Cornflour Bulk	1kg	20.24	GOV
LJ423	Quick Yeast	8 x 125g	23.64	GV
LJ165	Xanthan Gum	1kg	50.78	GV
FERMIPAN				
LJ061	Dried Yeast	500g	115.72	V
GREEN & BLACKS				
	Cooks Chocolate			
KB058	Dark Cooking Chocolate-Organic	150g	46.64	FOS
LAHDE				
HE225	Baking Powder	1kg	7.05	V
HE299	Bicarbonate of Soda	1kg	2.95	V
MONTEZUMA'S				
	Cooking Chocolate			
KB052	Dark Couverture	3kg	82.16	GOSV
KB060	Milk Couverture	3kg	82.16	GOS
ORGRAN				
LJ656	Egg Replacer	200g	20.10	GV
PLAMIL				
	Drops in 1kg bags			
KB651	Baking Chocolate	1kg	20.72	GSV
KB652	Organic Baking Chocolate	1kg	23.56	GOSV
KB658	Organic Rich Chocolate	1kg	25.29	GOSV
STEENBERGS				
LJ116	Almond Extract	100ml	33.00	V
LJ117	Orange Flower Water Organic	100ml	18.85	OV
LJ085	Rose Water Organic	100ml	18.85	OV
TAYLOR & COLLEDGE				
LJ115	Vanilla Bean Extract	100ml	47.38	FOV
LJ113	Vanilla Bean Paste	65g	71.38	SOV
VIVANI ORGANIC CHOCOLATE				
KB408	Dark Cooking Chocolate	200g	44.86	OSV
BEANS & PULSES - CANNED				
SUMA				
VF707	Borlotti Beans	400g	8.55	V

code	product	size	price	bfgosv
VF119	Butter Beans	400g	8.55	V
VF709	Cannellini Beans	400g	8.55	V
VF117	Chickpeas	400g	8.55	V
VF118	Red Kidney Beans	400g	8.55	V
SUMA ORGANIC				
VF675	Aduki Beans - organic	400g	11.62	OV
VF645	Butter Beans - organic	400g	13.12	VO
VF395	Cannellini Beans - organic	400g	11.62	OV
VF642	Chickpeas - organic	400g	11.62	VO
VF647	Green Lentils - organic	400g	11.62	VO
VF644	Haricot Beans - organic	400g	11.62	VO
VF649	Mixed Beans - organic	400g	11.62	VO
VF643	Red Kidney Beans - organic	400g	12.12	VO
	Baked Beans			
VF550	Baked Beans - organic	400g	13.00	OSV
VF750	Baked Beans - Organic	2.65kg	35.05	OSV
	Catering Size			
VF900	Black Beans - organic	2.6kg	22.49	OV
VF785	Chickpeas - organic	2.6kg	22.49	OV
BIONOVA				
VF495	Baked Beans - organic	350g	13.33	OSV
BEANS & PULSES - DRIED				
SUMA BAGGED DOWN				
PU026	Beluga Lentils	3kg	11.75	V
PU147	Black Turtle Beans	3kg	8.55	V
PU015	Blackeye Beans	3kg	9.85	V
PU030	Butter Beans	3kg	11.89	V
PU041	Cannellini Beans - Alubia	3kg	9.55	V
PU019	Chickpeas	10kg	23.49	V
PU143	Chickpeas	3kg	6.95	V
PU055	Kidney Beans - red	3kg	10.35	V
PU185	Lentils - brown	3kg	8.39	V
PU054	Lentils - Dark Speckled	3kg	8.99	V
PU186	Lentils - green	3kg	9.35	V
PU040	Lentils - red split	10kg	22.49	V
PU137	Lentils - red split	3kg	6.45	V
PU179	Moong Dahl	3kg	11.35	V
PU051	Mung Beans	3kg	8.39	V
SUMA BAGGED DOWN - ORGANIC				
PU212	Aduki Beans - Organic	3kg	13.45	VO
PU031	Black Turtle Beans - Organic	3kg	11.39	OV
PU243	Butter Beans - Organic	3kg	21.99	VO
PU117	Chickpeas - organic	1kg	3.49	VO
PU190	Chickpeas - organic	3kg	8.99	VO
PU162	Green Split Peas - organic	3kg	10.75	VO
PU191	Haricot Beans - organic	3kg	12.29	VO
PU003	Lentils - brown, organic	3kg	9.25	VO
PU171	Lentils - Dark Speckled, org	1kg	5.85	VO
PU172	Lentils - Dark Speckled, org	3kg	15.85	VO
PU193	Lentils - green, organic	3kg	12.25	VO
PU127	Lentils - red split, organic	1kg	3.49	VO
PU194	Lentils - red split, organic	3kg	8.79	VO
PU195	Mung Beans - organic	3kg	13.25	VO
PU192	Red Kidney Beans - organic	3kg	14.69	VO
PU197	Yellow Split Peas - organic	3kg	10.75	VO
BULK COMMODITIES				
PU006	Black Beluga Lentils	25kg	76.64	V
PU150	Black Turtle Beans	25kg	51.80	V

code	product	size	price	bfgosv
PU303	Blackeye Beans	25kg	61.67	V
PU111	Butter Beans (Lima)	25kg	78.50	V
PU016	Cannellini Beans - Alubia	25kg	61.00	V
PU018	Chickpeas	25kg	41.47	V
PU028	Haricot Beans - pea	25kg	48.93	V
PU039	Kidney Beans - red	25kg	64.54	V
PU010	Lentils - brown	25kg	49.00	V
PU082	Lentils - Dark Speckled	25kg	56.96	V
PU022	Lentils - green	25kg	60.16	V
PU081	Lentils - red split	25kg	37.92	V
PU032	Marrowfat Peas	12.5kg	27.92	V
PU175	Moong Dahl	25kg	72.00	V
PU033	Mung Beans	25kg	50.77	V
PU035	Pinto Beans	25kg	54.85	V
PU025	Split Peas - green	25kg	36.93	V
PU047	Split Peas - yellow	25kg	31.60	V
BULK COMMODITIES - ORGANIC				
PU200	Aduki Beans - Organic	25kg	84.77	VO
PU210	Butter Beans, Chinese - org	25kg	151.85	OV
PU220	Cannellini Beans - organic	25kg	94.13	OV
PU140	Chickpeas - organic	25kg	56.40	OV
PU083	Green Split Peas - organic	25kg	68.77	OV
PU052	Haricot Beans - organic	25kg	77.46	VO
PU001	Lentils - brown, organic	25kg	54.89	VO
PU116	Lentils - green	25kg	81.35	VO
PU126	Lentils - red split, organic	25kg	58.00	VO
PU084	Lentils Dark Speckled	25kg	106.50	VO
PU062	Mung Beans - organic	25kg	87.22	VO
PU020	Organic Black Turtle Beans	25kg	74.55	VO
PU061	Pinto Beans - organic	25kg	80.00	OV
PU037	Red Kidney Beans - organic	25kg	98.00	VO
PU057	Soya Beans - organic	25kg	48.68	VO
PU059	Yellow Split Peas - organic	25kg	68.77	OV
BEERS				
SAM SMITHS				
RT008	Organic Pale Ale	550ml	33.26	OV
RT120	Organic Pure Brewed Lager	550ml	33.26	OV
BISCUITS CRACKERS & CRISPbread				
DOVES FARM				
BT092	Digestive Biscuits	400g	25.34	OSV
BT010	Digestives	200g	15.28	OSV
LAZY DAY				
BT019	Chocolate Tiffin	50g	18.00	GSV
BT017	Millionaire Shortbread	50g	18.00	GSV
BT032	Orange Tiffin	50g	18.00	GSV
BT023	Rocky Road	50g	18.00	GSV
BT041	Scottish Shortbread	50g	18.00	GSV
BODY CARE				
ALTER/NATIVE BY SUMA				
20L/5L POS Refill Accessories				
DY484	5l pump - 30ml Dispenser	each	3.35	V
FAITH IN NATURE				
Accessories				
HJ023	Pump for 5ltr Bulk Containers	each	3.93	V
Soap - Loose				
DY050	Loose Soap - Aloe Vera	100g	28.19	V
DY918	Loose Soap - Coconut	100g	28.19	V

code	product	size	price	bfgovs
DY637	Loose Soap - Fragrance Free	100g	28.19	V
DY640	Loose Soap - Grapefruit	100g	28.19	V
DY154	Loose Soap - Hemp	100g	28.19	V
DY005	Loose Soap - Lavender	100g	28.19	V
DY006	Loose Soap - Orange	100g	28.19	V
DY008	Loose Soap - Rosemary	100g	28.19	V
DY239	Loose Soap - Tea Tree	100g	28.19	V
OLIVA				
DY561	Olive Oil Soap - Large Bar	600g	15.06	V
BREADS & BREAD MIXES				
AMAIZIN				
BT329	Organic Tortilla Wraps	240g	34.93	OV
BIONA				
BT135	Pizza Base - 2 Per Retail Pack	300g	22.75	OV
BT422	Spelt Pizza Base - Organic	300g	31.88	OV
BURGERS SAUSAGES & TVP MIXES				
SUMA BAGGED DOWN				
SY097	Burger Mix - Vegan	1kg	13.89	V
VF406	Burger Mix - Vegan	5kg	69.05	V
VF166	Nut Roast Mix	1kg	7.85	GVS
VF157	Nut Roast Mix - Savoury/Vegan	1kg	7.35	VS
SY098	Sausage Mix - Vegan	1kg	12.69	V
VF407	Sausage Mix - Vegan	5kg	61.25	V
SY113	Vegan TVP Mince	1kg	5.99	V
BULK COMMODITIES				
VF404	Burger Mix - Vegan	25kg	300.42	V
VF405	Sausage Mix - Vegan	25kg	260.42	V
SY014	Vegan TVP Mince - Serbia	15kg	61.39	V
CEREALS & MUESLI				
SUMA BULK MUESLI				
MX184	Cranberry Crunch	3kg	13.68	
MX025	Crunchy Apricot Muesli	25kg	77.17	
MX026	Crunchy Apricot Muesli	10kg	33.54	
MX027	Crunchy Apricot Muesli	3kg	10.72	
MX017	Luxury Tropical Muesli	10kg	27.03	V
MX185	Luxury Tropical Muesli	3kg	8.77	V
MX041	Roast Hazelnut Muesli	10kg	28.84	V
MX042	Roast Hazelnut Muesli	3kg	10.09	V
MX032	Simply Muesli Base	20kg	30.72	V
MX033	Simply Muesli Base	10kg	17.90	V
MX034	Simply Muesli Base	3kg	5.94	V
SUMA BULK MUESLI - ORGANIC				
MX130	Deluxe Muesli	3kg	12.46	OV
MX119	Deluxe Muesli - Organic	10kg	40.19	OV
MX052	Muesli - organic	10kg	39.13	VO
MX160	Muesli - organic	25kg	91.30	VO
MX183	Muesli - organic	3kg	12.78	OV
CHOCOLATE				
SUMA BAGGED DOWN - ORGANIC				
KB250	Cacao Nibs - Organic	1kg	23.55	OV
BULK COMMODITIES - ORGANIC				
KB081	Cacao Nibs - Organic	15kg	325.72	OV
COCOA				
SUMA BAGGED DOWN - ORGANIC				
LJ149	Cocoa Powder - Organic	3kg	41.99	FOV
BULK COMMODITIES - ORGANIC				
LJ173	Cocoa Powder Org Fairly Traded	25kg	295.89	FOV

code	product	size	price	bfgov
CLIPPER				
TE196	Instant Hot Chocolate	1kg	49.91	FS
COFFEE				
SUMA ORGANIC				
Bulk Packs				
TE103	Colombia Beans	1kg	21.29	FOV
TE656	Espresso Beans	1kg	21.03	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	23.12	FOV
TE109	Honduras Coffee Beans	1kg	18.11	FOV
TE758	Medium Roast Blend Ground	1kg	18.48	FOV
TE106	Peru Cepicafe Beans	1kg	18.11	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	22.34	FOV
TE113	Swiss Water Decaf Beans	1kg	22.72	FOV
CAFEDIRECT				
Instant Coffees				
TE395	Smooth Roast Instant	500g	157.09	FV
CLIPPER				
Food Service Range				
TE724	Instant - Fairtrade & Organic	500g	122.60	FOV
TE526	Instant Decaf Organic	500g	138.94	FOV
EQUAL EXCHANGE				
Roast Wholebean Coffees 1kg				
TE896	Espresso	1kg	116.14	FOV
GRUMPY MULE				
Roast Wholebean Coffees 1KG				
TE416	High & Mighty Espresso Beans	1kg	17.90	FV
TE417	Landscape Espresso Beans	1kg	19.33	FOV
CONVENIENCE FOODS				
FREE & EASY				
VF125	Bean Cassoulet - og	400g	14.80	GOV
VF116	Chickpea & Bean Tagine	400g	14.80	GOV
VF006	Chickpea / Vegetable Curry	400g	14.80	GOV
VF014	Three Bean Chilli - og	400g	14.80	GOV
SUNITA				
FG601	Polenta - organic	500g	9.62	OV
CRISPS & SNACKS				
SUMA BAGGED DOWN				
ZX332	Bombay Mix	1kg	4.35	V
ZX083	Fruit & Nut Mix	5kg	36.75	V
ZX477	Wasabi Peas - Spicy	1kg	9.95	V
AMAIZIN				
ZX543	Bio Corn Chips Natural	150g	15.24	GOV
ZX429	Natural Corn Chips Value Bag	250g	21.37	OV
BULK COMMODITIES				
ZX033	Bhusu	5kg	17.00	V
ZX034	Bombay Mix	10kg	29.75	V
ZX288	Garlic Gathia	5kg	16.59	V
ZX037	Spiced Roast Chickpeas	2.5kg	8.69	V
ZX038	Spicy Noodles	5kg	16.15	V
ZX087	Trail Mix	10kg	69.95	SV
ZX468	Wasabi Peas - Spicy	10kg	68.00	V
PROPERCHIPS				
Sharing Bag				
ZX426	Barbecue Chips	85g	13.87	GSV
ZX467	Salt & Vinegar Chips	85g	13.87	GSV
ZX430	Sea Salt Chips	85g	13.87	GSV
ZX451	Sour Cream & Chive Chips	85g	13.87	GSV
ZX474	Sriracha Chilli Chips	85g	13.87	GSV

code	product	size	price	bfgosv
PROPERCORN				
	Sharing Bag			
ZX861	Popcorn - Lightly Sea Salted	70g	9.79	GV
ZX862	Popcorn - Salted Caramel	90g	9.50	GSV
ZX431	Popcorn - Sweet	90g	9.78	GSV
ZX860	Popcorn - Sweet & Salty	90g	9.50	GSV
ZX428	Popcorn - Sweet Cinnamon	90g	9.78	GSV
TRAFO				
	Snacks			
BT075	Pretzel Sticks	100g	13.83	OV
DAIRY BUTTER, CREAM & MILK				
CALON WEN				
	The Farmers Co-op			
CV277	Lightly Salted Welsh Butter	250g	69.26	GO
DAIRY CHEESE				
CALON WEN				
	Catering Sizes			
CV066	Creamy Mellow Cheddar Cheese	per kg	12.85	O
CV058	Extra Mature Cheddar Cheese	per kg	12.85	O
CV069	Rossett Red Leicester Cheese	per kg	12.85	O
CYPRESSA				
CV761	Organic Feta Cheese	200g	37.69	O
CV760	Organic Halloumi Cheese	200g	34.48	O
LYE CROSS FARM				
	Catering Sizes			
CV028	Mature Cheddar Cheese	per kg	13.14	O
CV451	Mild Cheddar Cheese	per kg	11.80	O
CV697	Red Leicester Cheese	per kg	12.43	O
DESSERTS				
JUST WHOLEFOODS				
VF067	Jelly, Lemon, Vegan	85g	17.72	SV
VF068	Jelly, Strawberry, Vegan	85g	17.72	SV
VF066	Jelly, Tropical, Vegan	85g	17.72	SV
DESSERTS & PUDDINGS (CHILLED)				
OATLY				
CV827	Creamy Oat	250ml	9.04	V
CV828	Oat Fraiche	200ml	9.20	V
CV698	Whippable Creamy Oat	250ml	11.57	V
FAR EASTERN FOOD				
BIONA				
VF775	Coconut Milk Organic	400ml	10.91	OV
VF772	Creamed Coconut Organic	200g	30.03	OV
BLUE DRAGON				
JP220	Tofu - Firm Silken	349g	23.18	V
YUTAKA				
JP013	Panko Bread Crumbs	180g	11.18	V
FLAKES, BRANS & WHEATGERM				
SUMA BAGGED DOWN				
FX104	Oats - Porridge	10kg	16.95	V
FX063	Wheatgerm	5kg	29.99	V
SUMA BAGGED DOWN - ORGANIC				
FX085	Oats - Porridge - Organic Gluten Free	10kg	25.45	OV
FX033	Oats - Porridge - G/Free - Org	10kg	30.49	GOV
BULK COMMODITIES				
FX504	Oats - jumbo	25kg	28.75	V
FX064	Oats - Jumbo, Gluten Free	20kg	34.78	GV

code	product	size	price	bfgosv
FX010	Oats - Porridge Flakes	25kg	28.75	V
FX061	Oats - Porridge, Gluten Free	20kg	34.78	GV
BULK COMMODITIES - ORGANIC				
FX027	Buckwheat Flakes - Organic	15kg	58.75	OV
FX053	Millet Flakes - Organic	25kg	118.45	VO
FX503	Oats - Jumbo - Organic	25kg	47.92	OV
FX058	Oats - Porridge - G/Free - Org	20kg	46.96	GOV
FX009	Oats - Porridge - Organic	20kg	38.33	OV
FX014	Oats - Porridge - Organic	25kg	47.92	OV
FX057	Oats-Organic Jumbo Gluten Free	20kg	46.96	OV
FX015	Pearl Barley Flakes - Organic	20kg	28.64	OV
FX654	Quinoa Flakes - Organic	15kg	97.78	OV
FX019	Rye Flakes - Organic	20kg	28.40	VO
FX170	Wheat Flakes Organic	20kg	26.53	OV
FLOURS & BREAD MIXES				
SUMA BAGGED DOWN				
FG093	Polenta	5kg	9.25	V
FG033	Potato Starch	2kg	5.85	V
SUMA BAGGED DOWN - ORGANIC				
FG022	Polenta - Organic	3kg	10.55	OV
SUMA PREPACKS				
FG002	Teff Flour - Brown	500g	20.66	V
BULK COMMODITIES				
FG046	Gram Flour	5kg	12.13	V
FG094	Polenta	25kg	30.14	V
FG048	Potato Starch	25kg	46.88	V
FG049	Semolina - fine	25kg	40.83	V
LJ072	Vital Wheat Gluten	25kg	84.58	V
BULK COMMODITIES - ORGANIC				
LJ126	Coconut Flour	25kg	70.86	OV
FG171	Polenta - organic	25kg	64.80	OV
DOVES FARM				
FG069	Fine Plain White Flour	1kg	7.51	OV
FG010	Fine Plain Wholemeal Flour	1kg	6.78	VO
FG522	Gluten Free Brown Bread Flour	1kg	12.36	GV
FG700	Gluten Free Plain White Flour	1kg	11.73	GV
FG520	Gluten Free White Bread Flour	1kg	11.73	GV
FG004	Malthouse Bread Flour	1kg	8.93	OV
FG117	Rice Flour	1kg	9.59	GV
FG115	Self Raising Wholemeal Flour	1kg	6.83	OV
FG997	Speciality Pasta Flour	1kg	9.07	OV
FG116	Stoneground Gram Flour	1kg	11.89	GV
FG072	Strong White Bread Flour	1.5kg	10.31	OV
FG008	Strong Wholemeal Bread Flour	1.5kg	9.49	OV
FG070	White Self Raising Flour	1kg	7.61	OV
FG701	White Self Raising Flour GF	1kg	11.73	GV
	Artisan Flour			
FG082	Einkorn Flour	1kg	14.24	OV
FG011	Khorasan Flour Wholegrain	1kg	17.94	OV
FG016	Rye Flour Wholegrain Organic	1kg	7.56	OV
FG071	Spelt Flour White Organic	1kg	13.76	OV
FG102	Spelt Flour Whole Meal Organic	1kg	11.77	OV
	Bulk			
FG499	Gluten Free Plain White	16kg	32.06	GV
FG052	Gluten Free Self Raising Flour	16kg	32.06	GV
FG005	Maize Flour - organic	25kg	56.07	GOV
FG888	Malthouse Flour - organic	25kg	41.58	OV
FG067	Spelt Flour - organic	25kg	53.80	OV

code	product	size	price	bfgovs
FG020	Strong White Flour	25kg	32.06	VO
FG075	White flour - plain organic	25kg	30.89	VO
FG497	White flour - self raising org	25kg	34.33	OV
FG498	White flour - strong organic	16kg	20.52	OV
FG015	Wholemeal Rye Flour	25kg	20.31	V
FG995	Wholewheat Flour	25kg	28.04	OV
FG007	Wholewheat strong flour org	25kg	28.04	VO
GILCHESTERS ORGANICS				
FG014	Pizza & Ciabatta Wheat Flour	1.5kg	20.87	OV
FG009	Strong 100% Whole Wheat Flour	1.5kg	18.26	OV
FG006	Strong White Wheat Flour	1.5kg	20.26	OV
	Bulk			
FG109	Strong White Flour - S/ground	15kg	29.35	OV
FG108	Wholemeal Flour - Stoneground	15kg	27.17	OV
SHIPTON MILL				
FG876	White Strong Organic Flour	2.5kg	19.63	OV
FG079	Wholemeal Organic Flour	2.5kg	19.90	OV
FRUIT - CANNED & JARRED				
ESSENTIAL TRADING				
KJ263	Mango Chunks in Org Juice	400g	15.33	VO
KJ262	Pineapple Chunks In Org Juice	400g	23.12	VO
KJ260	Tropical Fruits in Org Juice	400g	14.96	VO
FRUIT - DRIED				
SUMA BAGGED DOWN				
DR004	Apple - Rings SO2	5kg	43.45	V
DR293	Apple - Rings SO2	1kg	9.99	V
DR001	Apricots - Chopped SO2	1kg	6.85	V
DR090	Apricots - select SO2	2.5kg	21.75	V
DR168	Apricots - select SO2	1kg	8.79	V
DR122	Apricots - unsulphured	5kg	43.95	V
DR207	Apricots - unsulphured	1kg	9.55	V
DR174	Banana - Whole Chips	1kg	5.19	SV
DR027	Blueberries	1kg	21.49	SV
DR225	Cherries Glace - Dark Red	1kg	9.75	VS
DR058	Cranberries	1kg	7.19	VS
DR092	Cranberries	2.5kg	15.85	VS
DR173	Currants - medium	1kg	7.25	V
DR227	Dates - Chopped	1kg	4.15	V
DR148	Dates - loosepack	5kg	12.95	V
DR183	Dates - loosepack	1kg	3.75	V
DR208	Figs	1kg	11.95	V
DR178	Fruit Cake Mix	1kg	6.15	VS
DR344	Fruit Salad - SO2	1kg	9.95	V
DR169	Ginger	1kg	6.65	VS
DR153	Goji Berries	1kg	11.35	V
DR320	Mango Slices - SO2	1kg	17.69	V
DR228	Mixed Peel - Contains SO2	1kg	5.89	VS
DR209	Papaya	1kg	7.45	VS
DR210	Peaches - SO2	1kg	10.65	V
DR211	Pears - SO2	1kg	10.65	V
DR212	Pineapple - diced, SO2	1kg	7.35	VS
DR103	Prunes - pitted, Ashlock	2.5kg	14.05	V
DR239	Prunes - pitted, Ashlock	1kg	6.45	V
DR667	Raisins - Dark flame	1kg	6.25	V
DR078	Raisins - Thompson Seedless	5kg	28.85	V
DR109	Raisins - Thompson Seedless	2.5kg	14.99	V
DR171	Raisins - Thompson Seedless	1kg	6.75	V

code	product	size	price	bfgosv
DR152	Sultanas - No 9's	5kg	28.35	V
DR216	Sultanas - No 9's	1kg	6.75	V
DR069	Vine Fruit Mix	5kg	24.75	V
DR691	Vine Fruit Mix	1kg	6.35	V
SUMA BAGGED DOWN - ORGANIC				
DR050	Apricots - organic	1kg	13.35	OV
DR082	Apricots - organic	2.5kg	31.75	OV
DR131	Cherries Sour - organic	1kg	19.45	OV
DR219	Cranberries - organic	1kg	11.49	OSV
DR079	Currants - organic	2.5kg	17.59	OV
DR062	Dates - Medjool Organic	1kg	14.15	OV
DR080	Dates - organic	2.5kg	15.45	VO
DR236	Dates - organic	1kg	6.99	OV
DR072	Dates OG pitted fairly traded	1kg	8.45	FOV
DR048	Figs - organic	1kg	14.25	OV
DR105	Figs - organic	2.5kg	33.45	OV
DR026	Ginger - crystallised organic	1kg	8.79	OSV
DR036	Mango - organic	1kg	17.99	OV
DR040	Mulberries White - organic	1kg	9.95	OV
DR052	Prunes, pitted - organic	1kg	12.99	OV
DR081	Prunes, pitted - organic	2.5kg	30.75	OV
DR053	Raisins - organic	1kg	7.89	OV
DR145	Raisins - organic	2.5kg	17.85	OV
DR056	Sultanas - organic	1kg	7.75	OV
DR146	Sultanas - organic	2.5kg	17.45	OV
DR391	Vine Fruit Mix - organic	5kg	32.75	OV
DR423	Vine Fruit Mix - organic	1kg	7.49	OV
BULK COMMODITIES				
DR003	Apple - Rings SO2	10kg	69.48	V
DR008	Apricots - Select SO2	12.5kg	78.14	V
DR010	Apricots - Unsulphured	12.5kg	87.40	V
DR012	Banana - Whole Chips 15lbs	6.80kg	24.92	SV
DR528	Blueberries	10kg	165.83	SV
DR014	Cherries Glace - Bright Red	10kg	66.55	VS
DR013	Cherries Glace - Dark Red	10kg	71.95	VS
DR999	Cranberries - Sliced 25lbs	11.34kg	55.66	VS
DR015	Currants	12.5kg	62.51	V
DR017	Dates - Chopped	10kg	21.61	V
DR018	Dates - Whole Pitted	10kg	18.92	V
DR021	Figs, Whole Lerida	12.5kg	113.47	V
DR022	Ginger - Crystallised	5kg	25.00	VS
DR643	Goji Berries	5kg	41.63	V
DR300	Mango Slices - SO2	12.50kg	178.21	V
DR023	Mixed Peel - Contains SO2	10kg	38.23	VS
DR024	Papaya - Diced & Sweetened	5kg	26.25	VS
DR163	Pears - Halves SO2	12.5kg	104.00	V
DR029	Pineapple - Diced SO2	5kg	28.00	VS
DR801	Prunes - Pitted Ashlock	10kg	43.00	V
DR143	Raisins - Dark Flame	10kg	41.46	V
DR039	Raisins - Thompson Seedless	12.5kg	58.08	V
DR042	Sultanas - Turkey/South Africa	12.5kg	58.08	V
BULK COMMODITIES - ORGANIC				
DR043	Apricots - Organic	12.5kg	130.22	VO
DR869	Banana Chips - Organic	6.8kg	30.60	OSV
DR130	Cherries Sour - Organic	8kg	125.44	OV
DR908	Cranberries - Organic	11.34kg	99.79	OSV
DR111	Currants - Organic	12.5kg	69.17	OV
DR524	Dates - Medjool Organic	3kg	33.22	OV

code	product	size	price	bfgosv
DR986	Dates - Organic Fairly Traded	5kg	30.32	FOV
DR044	Figs, Whole Lerida - Organic	10kg	110.83	OV
DR007	Ginger - Crystallised Organic	5kg	31.65	OSV
DR142	Prunes - Organic	12.5kg	126.30	OV
DR045	Raisins - Organic	12.5kg	70.59	OV
DR046	Sultanas - Organic	12.5kg	68.75	OV

FRUIT & VEGETABLE JUICES

SUNITA

JU129	Orange Juice - organic Foodservice	1l	20.80	OV
JU997	Lemon Juice - E224	5l	14.99	V
JU524	Lime juice	5l	13.25	V

FRUIT (FROZEN)

PACK'D

XL252	Organic Blueberries	300g	41.14	OV
XL133	Organic Raspberries	300g	50.83	OV
XL135	Organic Strawberries	300g	39.11	OV

GRAINS

SUMA BAGGED DOWN

QS141	Black Rice - Nerone	3kg	13.75	V
QS112	Bulgur Wheat	3kg	6.25	V
QS018	Couscous	10kg	31.85	V
QS062	Couscous	3kg	8.29	V
QS032	Couscous - Pearl	3kg	10.35	V
QS078	Rice - arborio (risotto)	5kg	19.75	V
QS005	Rice - basmati, brown	10kg	29.75	V
QS064	Rice - basmati, brown	3kg	9.25	V
QS074	Rice - basmati, white	3kg	9.49	V
QS403	Rice - basmati, white	10kg	30.95	V
QS007	Rice - long grain brown	5kg	11.75	V
QS079	Rice - white pudding	5kg	14.45	V
QS033	Rice - wild	2.5kg	34.95	V

SUMA BAGGED DOWN - ORGANIC

QS040	Buckwheat - unroasted, organic	5kg	16.39	VO
QS030	Bulgur Wheat - Organic	3kg	9.99	VO
QS152	Corn Couscous - Organic	3kg	15.65	VO
QS049	Couscous - wholemeal, organic	3kg	9.49	VO
QS092	Millet - organic	3kg	8.85	OV
QS151	Popcorn - organic	1kg	1.65	VO
QS153	Popcorn - organic	3kg	8.35	VO
QS071	Quinoa, Red - Organic	3kg	18.05	OV
QS028	Quinoa, Tricolour - Organic	1kg	9.05	OV
QS029	Quinoa, Tricolour - Organic	3kg	18.35	OV
QS016	Quinoa, White - Organic	1kg	6.15	OV
QS606	Quinoa, White - Organic	3kg	16.95	OV
QS566	Rice - arborio, organic	3kg	18.99	OV
QS668	Rice - basmati, brown organic	3kg	10.49	VO
QS664	Rice - basmati, white organic	3kg	11.75	VO
QS035	Rice- long grain brown organic	10kg	37.19	VO
QS036	Rice- long grain brown organic	3kg	10.75	VO
QS038	Rice-short grain brown organic	10kg	35.99	VO
QS039	Rice-short grain brown organic	3kg	10.89	VO

BULK COMMODITIES

QS117	Barley Grain - pearl	25kg	32.31	V
QS139	Black Rice - Nerone	25kg	91.67	V
QS990	Bulgur Wheat	25kg	33.14	V
QS017	Couscous	25kg	52.13	V

code	product	size	price	bfgosv
QS031	Couscous - Pearl	25kg	64.58	V
QS125	Rice - Arborio (risotto)	25kg	78.47	V
QS004	Rice - basmati, brown	25kg	56.25	V
QS402	Rice - basmati, white	20kg	48.36	V
QS006	Rice - long grain brown	25kg	42.31	V
QS501	Rice - white pudding	25kg	48.25	V
QS008	Sushi Rice	10kg	18.92	V
QS001	Tapioca - seed pearl	25kg	55.38	V
QS565	Wild Rice 50lbs	22.68kg	261.16	V
BULK COMMODITIES - ORGANIC				
QS116	Buckwheat - unroasted, organic	25kg	59.39	OV
QS250	Bulgur Wheat - Organic	25kg	64.59	OV
QS149	Corn Couscous - Organic	25kg	102.08	OV
QS115	Couscous - wholemeal, organic	25kg	60.83	OV
QS235	Millet - organic	25kg	54.17	OV
QS564	Pearl Barley Grain - Organic	20kg	30.00	VO
QS042	Popcorn - organic	25kg	52.41	OV
QS201	Quinoa - organic	25kg	115.38	OV
QS025	Quinoa Tricolour - Organic	25kg	124.85	OV
QS063	Red Quinoa - organic	25kg	122.00	OV
QS825	Rice - arborio organic	25kg	130.00	OV
QS667	Rice - basmati, brown organic	25kg	65.91	OV
QS666	Rice - basmati, white organic	25kg	73.87	OV
QS034	Rice-long grain brown organic	25kg	68.00	OV
QS037	Rice-short grain brown organic	25kg	68.75	VO
DOVES FARM				
QS047	Wheat grain - organic	25kg	25.60	VO
GRAVY, STOCK & BOUILLON				
MARIGOLD				
LJ238	Bouillon Powder - Organic	500g	34.88	GOV
LJ321	Yeast Free Bouillon Stock Cube	84g	13.50	GOV
HERB & FRUIT TEA INFUSIONS				
CLIPPER				
	Food Service Range			
TE148	Chamomile	25 bags	16.80	FOV
TE455	Lemon & Ginger	25 bags	19.51	OV
TE166	Peppermint	25 bags	16.80	FOV
TE454	Wild Berry	25 bags	19.51	OV
HERBS & SPICES - BULK				
BULK MILLED SPICES - ORGANIC				
HE707	Cassia Cinnamon Ground - OG	500g	8.95	OV
HE735	Ginger Powder Organic	500g	9.25	OV
HE083	Smoked Paprika - OG	1kg	25.60	OV
HE732	Turmeric - Organic	500g	7.32	OV
BULK WHOLE SPICES				
HE021	Peppercorns - black	1kg	13.65	V
HE022	Peppercorns - black	3kg	39.25	V
HE050	Peppercorns - black	25kg	274.89	V
HE207	Tamarind	200g	2.69	V
BULK WHOLE SPICES - ORGANIC				
HE076	Coriander Seeds - OG	1kg	8.38	OV
HE703	Whole Black Peppercorns - OG	500g	12.77	OV
LAHDE				
HE005	Rosemary	500g	4.28	V
	Bulk Herbs			
HE090	Lavender - Scented Herbs	200g	6.19	V
HE100	Mixed Herbs	300g	4.39	V

code	product	size	price	bfgovs
HE093	Oregano	250g	3.91	V
HE096	Sage	300g	5.05	V
HE099	Thyme	500g	5.66	V
	Bulk Milled Spices			
HE036	Arrowroot Powder	1kg	6.36	V
HE039	Cayenne Pepper	700g	7.60	V
HE042	Chilli Powder	700g	7.47	V
HE056	Cinnamon Ground - Cassia	700g	6.76	V
HE044	Coriander	650g	3.05	V
HE045	Cumin	600g	7.68	V
HE049	Ginger Ground	1kg	13.66	V
HE052	Nutmeg Powder	500g	10.28	V
HE235	Paprika - Hungary	800g	8.73	V
HE117	Paprika - Smoked, Spanish	700g	7.45	V
HE401	Pepper - Black Pepper Cracked	1kg	17.39	V
HE054	Turmeric Powder	700g	5.56	V
	Bulk Mixed Spices			
HE074	Sumac	900g	13.80	V
	Bulk Spice Blends			
HE057	Curry Powder - Hot Madras	700g	6.47	V
HE059	Mixed Spices	1kg	8.99	V
	Bulk Whole Spices			
HE003	Caraway Seeds	750g	6.48	V
HE004	Cardamom Pods Green	500g	43.55	V
HE008	Cinnamon Quills	350g	12.86	V
HE010	Coriander Seeds	350g	2.69	V
HE011	Cumin Seeds	750g	10.47	V
ZX100	Liquorice Root	1kg	24.00	V
HE018	Mustard Seeds - Brown	600g	5.81	V
HE019	Mustard Seeds - Yellow	600g	4.19	V
HE020	Nutmeg Whole	500g	17.10	V
HE231	Star Anise - Whole	350g	8.42	V
HE027	Vanilla Pods	10 pack	16.40	V

HERBS & SPICES - PREPACKED

SUMA PREPACKS

	Whole Spices			
HE001	Peppercorns - black	250g	20.48	V

PERSIAN TRADER

HE024	Saffron	125mg	13.41	V
HE037	Saffron	0.5g	31.42	V
HE127	Saffron	1g	31.28	V

HONEY

WAINWRIGHT'S

HY601	Organic Forest Honey - Clear	7lb	25.30	FO
HY602	Organic Forest Honey - Set	7lb	25.30	FO

HOUSEHOLD CLEANING PRODUCTS

ECOLEAF BY SUMA

	20 Litres Bulk			
HJ179	Laundry Liquid-Fragrance Free	20l	47.15	V
HJ343	Liquid Hand Soap-Grapefruit	20l	42.13	V
HJ342	Toilet Cleaner - Fresh Green	20l	30.26	V
HJ077	Washing Up Liquid-Citrus Fruit	20l	29.79	V
	5 Litres Bulk			
HJ181	Bathroom Cleaner	5l	9.69	V
HJ174	Laundry Liquid-Fragrance-Free	5l	14.59	V
HJ124	Liquid Hand Soap-Grapefruit	5l	13.77	V
HJ072	Toilet Cleaner - Fresh Green	5l	8.17	V

code	product	size	price	bfgosv
HJ067	Washing Up Liquid-Citrus Fruit	5l	8.99	V
HJ073	Washing Up Liquid-Orange Blossom Dishwasher Products	5l	8.99	V
HJ161	Dishwasher Tablets - Classic Powders	70 tablets	44.05	V
HJ129	Washing Powder-Concentrated	10kg	27.59	V
BIO D				
	20 Litres Bulk			
HJ215	Fabric Conditioner	20l	33.49	V
HJ144	Laundry Liquid	20l	60.79	V
HJ120	Laundry Liquid Fragrance Free	20l	55.99	V
HJ115	Washing Up Liquid 5 Litres Bulk	20l	30.59	V
HJ312	All Purpose Sanitiser	5l	7.79	V
HJ032	Bathroom Cleaner	5l	7.59	V
HJ608	Fabric Conditioner	5l	9.19	V
HJ233	Floor Cleaner 5L - Concentrate	5l	12.29	V
HJ039	Glass Mirror Cleaner	5l	12.49	V
HJ107	Handwash - Antibacterial	5l	11.69	V
HJ178	Handwash - Geranium	5l	13.79	V
HJ116	Handwash - Lime & Aloe Vera	5l	13.79	V
HJ263	Handwash - Plum & Mulberry	5l	13.79	V
HJ171	Laundry Liquid	5l	18.19	V
HJ177	Laundry Liquid - Concentrate	5l	18.19	V
HJ800	Laundry Liquid Fragrance Free	5l	17.50	V
HJ654	Multi Surface Cleaner	5l	10.69	V
HJ184	Toilet Cleaner	5l	8.79	V
HJ665	Toilet Cleaner	5l	8.79	V
HJ097	Washing Up Liquid	5l	8.10	V
HJ165	Washing Up Liquid	5l	9.59	V
HJ314	Washing Up Liquid Handwash	5l	9.59	V
HJ117	Handwash - Fragrance Free	500ml	15.85	V
HJ119	Handwash - Lime & Aloe Vera Powders	500ml	16.85	V
HJ082	Washing Powder Concentrated	2kg	6.19	V
HJ103	Washing Powder Concentrated Retail	12.5kg	38.59	V
HJ004	Fabric Conditioner	1l	27.25	V
HJ003	Laundry Liquid	1l	46.85	V
CAMBRIDGE TRADITIONAL PRODUCTS				
HJ017	Pure Beeswax	1oz	25.49	
ECOVER				
	5 Litres Bulk			
HJ323	Fabric Conditioner	5l	9.07	V
HJ070	Floor Soap - Porous Surfaces	5l	11.57	V
HJ527	Hand Soap	5l	20.15	V
HJ071	Laundry Liquid - Delicate	5l	15.73	V
HJ030	Laundry Liquid Bio Concentrate	5l	21.58	V
HJ321	Laundry Liquid Non Bio	5l	13.93	V
HJ276	Laundry Liquid NonBio Concentrate	5l	21.58	V
HJ069	Toilet Cleaner	5l	9.99	V
HJ033	Washing Up Liquid	5l	11.39	V
HJ045	Washing Up Liquid Bag in Box Range	5l	11.39	V
HJ084	15L Refill Tap	each	4.99	V
HJ108	All Purpose Cleaner	15l	27.94	V
HJ322	Fabric Conditioner Soft Apple	15l	24.35	V

code	product	size	price	bfgov
HJ102	Laundry Liquid Bio Concentrate	15l	66.04	V
HJ036	Laundry Liquid NonBio C\trate	15l	66.04	V
HJ094	Laundry Liquid Zero	15l	56.50	V
HJ034	Washing Up Liquid	15l	29.17	V
HJ037	Washing Up Liquid	15l	29.17	V
	Dishwasher Products			
HJ132	Dishwasher Tablets Classic	70 tablets	57.25	V
	Zero			
HJ203	Washing Powder Zero	7.5kg	25.91	V
	Zero - 5 Litres Bulk			
HJ133	Laundry Liquid Zero Non - Bio	5l	21.59	V
HJ134	Washing Up Liquid Zero	5l	11.39	V
	FAITH IN NATURE			
	5 Litres Bulk - Household			
HJ028	Washing Up Liquid	5l	18.72	V
	FILL REFILL			
	Fill Pro			
HJ416	Sanitiser	20l	28.57	V
	Fill Raw			
HJ419	Bicarbonate of Soda	10kg	23.37	V
	METHOD			
HJ358	Anti Bac Spray Refill	2l	19.06	V
	Hand Products			
DY071	Gel Handsoap	354ml	12.30	V
DY563	Gel Handsoap	354ml	12.30	V
DY567	Gel Handsoap	354ml	12.30	V
HJ111	Gel Handsoap	354ml	12.30	V
	Hand Soaps - Anti Bacterial			
DY158	Anti Bacterial Handsoap	350ml	14.99	V
DY167	Anti Bacterial Handsoap	350ml	14.99	V
DY166	Anti Baterial Handsoap	350ml	14.99	V
	MINIML			
	20L			
HJ294	White Vinegar	20l	16.50	V
	5L Refills			
HJ231	AntiBac Surface Cleaner Lav.	5l	8.29	V
HJ279	Fabric Conditioner Fresh Linen	5l	8.99	V
HJ258	Laundry Liquid Fresh Linen	5l	15.99	V
HJ240	Multi Surface Cleaner Orange	5l	10.29	V
HJ251	Toilet Cleaner Mint	5l	8.99	V
HJ220	Washing Up Liquid Rhubarb\Lem	5l	8.99	V
HJ337	White Vinegar Sorrento Lemon	5l	5.59	V
HJ329	White Vinegar Unscented	5l	5.15	V
	HOUSEHOLD PRODUCTS			
	ECOLEAF BY SUMA			
	Refuse Sacks/Bin Liners			
NF270	Refuse Sacks 110L 8 Bags\Roll	8 bags	16.89	V
NF483	Refuse Sacks 110L Bulk Pack	200 bags	32.99	V
	D2W			
	Freezer Bags			
NF076	Freezer Bags Large 10L	100 bag	57.90	V
NF074	Freezer Bags Medium 5L	200 bag	57.90	V
	Pedal Bin Liners			
NF169	Pedal Bin Liners 20L	30 bag	69.09	V
NF494	Pedal Bin Liners Drawtape 20L	30 bag	69.09	V
	Refuse Sacks			
NF050	Refuse Sack Drawtape 70L	10 bags	33.64	V
NF406	Refuse Sacks 70L	10 bags	26.92	V

code	product	size	price	bfgosv
NF495	Refuse Sacks 70L Value Pack	20 bags	39.20	V
	Swing Bin Liner			
NF102	Swing Bin Liner Drawtape 50L	15 bag	66.86	V
NF407	Swing Bin Liners 50L White	15 bag	68.51	V
	Wheelie Bin Liner			
NF358	Wheelie Bin Liners 240L	rolls	76.98	V
HILL BRUSH COMPANY				
NF781	Wooden Vegetable Brush	each	6.75	V
NF782	Wooden Wash Up Brush & 4 Heads	each	8.79	V
IF YOU CARE				
	Baking & Cooking			
NF023	Baking Cups - Large	1 x 60	41.45	V
NF021	Parchment Baking Paper	1 rolls	47.00	V
NF186	Parchment Baking Sheets	24	36.40	V
	Cleaning			
NF223	Household Gloves - Large	IARgE	47.35	FV
NF018	Sponge Cloths	5 cloths	38.59	V
	Compostable Waste Bags			
NF185	Tall Kitchen Refuse Sacks 49L	12 bags	57.16	V
	Food Wrap and Bags			
NF032	Aluminium Foil - Extra Strong	1 rolls	56.86	V
NF500	Aluminium Foil 10M x 29.2cm	rolls	42.09	V
INDIAN FOOD				
PATAKS				
	Pappadums			
VF293	Pappadums - Plain	100g	18.38	V
JUICE CONCENTRATES & CORDIALS				
SUMA				
	Chilled products			
JU057	Apple Juice - Concentrate	5l	37.99	V
MIDDLE EASTERN & AFRICAN FOOD				
CARLEY'S				
KJ240	Preserved Lemon - Organic	700g	27.56	OV
NUT & SEED BUTTERS				
SUMA ORGANIC				
GH950	Tahini - dark, organic	280g	19.50	OV
SUNITA				
GH080	Tahini - light	3kg	26.57	V
GH149	Tahini - light, organic	3kg	29.71	VO
GH079	Tahini - Whole	3kg	24.19	V
GH996	Tahini, Whole, Organic	3kg	29.71	VO
NUTS & SEEDS				
SUMA BAGGED DOWN				
NU004	Almonds	5kg	49.65	V
NU005	Almonds	1kg	10.39	V
NU135	Almonds - blanched	1kg	11.85	V
NU007	Almonds - Flaked	5kg	57.35	V
NU008	Almonds - flaked	1kg	11.75	V
NU010	Almonds - ground	5kg	49.00	V
NU011	Almonds - ground	1kg	10.25	V
NU017	Brazil - broken	5kg	72.65	V
NU078	Brazil - broken	1kg	13.15	V
NU015	Brazil - whole, medium	5kg	87.29	V
NU077	Brazil - whole, medium	1kg	17.35	V
NU019	Cashew - large pieces	5kg	35.95	V
NU020	Cashew - large pieces	1kg	7.65	V
NU131	Cashew - whole	5kg	58.25	V

code	product	size	price	bfgosv
NU134	Cashew - whole	1kg	12.15	V
NU021	Cashew Nuts - baked & salted	3kg	47.85	V
NU237	Cashew Nuts - baked & salted	1kg	15.29	V
NU054	Chia Seeds	1kg	4.99	V
NU195	Chia Seeds	3kg	13.45	V
NU274	Coconut - chips	1kg	6.59	V
NU240	Coconut - desiccated , medium	5kg	27.95	V
NU241	Coconut - desiccated , medium	1kg	6.05	V
NU030	Hazelnuts	5kg	64.99	V
NU096	Hazelnuts	1kg	13.49	V
NU204	Linseed / Flax	1kg	3.55	V
NU206	Linseed / Flax	5kg	9.99	V
NU079	Macadamia Nuts - Style 4L	1kg	21.85	V
NU035	Mixed nuts	5kg	41.39	V
NU239	Mixed nuts	1kg	9.25	V
NU107	Mixed nuts - chopped	1kg	9.15	V
NU042	Peanuts - Paleskin	5kg	19.75	V
NU046	Peanuts - redskin	5kg	19.15	V
NU027	Pecan nuts	2.5kg	46.45	V
NU055	Pecan nuts	1kg	18.95	V
NU057	Pine kernels	1kg	30.55	V
NU251	Pistachio - raw, shelled	1kg	31.85	V
NU059	Pistachio - Roasted & Salted	2.5kg	42.75	V
NU060	Pistachio - roasted & salted	1kg	16.55	V
HE026	Poppy Seeds	1kg	5.99	V
NU062	Pumpkin seeds	5kg	31.25	V
NU063	Pumpkin seeds	1kg	6.85	V
NU133	Roasted Monkey Nuts	1kg	5.99	V
NU066	Sesame seeds - natural	5kg	20.85	V
NU227	Sesame seeds - natural	1kg	4.75	V
NU068	Sunflower seeds	5kg	12.45	V
NU231	Sunflower seeds	1kg	3.75	V
NU182	Walnuts - light amber quarters	1kg	7.89	V
NU183	Walnuts - light amber quarters	5kg	38.95	V
NU169	Walnuts - light halves	5kg	44.35	V
NU172	Walnuts - light halves	1kg	9.35	V
SUMA BAGGED DOWN - ORGANIC				
NU082	Almonds - Organic	2.5kg	31.49	OV
NU201	Almonds - organic	1kg	12.99	VO
NU064	Almonds, Flaked - Organic	1kg	16.25	OV
NU430	Almonds, ground - organic	1kg	15.55	OV
NU032	Brazils Whole - organic	2.5kg	54.99	OV
NU278	Brazils Whole - organic	1kg	22.39	OV
NU074	Cashew Nuts - Whole Organic	2.5kg	35.45	OV
NU070	Cashews - whole, organic	1kg	14.55	OV
NU115	Chia Seeds, Black - organic	1kg	5.99	VO
NU038	Coconut - desiccated, organic	2.5kg	20.39	VO
NU071	Coconut - desiccated, organic	1kg	8.55	VO
NU081	Hazelnuts - Organic	2.5kg	38.35	OV
NU202	Hazelnuts - organic	1kg	15.75	OV
NU271	Hemp Seeds - organic	1kg	5.99	VO
NU039	Linseed, golden - organic	2.5kg	8.75	OV
NU244	Linseed, golden - organic	1kg	4.35	OV
NU001	Omega Seed Mix - organic	1kg	7.15	OV
NU287	Omega Seed Mix - organic	5kg	28.35	OV
NU072	Peanuts - organic	1kg	5.75	OV
NU245	Peanuts - Organic	2.5kg	13.25	OV

code	product	size	price	bfgosv
NU543	Pine Kernels - organic	1kg	33.45	OV
NU199	Pumpkin Seeds - Organic	2.5kg	18.55	OV
NU209	Pumpkin seeds - organic	1kg	7.89	OV
NU080	Sesame Seeds - Organic	2.5kg	13.25	OV
NU210	Sesame seeds - organic	1kg	5.75	OV
NU084	Sunflower seeds - organic	2.5kg	8.65	VO
NU203	Sunflower seeds - organic	1kg	3.85	OV
NU049	Walnuts - Organic	2.5kg	31.79	OV
NU200	Walnuts - organic	1kg	13.15	OV
BULK COMMODITIES				
NU006	Almonds - flaked	10kg	95.56	V
NU009	Almonds - ground	10kg	91.54	V
NU023	Almonds - Smoky & Spicy	12.5kg	145.20	V
NU003	Almonds 50lbs	22.68kg	189.76	V
NU016	Brazil Nuts - Broken 44lbs	19.96kg	292.86	V
NU014	Brazil Nuts - Whole 44lbs	19.96kg	358.00	V
NU025	Cashew - Baked & Salted	12.5kg	148.28	V
NU018	Cashew Nut - Large Pieces	22.68kg	134.14	V
NU125	Cashew Nuts - Whole 50lbs	22.68kg	224.26	V
NU034	Cashews - baked chilli & lime	12.50kg	180.39	V
NU050	Chia Seeds	25kg	88.47	V
NU024	Coconut - chips	10kg	50.77	V
NU888	Coconut - desiccated medium	25kg	114.12	V
NU028	Hazelnuts	25kg	276.79	V
NU205	Linseed / Flax	25kg	35.60	V
NU076	Macadamia Nuts 25lbs	11.34kg	206.85	V
NU036	Mixed nuts - chopped	12.5kg	91.31	V
NU037	Peanuts - Chilli & Honey	12.50kg	108.34	V
NU250	Peanuts - paleskin	25kg	71.74	V
NU044	Peanuts - redskin	25kg	72.51	V
NU051	Peanuts - roasted & salted	12.5kg	46.35	V
NU047	Peanuts - Roasted with Skins	12.5kg	45.50	V
NU312	Pecan Nuts 30lbs	13.61kg	214.08	V
NU056	Pine kernels - China	12.5kg	348.66	V
NU300	Pistachio - raw, shelled	10kg	270.40	V
NU137	Poppy Seeds	25kg	99.20	V
NU061	Pumpkin seeds	25kg	121.74	V
NU065	Sesame seeds - natural	25kg	82.30	V
NU067	Sunflower Seeds	25kg	45.64	V
NU095	Walnuts - Light Halves 80%	10kg	72.22	V
BULK COMMODITIES - ORGANIC				
NU109	Almonds - organic	10kg	105.22	OV
NU022	Almonds Flaked - organic	10kg	133.17	OV
NU800	Almonds, Ground - organic	10kg	120.84	OV
NU890	Brazils Whole - organic	19.96kg	424.00	OV
NU112	Cashews - whole organic	22.67kg	272.05	OV
NU114	Chia Seeds, Black - organic	25kg	113.47	OV
NU117	Coconut - desiccated, organic	25kg	169.36	OV
NU301	Hazelnuts - organic	10kg	130.62	VO
NU002	Hemp Seeds - organic	25kg	110.42	OV
NU791	Linseed, golden - organic	25kg	63.55	OV
NU885	Peanuts - organic	25kg	104.00	OV
NU542	Pine Kernels - organic	12.5kg	364.50	OV
NU207	Pumpkin seeds - organic	25kg	152.50	OV
NU208	Sesame seeds - organic	25kg	105.63	OV
NU083	Sunflower seeds - organic	25kg	65.39	OV
NU118	Walnuts Light Halves - organic	10kg	107.85	VO

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OILS & FATS				
SUMA				
GT100	Grapeseed Oil	500ml	23.64	V
GT084	Olive Oil - Extra Virgin	500ml	42.72	V
GT086	Olive Oil - Extra Virgin	5l	60.00	V
SUMA ORGANIC				
GT075	Coconut Oil - Culinary	1l	48.34	OV
GT018	Italian Organic Olive Oil	750ml	77.90	OV
GT019	Italian Organic Olive Oil	3l	192.00	OV
GT087	Olive Oil - Extra Virgin	5l	67.50	VO
GT085	Olive Oil-Extra Virgin,organic	500ml	47.22	VO
GT080	Sunflower Oil - organic	500ml	21.36	VO
GT091	Sunflower Oil - organic	5l	30.00	VO
BIONA				
VF774	Virgin Coconut Oil Organic	400g	37.84	OV
CLEARSPRING				
GT204	Italian Olive Oil Organic	1l	103.46	OV
GT009	Rapeseed Oil Organic	500ml	22.01	OV
GT230	Sunflower Frying Oil organic	1l	35.06	OV
GT202	Sunflower Oil organic	1l	33.71	OV
HELLENIC				
GT005	Olive Oil - Extra Virgin	3l	171.00	V
GT031	Olive Oil Extra Virgin	5l	282.00	V
KHYBER				
VF751	Ghee	2lb	5.09	V
KTC				
GT052	Sunflower Oil - refined	5l	13.99	V
WHARFE VALLEY FARMS				
GT015	Rapeseed Oil	5l	21.32	V
OLIVES				
CYPRESSA				
KJ867	Cypressa Pitted Green Olives	2kg	11.19	V
PAPER PRODUCTS & STATIONERY				
ECOLEAF BY SUMA				
Kitchen Towel				
NF140	Kitchen Towel - Jumbo	1 rolls	24.00	V
THE CHEEKY PANDA				
Bamboo Kitchen Towel				
NF524	Kitchen Towel 2 Rolls	2 rolls	17.99	V
Bamboo Tissues				
NF522	Facial Tissues - Cube Box	1 box	14.75	V
NF521	Facial Tissues - Flat Box	1 box	16.60	V
Bamboo Toilet Tissue				
NF314	Toilet Tissue 24 Rolls	24 rolls	14.69	V
NF312	Toilet Tissue 48 Rolls	48 rolls	26.79	V
PASTA				
SUMA ORGANIC				
Gluten Free				
WT011	Brown Rice Fusilli Gluten Free	500g	19.50	GOV
WT013	Brown Rice Penne Gluten Free	500g	19.50	GOV
WT089	Casarecce Oat Pasta	340g	26.90	GOV
WT009	Corn Rice Penne Gluten Free	500g	17.34	GOV
WT077	Linguine Oat Pasta	340g	28.40	GOV
Paper Packaging				
WT019	Tricolore Fusilli Pasta	500g	20.25	FOV
WT017	White Fusilli Pasta	500g	17.00	FOV
WT062	White Macaroni Pasta	500g	17.00	FOV
WT020	White Penne Pasta	500g	17.00	FOV

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WT022	White Spaghetti Pasta	500g	17.00	FOV
WT044	Wholewheat Penne Pasta	500g	17.00	FOV
WT045	Wholewheat Spaghetti Pasta	500g	17.00	FOV
IRIS				
WT084	Fusilli White Pasta	5kg	11.80	OV
WT086	Fusilli Wholewheat Pasta	5kg	11.80	OV
WT081	Penne White Pasta	5kg	11.80	OV
WT082	Penne Wholewheat Pasta	5kg	11.80	OV
WT076	Spaghetti White Pasta	5kg	11.80	OV
WT079	Spaghetti Wholewheat Pasta	5kg	11.80	OV
PASTRY (FROZEN)				
DORSET PASTRY				
	Pure Butter Handmade Pastry			
XL124	Puff Pastry	325g	45.25	
XL264	Shortcrust Pastry	325g	40.04	
PICKLES, CHUTNEYS & MUSTARDS				
BIONA				
LJ664	Harissa Relish - prepared	125g	16.85	OV
BIONOVA				
KJ346	Gherkins - Sour	670g	28.00	VOS
READY MEALS (FROZEN)				
GOODLIFE				
XL163	Catering Pack Falafel	25g	17.32	V
XL061	Catering Sweet Potato Falafel	22g	17.85	SV
READY TO EAT FOODS (CHILLED)				
EATEN ALIVE				
CV078	Massive Classic Kimchi	775g	56.14	GV
SALADS & SPROUTS (CHILLED)				
SKY SPROUTS				
	Minimum 4 days shelf life			
CV479	Alfalfa & Broccoli Sprouts	100g	1.85	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	1.85	OV
CV476	Alfalfa & Radish Sprouts	100g	1.85	OV
CV475	Alfalfa Sprouts	100g	1.81	OV
CV721	Broccoli Sprouts	100g	1.95	OV
CV504	Mixed Bean Sprouts	227g	1.95	OV
CV503	Mung Bean Sprouts	200g	1.85	OV
CV510	Organic Sprouts Multi Pack	160g	2.67	OV
CV509	Radish Sprout	100g	1.85	OV
SALT & SEASONINGS				
SUMA				
LJ031	Sea Salt - fine	10kg	6.50	V
A.VOGEL				
LJ054	Herbamare Original	250g	24.88	OV
GEO ORGANICS				
LJ005	Atlantic Fine Ground Sea Salt	500g	15.93	OV
MALDON				
LJ018	Sea Salt - Flaky Crystals	1.4kg	16.17	V
	SALT			
LJ006	Sea Salt-Flaky Crystals	570g	40.79	V
MARIGOLD				
LJ444	Liquid Aminos	250ml	17.96	GV
SAUSAGES & BURGERS (FROZEN)				
GOODLIFE				
XL233	Catering Vegetable Sausages	30 pack	11.75	GSV
LINDA MCCARTNEY				
XL130	Sausages	270g	15.54	V

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SOFT DRINKS				
FENTIMANS				
	275ML Range			
JU008	Cherry Cola	275ml	17.07	GSV
JU625	Curiosity Cola	275ml	17.07	GSV
JU908	Dandelion & Burdock	275ml	17.07	GSV
JU346	Ginger Beer	275ml	17.07	GSV
JU354	Mandarin Seville Orange Jigger	275ml	17.07	GSV
JU618	Rose Lemonade	275ml	16.86	GSV
JU435	Victorian Lemonade	275ml	17.07	GSV
FEVERTREE				
JU387	Tonic Water	4 x 200ml	21.88	GSV
FIREFLY NATURAL DRINKS				
	Fruit Juice & Botanic Extracts			
JU299	Lemon, Lime & Ginger	330ml	15.45	V
JU296	Peach & Green Tea	330ml	15.45	V
JU180	Pomegranate & Elderflower	330ml	15.45	V
GUSTO				
JU147	Original Energy	250ml	17.66	OV
SUGARS & SYRUPS				
SUMA				
HY019	Barley Malt Extract	3.18kg	13.80	V
SUMA BAGGED DOWN				
LJ095	Dark Muscovado Sugar	3kg	12.55	V
LJ053	Demerara Sugar	3kg	11.95	V
LJ180	Demerara Sugar	10kg	40.29	V
LJ094	Light Muscovado Sugar	3kg	12.59	V
LJ097	Soft Brown Sugar	3kg	12.09	V
LJ184	Soft Brown Sugar	10kg	41.75	V
SUMA BAGGED DOWN - ORGANIC				
LJ104	Coconut Palm Sugar, Organic	3kg	17.75	OV
LJ679	Demerara Sugar - organic	3kg	11.35	OV
LJ159	Icing Sugar - organic	3kg	17.29	OV
LJ055	Raw Cane Sugar - organic	10kg	44.95	OV
LJ096	Raw Cane Sugar - organic	3kg	13.59	OV
SUMA ORGANIC				
LJ121	Agave Syrup - organic	500ml	35.96	OV
LJ150	Agave Syrup - organic	5l	50.00	OV
BILLINGTONS				
LJ056	Sugar - Golden Granulated	1kg	29.55	V
BULK COMMODITIES				
LJ066	Dark Muscovado Sugar	25kg	82.92	VS
LJ052	Demerara Sugar	25kg	79.00	V
LJ546	Fairly Traded Golden Granular	25kg	80.08	FV
LJ065	Light Muscovado Sugar	25kg	83.42	V
LJ069	Soft Brown Sugar	25kg	79.79	V
BULK COMMODITIES - ORGANIC				
LJ098	Coconut Sugar	20kg	96.00	OV
LJ876	Demerara Sugar, organic	25kg	75.00	OV
LJ890	Icing Sugar - organic	25kg	115.50	OV
LJ068	Raw Cane Sugar - organic	25kg	91.33	OV
RAYNERS				
LJ901	Black Treacle - organic	340g	15.74	GOV
LJ704	Golden Syrup - Organic	5kg	33.81	OV
LJ589	Malt Extract - Organic	5kg	26.09	OV
ST LAWRENCE GOLD				
HY056	Og Maple Syrup Grade a Amber	1l	135.54	OV
SWEET FREEDOM				
LJ041	Natural Sweetness - Original	350g	18.14	V

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TOTAL SWEET				
LJ125	Total Sweet	1kg	55.72	V
TRUVIA				
LJ086	Sweetener from the Stevia Leaf	270g	31.99	V
SUPERFOODS & SPORTS NUTRITION				
SUMA BAGGED DOWN - ORGANIC				
VM234	Organic Maca Powder	1kg	9.49	OV
SUPPLEMENTS & REMEDIES				
BULK COMMODITIES - ORGANIC				
HE002	Psyllium Husk - Organic	25kg	387.50	OV
SWEET SNACKS				
SUNITA				
ZX097	Honey & Pistachio Halva	2.5kg	35.67	
TABLE SAUCES				
BIONA				
KJ106	Classic Tomato Ketchup Squeezy	560g	39.16	GOSV
MR ORGANIC				
KJ050	Italian Organic Ketchup	480g	15.71	OSV
TEAS				
CLEARSPRING				
TE504	Matcha Tea Premium (bulk)	1kg	144.75	OV
CLIPPER				
	Food Service Range			
TE448	Fairtrade Everyday One Cup Bag	1120 bags	28.31	FV
TE726	Fairtrade One Cup Teabags	440 bags	13.44	FV
	Food Service Range - 250's			
TE152	Earl Grey	250 bags	22.17	FOV
TE451	Speciality English Breakfast	250 bags	22.17	FOV
	Food Service Range - 6 X 25's			
TE150	Earl Grey	25 bags	16.06	FOV
TE161	Green Tea	25 bags	16.80	FOV
TOFU & TEMPEH (CHILLED)				
CLEAR SPOT				
CV249	Smoked Tofu	225g	19.37	OV
	Catering Sizes			
CV210	Plain Tofu	1kg	32.19	OV
TOMATOES & TOMATO PRODUCTS				
SUMA BAGGED DOWN - ORGANIC				
	Dried			
LJ601	Sundried Tomatoes-organic	1kg	10.35	OV
SUMA ORGANIC				
LJ560	Organic Passata	690g	17.98	VO
	Canned			
LJ075	Cherry Tomatoes - organic	400g	14.30	OV
LJ080	Tomatoes - chopped, organic	400g	11.65	OV
LJ123	Tomatoes - chopped, organic	2.5kg	28.32	OV
LJ081	Tomatoes - Whole Peeled Plum	400g	11.65	VO
SUMA PREPACKS - ORGANIC				
	Dried			
LJ602	Sundried Tomatoes - organic	125g	9.23	OV
BULK COMMODITIES - ORGANIC				
	Dried			
LJ600	Sundried Tomatoes - organic	10kg	82.40	OV
ZEST				
LJ042	Sun-dried Tomato Paste	170g	15.53	V

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VEGAN & OAT MILK				
KOKO DAIRY FREE				
SY038	Coconut Milk Drink	1l	19.38	GSV
MINOR FIGURES				
SY091	Bag in Box Barista Oat M*lk	10l	20.74	V
OATLY				
SY019	Cream - Dairy Free	250ml	16.45	VO
PLAMIL				
SY009	Organic Soya Milk Heritage	1l	19.07	VOG
SOJADE				
SY017	Cuisine- Organic Soya Cream	200ml	21.34	OV
THE BRIDGE				
SY002	Oat Drink	1l	19.70	OV
VEGAN BUTTER, MARGARINES & SPREADS				
SUMA				
MA051	Sunflower Spread	2kg	42.31	V
VEGETABLES				
BIONOVA				
VF039	Garden Peas	350g	12.04	O
VF030	Sweetcorn - organic	340g	11.20	VO
ST DALFOUR				
VF112	Whole Chestnuts	200g	21.03	V
TROPICAL WHOLEFOODS				
VF514	Shiitake Mushrooms	50g	18.00	V
VEGETABLES (FROZEN)				
NATURAL COOL				
XL177	Leaf Spinach Portions	450g	18.21	OVB
VINEGARS				
ASPALL				
KJ382	Balsamic Vinegar - og	5l	38.78	OV
KJ067	Cyder Vinegar	5l	12.69	V
KJ205	Cyder Vinegar - organic	5l	15.62	OV
KJ353	Red Wine Vinegar	5l	12.69	V
KJ356	White Wine Vinegar	5l	12.69	V
WATERS				
HARROGATE SPRING WATER				
750ml Glass Bottles				
WA222	Spring Water - Sparkling	750ml	13.37	V
WA223	Spring Water - Still	750ml	12.47	V

Suma

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