

The background is a solid purple color. On the left side, there are large, stylized yellow floral or leaf-like shapes that overlap and curve across the page. In the upper right quadrant, the word "Suma" is written in a white, serif font. Below it, the text "CO-OPERATIVE SINCE 1977" is written in a smaller, white, sans-serif font. In the bottom right corner, the words "GLUTEN FREE" are written in a bold, white, sans-serif font, with "May June 2025" written below it in a smaller, white, sans-serif font.

**Suma**

CO-OPERATIVE SINCE 1977

**GLUTEN FREE**

May June 2025

# 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>				
JU205	Alcohol Free Cocktails Lime and Yuzu Mojito	6 x 750ml	4.65	GS
<b>THE REAL DRINKS CO.</b>				
JU247	Dry Dragon Sparkling Tea	6 x 750ml	1.50	GV
JU248	Peony Blush Sparkling Tea	<u>6 x 750ml</u>	11.50	GV
JU246	Royal Flush Sparkling Tea	<u>6 x 750ml</u>	1.50	GV
<b>ALCOHOLIC DRINKS</b>				
<b>DIRTY COW</b>				
RT057	Chocolate Cre*m Liqueur	6 x 70cl	24.99	GSV
RT052	Original Cre*m Liqueur	<u>6 x 70cl</u>	24.99	GSV
RT030	Strawberry Cre*m Liqueur	6 x 70cl	24.99	GSV
<b>HOLLOWS</b>				
RT017	From Fentimans Superior Alcoholic Ginger Beer	8 x 500ml	3.69	GVS
<b>BABY &amp; CHILD FOOD</b>				
<b>BEAR</b>				
ZX523	Paws- Raspberry & Blueberry	18 x 20g	0.65	GV
ZX520	Paws- Strawberry & Apple	18 x 20g	0.65	GV
	Paws in multipacks			
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>ORGANIX</b>				
BB029	Cheese & Herb Corn Puffs	3 x 4 x 15g	3.29	GO
BB033	Melty Carrot Puffs	4 x 4 x 18g	3.35	GOV
BB032	Melty Tomato Slices	5 x 20g	1.50	GOV
	3 Years + Snacks			
BB025	Lemon & Lime Oaty Bars	6 x 6 x 23g	4.79	GO
BB028	Wavy Apple Snackers	5 x 15g	1.25	GO
	Gruffalo Snacks			
BB017	Barbeque Gruffalo Claws	3 x 4 x 15g	3.29	GO
BB016	Cheese & Onion Gruffalo Claws	3 x 4 x 15g	3.29	GO
	Rice Cake Clouds			
BB018	Summer Fruits Rice Cake	6 x 40g	2.15	GO
<b>BAKING SUNDRIES</b>				
<b>SUMA</b>				
LJ039	Baking Powder - Gluten Free	6 x 200g	2.85	GV
LJ040	G/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	<u>6 x 100g</u>	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
LJ203	Cornflour	5 x 110g	2.29	GV
BT528	Gluten Free Sponge Mix	5 x 350g	2.79	GSV
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
LJ143	Yeast Flakes Protein & Fibre	6 x 100g	3.95	FGV
LJ020	Yeast Flakes with Vitamin B12	6 x 100g	4.25	FGV
	Bulk			
LJ265	Yeast Flakes - Bulk	25kg		GV
<b>EPIASURE</b>				
LJ084	Mediterranean Peach Halves	6 x 540g	3.29	FGSV
LJ151	Plum Halves	6 x 560g	3.29	GSV
LJ146	Stoneless Sour Cherries	6 x 570g	3.29	FGSV
LJ145	Williams Pear Halves	6 x 540g	3.29	FGSV
<b>FREE &amp; EASY</b>				
LJ009	Cheese Flavour Sauce Mix	6 x 130g	2.95	GSV
LJ016	Egg Replacer	6 x 135g	2.99	GV
<b>MARIGOLD</b>				
	Bulk			
LJ262	Less Salt Bouillon	12.5kg		GOV
LJ259	Veg Bouillon	12.5kg		GOV

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<b>MUMMY MEEGZ</b>				
	Bulk 1kg Bags			
ZX304	M's Gems	1 x 1kg	3.99	GSV
ZX305	M's Gems Peanut	1 x 1kg	3.99	GSV
<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	29.63	GSV
KB652	Organic Baking Chocolate	1 x 1kg	31.42	GOSV
KB658	Organic Rich Chocolate	1 x 1kg	36.13	GOSV
<b>BEANS &amp; PULSES - CANNED</b>				
<b>MR ORGANIC</b>				
	Canned in Water			
VF050	Butter Beans - Canned	12 x 400g	1.59	OVG
<b>BEERS</b>				
<b>BRASSERIE BRUNHAUT</b>				
RT076	Belgian Beer - Amber	24 x 330ml	4.19	GOSV
RT075	Belgian Beer - Blonde	24 x 330ml	3.99	GOSV
<b>BISCUITS CRACKERS &amp; CRISPBREAD</b>				
<b>AMISA</b>				
BT560	Chestnut Crispbread	12 x 100g	2.39	GOV
BT119	Chickpea Crispbread	12 x 100g	2.19	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	2.29	GOV
<b>BIONA</b>				
BT247	Buckwheat Cakes	12 x 100g	2.29	GOV
<b>CLEARSPRING</b>				
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	4.50	GOS
BT249	All Butter Oat & Raisin Cookie	6 x 115g	4.50	GOS
BT232	All Butter Shortbread	6 x 125g	4.50	GOS
BT227	Date & Walnut Toast	6 x 110g	4.59	GOSV
BT228	Hazelnut & Agen Plum Toast	6 x 110g	4.79	GOSV
BT230	Kale & Spiced Nut Toast	6 x 110g	4.59	GOSV
<b>KALLO</b>				
BT045	Ancient Grain Corn Cakes	12 x 150g	2.65	GOV
BT088	Beetroot & Three Seeds Thins	12 x 100g	3.29	GV
BT152	Blueberry/Van Rice/Corn Cakes	6 x 131g	3.19	GSV
BT184	Corn Cakes OG	12 x 130g	2.39	GOV
BT085	Lentil&Pea Veggie Cake	6 x 122g	3.85	GV
BT096	Mixed Seeds Veggie Thins	12 x 100g	3.29	GV
BT104	Rosemary & Sea Salt Veggie Ths	12 x 100g	3.29	GV
BT218	Thai curry veggie cakes	6 x 122g	3.85	GS

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BT578	Lentil Cakes Protein Lentil Cake	6 x 100g	2.65	GV
BT810	Rice Cakes Milk Chocolate Rice Cakes OG	16 x 90g	3.85	GO
BT034	Original Wholegrain Rice Cakes	12 x 130g	2.29	GVO
BT338	Thin Slice Rice Cake Dark Choc	16 x 90g	3.99	GO
<b>LAZY DAY</b>				
BT019	Chocolate Tiffin	12 x 50g	1.99	GSV
BT197	Free From Shortbread	8 x 150g	3.45	GV
BT017	Millionaire Shortbread	12 x 50g	1.99	GSV
BT316	Millionaires Shortbread	8 x 150g	3.89	GSV
BT032	Orange Tiffin	12 x 50g	1.99	GSV
BT436	Orange Tiffin	8 x 150g	3.89	GSV
BT023	Rocky Road	12 x 50g	1.99	GSV
BT437	Rocky Road	8 x 150g	3.89	GSV
BT443	Salted Caramel Crispie	8 x 150g	3.89	GSV
BT041	Scottish Shortbread	12 x 50g	1.99	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
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	2.35	GSV
BT288	Coconut Macaroon	12 x 180g	2.90	GSV
<b>NAIRN'S</b>				
BT243	Caramelised Biscuit Moments	12 x 170g	2.69	GSV
BT149	Caramelised Onion Flatbreads	6 x 150g	2.39	GS
ZX338	Original Flatbread	6 x 150g	2.39	GSV
BT027	Sourdough Flatbreads Gluten Free	6 x 125g	2.39	GSV
BT194	Chocolate Chip Oaties	8 x 160g	1.59	GSV
BT558	Cracked Black Pepper Cracker	8 x 137g	2.39	GSV
BT324	GF Biscuit Breaks Choc Chip	12 x 160g	2.89	GSV
BT108	GF Biscuit Breaks Oat & Fruit	12 x 160g	2.89	GSV
BT267	GF Biscuit Breaks Stem Ginger	12 x 160g	2.89	GSV
BT571	GF Blueb&Rasp Chunky Biscuits	6 x 160g	2.89	GSV
BT572	GF Dark Choc&C'nut Chunky Bisc	6 x 160g	2.89	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	1.59	GSV
BT127	Toffee Flavour Oaties	8 x 160g	1.59	GSV
BT559	W/Grain Super Seeded Cracker	8 x 137g	2.39	GS
BT557	Wholegrain Cracker	8 x 160g	2.39	GSV
<b>ORGRAN</b>				
BT176	Spliits Pumpkin Crispbread	6 x 130g	3.75	GV
BT177	Spliits Swt Potato Crispbread	6 x 130g	3.75	GV
<b>ORIGIN EARTH</b>				
BT390	Gluten Free Crackers	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>				
BT333	Biscuit Share Bags Almond Biscotti	8 x 135g	3.59	GOV
BT334	Coconut Cookie	8 x 135g	3.59	GOSV
BT344	Lemon Ginger Chia Biscuits	8 x 135g	3.59	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

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<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>Lavera</b>				
	Basis			
DY583	Lip Balm Sensitive	6 x 4.5g	4.50	OGV
<b>BREADS &amp; BREAD MIXES</b>				
<b>AMISA</b>				
BT125	Olive Ciabatta	9 x 180g	3.75	GOV
BT168	Organic Seeded Bread Rolls	9 x 180g	3.55	GOSV
BT468	Sundried Tomato Ciabatta	9 x 180g	3.75	GOV
BT239	White Ciabatta Rolls	9 x 180g	3.55	GOV
<b>BIONA</b>				
BT461	Rice Bread with Sunflower Seed	6 x 500g	6.90	GOV
<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	4.99	GOV
BT084	Sliced Gluten Free Seeded Brea	4 x 275g	4.99	GOV
<b>FREE &amp; EASY</b>				
FG057	Yorkshire Pudding Mix	4 x 155g	2.95	GV
<b>BURGERS SAUSAGES &amp; TVP MIXES</b>				
<b>SUMA PREPACKS</b>				
VF154	Nut Roast Mix - Gluten Free	6 x 340g	3.85	CVS
<b>CLEARSPRING</b>				
SY074	Organic Soya Chunks	12 x 200g	3.49	GOV
SY071	Organic Soya Mince	12 x 250g	3.89	GOV
<b>GORDON RHODES</b>				
VF024	Apple, Apricot & Bay Stuffing	5 x 125g	3.69	GSV
VF034	Chestnut & Cranberry Stuffing	5 x 125g	3.69	GSV
VF049	Gourmet Bread Sauce Mix	5 x 125g	3.49	GS
VF045	Sage & Red Onion Stuffing	5 x 125g	3.29	GSVB
<b>PROFUSION</b>				
SY092	Protein Chunks Pea & Fava	12 x 125g	3.55	GOV
SY095	Protein Mince Pea & Fava	12 x 125g	3.55	GOV
<b>CAKES</b>				
<b>FREE &amp; EASY</b>				
	Gluten & Dairy Free			
BT072	Chocolate Brownie Mix	4 x 350g	4.55	GSV
<b>CEREALS &amp; MUESLI</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>				
MX006	Almond Apple & Raisin Granola	6 x 400g	4.19	GV
MX089	Deluxe Granola	6 x 380g	4.99	GSV
MX001	Nutty Granola	6 x 380g	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

code	product	size	rrp	bfgosv
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
MX002	Porridge Oats	4 x 430g	4.90	GOV
MX087	Supergrain Hoops	5 x 300g	3.85	GOV
	Ancient Grains			
MX090	Breakfast Flakes	<u>5 x 375g</u>	4.69	GOV
MX081	Cereal Hoops	<u>5 x 300g</u>	4.49	GOV
MX080	Fruit & Fibre Flakes	<u>5 x 375g</u>	4.99	GOSV
	Bulk Cereals			
MX091	Chocolate Stars	1 x 10kg		GOSV
MX096	Fibre Flakes	1 x 10kg		GOSV
	Snack Size			
MX115	Chocolate Stars	20 x 25g	0.75	GOSV
MX074	Corn Flakes	<u>20 x 30g</u>	0.75	GOSV
MX073	Fibre Flakes	20 x 30g	0.75	GOSV
	Wholegrain			
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>			
MX004	Cornflakes	<u>3 x 375g</u>	3.45	GOSV
MX124	Puffed Rice Cereal - Natural	8 x 225g	3.95	GOV
	<b>LIZI'S</b>			
MX181	Gluten Free Nut & Seed Granola	10 x 350g	4.59	SGV
	<b>MASAGO</b>			
MX009	Super Oats	18 x 600g	11.45	GOV
	<b>NAIRN'S</b>			
MX152	Gluten Free Porridge Oats	5 x 450g	3.90	GV
MX154	Muesli - Gluten Free	<u>5 x 450g</u>	3.59	GSV
	<b>NATURES PATH ORGANIC</b>			
	Cereals			
MX194	Maple Sunrise	4 x 332g	4.75	GOSV
MX885	Mesa Sunrise	4 x 355g	4.95	GOSV
	Envirokidz			
MX079	Choco Chimps	4 x 284g	4.59	GOVS
MX602	Gorilla Munch	<u>4 x 300g</u>	4.55	GOVS
	Granola			
MX136	Mixed Berry Granola	<u>5 x 300g</u>	5.59	OG
	<b>NUTRI BREX</b>			
MX036	Nutri Brex	<u>12 x 375g</u>	5.69	GV
	<b>PRIMROSE'S KITCHEN</b>			
MX109	Beetroot & Ginger Muesli	<u>6 x 400g</u>	4.49	GOV
MX104	Carrot,Apple & Cinnamon Muesli	<u>6 x 400g</u>	4.49	GOV
MX098	Fig & Apricot Bircher OG	<u>6 x 400g</u>	4.49	GOV
	<b>RAW GORILLA</b>			
MX102	Keto Berry Granola	<u>6 x 250g</u>	5.99	GOV
MX103	Keto Chocolate Granola	<u>6 x 250g</u>	5.99	GOV
MX113	Mighty Muesli	<u>6 x 250g</u>	5.99	GOV
MX105	Mighty Muesli Choc Chip	<u>6 x 250g</u>	5.99	GOV
MX142	Peanut Butter Choc Granola	<u>6 x 250g</u>	5.99	GOV
MX141	Peanut Butter Granola	<u>6 x 250g</u>	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	<u>6 x 400g</u>	5.39	GV
MX107	Organic & Nutty Granola	<u>6 x 400g</u>	5.39	GOV
MX146	Zesty Caveman Granola	<u>6 x 300g</u>	5.59	GV
	<b>RUDE HEALTH FOODS</b>			
	Puffs			
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	3.85	GV
MX003	Cinnamon + Pecan Granola	5 x 400g	3.85	GV
MX138	Super Oats Porridge	5 x 500g	3.99	GV

code	product	size	rrp	bfgo sv
<b>WHOLE EARTH</b>				
MX172	Classic Cornflakes - organic	12 x 375g	3.29	GOSV
<b>CHOCOLATE</b>				
<b>BENNETTO</b>				
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
KB894	Dark Crunchy Caramel	12 x 80g	3.39	FGOV
KB885	Dark Mint Bar	12 x 80g	3.39	FGOV
KB895	Dark Orange with Chillli bar	12 x 80g	3.39	FGOV
KB900	Dark with Toasted Hazelnuts	12 x 80g	3.39	FGOV
<b>BIONA</b>				
ZX222	Dark Chocolate Cherries	10 x 45g	3.55	GOSV
ZX218	Dark Chocolate Roasted Almonds	10 x 30g	2.29	GOSV
ZX237	Dark Chocolate Strawberries	10 x 45g	3.55	GOSV
<b>BOOJA-BOOJA</b>				
ZX869	Almond Salted Caramel	8 x 92g	7.59	GOSV
ZX871	Around Midnight Espresso	8 x 92g	7.59	GOSV
KB648	Chocolate Orange Truffle Logs	8 x 115g	11.49	GSOV
KB749	Chocolate Orange Truffles	8 x 92g	7.59	GOSV
KB521	Cookie Dough Chocolate Wonders	8 x 65g	3.15	GOSV
KB694	Deeply Chocolate Truffles	8 x 92g	7.59	GOSV
ZX872	Fine De Champagne	8 x 92g	7.59	GOSV
KB660	Gourmet Truffle Selection No1	4 x 289g	29.49	GSOV
KB667	Gourmet Truffle Selection No2	4 x 289g	29.49	GSOV
KB512	Hazelnut Chocolate Wonders	8 x 65g	3.15	GSOV
ZX874	Hazelnut Crunch	8 x 92g	7.59	GOSV
KB633	Hazelnut Crunch Truffle Logs	8 x 115g	11.49	GSOV
KB718	Honeycomb Caramel Truffle	8 x 92g	7.59	GOSV
KB518	Raspberry Scrunch Wonders	8 x 65g	3.15	GOSV
KB644	S/Caramel Mocha Truffle Logs	8 x 115g	11.49	GOSV
KB517	Salted Caramel Choc Wonders	8 x 65g	3.15	GSOV
	Artist's Collection Gift Boxes			
KB927	Fine De Champagne Truffles	3 x 185g	3.59	GFOSV
KB929	Hazelnut Truffles	3 x 185g	3.59	GFOSV
	Gift Boxes			
KB815	Award-winning Selection	5 x 184g	15.69	GOSV
KB793	The Signature Collection	5 x 184g	15.69	GOSV
	Two Packs			
KB507	Almond Salted Caramel Truffles	16 x 23g	1.79	GOSV
KB513	Hazelnut Crunch Truffles	16 x 23g	1.79	GOSV
<b>BUTTERMILK</b>				
KB854	Choccy Wafer Bar	18 x 38g	1.89	GSV
	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			
ZX985	Coconut Bar	20 x 35g	1.85	GSV
ZX990	Mint Bar	20 x 35g	1.85	GSV
ZX516	Salted Caramel Nutty Bar	20 x 32g	1.85	GSV
	Caffeine Free Carob Bar			
ZX522	Raspberry & Honeycomb Crunch	20 x 32g	1.69	GSV
	Carob Bars			
ZX987	Caroboo Orange Bar	20 x 35g	1.85	GSV
<b>CHOCOLATE AND LOVE</b>				
WS232	100% Dark Ginger Bar	12 x 80g	5.99	FGOSV
WS136	Passion Fruit Dark Chocolate	12 x 85g	5.39	FGOSV
<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>				
ZX935	Chocolate Dipped Fruit & Nuts	8 x 90g	3.69	GSV
ZX150	Chocolate Orange Dipped Almond	12 x 27g	1.45	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	1.45	GV



code	product	size	rrp	bfgosv
<b>EQUAL EXCHANGE</b>				
KB803	88% Extreme Dark	14 x 80g	4.39	GOSV
<b>GOUPIE</b>				
KB158	Cherry & Almond	6 x 180g	7.25	SGV
WS132	Mint Chocolates	6 x 180g	7.25	GSV
WS134	Orange Chocolates	6 x 180g	7.25	GSV
KB162	Original Goupie	6 x 180	7.25	GSV
WS135	Sticky Toffee Chocolates	6 x 180g	7.25	GSV
<b>H!P - 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	3.49	GSV
ZX983	White Chocolate & Raspberry Chocolate Buttons	12 x 80g	3.19	GSV
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>MONTEZUMA'S</b>				
ZX775	Absolute Black Button	8 x 180g	4.99	GV
WS288	Blondie Button	8 x 120g	5.50	GS
Giant Buttons				
WS287	Giant Dark Chocolate Buttons	8 x 120g	3.50	GSV
WS286	Giant Milk Chocolate Buttons	8 x 120g	3.50	GS
Mini Bars				
WS290	Fitzroy Mini Bar	26 x 25g	1.25	GOSV
WS293	Royal Mint Mini Bar	26 x 25g	1.25	GOSV
WS292	Sea Dog Mini Bar	26 x 25g	1.25	GSV
WS289	Smooth Operator Mini Bar	26 x 25g	1.25	GOS
WS291	Spotch Butterscotch Bar	26 x 25g	1.25	GOS
Organic Bars				
ZX779	Royal Mint Organic Dark W'Mint	12 x 90g	3.39	GOSV
Organic Buttons				
ZX998	Milk Chocolate Buttons	8 x 120g	5.50	GOS
KB999	White Chocolate Buttons	8 x 120g	5.50	GOS
<b>MOO FREE</b>				
KB983	Choccy Chums Mini Bar	40 x 20g	0.80	GV
KB504	Choccy Rocks Bunnycomb	16 x 35g	1.60	FGSV
KB247	Cookie Crunch Bar	20 x 35g	1.50	GSV
KB984	Milk Choc Baking Drops	10 x 100g	3.00	GV
KB390	Moofreesa Bar	20 x 35g	1.50	GSV
KB010	Moofreesas Buttons	16 x 35g	1.60	GSV
KB348	Buttons - Original	25 x 25g	1.10	GSV
Everyday Bars				
KB354	Original Bars	12 x 80g	2.80	GSV
Mini Moos				
KB324	Bunnycomb Bars	20 x 20g	0.90	GSV
KB337	Original Bars	20 x 20g	0.90	GSV
KB345	White Chocolate Bars	20 x 20g	0.90	GSV
<b>MUMMY MEEGZ</b>				
KB508	M'z Gems Chocolate	12 x 80g	3.50	GSV
KB510	M'z Gems Peanut	12 x 80g	3.50	GSV
<b>NOURISH</b>				
KB935	The Berry One	14 x 50g	2.29	GSV
KB416	The Nutty One	14 x 50g	2.29	GSV
KB937	The Orange One	14 x 50g	2.29	GSV

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<b>OMBAR CHOCOLATE</b>				
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 70g Bars	15 x 42g	1.99	FGOSV
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 Filled Bars	10 x 70g	3.69	FSGOV
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
ZX508	Coco Mylk Advent Calendar	10 x 125g	18.99	FGOSV
<b>OTHERLY</b>				
KB149	Birthday Cake Oatm*lk Choc Bar	10 x 60g	2.99	GSV
KB157	Cherry Oatm*lk Chocolate bar	10 x 60g	2.99	GSV
KB143	Plain Oatm*lk Chocolate Bar	41 x 60g	2.99	GSV
KB147	Salted Caramel Bar	10 x 60g	2.99	GSV
<b>PLAYIN CHOC</b>				
WS005	Dinosaur Surprise	18 x 1	2.30	GOSV
WS133	Endangered Animal Surprise	18 x 1	2.30	GOSV
ZX066	Woodland Animal Surprise	18 x 1	2.30	GOSV
<b>RAW HALO</b>				
70g Bars				
KB002	Dark 76%	10 x 70g	3.30	GOSV
KB055	Dark 85%	10 x 70g	3.30	GOSV
KB047	Dark Salted Caramel	10 x 70g	3.30	GOSV
KB020	Mylk & Pink Himalayan Salt	10 x 70g	3.30	GOSV
KB065	Mylk & Salted Caramel	10 x 70g	3.30	GOSV
KB007	Mylk & Vanilla Buttons	10 x 70g	3.30	GOSV
WS302	Dark Salt Almond Choc Buttons	8 x 100g	4.69	GSOV
WS301	Hazelnut Mylk Choc Buttons Truffle Bars	8 x 100g	4.69	GOSV
KB118	Dark Salt Almond Truffle Bar	8 x 90g	3.79	GOSV
KB103	Mylk Hazelnut Truffle Bar	8 x 90g	3.79	GOSV
<b>RHYTHM 108</b>				
BT143	Chocolate Salt Caramel Biscuit	8 x 135g	3.98	GOSV
KB506	Hazelnut Praline Chocolate Bar	15 x 33g	2.50	GVOS
KB336	Super Coconut Swiss Choc Bar	15 x 33g	2.50	GSOV
KB276	Sweet N Salty Almond Choc Bar	15 x 33g	2.50	GOSV
KB994	Swiss Chocolate Orange Bar	15 x 33g	2.50	GSOV
<b>SO FREE</b>				
No Added Sugar Large Bars				
ZX915	No Added Sugar 72% Dark Choc	12 x 80g	4.15	GV
ZX919	No Added Sugar Mint Dark Choc	12 x 80g	4.15	GV
ZX561	Oat Milk Chocolate Bars No Added Sugar Vegan Oat M!lk	12 x 70g	4.39	GV
<b>TONY'S CHOCOLONELY</b>				
Sharing Bags				
KB164	Littl'Bits Biscuit Mix	8 x 100g	3.00	FGS
KB865	Littl'Bits Triple Choc Mix	8 x 100g	3.00	FGS
<b>UP UP</b>				
KB856	Milk Choc Sea Salt & Lime Bar	15 x 130g	4.75	GS
<b>VEGO</b>				
KB669	Chocolate & Rice Crisp Bar	20 x 40g	2.19	FGOV
KB821	Mini Whole Hazel Chocolate Bar	20 x 65g	2.69	FGOSV

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KB489	Whole Hazelnut Chocolate Bar	20 x 150g	5.00	FGOSV
<b>CHOCOLATE &amp; SWEET SPREADS</b>				
<b>PLAMIL</b>				
GH017	Hazelnut Flavour Spread	6 x 275g	4.49	GSV
GH041	Plamilla Choc Orange Spread	6 x 275g	4.49	GSV
GH011	Plamilla Salted Caramel Spread	6 x 275g	4.49	GSV
<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	4.55	GOSV
RT054	Organic Craft Cider	12 x 500ml	4.35	GOSV
RT053	Premium Reserve Organic Cider	12 x 500ml	4.55	GOSV
<b>WESTONS</b>				
RT006	Vintage Organic Cider 6% ABV	8 x 500ml	3.59	GOV
<b>COCOA</b>				
<b>BLENDSMITHS</b>				
TE056	51% Dark Choc Blend	12 x 250g	8.49	GSV
TE064	70% Dark Choc Blend	12 x 250g	8.49	GSV
TE050	Chilli Choc Blend	12 x 250g	8.99	GSV
TE062	Original Choc Blend	12 x 250g	7.99	GSV
<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>ISLANDS CHOCOLATE</b>				
TE041	45% Hot Chocolate Powder	6 x 200g	6.99	GSV
<b>QUIRKY MONKEY</b>				
TE291	Mushroom Hot Chocolate	6 x 150g	13.99	G
TE506	Mushroom Orange Hot Chocolate	6 x 150g	14.99	GV
<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>PACT COFFEE</b>				
TE494	Bourbon Cream Espresso Beans	6 x 200g	7.69	GV
TE495	Bourbon Cream Espresso Ground	6 x 200g	7.69	GV
TE071	Coffee Advent Calendar -Ground	8 x 1	34.95	GV
TE497	House Espresso Ground	6 x 200g	6.69	GV
TE496	House Espresso Wholebean	6 x 200g	6.69	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
TE224	Reishi Mushroom Coffee Fusion	6 x 150g	13.50	G
<b>SOLO</b>				
TE159	Coffee Concentrate - Espresso	10 x 500ml	6.99	GV
<b>COFFEE SUBSTITUTES</b>				
<b>BARLEYCUP</b>				
TE480	Chicory Cup Organic	6 x 100g	5.79	GOV
<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>				
TE149	60% Chicory/40% Coffee Instant	6 x 100g	6.85	GOV
TE728	Chicory Drink - Cocoa	6 x 100g	4.45	GV
TE589	Chicory Drink - Organic	6 x 100g	5.69	GOV
<b>CONVENIENCE FOODS</b>				
<b>FIID</b>				
KJ407	Pouches Chip Shop Curry	8 x 275g	3.79	GV
KJ402	Smoky Black Bean Chilli	8 x 275g	3.79	GV
<b>FREE &amp; EASY</b>				
VF125	Bean Cassoulet - og	6 x 400g	3.29	GOV
VF116	Chickpea & Bean Tagine	6 x 400g	3.29	GOV
VF006	Chickpea / Vegetable Curry	6 x 400g	3.29	GOV

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VF132	Middle Eastern Casserole	6 x 400g	3.29	GOV
VF141	Sweet Pot/Kale/Coconut Curry	6 x 400g	3.29	GOV
VF014	Three Bean Chilli - og	6 x 400g	3.29	GOV
VF127	Vegetable Balti - og	6 x 400g	3.29	GOV
VF128	Vegetable Hotpot - og	6 x 400g	3.29	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
	Pouches			
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>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	2.79	GOSV
ZX249	Salsa Dip Mild	6 x 260g	2.79	GOSV
ZX482	Spring Roll Wrappers	12 x 100g	2.29	GOV
<b>BETTER WITH</b>				
ZX104	Black Truffle Almond Gift Tube	8 x 140g	6.69	FGSV
ZX103	Cinn Coconut Almond Gift Tube	8 x 140g	6.69	FGSV
ZX088	Honey Seasalt Almond Gift Tube	8 x 140g	6.69	FGS
ZX109	Rose Petals Almonds Gift Tube	8 x 140g	6.69	FGS
<b>BLANCO NINO</b>				
ZX794	Tortilla Chips Blue Corn	8 x 170g	2.99	GV
ZX791	Tortilla Chips Chilli & Lime	8 x 170g	2.99	GV
ZX797	Tortilla Chips Creamy Jalapeno	8 x 170g	2.99	GV
ZX790	Tortilla Chips Lightly Salted	8 x 170g	2.99	GV
ZX796	Tortilla Chips Smoky Chipotle	8 x 170g	2.99	GSV
<b>BROWN BAG CRISPS</b>				
	Impulse			
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	20 x 40g	0.89	G
	Sharing			
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
JP158	Seaveg Crispies - Ginger	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
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
	Seaveg Multipacks			
JP159	Seaveg Crispies Ginger Multi	6 x 5 x 4g	4.99	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
JP160	Seaveg Crispies Turmeric Multi	6 x 5 x 4g	4.99	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

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ZX290	Hummus Chips - Sharing			
ZX264	Caramelised Onion & Blk Pepper	18 x 45g	1.90	GSV
ZX275	Caramelised Onion & Vinegar	10 x 110g	2.19	GSV
ZX326	Chilli, Lime & Sea Salt	10 x 110g	2.19	GSV
ZX274	Hummus Sour Cream & Chive Chip	10 x 110g	2.19	GSV
ZX295	Italian Cheese & Black Pepper	10 x 110g	2.19	GSV
ZX125	Italian Cheese & Blk Pepper	18 x 45g	1.90	GSV
ZX124	Lemon & Chilli Hummus Chips	10 x 110g	2.19	GV
ZX121	Salted Hummus Chips	10 x 110g	2.19	GV
	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
	Lentil Chips - Sharing			
ZX276	Chargrilled Red Pepper	10 x 95g	2.19	GSV
ZX282	Greek Cheese Tomato & Herb	10 x 95g	2.19	GSV
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
ZX235	Sour Cream & Onion Thins	24 x 23g	0.99	GV
	<b>JASPER'S</b>			
ZX284	Sea Salt Crisps	12 x 100g	4.65	GOV
ZX293	Sea Salt Pop Corn	12 x 50g	3.25	GOV
	<b>KETTLE CHIPS</b>			
	Sharing Bags			
ZX248	Lightly Salted	12 x 130g	3.69	GV
ZX427	Cheese & 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
ZX608	Sea Salt	6 x 115g	2.29	GV
ZX621	Sour Cream & Chive	6 x 115g	2.29	GV
	<b>NAIRN'S</b>			
ZX631	Mini Cheese Bakes	14 x 45g	1.15	GS
ZX335	Sea Salt & Rosemary Flatbread	6 x 150g	2.39	GS
	<b>NUDIE SNACKS</b>			
	Cauliflower Crisps			
ZX958	Cheese & Caramelised Onion	12 x 80g	2.49	GSV
ZX713	Cheese and Caramelised Onion	24 x 20g	1.25	GV
ZX979	Katsu Curry	12 x 80g	2.49	GSV
ZX689	Sea Salt	12 x 80g	2.49	GV
	Hummus Chips			
ZX714	Lighly Salted	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

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ZX291	Sharing Bag Anglesey Sea Salt	8 x 150g	2.75	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>				
ZX615	Ghost Chillli Chickpea Chips	30 x 30g	0.99	GSV
ZX604	Katsu Curry Chickpea Chips	30 x 30g	0.99	GSV
ZX255	Lentil Chips - All the Cheese	8 x 85g	2.29	GS
ZX804	Prawn Cocktail Sharing Bag	8 x 85g	2.31	GSV
ZX426	Barbecue Chips	8 x 85g	2.29	GSV
ZX572	Ghost Chillli 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 Chillli Chips	8 x 85g	2.29	GSV
<b>PROPERCORN</b>				
ZX806	Sharing Bag Black Pepper & Salt Popcorn	8 x 70g	1.99	GSV
ZX861	Popcorn - Lightly Sea Salted	8 x 70g	1.99	GV
ZX262	Popcorn - Mature Cheddar	8 x 70g	1.99	GS
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
ZX814	Smoky & Sweet Paprika Popcorn	8 x 70g	1.99	GSV
ZX808	Tangy Chillli Popcorn	8 x 70g	1.99	GSV
<b>PURELY PLANTAIN</b>				
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>SUPERBON CHIPS DE MADRID</b>				
ZX484	Pimento Chips	14 x 135g	3.15	GV
ZX489	Salt & Cretan Herb Chips	14 x 135g	3.15	GV
ZX478	Salt & Pepper Chips	14 x 135g	3.15	GV
ZX506	Salt & Vinegar Chips	14 x 135g	3.15	GV
ZX452	Salt Chips	14 x 135g	3.15	GV
ZX490	Seaweed Chips	14 x 125g	3.59	GV
ZX494	Truffle Chips	14 x 135g	3.59	GV
ZX503	Yellow Paprika Chips	14 x 135g	3.15	GV
<b>TRAFO</b>				
ZX343	Flips Pea Flips Lightly Salted	6 x 75g	2.95	GOV
ZX299	Rosemary Lentil Flips Popcorn	6 x 75g	2.95	GOV
ZX094	Salted Popcorn Organic	12 x 50g	3.29	GOV
ZX118	Sweet Popcorn Organic	12 x 50g	3.29	GOSV
<b>TYRRELLS</b>				
ZX502	Potato Chips - Furrows Sharing Sea Salt and Cider Vinegar	8 x 150g	2.85	GS
ZX907	Potato Chips - Impulse Cheddar Cheese and Chives	24 x 40g	1.25	GS
ZX018	Potato Chips - Sharing 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 Chillli & Red Pepper Vegetable Chips	8 x 150g	2.79	GSV
ZX388	Mixed Roots	12 x 125g	3.99	GV
<b>DAIRY BUTTER, CREAM &amp; MILK</b>				
<b>CALON WEN</b>				
CV277	The Farmers Co-op Lightly Salted Welsh Butter	20 x 250g	4.65	GO
CV174	Spreadable Butter	16 x 250g	4.35	GO
CV204	Unsalted Welsh Butter	20 x 250g	4.65	GO

code	product	size	rrp	bfgosv
<b>DEVON CREAM COMPANY</b>				
CV293	Clotted Cream	12 x 170g	3.95	GO
<b>YEO VALLEY</b>				
CV101	Minimum 4 days shelf life Double Cream	6 x 220ml	2.40	GO
<b>DAIRY CHEESE</b>				
<b>BERGERIE</b>				
CV583	Organic Fresh Goat Cheese	6 x 100g	2.35	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	1.99	GO
<b>YEO VALLEY</b>				
CV578	Kefir Yoghurt	6 x 350g	2.15	GO
CV863	Honey Kefir Yoghurt	6 x 350g	2.15	GOS
CV864	Mango & Passion. Kefir Yoghurt	6 x 350g	2.15	GOS
CV560	Natural Kefir Yoghurt	6 x 350g	2.15	GO
CV862	Rhubarb Kefir Yoghurt	6 x 350g	2.15	GOS
CV862	Strawberry Kefir Yoghurt	6 x 350g	2.15	GOS
<b>DESSERTS</b>				
<b>SOJADE</b>				
SY099	Chocolate Soya Dessert	8 x 530g	1.95	GOSV
SY107	Vanilla Soya Dessert	8 x 530ml	1.95	GOSV
<b>THE BRIDGE</b>				
SY258	Vanilla Soya Dessert	6 x 2x130ml	2.35	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>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
CV008	White Chocolate Pots	6 x 4 x 45g	3.50	FGSV
<b>DRINKS (CHILLED)</b>				
<b>BIOTIFUL DAIRY</b>				
CV677	Blossom Honey Kefir 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
CV676	Vanilla Chai Kefir Drink	6 x 500ml	3.65	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>				
CV012	Probiotic Lemonade	6 x 750ml	4.35	FGOSV
CV318	Kombucha Apple Kombucha Zero Sugar	6 x 1l	6.25	FGOSVB
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>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 Large Smoothies	6 x 750ml	4.75	GV
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

code	product	size	rrp	bfgosv
<b>YEO VALLEY</b>				
CV558	Cherry Kefir Drink	6 x 500ml	2.69	OG
CV556	Mango & Passion Kefir Drink	6 x 500ml	2.69	GO
CV539	Natural Kefir Drink	6 x 500ml	2.69	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	<u>6 x 150ml</u>	5.19	GOV
JP026	Tofu Silken	<u>12 x 300g</u>	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	3.99	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
<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>MORI-NU</b>				
JP075	Tofu - Extra Firm	12 x 308g	3.69	GV
JP205	Tofu - Firm Tofu	12 x 307g	3.25	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>				
JP113	Tamari - organic	6 x 250ml	5.15	GVO
<b>FLAKES, BRANS &amp; WHEATGERM</b>				
<b>SUMA PREPACKS</b>				
	Gluten Free			
FX046	Oats - Jumbo & Gluten Free	6 x 750g	3.39	GV
FX045	Oats - Porridge & Gluten Free	6 x 750g	3.39	GV
<b>SUMA PREPACKS - ORGANIC</b>				
	Gluten Free			
FX042	Oats - Jumbo Gluten Free	6 x 750g	3.99	GOV
FX044	Oats - Porridge & Gluten Free	6 x 750g	3.99	GOV
<b>ALARA</b>				
FX026	Gluten Free Scottish Porridge	6 x 500g	4.55	GOV
FX013	Pure Gluten Free Oats	6 x 500g	3.39	VG
<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



code	product	size	rrp	bfgosv
<b>BULK COMMODITIES - ORGANIC</b>				
FG043	Oat Flour - Gluten Free	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 Bulk	5 x 1kg	3.15	GV
FG062	Brown Rice Flour	25kg		GOV
FG197	Plain White Flour, Organic, GF	16kg		GOV
<b>EUROSTAR COMMODITIES</b>				
FG118	Gluten Free Plain White Flour	8 x 1.5kg	4.69	GV
FG119	Gluten Free Self-Raising Flour	8 x 1.5kg	4.69	GV
<b>ORGRAN</b>				
	Gluten Free Mixes			
FG061	Buckwheat Pancake Mix	8 x 375g	5.25	GV
<b>FRUIT - DRIED</b>				
<b>BEAR</b>				
	Bear Fruit			
DR009	Baked Mango & Passionfruit BEAR Fruit	7 x 85g	2.79	GV
DR192	Gently Baked Mango Bear Fruit	6 x 100g	2.85	GV
DR263	Gently Baked Mango	14 x 35g	1.90	GV
DR144	Gently Baked Pineapple	14 x 35g	1.90	GV
DR201	Gently Baked Pineapple	6 x 100g	2.85	GV
DR002	Gently Baked Strawberries	14 x 35g	1.90	GSV
DR266	Gently Baked Strawberries	8 x 90g	2.85	GSV
<b>FRUIT &amp; VEGETABLE JUICES</b>				
<b>BEET IT</b>				
	From James White			
JU413	Beet It Shot - Ginger	15 x 70ml	1.99	GOV
JU412	Beet It Shot - Turmeric	15 x 70ml	1.99	GOV
<b>BZEST</b>				
	Health Shots - PET Bottles			
JU768	Calm & Comfort Shot	12 x 60ml	2.50	GV
JU771	Fire & Fortify Shot	12 x 60ml	2.50	GV
<b>CULTURED FOOD COMPANY</b>				
JU175	Fermented Beet Kvass	6 x 500ml	4.49	GOV
<b>THE BERRY COMPANY</b>				
	Tetrapacks			
JU046	Exotic Pineapple Juice	12 x 1l	3.79	GV
JU056	Green Tea w/Lemon & Lime	12 x 1l	3.50	GV
JU044	Pressed Apple Juice	12 x 1l	3.50	GV
JU045	Pure Orange Juice	12 x 1l	3.79	GV
JU060	Superberries Purple	12 x 1l	3.50	GV
JU066	Superberries Red	12 x 1l	3.50	GV
JU070	White Tea w/Peach & Moringa	12 x 1l	3.50	GV
<b>ZINGER</b>				
	Zinger Health Shots			
JU264	Sour Cherry Zinger Shot	15 x 70ml	1.89	GV
<b>FRUIT (FROZEN)</b>				
<b>NATURAL COOL</b>				
XL142	Organic Berry Mix	10 x 300g	5.75	GOV
XL145	Organic Blueberries	10 x 300g	5.25	GOV
XL179	Organic Raspberries	10 x 300g	7.20	GOV
XL182	Organic Sour Cherries	10 x 300g	5.75	GOV
XL180	Organic Strawberries	10 x 300g	5.75	GOV

code	product	size	rrp	bfgosv
<b>GRAINS</b>				
<b>BIONA</b>				
QS013	Pumpkin Risotto	8 x 210g	3.75	GOSV
QS022	Spiced Red Lentil Dhal	7 x 250g	3.55	GOSV
<b>MASAGO</b>				
FG017	Organic Sorghum Grain	12 x 1kg	11.45	GOV
<b>MR ORGANIC</b>				
QS073	Chickpea Rice	12 x 250g	3.69	GOV
QS020	Red Lentil Rice	12 x 250g	3.69	GOV
<b>QUINOLA</b>				
QS122	Golden Vegetables	6 x 250g	2.49	GOV
QS118	Spicy Mexican	6 x 250g	2.49	GOV
QS126	Wholegrain Quinoa	6 x 250g	2.49	GV
<b>GRAVY, STOCK &amp; BOUILLON</b>				
<b>FREE &amp; EASY</b>				
LJ008	Gravy Sauce Mix	6 x 130g	2.49	GV
<b>KALLO</b>				
LJ103	Garlic & Herb Stock Cubes	15 x 66g	2.90	GOVS
LJ171	Low Salt Vegetable Stock Cubes	15 x 60g	2.15	GOVS
LJ122	Mushroom Stock Cubes	15 x 66g	2.90	GOVS
LJ120	Vegetable Stock Cubes	15 x 66g	2.90	GOV
LJ186	Vegetable Stock Pots	8 x 4 x 24g	2.89	GOSV
LJ147	Yeast Free Veg.Stock Cubes	15 x 66g	2.90	GV
<b>MARIGOLD</b>				
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	2.35	GSV
LJ208	Organic Bouillon	1 x 2kg	23.49	FGOV
LJ074	Organic Bouillon Reduced Salt	6 x 140g	2.79	GOV
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
LJ032	Catering Engevita with B12 Y/Flakes	1 x 650g	19.99	GV
<b>HERB &amp; FRUIT TEA INFUSIONS</b>				
<b>CHEERFUL BUDDHA</b>				
TE487	Lion's Mane Mushroom Lemon Tea	6 x 15 bags	4.99	GV
TE488	Lion's Mane Mushroom Mint Tea	6 x 15 bags	4.99	GV
<b>CLIPPER</b>				
Everyday Infusions				
TE450	Blackcurrant & Blueberry	4 x 20 bags	3.19	GOV
TE442	Chamomile & Peach	4 x 20 bags	3.19	GOV
TE035	Indian Chai	4 x 20 bags	3.19	FGOV
TE443	Orange & Turmeric	4 x 20 bags	3.19	GOV
TE461	Peppermint & Spearmint	4 x 20 bags	3.19	GOV
<b>HEATH AND HEATHER</b>				
Botanicals				
TE594	Turmeric Root Brew	6 x 20 bags	3.55	GOV
<b>PUKKA</b>				
TE058	Turmeric Active / Ging& Orange	4 x 20 bags	5.90	GOV
<b>YOGI TEA</b>				
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
TE344	Berry Vanilla Organic	6 x 17 bags	2.99	OGV
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

code	product	size	rrp	bfgosv
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
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
TE380	Morning Energy	6 x 17 bags	2.75	OGV
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 For The Senses	6 x 17 bags	2.75	GOV
TE615	Good Night	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

### BLENDSMITHS

HE125	Masala Chai Drink Blend	12 x 250g	11.99	GSV
HE124	Pumpkin Spice Drink Blend	12 x 250g	12.49	GSV
HE118	Turmeric Cinnamon Drink Blend	12 x 250g	12.49	GSV

### TARANTELLA

HE085	Liquid Basil	12 x 40ml	2.59	GOV
HE067	Liquid Chilli	12 x 40ml	2.59	GOV
HE102	Liquid Garlic	12 x 40ml	2.59	GOV
HE109	Liquid Ginger	12 x 40ml	2.59	GOV

## 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	<u>6 x 250g</u>	16.49	FG
HY155	5+ Manuka Honey	<u>4 x 500g</u>	26.49	FG

### HILLTOP HONEY

HY076	Organic Blossom Honey	<u>6 x 340g</u>	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	5.99	GV
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## INDIAN FOOD

### PATAKS

KJ222	Curry Pastes 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

code	product	size	rrp	bfgosv
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
<b>PUNJABAN</b>				
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
<b>JAMS &amp; FRUIT SPREADS</b>				
<b>ST DALFOUR</b>				
JS064	Black Cherry Spread	6 x 284g	3.59	GV
<b>JUICE CONCENTRATES &amp; CORDIALS</b>				
<b>BELVOIR</b>				
JU234	Blueberry Blackcurrant Cordial	6 x 500ml	6.35	GSV
JU516	Elderflower & Rose Cordial	6 x 500ml	6.35	GSV
JU578	Elderflower Cordial	6 x 500ml	6.35	GSV
JU577	Ginger Cordial	6 x 500ml	6.35	GSV
JU197	Honey, Lemon & Ginger Cordial	6 x 500ml	6.65	GS
JU275	Organic Elderflower Cordial	6 x 500ml	6.99	GOSV
JU276	Organic Ginger Cordial	6 x 500ml	6.99	GOSV
JU043	Raspberry & Lemon Cordial	6 x 500ml	6.35	GV
	Family Size			
JU339	Blackcurrant Cordial	6 x 750ml	6.69	GSV
<b>MAYONNAISE &amp; SALAD DRESSINGS</b>				
<b>ALL DRESSED UP</b>				
KJ408	Everyday House Dressing	6 x 250ml	5.75	G
KJ412	Miso & Sesame Dressing	6 x 250ml	5.75	G
KJ413	Spicy Harissa Dressing	6 x 250ml	5.75	G
KJ409	Tahini & Lime Dressing	6 x 250ml	5.75	G
<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
KJ418	Olive Oil Mayonnaise	6 x 250g	5.99	GV
<b>MEAT ALTERNATIVES (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 Burgers	6 x 200g	4.60	GV
CV116	Original Chunks	6 x 160g	4.20	GV
<b>MEAT 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 250g	5.20	GV
XL063	Sausages	10 x 200g	5.20	GV
<b>STRONG ROOTS</b>				
XL213	Pumpkin & Spinach Burgers	12 x 300g	4.10	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

code	product	size	rrp	bfgosv
	<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>SUNFLY</b>			
GH167	Sunflower seed butter	15 x 330g	4.39	GSV
GH106	Sunflower seed butter Natural	15 x 330g	4.39	GV
GH170	Sunflower seed butter, Cocoa	15 x 330g	4.39	GSV
GH163	Sunflower seed butter, Crunchy	15 x 330g	4.39	GSV
GH108	Sunflower seed butter, Smooth	15 x 330g	4.39	GSV
	<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
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>WOWBUTTER</b>			
GH172	Crunchy Toasted Soya Spread	6 x 500g	6.79	GSV
GH171	Smooth Toasted Soya Spread	6 x 500g	6.79	GSV
	<b>OILS &amp; FATS</b>			
	<b>CLEARSPRING</b>			
GT054	Coconut Oil	6 x 200g	4.59	GOV
CT055	Coconut Oil	6 x 400g	8.65	GOV
GT037	Sesame Oil organic	6 x 1l	15.49	GOV
	<b>GRANOVITA</b>			
GT300	Flax Oil - Organic	6 x 260ml	7.99	GOV
	<b>HELLENIC</b>			
GT403	Extra Virgin Olive Oil	12 x 750ml	14.99	GV
	<b>HUNTER AND GATHER</b>			
GT057	Extra Virgin Avocado Oil	6 x 250ml	7.29	GV
CT073	Extra Virgin Olive Oil	6 x 500ml	15.59	GOV
	<b>MONINI</b>			
CT011	White Truffle Flavoured Oil	6 x 250ml	7.99	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</b>			
KJ365	Green Olives	6 x 330g	2.99	GOV
KJ396	Kalamata Pitted Olives	6 x 2kg	21.99	FGOV
	<b>HONEST TOIL</b>			
KJ394	Kalamata Olives	6 x 210g	4.59	GV
	<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 Recycled	12 x 1 box	1.79	GV
NF241	Toilet Tissue Classic Soft Rec	12 x 4 pack	5.15	GV
NF242	Toilet Tissue Classic Soft Rec	16 x 1 pack	1.25	GV
NF273	Toilet Tissue ExtraSoft Bamboo	16 x 1 pack	1.35	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
WT009	Corn Rice Penne Gluten Free	8 x 500g	2.89	GOV
WT077	Linguine Oat Pasta	12 x 340g	3.19	GOV
WT073	Rigatoni Oat Pasta	12 x 340g	2.99	GOV

code	product	size	rrp	bfgosv
<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
<b>CIEMME</b>				
WT060	Gnocchi - Gluten Free	12 x 250g	1.90	GV
WT136	OG Gluten Free Gnocchi Plain	12 x 400g	3.95	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
<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
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>				
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	2.99	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	10 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>SUMA ORGANIC</b>				
	Pasta Sauces - Organic			
VF340	Arrabbiata Sauce - Organic	6 x 350g	2.49	GOV
VF380	Bolognese Sauce - Organic	6 x 350g	2.99	GOV
VF360	Napoletana Sauce - Organic	6 x 350g	2.49	GOV
<b>MR ORGANIC</b>				
KJ046	Basilico Sauce	6 x 350g	3.90	GOV
KJ328	Chilli & Garlic Pesto	6 x 130g	3.29	GOV
	Antipasti			
KJ022	Artichoke Antipasti - Sliced	5 x 190g	4.89	GOV
KJ039	Sundried Tomatoes - Antipasti	5 x 190g	3.89	GOV

code	product	size	rrp	bfgosv
<b>MUTTI</b>				
VF008	Bolognese Sauce	6 x 400g	3.59	GV
VF271	Vegan Bolognese	6 x 400g	3.95	GV
<b>ORGANICO</b>				
VF032	Vegetable Bolognese - Organic	6 x 350g	3.50	GOSV
<b>ZEST</b>				
KJ314	Red Pesto	6 x 165g	3.49	GV
VF256	Tomato&Mascarpone Pasta Sauce	6 x 340g	4.85	GV
<b>PATE</b>				
<b>GRANOVITA</b>				
GH143	Mushroom Pate	12 x 125g	1.99	GV
GH144	Vegetable Pate	12 x 125g	1.99	GV
<b>HELLENIC</b>				
KJ348	Kalamata Olive Pate	6 x 200g	2.99	GOV
<b>KALLO</b>				
GH008	Chunky Tomato Dip	6 x 140g	3.29	GOV
GH033	Spicy Tomato Dip	6 x 135g	3.29	GOV
GH036	Tomato & Olives Dip	6 x 135g	3.29	GOV
<b>TARTEX</b>				
GH001	Classic Pate - og	12 x 200g	4.15	GOV
<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>				
<b>DELPHI FOODS</b>				
Dips				
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
CV071	Harissa	7 x 80g	2.75	GOV
CV931	Houmous	6 x 170g	3.15	GOV
CV526	Houmous with Pine Nuts	6 x 170g	3.15	GOV
<b>THE REAL OLIVE COMPANY</b>				
CV538	Chilli, Cumin & Garlic Olives	6 x 150g	3.40	GOV
<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>				
<b>CULTURED FOOD COMPANY</b>				
KJ064	Fermented Beetroot	6 x 400g	5.89	GOV
KJ063	Vegan Kimchi	12 x 300g	5.99	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	<u>6 x 350g</u>	3.79	GSV
XL366	Keema Curry	<u>6 x 350g</u>	3.79	GSV
<b>CLIVE'S</b>				
XL114	Gluten Free Mushroom Leek Pie	<u>6 x 235g</u>	4.60	GV
XL308	Gluten Free Saag Aloo Pie	6 x 235g	4.60	GV
XL336	Tomato & Olive Tart	6 x 150g	4.30	GV
Nut Roasts				
XL338	Organic Nut Roast	6 x 280g	6.99	GSV
XL044	Organic Sharing Nut Roast	4 x 600g	14.50	GOV
<b>GOODLIFE</b>				
XL265	Falafel	6 x 280g	3.59	GV
<b>PLANTSIDE</b>				
XL205	Gluten Free Yorkshire Puddings	14 x 6 pack	7.35	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
Air Bites				
XL273	Crispy Veg Air Bites	12 x 300g	3.69	GV
<b>READY TO EAT FOODS (CHILLED)</b>				
<b>SUMA ORGANIC</b>				
CV088	Kimchi	6 x 300g	4.40	GOV

code	product	size	rrp	bfgosv
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	<u>6 x 775g</u>	12.49	GV
	<b>LOVING FOODS</b>			
	Raw, Organic, Vegan & UK made			
CV801	Classic Sauerkraut	<u>6 x 475g</u>	6.45	GOV
CV015	Cool Kimchi	<u>6 x 475g</u>	7.85	GOV
CV316	Hot 'N' Smoky Kimchi	<u>6 x 475g</u>	7.85	GOV
CV802	Kimchi	<u>6 x 475g</u>	6.85	GOV
CV928	Ruby Beetroot Kraut	<u>6 x 475g</u>	6.85	GOV
CV929	Sauerkraut with Caraway	<u>6 x 475g</u>	6.85	GOV
CV314	Spicy Cortido Kraut	<u>6 x 475g</u>	6.85	GOV
CV803	Turmeric & Black Pepper Kimchi	<u>6 x 475g</u>	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	<u>6 x 250ml</u>	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>SEA VEGETABLES</b>			
	<b>OCEAN'S HALO</b>			
HE171	Sushi Nori Wrap	12 x 28g	3.99	GOV
HE172	Wasabi Sushi Nori Wrap	12 x 28g	3.99	GOV
	<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>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>			
KB990	Caramelised Biscuit Ball	12 x 40g	2.90	GV
KB992	Cookie Dough Ball	12 x 40g	2.90	GV
KB993	Indulgent Peanut Caramel Ball	12 x 40g	2.90	GSV
	Dipped			
KB598	Dipped Choc Brownie Protein	12 x 40g	2.90	GSV
KB600	Dipped Hazelnut Praline	12 x 40g	2.90	GSV
	Filled			
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
	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	<u>20 x 80g</u>	0.75	GSV
KB563	Chocolate	<u>20 x 80g</u>	0.79	GS



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KB575	Dark Chocolate & Ginger	<u>20 x 80g</u>	0.79	VGS
KB543	Summer Berry	<u>20 x 80g</u>	0.75	GSV
<b>DAMN GOOD</b>				
KB891	Cookies Ginger, Choc, Orange	<u>12 x 38g</u>	1.79	GSV
KB888	Cookies Honeycomb & Chocolate	<u>12 x 38g</u>	1.79	GSV
KB153	Cookies Salted Double Choc	<u>12 x 38g</u>	1.79	GSV
KB150	Cookies Vanilla Choc Chip	<u>12 x 38g</u>	1.79	GSV
<b>DELICIOUSLY ELLA</b>				
KB030	Apple and Raisin Oat Bar	12 x 3x50g	3.90	GV
KB435	Cacao & Almond Ball	12 x 40g	1.99	GV
KB942	Kids Raspberry Oat Bars	<u>12 x 5 x25g</u>	3.20	GSV
KB945	Kids Vanilla Twist Oat Bars	<u>12 x 5 x 25g</u>	3.20	GSV
KB026	Peanut Butter Oat Bar	<u>12 x 3x50g</u>	3.90	GV
KB676	Protein Ball	<u>12 x 40g</u>	1.99	GV
	Nut Butter Filled			
WS071	Almond Butter Ball	<u>12 x 36g</u>	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
KB792	Cacao & Almond Oat Bar	<u>16 x 50g</u>	1.90	GV
KB949	Lemon & Poppy Seed Oat Bar	<u>16 x 50g</u>	1.29	GSV
<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
	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>NAIRN'S</b>				
	Crunchy Oat Bars			
BT112	Belgian Chocolate	10 x 160g	3.49	GV
BT113	Honey	10 x 160g	3.49	GS
<b>NAKD</b>				
KB971	Fruit & Fibre Apple & Cinnamon	12 x 3 x 44g	3.49	GV
KB973	Fruit & Fibre Strawb & Raspb	12 x 3 x 44g	3.49	GV
KB968	Protein Cocoa Hazelnut Multip	12 x 3 x45g	3.49	GV
KB966	Protein Peanut Butter Multipak	<u>12 x 3 x 45g</u>	3.49	GV
	Fruit & Fibre			
KB395	Strawberry & Raspberry	<u>16 x 44g</u>	1.39	GV
	Fruit & Fibre			
KB378	Apple & Cinnamon	<u>16 x 44g</u>	1.39	GV
	Multi Packs			
KB029	Berry Delight Multipack	<u>12 x 4 x 35g</u>	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	<u>18 x 35g</u>	1.50	GV
KB756	Berry Delight Bar	18 x 35g	1.50	GV
KB532	Blueberry Muffin	18 x 35g	1.50	GV
KB554	Cashew Cookie Bar	<u>18 x 35g</u>	1.50	GV
KB757	Cocoa Delight Bar	<u>18 x 35g</u>	1.50	GV
KB556	Cocoa Orange Bar	<u>18 x 35g</u>	1.50	GV
KB163	Lemon Drizzle Bar	18 x 35g	1.50	GV
WS021	Peanut Delight	<u>18 x 35g</u>	1.50	GV
ZX609	Salted Caramel	<u>18 x 35g</u>	1.50	GV
	Protein			
KB719	Protein Caramel	16 x 45g	1.39	GV
KB708	Protein Cocoa Hazelnut	16 x 45g	1.39	GV

code	product	size	rrp	bfgosv
KB707	Protein Peanut Butter	16 x 45g	1.39	GV
<b>PULSIN'</b>				
KB414	Almond Salted Caramel Keto Bar	18 x 50g	1.99	GV
KB727	Caramel Choc & Peanut 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
KB090	Maple & Peanut Protein Bar	18 x 50g	1.99	GV
WS056	Peanut Choc Chip Brownie	18 x 35g	1.19	GSV
KB148	Peanut Choc Protein Bar	18 x 50g	1.99	GV
KB404	Raspberry Choc Chip Keto Bar	18 x 50g	1.99	GV
KB706	Vanilla Choc & Almond Bar Keto Bars	18 x 50g	1.99	GV
KB120	Almond & Caramel Keto Multi	12 x 3 x 30g	3.49	GV
KB119	Choc Fudge & Peanut Keto Multi	12 x 3 x 30g	3.49	GV
KB130	Raspberry Choc Chip Keto Multi	12 x 3 x 30g	3.49	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
KB974	Cocoa Oat Flapjack Multipack	12 x 3 x 50g	3.85	GSV
KB986	Flapjack Bischoff	16 x 50g	1.90	GS
KB450	Peanut Butter Flapjack	16 x 50g	1.45	GSV
KB941	Salted Caramel Flapjack	16 x 50g	1.45	GSV
KB976	Salted Caramel Flapjack Multi	12 x 3 x 50g	3.85	GSV
ZX738	Smooth Lemon	<u>16 x 50g</u>	1.45	GSV
KB965	White Choc & Raspberry	<u>16 x 50g</u>	1.45	GSV
KB981	White Choc & Raspberry Flapjak FLAPJACKS	<u>12 x 3 x 50g</u>	3.85	GSV
KB499	Cocoa and oat protein flapjack	<u>16 x 50g</u>	1.45	GVS
KB500	Cocoa coconut protein flapjack	16 x 50g	1.45	GVS
KB505	Original oat protein flapjack Power	16 x 50g	1.45	GVS
KB663	Millionaire Shortbread	16 x 55g	2.49	GV
KB662	Peanut Butter Crunch	16 x 55g	2.49	GV
<b>TROPICKS</b>				
KB171	Fruit Bar Mango	20 x 20g	1.50	GV
KB173	Fruit Bar Pineapple-Passionfrt	20 x 20g	1.50	GV
<b>VIVE</b>				
	Better Brownie			
BT409	Cherry Bakewell	15 x 40g	1.35	GSV
BT410	Chocolate Orange	15 x 40g	1.35	GSV
BT411	Creamy Coconut Cashew	<u>15 x 40g</u>	1.35	GSV
<b>SOFT DRINKS</b>				
<b>ACTI-VIT</b>				
	Sparkling Canned Drinks			
JU039	Blackcurrant,Apple,Raspberry	<u>12 x 330ml</u>	1.49	GV
JU040	Lemon, Lime and Orange	12 x 330ml	1.49	GV
JU042	Mango,Pineapple,Passion Fruit	12 x 330ml	1.49	GV
<b>BELVOIR</b>				
JU795	Elderflower Presse	12 x 250ml	2.15	GSV
JU814	Ginger Beer	12 x 250ml	2.29	GOSV
JU811	Handmade Lemonade	12 x 250ml	2.15	GOSV
JU554	Raspberry Lemonade	12 x 250ml	2.15	GSV
JU810	Sparkling Elderflower 750ML Bottles	12 x 250ml	2.29	GOSV
JU629	Cucumber & Mint Presse	6 x 750ml	4.65	GSV
JU236	Elderflower & Rose Presse	6 x 750ml	4.65	GSV
JU041	Elderflower Light Presse	6 x 750ml	3.89	GSV
JU674	Elderflower Presse	6 x 750ml	4.65	GSV
JU782	Freshly Squeezed Lemonade	6 x 750ml	4.65	GSV
JU780	Ginger Beer	6 x 750ml	4.65	GSV
JU813	Ginger Beer	6 x 750ml	4.95	GOSV
JU792	Sparkling Elderflower	6 x 750ml	4.95	GOSV
<b>CHEERFUL BUDDHA</b>				
	Sparkling Drinks			
JU460	Mango & Ginger Mushroom Drink	24 x 250ml	2.49	GV
JU462	Orange&Turmeric Mushroom Drink	24 x 250ml	2.49	GV

code	product	size	rrp	bfgosv
JU461	Raspberry & Mint Mushroom Drink	<u>24 x 250ml</u>	2.49	GV
	<b>DALSTON'S</b>			
	Cans			
JU162	Ginger Beer	24 x 330ml	1.19	GV
JU163	Sparkling Cherry	24 x 330ml	1.19	GV
JU166	Sparkling Elderflower	24 x 330ml	1.19	GV
JU155	Sparkling Pineapple	24 x 330ml	1.19	GV
JU772	Sparkling Rhubarb	24 x 330ml	1.19	GV
	<b>DASH WATER</b>			
JU445	Sparkling Cucumber & Mint	12 x 330ml	1.29	GV
JU447	Sparkling Grapefruit	12 x 330ml	1.29	GV
JU410	Sparkling Orange	12 x 330ml	1.29	GV
JU110	Sparkling Peach	<u>12 x 330ml</u>	1.29	GV
	<b>FENTIMANS</b>			
	275ML Range			
JU008	Cherry Cola	12 x 275ml	2.29	GSV
JU625	Curiosity Cola	12 x 275ml	2.29	GSV
JU908	Dandelion & Burdock	12 x 275ml	2.29	GSV
JU463	Gently Sparkling Elderflower	12 x 275ml	2.29	GSV
JU346	Ginger Beer	12 x 275ml	2.29	GSV
JU354	Mandarin Seville Orange Jigger	12 x 275ml	2.29	GSV
JU344	Raspberry Lemonade	12 x 275ml	2.29	GSV
JU618	Rose Lemonade	12 x 275ml	2.25	GSV
JU435	Victorian Lemonade	12 x 275ml	2.29	GSV
	750ML Range			
JU573	Curiosity Cola	6 x 750ml	4.95	GSV
JU280	Ginger Beer	6 x 750ml	4.95	GSV
JU455	Rose Lemonade	6 x 750ml	4.95	GSV
	Cans			
JU366	Ginger Beer	12 x 250ml	1.95	GSV
JU300	Rose Lemonade	12 x 250ml	2.29	GSV
	Mixer Range			
JU161	Pink Grapefruit Tonic Water	8 x 500ml	3.49	GSV
JU207	Premium Indian Tonic Water	8 x 500ml	3.49	GSV
	<b>FEVERTREE</b>			
JU387	Tonic Water	6 x 4x200ml	5.85	GSV
	<b>GRASS &amp; CO.</b>			
	Functional Drinks			
JU457	FOCUS - Lion's Mane With Lemon	<u>12 x 250ml</u>	2.49	GV
JU458	POWER - Shiitake With Ginger	<u>12 x 250ml</u>	2.49	GV
JU459	RELAX - Reishi With Chamomile	<u>12 x 250ml</u>	2.49	GV
	<b>GUSTO</b>			
JU376	Naturally Slim Cola	12 x 275ml	2.25	FGV
JU353	Organic Real Cola	12 x 275ml	2.25	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>			
JU134	Still Elderflower Presse	12 x 330ml	1.89	GSV
	<b>JARR KOMBUCHA</b>			
JU062	Ginger & Lemon Kombucha Fibre	12 x 330ml	3.45	GOV
JU084	Original Kombucha Fibre	12 x 330ml	3.45	GOV
JU071	Passion Fruit Kombucha	12 x 330ml	3.45	GOV
JU077	Peach & Yuzu Kombucha Fibre	12 x 330ml	3.45	GOV
	<b>JAX COCO</b>			
JU100	Coconut Water Pure	24 x 330ml	2.29	VG
	<b>LA BREWERY</b>			
	Cans			
JU072	Citrus Hops Kombucha	12 x 250ml	3.45	GV
JU081	Sparkling Blush Kombucha	12 x 250ml	3.45	GV
JU080	Sparkling Ginger Kombucha	12 x 250ml	3.45	GV
	<b>ONE LIVING</b>			
JU468	Lime & Mint CBD Drink	12 x 250ml	2.25	GV
JU472	Living Plus Kombucha - Calm	12 x 250ml	2.35	GSV
JU471	Living Plus Kombucha - Focus	12 x 250ml	2.35	GSV
JU470	Living Plus Kombucha - Immune	12 x 250ml	2.35	GSV
JU469	Wild Berry CBD Drink	12 x 250ml	2.25	GV

code	product	size	rrp	bfgosv
<b>PERFECTED</b>				
	Sparkling Energy Drinks			
JU449	Apple & Raspberry Energy Drink	12 x 250ml	1.99	GV
JU456	Juicy Peach Energy Drink	12 x 250ml	1.99	GV
JU452	Pear & Ginger Energy Drink	12 x 250ml	1.99	GV
JU450	Pineapple & Yuzu Energy Drink	12 x 250ml	1.99	GV
<b>PUNCHY</b>				
JU089	Blood Orange,Bitters&Cardamom	12 x 250ml	1.59	GSV
JU096	Cucumber, Yuzu and Rosemary	12 x 250ml	1.59	GSV
JU313	Hydration Drink - Blueberry	12 x 330ml	1.79	GSV
JU307	Hydration Drink - Mango	12 x 330ml	1.79	GSV
JU438	Hydration Drink - Mexican Lime	12 x 330ml	1.79	GSV
JU086	Peach, Ginger & Chai Spice	12 x 250ml	1.59	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	2.49	GOV
VF096	Butternut Squash & Ginger - Og	6 x 400g	2.49	GOV
VF297	Butternut,Sweet Potato,Turmeric	6 x 400g	2.49	GOV
VF124	Carrot & Coconut Soup	6 x 400g	2.49	GOV
VF720	Lentil & Red Pepper Soup - Org	6 x 400g	2.49	GOV
VF086	Pea & Mint Soup - Org	6 x 400g	2.49	GOV
VF097	Sweet Potato & Chia Soup - Org	6 x 400g	2.49	GOV
VF083	Tomato Soup - Org	6 x 400g	2.49	GOV
<b>MR ORGANIC</b>				
VF284	Black Bean & Vegetable Soup	6 x 400g	2.29	GOV
VF287	Pumpkin, Carrot & Chilli Soup	6 x 400g	2.29	GOV
VF288	Spicy Mixed Beans Soup	6 x 400g	2.29	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	<u>6 x 560g</u>	3.80	GOV
CV297	Thai Green Vegetable Soup	6 x 560g	3.80	GOV
<b>YEO VALLEY</b>				
CV601	Carrot & Parsnip Soup	6 x 400g	3.35	GO
CV584	Cream of Tomato Soup	6 x 400g	3.35	GO
CV607	Creamy Vegetable Soup	6 x 400g	3.35	GO
CV588	Leek & Potato Soup	6 x 400g	3.35	GO
<b>SUGARS &amp; SYRUPS</b>				
<b>BILLINGTONS</b>				
LJ057	Sugar - Golden Caster Sugar	<u>10 x 250g</u>	0.95	GVB
<b>BUCKWUD</b>				
HY001	Maple Syrup	<u>6 x 250g</u>	6.65	GOV
HY002	Maple Syrup	<u>6 x 620g</u>	1.99	GV
<b>HILLTOP HONEY</b>				
HY015	Maple Syrup Grade A Amber	<u>5 x 640g</u>	11.99	GV
HY050	Maple Syrup Grade A Dark	<u>5 x 640g</u>	11.99	GV
<b>RAYNERS</b>				
LJ901	Black Treacle - organic	<u>6 x 340g</u>	3.49	GOV
<b>SUPERFOODS &amp; SPORTS NUTRITION</b>				
<b>HUNTER AND GATHER</b>				
	Restore V2			
VM075	Electrolytes v2 - Lemon & Lime	<u>1 x 30</u>	34.99	GV
VM062	Electrolytes v2 - Mixed Berry	<u>1 x 30</u>	34.99	GV
VM103	Electrolytes v2 - Unflavoured	<u>1 x 30</u>	34.99	GV
VM084	Electrolytes v2 - Variety Box	<u>1 x 30</u>	34.99	GV
<b>LINWOODS</b>				
MD113	Chia Seeds	<u>12 x 200g</u>	6.99	GOV
MD109	Flax, Almond, Brazil, Walnut	<u>12 x 360g</u>	6.99	GV
MD102	Flaxseed	<u>12 x 425g</u>	5.99	GOV
MD114	Flaxseed	<u>12 x 200g</u>	3.79	GOV
MD112	Flaxseed & Bio Cultures	<u>12 x 360g</u>	6.99	GV
MD104	Flaxseed, Sunflower, Pumpkin	<u>5 x 425g</u>	6.79	GOV

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MD101	Flaxseed,Pumpkin & Sunflower	12 x 425g	6.79	GOV
VM425	Overnight Oats - Chocolate	5 x 300g	4.19	GV
VM423	Overnight Oats - Original	<u>5 x 300g</u>	4.19	GV
VM424	Overnight Oats - Strawberry	<u>5 x 300g</u>	4.19	GV
MD110	Shelled Hemp	<u>12 x 200g</u>	7.45	GV
VM263	Sprouted Flaxseed	6 x 200g	4.79	GOV
VM376	Sprouted Sunflower Seeds	8 x 125g	2.79	GOV
MD048	Whole Seed Hemp	6 x 200g	4.89	GOV
<b>NATURYA</b>				
MD158	Organic Acai Powder	6 x 125g	19.99	GOV
MD002	Organic Cacao Nibs	8 x 125g	6.50	GOV
MD011	Organic Cacao Powder	6 x 250g	9.00	FGOV
MD111	Organic Chia Seeds	6 x 300g	5.99	GOV
MD156	Organic Chlorella Powder	6 x 200g	12.49	GOV
MD040	Organic Green Superblend	6 x 250g	14.99	FGOV
MD152	Organic Hemp Protein Powder	6 x 300g	9.99	GOV
MD155	Organic Spirulina Powder	6 x 200g	8.99	GOV
MD031	Organic Turmeric Superblend	6 x 250g	7.99	GOV
MD154	Organic Wheatgrass Powder	6 x 200g	7.99	GOV
<b>PREWETT'S</b>				
VM020	Organic Ground Flaxseed	6 x 175g	3.49	GOV
<b>PULSIN'</b>				
VM258	Chocolate Protein Powder Blend	6 x 280g	14.99	GV
VM332	Hazelnut Protein Powder Blend	6 x 280g	12.49	GV
VM027	Pea Protein Powder	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
VM090	Vanilla Keto Protein Powder	6 x 252g	19.99	VG
VM155	Vanilla Protein Powder Blend	6 x 270g	12.99	GV
VM304	Supershakes Cacao & Maca Energy Supershake	<u>6 x 300g</u>	17.59	GV
<b>SQUSHED</b>				
VM068	Rescue Apple Boost	<u>16 x 150g</u>	5.79	GV
VM063	Rescue Blueberry Boost	<u>16 x 150g</u>	5.79	GV
VM070	Strawberry Boost	<u>16 x 150g</u>	5.79	GV
<b>VIVO LIFE</b>				
VM448	Clean Vegan Protein - Vanilla	<u>1 x 900g</u>	33.99	GV
VM450	Clean Vegan Protein - Vanilla	<u>1 x 210g</u>	9.99	GV
VM449	Clean Vegan Protein- Chocolate	<u>1 x 960g</u>	33.99	GV
VM451	Creatine Monohydrate Powder	<u>1 x 252g</u>	19.99	GV
VM444	Perform Plant Protein - Cacao	1 x 988g	44.99	GV
VM446	Perform Plant Protein - Cacao	1 x 266g	13.99	GV
VM445	Perform Plant Protein- Vanilla	1 x 936g	44.99	GV
VM447	Perform Plant Protein- Vanilla	1 x 252g	13.99	GV
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>ALLICINMAX</b>				
VM324	Allicin Max Powder Capsules	6 x 30 capsules	8.75	GV
VM325	Allicin Max Powder Capsules	6 x 90 capsules	21.55	GV
<b>ARBOR VITAMINS</b>				
VM464	Trinity Multi-Nutrients	1 x 90 capsules	24.99	GV
<b>AYURVEDIQ WELLNESS</b>				
VM186	Boswellia Serrata	1 x 60 capsules	17.99	GV
VM440	Organic Brahmi	1 x 60 capsules	17.99	GOV
VM443	Organic Cayenne Pepper	1 x 60 capsules	15.99	GOV
VM183	Organic Fenugreek	1 x 120 capsules	19.99	GOV
VM442	Organic Neem Leaf	1 x 60 capsules	16.99	GOV
VM441	Organic Tulsi	1 x 60 capsules	15.99	GOV
VM184	Shilajit	1 x 60 capsules	23.99	GV
<b>BETTER YOU</b>				
VM462	Magnesium Magnesium Max Original Powder	6 x 120g	14.99	GOV
VM463	Magnesium Max Sleep Powder	6 x 160g	14.99	GV
<b>BIO-KULT</b>				
VM317	Love Your Microbiome Boosted - Extra Strength	1 x 30 capsules	27.99	G
VM310	Everyday	1 x 30 capsules	11.55	G
VM316	Everyday	1 x 60 capsules	22.49	G
<b>BOTANYCL</b>				
VM427	SkinClear Elixir	1 x 60 capsules	24.95	GV

code	product	size	rrp	bfgovs
VM428	Vegan Vitamin D3	1 x 60 capsules	19.95	GV
VM429	Vegan Vitamin D3	<u>1 x 120 capsules</u>	28.95	GV
<b>DR VEGAN</b>				
VM339	Ashwagandha KSM-66	<u>1 x 30 capsules</u>	12.99	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	19.99	GV
VM347	Debloat & Detox	1 x 60 capsules	18.99	GV
VM080	Fibre Complex	1 x 30 capsules	14.99	GV
VM342	Gut Works	1 x 30 capsules	28.99	GV
VM044	Hair Saviour	1 x 60 capsules	25.99	GV
VM343	Magnesium	1 x 60 capsules	8.99	GV
VM340	MenoFriend	<u>1 x 60 capsules</u>	21.99	GV
VM079	Men's ProMulti	<u>1 x 30 capsules</u>	29.99	GV
VM081	PeriMenoFriend	1 x 30 capsules	21.99	GV
VM373	pH Hero	1 x 30 capsules	29.99	GV
VM372	Screen Eyes	1 x 60 capsules	23.99	GV
VM348	Skin Saviour	<u>1 x 60 capsules</u>	24.99	GV
VM351	Stay Calm	<u>1 x 60 capsules</u>	19.99	GV
VM371	Ultra Energy	<u>1 x 30 capsules</u>	11.99	GV
VM341	Vegan Omega 3	<u>1 x 60 capsules</u>	21.99	GV
VM426	Women's ProMulti	<u>1 x 60 capsules</u>	28.99	GV
<b>FLORADIX</b>				
	Small Bottles			
MD032	Calcium Formula	<u>250ml</u>	11.19	GV
MD035	Intestcare Formula	<u>250ml</u>	17.95	GV
MD006	Kindervital Formula - Fruity	<u>250ml</u>	12.50	GV
MD187	Magnesium Formula	<u>250ml</u>	11.20	G
MD033	Neuro Balance Formula	<u>250ml</u>	15.29	GV
MD280	Saludynam Formula	<u>250ml</u>	14.10	G
MD016	Vitamin-B Complex	<u>250ml</u>	15.35	GV
<b>GRASS &amp; CO.</b>				
	Mushroom Capsules			
VM395	BIOME Chaga Extract	<u>1 x 60 capsules</u>	24.50	GV
VM399	DREAM Reishi Extract	<u>1 x 60 capsules</u>	24.50	GV
VM396	FOCUS Lion's Mane Extract	<u>1 x 60 capsules</u>	24.50	GV
VM397	POWER Shiitake Extract	<u>1 x 60 capsules</u>	24.50	GV
VM398	RELAX Maitake Extract	<u>1 x 60 capsules</u>	24.50	GV
	Mushroom Powders			
VM401	BIOME Chaga Extract	<u>1 x 100g</u>	29.50	GV
VM400	FOCUS Lion's Mane Extract	<u>1 x 100g</u>	29.50	GV
<b>GUT-SMART</b>				
VM082	COOL Digestion Support	<u>1 x 90 tablets</u>	2.95	GV
<b>HELLO WELLNESS</b>				
	Herbal Blends			
VM412	Brain Capsules	6 x 30 capsules	19.99	GV
VM409	Digestion Capsules	6 x 30 capsules	19.99	GV
VM406	Energy Capsules	6 x 30 capsules	19.99	GV
VM407	Hormones Capsules	6 x 30 capsules	19.99	GV
VM408	Immunity Capsules	6 x 30 capsules	19.99	GV
VM410	Menopause Capsules	6 x 30 capsules	19.99	GV
VM411	Sleep Capsules	<u>6 x 30 capsules</u>	19.99	GV
<b>HIGHER NATURE</b>				
VM028	Ashwagandha & Rhodiola Complex	1 x 30 capsules	19.95	GV
VM034	Atlantic Marine Magnesium	1 x 30 capsules	9.95	GV
VM041	Atlantic Marine Magnesium	1 x 60 capsules	22.95	GV
VM297	Quercetin & Bromelain	1 x 60 tablets	17.95	GV
VM298	Red Sterol Complex	1 x 90 tablets	25.95	GV
VM179	Serotone 5-HTP	<u>1 x 30 capsules</u>	12.95	GV
<b>KIKI HEALTH</b>				
	Daily Health			
VM435	Chlorella	<u>1 x 200 tablets</u>	15.95	GOV
VM437	Irish Sea Moss	1 x 90 capsules	19.95	GOV
VM436	Sea Kelp	<u>1 x 90 capsules</u>	19.95	GOV
VM434	Spirulina	1 x 200 tablets	14.95	GOV
VM439	Vitamin B Complex	1 x 30 capsules	29.99	GV
VM438	Vitamin C	1 x 50 capsules	22.50	GOV
	Gut-Health			
VM387	Activated Charcoal	1 x 50 capsules	11.95	GV
VM386	Activated Charcoal Powder	1 x 70g	9.95	GV

code	product	size	rrp	bfgosv
VM385	Aloe Ferox Juice	<u>1 x 500ml</u>	12.95	GOV
VM384	Aloe Pure	1 x 20 capsules	12.95	GV
VM388	Body Biotics	1 x 60 capsules	27.95	GV
VM389	Body Biotics	1 x 30 capsules	16.50	GV
VM390	Inulin Powder	1 x 250g	14.50	GOV
	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
VM099	Oyster Mushroom Extract	<u>1 x 60 capsules</u>	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>				
VM142	Multi-Fibre Powder	1 x 180g	16.99	G
VM195	Multi-Fibre Powder	1 x 350g	24.99	G
<b>NATURES AID</b>				
VM259	Concentrated Beetroot	1 x 60 capsules	9.95	GV
VM291	High Potency Turmeric	1 x 30 capsules	11.45	GV
VM272	Vitamin B12	1 x 90 tablets	9.95	GV
VM295	Vitamin D3	1 x 60 tablets	5.95	GV
	MCT			
VM003	MCT Oil	6 x 500ml	18.95	FGV
VM268	MCT Oil - Hazelnut Flavour	<u>6 x 500ml</u>	2.95	GV
<b>NATURES OWN</b>				
VM308	Vitamin B12	<u>1 x 60 tablets</u>	1.60	GV
<b>PRO-VEN BIOTICS</b>				
VM097	Childrens A-Z Multivitamin	<u>1 x 30 tablets</u>	7.99	G
VM096	For Adults	<u>1 x 30 capsules</u>	17.95	G
<b>RICOLA</b>				
	Soothe & Clear			
MD009	Honey, Lemon & Echinacea	<u>12 x 75g</u>	1.65	GS
MD008	Original Bag	<u>12 x 75g</u>	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>THE HERBTENDER</b>				
VM455	Calm & Collected	<u>1 x 60 capsules</u>	27.50	GV
VM456	Daily Defence	<u>1 x 60 capsules</u>	27.50	GV
VM457	Doze & Dream	<u>1 x 60 capsules</u>	27.50	GV
VM458	Focus & Clarity	<u>1 x 60 capsules</u>	27.50	GV
VM459	Perform & Recover	<u>1 x 60 capsules</u>	27.50	GV
VM460	Rise & Shine	1 x 60 capsules	27.50	GV
VM461	Uplift & Revitalise	1 x 60 capsules	27.50	GV
<b>TOGETHER HEALTH</b>				
VM022	Beautiful Hair, Skin & Nails	5 x 60 capsules	15.99	GV
VM111	B-Vitamin Wholefood Complex	6 x 30 capsules	9.99	GV
VM076	CBD Hemp 10mg	5 x 60 capsules	19.99	GV
VM013	Coenzyme Q10	6 x 30 capsules	14.99	GV
VM026	Curcumin & Whole Root Turmeric	6 x 30 capsules	9.99	GV
VM112	General Wholefood Multivitamin	6 x 30 capsules	1.99	GV
VM033	Gentle Iron	6 x 30 capsules	7.99	GV
VM014	Immune Support	6 x 30 capsules	11.99	GV
VM078	Joint Aid w/ Herbal Extracts	6 x 30 capsules	1.99	GV
VM018	Marine Calcium From Seaweed	5 x 60 capsules	9.99	GV
VM119	Marine Magnesium	<u>6 x 30 capsules</u>	6.99	GV
VM077	Men's Wholefood Multivitamin	6 x 30 capsules	11.99	GV
VM019	Multibiotic - 16 Strains	6 x 30 capsules	15.99	GV
VM359	Natural Folate	6 x 30 capsules	7.99	GV
VM052	Night Time Complex	<u>5 x 60 capsules</u>	13.99	GV
VM121	Omega 3 - Vegan	6 x 30 capsules	13.99	GV
VM032	Organic Ashwagandha	6 x 30 capsules	1.99	GOV
VM102	Organic Seaweed Iodine	<u>6 x 30 capsules</u>	6.99	GOV
VM134	Organic Vitamin B12	<u>6 x 30 capsules</u>	9.99	GOV
VM025	Pregnancy Wholefood Multivit	5 x 60 capsules	15.99	GV
VM050	Stress Aid Complex	6 x 30 capsules	1.99	GV
VM017	Vegan Wholefood Multivitamin	5 x 60 capsules	12.99	GV
VM113	Vitamin C - From Citrus	6 x 30 capsules	8.99	GV
VM021	Vitamin D3 - Vegan	6 x 30 capsules	6.99	GV

code	product	size	rrp	bfgosv
VM319	Vitamin K2 - MF7 Form	6 x 30 capsules	9.99	GV
VM054	Women's Wholefood Multivitamin Mushrooms	6 x 30 capsules	1.99	GV
VM358	Organic Chaga 900mg	5 x 60 capsules	25.99	GOV
VM356	Organic Lion's Mane 1000mg	5 x 60 capsules	25.99	GOV
VM355	Organic Mushroom 5 Complex	5 x 60 capsules	25.99	GOV
VM357	Organic Reishi 800mg	5 x 60 capsules	25.99	GOV
<b>SWEET SNACKS</b>				
<b>BEAR</b>				
ZX310	Fruit Splits Pineapple & Rasp	<u>18 x 20g</u>	0.89	GV
ZX309	Fruit Splits Strawberry & Apple	<u>18 x 20g</u>	0.89	GV
ZX529	Yoyo Pure Fruit Rolls - Mango	<u>18 x 20g</u>	0.69	GV
ZX555	Yoyo Pure Fruit Rolls - Strawberry	<u>18 x 20g</u>	0.69	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	<u>18 x 20g</u>	0.69	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry Bites	<u>18 x 20g</u>	0.69	GV
ZX336	Blackcurrant and Beetroot	4 x 5 x 18g	3.19	GV
ZX333	Strawberry and Butternut Fruit Splits	<u>4 x 5 x 18g</u>	3.19	GV
ZX632	Splits Pineapple & Raspberry	<u>8 x 100g</u>	3.90	GV
ZX623	Strawberry & Apple Fruit Treasures	<u>8 x 100g</u>	3.90	GV
ZX649	Fruit Treasure's Berry	<u>4 x 100g</u>	2.99	GV
ZX646	Fruit Treasure's Tropical Giant Yoyo	<u>4 x 100g</u>	2.99	GV
ZX063	Giant Yoyo -Strawberry/Mango	<u>6 x 5 x 20g</u>	3.49	GV
ZX067	Giant Yoyo-Apple/Blackcurrant Yoyo Sours	<u>6 x 5 x 20g</u>	3.49	VG
ZX448	Strawberry & Apple Yoyos in multipacks	<u>18 x 20g</u>	0.69	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
<b>BIONA</b>				
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
<b>BUTTERMILK</b>				
Grab Bags				
ZX242	Banoffee Pie Fudge	16 x 175g	3.49	GS
ZX252	Caramel Sea Salt Fudge	16 x 175g	3.49	GS
ZX682	Clotted Cream Fudge	16 x 175g	3.49	GS
ZX250	Cookies & Cream Fudge	16 x 175g	3.49	GS
ZX683	Double Chocolate Fudge	<u>16 x 175g</u>	3.49	GS
ZX688	Vanilla Vegan Fudge	16 x 175g	3.49	GSV
<b>CANDY KITTENS</b>				
ZX200	Disco Dreams	<u>10 x 140g</u>	3.15	GSV
ZX897	Sour Shox Blackcurrent Lime Small Bags	<u>10 x 140g</u>	3.15	VG
ZX645	Sour Watermelon	12 x 54g	1.45	SVG
<b>COTSWOLD FUDGE CO</b>				
ZX064	Vegan Btterscotch Fudge	12 x 150g	3.95	FGSV
WS202	Vegan Caramel & Sea Salt Fudge	12 x 150g	3.95	GSV
ZX463	Vegan Chocolate Fudge	12 x 150g	3.95	FGSV
ZX464	Vegan Seasalt Fudge	12 x 150g	3.95	FGSV
ZX465	Vegan Vanilla Fudge	<u>12 x 150g</u>	3.95	FGSV
<b>DANDIES</b>				
ZX654	Vegan Chocolate Marshmallows	<u>2 x 10 x 105</u>	2.29	GSV
ZX667	Vegan Maple Marshmallow	<u>2 x 10 x 105</u>	2.29	GSV
ZX668	Vegan Vanilla Jumbo Campers	10 x 280g	4.99	GSV
ZX199	Vegan Vanilla Marshmallows	<u>12 x 200g</u>	3.99	GSV
ZX203	Vegan Vanilla Mini Marshmallow	<u>12 x 200g</u>	3.99	GSV
ZX650	Vegan Vanilla Mini Marshmallow	<u>2 x 10 x 105</u>	2.29	GSV
<b>FREE FROM FELLOWS</b>				
ZX065	Cola Bottles	<u>10 x 100g</u>	2.90	GV
ZX060	Gummy Bears	10 x 100g	2.90	GV
ZX072	Midget Gems	10 x 100g	2.90	GV



code	product	size	rrp	bfgosv
ZX373	Boiled Sweets			
ZX324	Pear Drops	10 x 70g	2.90	GSV
	Rhubarb and Custard	<u>10 x 70g</u>	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
KB789	Pink & White Mini Marshmallows	10 x 100g	2.99	GSV
KB726	Vegantics - Large Mallows	10 x 100g	2.99	GSV
<b>JEALOUS SWEETS</b>				
ZX949	Tangy Worms Sweets	20 x 24g	0.99	GSV
	40g Bags			
ZX238	Grizzly Bears	10 x 40g	1.49	GV
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
	none			
ZX948	Grizzly Bear Sweets	20 x 24g	0.99	GSV
ZX955	Love Bears Sweets	20 x 24g	0.99	GV
	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
<b>OH MY GUM!</b>				
ZX993	Peach Bonbons	10 x 32g	3.00	GV
ZX995	Raspberry Bonbons	10 x 32g	3.00	GV
ZX997	Strawberry Bonbons	10 x 32g	3.00	GV
<b>PEPPERSMITH</b>				
ZX048	Strawberry Pastilles	12 x 15g	1.69	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
<b>SAVVY SWEETS</b>				
ZX879	Berry Bears	12 x 50g	1.99	GV
ZX885	Fruits & Cream Bears	12 x 50g	1.99	GV
ZX881	Raspberry/Blueberry Sour Bears	12 x 50g	1.99	GV
ZX880	Sour Cola Bears	<u>12 x 50g</u>	1.99	GV
<b>TROPICKS</b>				
ZX008	Fruit Balls Mango	<u>8 x 50g</u>	2.90	GOV
ZX023	Fruit Balls Pineapple	8 x 50g	2.90	GV
ZX003	Fruit Roll Mango	30 x 27g	1.19	GOV
ZX006	Fruit Roll Pineapple	30 x 27g	1.19	GOV
<b>WILD THINGZ</b>				
	Mini Packs			
ZX923	Fruity Flyer Sweets Mini Pack	34 x 25g	1.25	GSOV
ZX924	Gummy Grubs Sweets Mini Pack	34 x 25g	1.25	GSOV
ZX917	Zesty Pest Sweets	34 x 25g	1.25	GSOV
	Share Bags			
ZX912	Fruity Flyers Sweets	10 x 130g	3.49	GSOV
ZX914	Gummy Grubs Sweets	10 x 130g	3.49	GSOV
ZX899	Zesty Pests Sweets	10 x 130g	3.49	GOSV
<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>CHIMMY'S</b>				
KJ414	Chimichurri - Classic	6 x 265g	5.19	GV
KJ415	Chimichurri - Smoky BBQ	6 x 265g	5.19	GV
KJ417	Chimichurri - Spicy	6 x 265g	5.19	GV
<b>CHOLULA</b>				
KJ234	Hot Sauce Chipotle	6 x 150ml	3.15	GSV
<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>				
TE492	Ceremonial Matcha Green Tea	6 x 60g	14.99	GV

code	product	size	rrp	bfgosv
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
<b>CLIPPER</b>				
	Pack 40			
TE172	English Breakfast Tea Organic	6 x 40 bags	3.59	FGOV
TE177	FT Organic Earl Grey	6 x 40 bags	3.55	FGOV
TE168	FT Organic Everyday Tea	6 x 40 bags	3.55	FGOV
TE182	FT Organic Green Tea	6 x 40 bags	3.75	FGOV
TE183	FT Organic White Tea	6 x 40 bags	3.85	FGOV
	Pack 80			
TE507	English Breakfast Organic	4 x 80 bags	4.95	FGOV
TE189	FT Organic Everyday Tea	4 x 80 bags	4.79	FGOV
TE190	FT Organic Green Tea	4 x 80 bags	5.19	FGOV
<b>HAMPSTEAD TEA</b>				
	Looseleaf			
TE677	English Breakfast	6 x 100g	6.49	GOVB
<b>PERFECTED</b>				
TE474	Matcha Powder - Organic	12 x 30g	11.95	GOV
TE476	Matcha Powder - Summer Berry	<u>12 x 75g</u>	11.95	GSV
TE475	Matcha Powder - Vanilla	<u>12 x 75g</u>	11.95	GSV
<b>QUIRKY MONKEY</b>				
TE510	Assam Breakfast Tea w/Mushroom	<u>6 x 30g</u>	7.99	GV
TE511	Chamomile Tea w/Mushrooms-bags	<u>6 x 30g</u>	7.99	GV
TE508	Green Tea w/Mushroom - bags	<u>6 x 30g</u>	7.99	GV
<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	3.69	GSV
CV766	Mediterranean Tempeh Pieces	6 x 180g	3.69	GV
CV387	Smoky Tempeh	6 x 220g	3.69	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>TIBA TEMPEH</b>				
CV710	Curry-Spiced Organic Tempeh	8 x 200g	3.20	GOV
CV707	Organic Tempeh	<u>6 x 200g</u>	3.20	GOV
CV714	Plant Based Tempeh Mince	<u>6 x 200g</u>	3.20	GOV
CV005	Smoked Tempeh	<u>6 x 200g</u>	3.50	GOV
CV715	Sweet Chilli Pieces	<u>6 x 200g</u>	3.20	GOV
<b>TOOTH CARE</b>				
<b>KINGFISHER</b>				
DY669	Toothpaste Aloe TeaTree Fennel	12 x 100ml	3.69	GV
DY668	Toothpaste Aloe, TeaTree, Mint	<u>12 x 100ml</u>	3.69	GV
DY527	Toothpaste Baking Soda & Mint	<u>12 x 100ml</u>	3.69	GV
DY416	Toothpaste Charcoal Whitening	12 x 100ml	3.69	GV
DY111	Toothpaste Fennel	<u>12 x 100ml</u>	3.69	GV
DY800	Toothpaste Fennel FluorideFree	<u>12 x 100ml</u>	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>URTEKRAM</b>				
DY798	Aloe Vera Toothpaste	6 x 75ml	3.99	GOV
DY792	Eucalyptus Toothpaste	6 x 75ml	3.99	GOV
DY791	Fresh Mint Toothpaste	6 x 75ml	3.99	GOV
DY794	Mint & Fluoride Toothpaste	6 x 75ml	3.99	GOV
DY797	Mint & Green Tea Toothpaste	6 x 75ml	3.99	GOV
DY793	Tea Tree Toothpaste	6 x 75ml	3.99	GOV
DY799	Tutti Frutti Toothpaste	6 x 75ml	3.99	GOV
<b>VEGAN &amp; OAT MILK</b>				
<b>ALPRO</b>				
TE004	Almond Barista	12 x 1l	2.95	GSV
SY050	Organic Soya Drink	<u>8 x 1l</u>	2.90	GOV
<b>BLUE DIAMOND</b>				
SY101	Almond Breeze - Barista Blend	<u>8 x 1l</u>	3.19	GV
SY066	Almond Breeze - Unsweetened	<u>8 x 1l</u>	2.45	GV

code	product	size	rrp	bfgosv
<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 1l	2.59	GOV
SY208	Tea-rrific Oat Drink	6 x 1l	2.15	GV
<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>OVERHERD</b>				
SY257	Oat Milk Powder	9 x 400g	9.99	GV
<b>PLAMIL</b>				
SY009	Organic Soya Milk Heritage	8 x 1l	3.20	VOG
<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	CV
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	2.45	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 Organic	8 x 1l	2.19	GOV
SY023	Vanilla Soya Drink	8 x 1l	2.69	GOV
<b>SPROUD</b>				
SY069	Sproud Barista	6 x 1l	2.45	GSV
SY220	Sproud Barista Zero	6 x 1l	2.45	GV
SY057	Sproud Original	6 x 1l	2.45	GSV
<b>THE BRIDGE</b>				
SY160	Coconut Drink	12 x 1l	2.45	GOV
SY212	Oat Drink - Omega 3	12 x 1l	2.49	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 BUTTER, MARGARINES &amp; SPREADS</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>VEGAN CHEESE</b>				
<b>APPLEWOOD</b>				
CV615	Smoked Cheese Block	8 x 200g	3.50	GSV

code	product	size	rrp	bfgosv
CV618	Smoked Cheese Slices	12 x 200g	3.35	GV
<b>BUTE ISLAND FOODS</b>				
CV191	Cheddar Style Cheese Block	6 x 200g	2.60	GV
CV016	Greek Style	6 x 200g	2.60	GV
	Creamy Sheese			
CV308	Creamy Garlic and Herb Spread	6 x 255g	2.86	GSV
CV315	Creamy Original Spread	6 x 255g	2.85	GSV
	Grated Sheese			
CV165	Grated Cheddar Style Cheese	4 x 200g	3.29	GV
CV183	Grated Mozzarella Style	4 x 200g	3.29	GV
	Sliced Sheese			
CV542	Mozzarella Style Slices	10 x 180g	2.75	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	<u>10 x 200g</u>	2.65	GV
CV611	Mozzarella Block	<u>8 x 250g</u>	3.30	GV
CV633	Original Cheese Spread	<u>8 x 200g</u>	2.90	GV
CV628	Plant-Based Sour Cream	<u>8 x 200g</u>	3.10	GV
CV631	Smoked Gouda Slices	<u>11 x 180g</u>	2.39	GV
CV600	Veggrill Cheese	<u>8 x 200g</u>	3.30	GSV
CV638	Vintage Cheddar Cheese	<u>10 x 200g</u>	2.50	GV
<b>MOZZARISELLA</b>				
CV027	MascaRice Vegan Mascarpone	<u>6 x 150g</u>	3.65	GOV
<b>VIOLIFE</b>				
	Specialities			
CV905	Camembert	<u>6 x 150g</u>	3.80	GV
<b>VEGAN DESSERTS</b>				
<b>BOOJA-BOOJA</b>				
	110ml Tubs			
XL258	Caramel Pecan Ice Cream	<u>22 x 110ml</u>	2.10	GOSV
XL031	Deeply Chocolate Ice Cream	<u>22 x 110ml</u>	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	5.90	GOSV
XL013	Choc Fudge Brownie Ice Cream	6 x 465ml	5.90	GOSV
XL259	Choc Salted Caramel Ice Cream	6 x 465ml	5.90	GOSV
XL002	Cookie Dough Ice Cream	6 x 465ml	5.90	GOSV
XL033	Deeply Chocolate Ice Cream	6 x 465ml	5.90	GOSV
XL023	Mango & Raspberry Ice Cream	6 x 465ml	5.90	GOSV
XL038	Vanilla Ice Cream	6 x 465ml	5.90	GOSV
<b>LICKALIX</b>				
	Multipacks			
XL041	Chocolate Ice Lollies	10 x 3 x 75m	4.80	GOSV
XL037	Mango Raspberry Ice Lollies	10 x 3 x 75m	4.80	GOSV
XL042	Strawberry Lemon Ice Lollies	10 x 3 x 75m	4.80	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	<u>6 x 4 x 125g</u>	2.39	GSV
<b>COCOS</b>				
CV892	Mango & Passionfruit	<u>6 x 125g</u>	2.35	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			

code	product	size	rrp	bfgo
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 350g	2.20	GSV
<b>NUSH</b>				
CV682	Almond Milk Dairy-Free Yoghurt Vanilla Fudge Yoghurt	6 x 350g	3.50	GV
<b>SOJADE</b>				
CV916	150g Pots Blueberry Yoghurt	6 x 150g	1.25	GOV
CV915	Peach and Mango Yoghurt	6 x 150g	1.20	GOV
CV917	Strawberry Yoghurt Soya Based Yoghurts	6 x 150g	1.20	GOV
CV485	Apricot Yoghurt	6 x 400g	2.50	GOSV
CV289	Blueberry Cherry Yoghurt	6 x 400g	2.85	GOV
CV486	Blueberry Yoghurt	6 x 400g	2.45	GOSV
CV876	Greek Style Yoghurt	6 x 400g	2.39	GOV
CV724	Lemon Yoghurt	6 x 400g	2.50	GOSV
CV494	Mango & Peach Yoghurt	6 x 400g	2.50	GOSV
CV483	Natural Yoghurt	6 x 400g	1.65	GOV
CV266	Sojade Natural Yoghurt	6 x 250g	1.90	GOV
CV723	Vanilla Yoghurt	6 x 400g	2.50	GOSV
<b>THE COCONUT COLLABORATIVE</b>				
CV508	Mango-Passion Compote Yoghurt	6 x 360g	2.95	GV
CV495	Natural Yoghurt	6 x 350g	2.80	GV
CV825	Natural Yoghurt	6 x 750g	5.55	GV
CV497	Vanilla Yoghurt	6 x 350g	2.80	GV
<b>VEGETABLES</b>				
<b>COOKS &amp; CO</b>				
KJ078	Sweetie Drop Peppers	6 x 235g	4.29	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	16 x 450g	3.65	BGOV
<b>STRONG ROOTS</b>				
XL217	Crispy Crinkle Fries	12 x 750g	4.10	GV
XL230	Crispy Skinny Fries	12 x 750g	4.10	GV
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>WATERS</b>				
<b>ACTIPH WATER</b>				
WA012	330ml Glass Bottles Alkaline Still Spring Water	24 x 330ml	1.49	GV
WA010	750ml Glass Bottles Alkaline Still Spring Water	12 x 750ml	2.19	GV
WA015	Cans Alkaline Still Spring Water	12 x 330ml	1.19	GV
<b>WINES</b>				
<b>ORANGE WINE</b>				
WN023	Austria Winzer Krems Gruner Veltliner	6 x 75cl	15.65	GV

code	product	size	rrp	bfgosv
<b>RED WINE</b>				
	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	14.75	GOV
	Spain			
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			
WN054	Vallformosa Bio Organic Cava	6 x 750ml	16.55	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
<b>YEAST EXTRACTS</b>				
<b>MERIDIAN</b>				
GH160	Yeast Extract + B12 and salt	6 x 340g	4.99	GV
GH098	Yeast Extract +B12, no salt	6 x 340g	5.99	GV
<b>VEGEMITE</b>				
GH148	Vegemite Gluten Free	8 x 235g	3.35	GV

# Suma

CO-OPERATIVE SINCE 1977

Lacy Way, Lowfields Business Park, HX5 9DB

Email: [sales@suma.coop](mailto:sales@suma.coop)

Sales: +44 (0)1422 313848

Shop online: [www.suma.coop/wholesale](http://www.suma.coop/wholesale)