
























Suma

CO-OPERATIVE SINCE 1977

NEW PRODUCTS

May June 2025

	code	description	size	details	price	vat	rrp	BFGOSV
ACTI-VIT								
SOFT DRINKS								
❖	 JU039	<i>Sparkling Canned Drinks</i> Blackcurrant,Apple,Raspberry	12 x 330ml	With added vits and minerals	9.77	v ▼	1.49	GV
				<i>Special Offer Price</i>	8.30		1.29	
❖	 JU040	Lemon, Lime and Orange	12 x 330ml	With added vits and minerals	9.77	v ▼	1.49	GV
				<i>Special Offer Price</i>	8.30		1.29	
❖	 JU042	Mango,Pineapple,Passion Fruit	12 x 330ml	With added vits and minerals	9.77	v ▼	1.49	GV
				<i>Special Offer Price</i>	8.30		1.29	
AMISA								
BREADS & BREAD MIXES								
❖	 BT168	Organic Seeded Bread Rolls	9 x 180g		23.90		▼ 3.55	GOSV
				<i>Special Offer Price</i>	19.12		2.85	
❖	 BT468	Sundried Tomato Ciabatta	9 x 180g		25.27		▼ 3.75	GOV
				<i>Special Offer Price</i>	20.22		2.99	
ASPALL								
VINEGARS								
❖	 KJ120	White Wine Vinegar - organic	5l		16.80		▼ 22.39	OV
				<i>Special Offer Price</i>	13.44		17.89	
BEAR								
SWEET SNACKS								
❖	 ZX310	Fruit Splits Pineapple & Rasp	18 x 20g		12.06		▼ 0.89	GV
				<i>Special Offer Price</i>	9.65		0.71	
❖	 ZX309	Fruit Splits Strawb & Apple	18 x 20g		12.06		▼ 0.89	GV
				<i>Special Offer Price</i>	9.65		0.71	
BERGERIE								
DAIRY YOGHURTS								
❖	 CV083	Sheep Milk Skyr Yoghurt	6 x 250g	High Protein	9.24			2.05 O
BESAUCY								
MAYONNAISE & SALAD DRESSINGS								
❖	 KJ110	Basil Mayo	6 x 180g		16.80			3.85 SV
❖	 KJ113	Black Truffle Mayo	6 x 180g		18.43			4.15 SV
❖	 KJ114	Dill & Gerkin Mayo	6 x 180g		16.80			3.85 SV
❖	 KJ108	Garlic Mayo	6 x 180g		16.80			3.85 SV
❖	 KJ119	Mayo	6 x 180g		14.84			3.35 SV
❖	 KJ116	Smoked Chipotle Mayo	6 x 180g		16.80			3.85 SV
BETTER WITH								
CRISPS & SNACKS								
<i>XMAS 2025</i>								
❖	 ZX172	Black Truffle Almonds	8 x 140g	doy packs	21.86	v ▼	4.39	FGSV
				<i>Special Offer Price</i>	19.67		3.95	
❖	 ZX162	Chilli Almonds	8 x 140g	doy packs	21.86	v ▼	4.39	FGSV
				<i>Special Offer Price</i>	19.67		3.95	
❖	 ZX166	Cinnamon & Coconut Almonds	8 x 140g	doy packs	21.86	v ▼	4.39	FGSV
				<i>Special Offer Price</i>	19.67		3.95	
❖	 ZX148	Honey & Sea Salt Almonds	8 x 140g	doy packs	21.86	v ▼	4.39	FGSV
				<i>Special Offer Price</i>	19.67		3.95	
❖	 ZX171	Oriental Spice Almonds	8 x 140g	doy packs	21.86	v ▼	4.39	FGSV
				<i>Special Offer Price</i>	19.67		3.95	
❖	 ZX174	Rosemary Almonds	8 x 140g	doy packs	21.86	v ▼	4.39	FGSV
				<i>Special Offer Price</i>	19.67		3.95	
❖	 ZX163	Salt & Pepper Almonds	8 x 140g	doy packs	21.86	v ▼	4.39	FGSV
				<i>Special Offer Price</i>	19.67		3.95	
BIONA								
CHOCOLATE								
❖	 ZX222	Dark Chocolate Cherries	10 x 45g		22.12	v		3.55 GOSV
❖	 ZX218	Dark Chocolate Roasted Almonds	10 x 30g		14.52	v		2.29 GOSV
❖	 ZX237	Dark Chocolate Strawberries	10 x 45g		22.12	v		3.55 GOSV
GRAINS								
❖	 QS013	Pumpkin Risotto	8 x 210g		22.46			3.75 GOSV

code	description	size	details	price	vat	rrp	BFGOSV
❖ [] [] [] [] QS022	Spiced Red Lentil Dhal	7 x 250g		18.59		3.55	GOSV
	PASTA						
❖ [] [] [] [] WT001	Tagliatelle - Matcha	10 x 250g		18.95		2.55	OV
	SUGARS & SYRUPS						
❖ [] [] [] [] LJ001	Blackstrap Molasses	6 x 500g		15.02		3.35	OV

BONSOY

SOFT DRINKS

Cans

❖ [] [] [] [] JU434	Sparkling Coconut w/Passionfrt	12 x 250ml		13.50	v	1.79	V
❖ [] [] [] [] JU430	Sparkling Coconut w/Watermelon	12 x 250ml		13.50	v	1.79	V
❖ [] [] [] [] JU423	Sparkling Coconut Water	12 x 250ml		13.50	v	1.79	V

BOUNDARY BREWING COOP

ALCOHOLIC DRINKS

❖ [] [] [] [] RT032	Camper Session IPA 4.8% ABV	12 x 440ml		34.29	v	4.59	V
❖ [] [] [] [] RT019	Imbongo Tropical IPA 5.5% ABV	12 x 440ml	Juicy tropical flavours	37.86	v	5.05	V
❖ [] [] [] [] RT018	Pillows Pale Ale 4.3% ABV	12 x 440ml	New England style-citrus/berry	32.14	v	4.29	V

BULK COMMODITIES

GRAINS

❖ [] [] [] [] QS091	Rice - Jasmine White	10kg	Fragrant long grain white rice	17.50			V
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NUTS & SEEDS

❖ [] [] [] [] NU106	Black Sesame Seeds - Organic	25kg		122.53			OV
❖ [] [] [] [] NU058	Pistachio - roasted & salted	12.5kg	In shell	169.65			V

BUTTERMILK

SWEET SNACKS

Grab Bags

❖ [] [] [] [] ZX242	Banoffee Pie Fudge	16 x 175g		34.11	v ▼	3.49	GS
			<i>Special Offer Price</i>	27.29		2.79	
❖ [] [] [] [] ZX252	Caramel Sea Salt Fudge	16 x 175g		34.11	v ▼	3.49	GS
			<i>Special Offer Price</i>	27.29		2.79	
❖ [] [] [] [] ZX250	Cookies & Cream Fudge	16 x 175g		34.11	v ▼	3.49	GS
			<i>Special Offer Price</i>	27.29		2.79	

CANDY KITTENS

SWEET SNACKS

❖ [] [] [] [] ZX200	Disco Dreams	10 x 140g	5 Flavours in one pack	19.57	v ▼	3.15	GSV
			<i>Special Offer Price</i>	16.65		2.69	

CARAVAN COFFEE ROASTERS

COFFEE

Roast & Ground Coffees

❖ [] [] [] [] TE119	Daily Blend Coffee Ground	6 x 200g	smooth balanced classic blend	45.00	▼	9.99	V
			<i>Special Offer Price</i>	38.25		8.49	
❖ [] [] [] [] TE147	Decaffeinated Coffee Ground	6 x 200g	100% Arabica Coffee	47.15	▼	10.49	V
			<i>Special Offer Price</i>	40.09		8.95	
❖ [] [] [] [] TE125	Market Blend Coffee Ground	6 x 200g	100% Arabica Coffee	45.68	▼	10.15	V
			<i>Special Offer Price</i>	38.83		8.65	
❖ [] [] [] [] TE142	No Boundaries Coffee Ground	6 x 200g	100% Arabica Coffee	46.35	▼	10.29	V
			<i>Special Offer Price</i>	39.40		8.75	

Roast Wholebean Coffees

❖ [] [] [] [] TE115	Daily Blend Coffee Beans	6 x 200g	smooth balanced classic blend	45.00	▼	9.99	V
			<i>Special Offer Price</i>	38.25		8.49	
❖ [] [] [] [] TE144	Decaffeinated Coffee Beans	6 x 200g	100% Arabica Coffee	47.15	▼	10.49	V
			<i>Special Offer Price</i>	40.09		8.95	
❖ [] [] [] [] TE123	Market Blend Coffee Beans	6 x 200g	100% Arabica Coffee	45.68	▼	10.15	V
			<i>Special Offer Price</i>	38.83		8.65	
❖ [] [] [] [] TE141	No Boundaries Coffee Beans	6 x 200g	100% Arabica Coffee	46.35	▼	10.29	V
			<i>Special Offer Price</i>	39.40		8.75	

CLEARSPRING

FAR EASTERN FOOD

Miso Products






















❖ [] [] [] [] JP023	Instant Red Miso Soup	8 x 32g	With Sea Vegetables	25.74		4.29	OV
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	code	description	size	details	price	vat	rrp	BFGOSV
❖	JP017	White Instant Miso Soup	8 x 32g	With Tofu & Spring Onions	25.74			4.29 OV
CLIPPER								
COFFEE SUBSTITUTES								
❖	TE108	No Caf Coffee Alternative	9 x 100g	With chicory and barley	23.04			3.45 OV
❖	TE104	Wake Up Coffee Substitute	9 x 125g	With guarana, barley, chicory	23.84			▼ 3.55 OV
CLIVE'S								
READY MEALS (FROZEN)								
❖	XL029	Cauliflower Wholemeal Pie	6 x 235g		19.98			▼ 4.45 SV
				<i>Special Offer Price</i>	16.98			3.79
❖	XL035	Cheesy Broccoli Quiche	4 x 380g	shortcrust pastry	19.27			▼ 6.40 SV
				<i>Special Offer Price</i>	16.38			5.45
CNDY								
SWEET SNACKS								
❖	ZX212	Berry Sugar Free Sweets	<u>7 x 40g</u>		9.90	v		▼ 2.49 V
				<i>Special Offer Price</i>	8.42			1.95
❖	ZX209	Lemon Sugar Free Sweets	<u>7 x 40g</u>		9.90	v		▼ 2.49 V
				<i>Special Offer Price</i>	8.42			1.95
❖	ZX201	Mint Sugar Free Sweets	<u>7 x 40g</u>		9.90	v		▼ 2.49 V
				<i>Special Offer Price</i>	8.42			1.95
COOKS & CO								
FRUIT - CANNED & JARRED								
❖	KJ012	Pitted Black Cherries	6 x 850g	In Light Syrup	16.09			3.59 SV
DELPHI FOODS								
PATES, DIPS & TAPAS (CHILLED)								
<i>Houmous</i>								
❖	CV062	Black Olive Houmous	6 x 170g		7.04			1.59 V
❖	CV070	Cannellini & Rosemary Houmous	6 x 170g		7.04			1.59 V
❖	CV064	Sriracha Houmous	6 x 170g		7.04			1.59 V
<i>Salads</i>								
❖	CV046	Puy Lentil & Couscous Salad	6 x 185g		11.10			2.49 V
❖	CV042	Red Kidney Bean Salad	6 x 200g		11.10			2.49 V
<i>Tapas</i>								
❖	CV057	Sunripened Tomato Salad	6 x 160g		13.63			2.99
❖	CV059	Cheese Stuffed Red Peppers	6 x 135g		15.01			3.35
❖	CV056	Dolmades	6 x 150g	Rice stuffed vine leaves	12.80			2.85 V
❖	CV053	Super Green Falafel	6 x 110g		12.80			2.85 V
EAT REAL								
CRISPS & SNACKS								
<i>Hummus Chips - Sharing</i>								
❖	ZX290	Caramelised Onion & Blk Pepper	<u>18 x 45g</u>		12.21			▼ 1.09 GSV
				<i>Special Offer Price</i>	8.14			0.73
❖	ZX264	Caramelised Onion & Vinegar	<u>10 x 110g</u>	Hummus Chips	16.51			▼ 2.19 GSV
				<i>Special Offer Price</i>	11.01			1.46
❖	ZX275	Chilli, Lime & Sea Salt	<u>10 x 110g</u>		16.51			▼ 2.19 GSV
				<i>Special Offer Price</i>	11.01			1.46
❖	ZX274	Italian Cheese & Black Pepper	<u>10 x 110g</u>		16.51			▼ 2.19 GSV
				<i>Special Offer Price</i>	11.01			1.46
❖	ZX295	Italian Cheese & Blk Pepper	<u>18 x 45g</u>		12.21			▼ 1.09 GSV
				<i>Special Offer Price</i>	8.14			0.73
<i>Lentil Chips - Sharing</i>								
❖	ZX276	Chargrilled Red Pepper	<u>10 x 95g</u>		16.51			▼ 2.19 GSV
				<i>Special Offer Price</i>	11.01			1.46
❖	ZX282	Greek Cheese Tomato & Herb	<u>10 x 95g</u>		16.51			▼ 2.19 GSV
				<i>Special Offer Price</i>	11.01			1.46
FLORENTIN								
PATES, DIPS & TAPAS (CHILLED)								
❖	CV071	Harissa	7 x 80g		14.45			2.75 GOV

code	description	size	details	price	vat	rrp BFGOSV
FRIENDLY SOAP						
BODY CARE						
<i>Lifestyle Soaps</i>						
❖ [] [] [] []	DY377	Cooks Soap	6 x 95g	antibacterial formulation	13.50 v	3.95 V
❖ [] [] [] []	DY410	Dog Shampoo	6 x 95g	pest repelling and calming	13.50 v	3.95 V
❖ [] [] [] []	DY407	Foot Soap	6 x 95g	antifungal formulation	13.50 v	3.95 V
❖ [] [] [] []	DY366	Gardener Soap	6 x 95g	rejuvenating and soothing	13.50 v	3.95 V
❖ [] [] [] []	DY396	Mechanic Soap	6 x 95g	antibacterial formulation	13.50 v	3.95 V
GEO ORGANICS						
CONVENIENCE FOODS						
❖ [] [] [] []	VF090	Thick Vegetable Hot Pot	<u>6 x 400g</u>		15.30 v ▼	3.45 OV
				<i>Special Offer Price</i>	13.01	2.93
GOUPIE						
CHOCOLATE						
❖ [] [] [] []	KB158	Cherry & Almond	<u>6 x 180g</u>		27.03 v	7.25 GSV
❖ [] [] [] []	WS132	Mint Chocolates	<u>6 x 180g</u>	54% Dark Chocolate	27.03 v	7.25 GSV
❖ [] [] [] []	WS134	Orange Chocolates	<u>6 x 180g</u>		27.03 v	7.25 GSV
❖ [] [] [] []	KB162	Original Goupie	<u>6 x 180g</u>	Choc coated toasted rice bites	27.03 v	7.25 GSV
❖ [] [] [] []	WS135	Sticky Toffee Chocolates	<u>6 x 180g</u>		27.03 v	7.25 GSV
HEMPWELL						
SUPPLEMENTS & REMEDIES						
<i>Starter Packs</i>						
❖ [] [] [] []	VM016	CBD & Pain Starter Pack	each	1500mg Oil, Deep Relief Cream	25.00 v	39.99 V
❖ [] [] [] []	VM005	CBD & Sleep Starter Pack	each	2000mg CBD Oil, Pillow Mist	25.00 v	39.99 V
❖ [] [] [] []	VM011	CBD & Stress Starter Pack	each	1500mg Oil, Pulse Point Roller	25.00 v	39.99 V
HIGHER NATURE						
SUPPLEMENTS & REMEDIES						
❖ [] [] [] []	VM034	Atlantic Marine Magnesium	1 x 30 capsules	From Pure Filtered Sea Water	5.56 v ▼	9.95 GV
				<i>Special Offer Price</i>	4.73	8.46
❖ [] [] [] []	VM041	Atlantic Marine Magnesium	1 x 60 capsules	From Pure Filtered Sea Water	12.81 v ▼	22.95 GV
				<i>Special Offer Price</i>	10.89	19.51
HODMEDOD'S						
FLOURS & BREAD MIXES						
❖ [] [] [] []	FG013	Hope Farm YQ Flour	<u>6 x 1.5kg</u>		19.54	3.79 V
HUNTER AND GATHER						
SUPERFOODS & SPORTS NUTRITION						
<i>Restore V2</i>						
❖ [] [] [] []	VM075	Electrolytes v2 - Lemon & Lime	1 x 30	New & Improved Formula	22.50 v ▼	34.99 GV
				<i>Special Offer Price</i>	20.25	31.50
❖ [] [] [] []	VM062	Electrolytes v2 - Mixed Berry	1 x 30	New & Improved Formula	22.50 v ▼	34.99 GV
				<i>Special Offer Price</i>	20.25	31.50
❖ [] [] [] []	VM103	Electrolytes v2 - Unflavoured	1 x 30	New & Improved Formula	22.50 v ▼	34.99 GV
				<i>Special Offer Price</i>	20.25	31.50
❖ [] [] [] []	VM084	Electrolytes v2 - Variety Box	1 x 30	New & Improved Formula	22.50 v ▼	34.99 GV
				<i>Special Offer Price</i>	20.25	31.50
I AM NUT OK						
VEGAN CHEESE						
<i>Artisan Nut Cheese</i>						
❖ [] [] [] []	CV004	Crack On Pepper Log Cheese	6 x 120g		26.91	5.99 V
JASPER'S						
CRISPS & SNACKS						
❖ [] [] [] []	ZX284	Sea Salt Crisps	<u>12 x 100g</u>		34.46 v	4.65 GOV
❖ [] [] [] []	ZX293	Sea Salt Pop Corn	<u>12 x 50g</u>		24.18 v	3.25 GOV

	code	description	size	details	price	vat	rrp	BFGOSV
JUST WHOLEFOODS								
❖	LJ162	BAKING SUNDRIES Vegeteset - setting agent	10 x 25g	For sweet and savoury products	20.93	▼	2.79 V	
				<i>Special Offer Price</i>	17.79		2.37	
KALLO								
❖	BT810	BISCUITS CRACKERS & CRISP BREAD Milk Chocolate Rice Cakes OG	22 x 75g		52.91	v ▲	3.85 GOS	
❖	BT338	Thin Slice Rice Cake Dark Choc	22 x 75g		54.51	v ▲	3.99 GOS	
CEREALS & MUESLIS								
❖	MX004	Cornflakes	3 x 375g		30.86	v ▲	3.45 GOSV	
KARMA								
❖	CV012	DRINKS (CHILLED) Probiotic Lemonade	6 x 750ml		16.28	v ▼	4.35 FGOSV	
				<i>Special Offer Price</i>	13.84		3.70	
LA BREWERY								
SOFT DRINKS								
		<i>Cans</i>						
❖	JU072	Citrus Hops Kombucha	12 x 250ml	With ginger and Sicilian lemon	25.71	v	3.45 GV	
❖	JU081	Sparkling Blush Kombucha	12 x 250ml	With strawberry, rhubarb, peach	25.71	v	3.45 GV	
❖	JU080	Sparkling Ginger Kombucha	12 x 250ml		25.71	v	3.45 GV	
LICKALIX								
VEGAN DESSERTS								
		<i>Multipacks</i>						
❖	XL041	Chocolate Ice Lollies	10 x 3 x 75m		30.00	v ▼	4.80 GOSV	
				<i>Special Offer Price</i>	25.50		4.09	
❖	XL037	Mango Raspberry Ice Lollies	10 x 3 x 75m		30.00	v ▼	4.80 GOSV	
				<i>Special Offer Price</i>	25.50		4.09	
❖	XL042	Strawberry Lemon Ice Lollies	10 x 3 x 75m		30.00	v ▼	4.80 GOSV	
				<i>Special Offer Price</i>	25.50		4.09	
LOVING FOODS								
READY TO EAT FOODS (CHILLED)								
		<i>Raw, Organic, Vegan & UK made</i>						
❖	CV015	Cool Kimchi	6 x 475g		35.40		7.85 GOV	
MASAGO								
CEREALS AND MUESLIS								
❖	MX009	Super Oats	18 x 600g		154.29		11.45 GOV	
GRAINS								
❖	FG017	Organic Sorghum Grain	12 x 1kg		102.86		11.45 GOV	
MERCHANT GOURMET								
CONVENIENCE FOODS								
		<i>Pouches</i>						
❖	QS009	Tricolour Jasmine Rice	6 x 250g		10.80	▼	2.40 V	
				<i>Special Offer Price</i>	9.18		2.04	
METHOD								
HOUSEHOLD CLEANING PRODUCTS								
❖	HJ007	All Purpose Cleaner Deep House	6 x 828ml	Limited Edition Scent	16.29	v	4.35 V	
MINOR FIGURES								
VEGAN & OAT MILK								
❖	SY028	Hyper Oat - Berry	6 x 750ml	Oat m*lk w/maca, guarana	17.14	▼	3.79 V	
				<i>Special Offer Price</i>	14.57		3.25	
❖	SY024	Hyper Oat - Mango	6 x 750ml	Oat m*lk w/green mate, vits	17.14	▼	3.79 V	
				<i>Special Offer Price</i>	14.57		3.25	
❖	SY010	Hyper Oat - Matcha	6 x 750ml	Oat m*lk w/ginseng, spirulina	17.14	▼	3.79 V	
				<i>Special Offer Price</i>	14.57		3.25	

code	description	size	details	price	vat	rrp	BFGOSV
❖ [] [] [] [] SY011	Hyper Oat - Turmeric & Ginger	6 x 750ml	Oat m*lk w/vitamins, iodine <i>Special Offer Price</i>	17.14 14.57	▼	3.79 V 3.25	
MOMO KOMBUCHA							
DRINKS (CHILLED)							
❖ [] [] [] [] CV038	Elderflower Kombucha	12 x 330ml		27.42	v	3.65	OV
❖ [] [] [] [] CV022	Ginger & Lemon Kombucha	12 x 330ml		27.42	v	3.65	OV
❖ [] [] [] [] CV039	Raspberry & Hibiscus Kombucha	12 x 330ml		27.42	v	3.65	OV
❖ [] [] [] [] CV037	Turmeric Kombucha	12 x 330ml		27.42	v	3.65	OV
MR ORGANIC							
BEANS & PULSES - CANNED							
<i>Canned in Water</i>							
❖ [] [] [] [] VF050	Butter Beans - Canned	12 x 400g		16.11		1.79	GOV
MUMMY MEEGZ							
BAKING SUNDRIES							
<i>Bulk 1kg Bags</i>							
❖ [] [] [] [] ZX305	M's Gems Peanut	1 x 1kg	Choc & Peanut in crunchy shell	19.35	v	30.99	GSV
❖ [] [] [] [] ZX304	M's Gems	1 x 1kg	Milk Choc in crunchy shell	19.35	v	30.99	GSV
NAIRN'S							
BISCUITS CRACKERS & CRISP BREAD							
❖ [] [] [] [] BT243	Caramelised Biscuit Moments	12 x 170g		23.86		2.69	GSV
NATURYA							
SUPERFOODS & SPORTS NUTRITION							
❖ [] [] [] [] MD002	Organic Cacao Nibs	8 x 125g		37.14		6.50	GOV
❖ [] [] [] [] MD011	Organic Cacao Powder	6 x 250g		38.57 <i>Special Offer Price</i> 30.86	▼	9.00 7.71	FGOV
NIELSEN MASSEY							
BAKING SUNDRIES							
❖ [] [] [] [] LJ204	Vanilla Bean Paste	6 x 60ml		57.40		12.75	SV
NUTRA TEA							
TEAS							
❖ [] [] [] [] TE065	Boost - helps maintain energy	10 x 40g	W/ginseng, guarana, ashwagandha	41.43		5.99	V
❖ [] [] [] [] TE059	Cleanse-for digestive function	10 x 40g	W/milk thistle and artichoke	41.43		5.99	V
❖ [] [] [] [] TE082	Defence-help maintain immunity	10 x 40g	W/licuorice, astragalus, ginger	41.43		5.99	V
❖ [] [] [] [] TE051	Glycemia-blood glucose levels	10 x 40g	W/Bitter lemon and cinnamon	41.43		5.99	V
❖ [] [] [] [] TE061	Head-clear head and relaxation	10 x 40g	W/feverfew and willow bark	41.43		5.99	V
❖ [] [] [] [] TE074	Joint-bone/joint support	10 x 40g	W/curcumin and piperine	41.43		5.99	V
❖ [] [] [] [] TE067	Lipid-healthy cholesterol	10 x 40g	W/hawthorn berries, holy basil	41.43		5.99	V
❖ [] [] [] [] TE060	Liver-for cholesterol balance	10 x 40g	W/hawthorn berries, holy basil	41.43		5.99	V
❖ [] [] [] [] TE042	Mullein Leaf & Thyme	10 x 40g	Immune/respiratory support	41.43		5.99	V
❖ [] [] [] [] TE009	Pine Needle & Rosehip Tea	10 x 40g	Full of Vitamin C	41.43		5.99	V
❖ [] [] [] [] TE003	Raspberry Leaf & Peppermint	10 x 40g	Digestion and relaxation	41.43		5.99	V
❖ [] [] [] [] TE044	Reflux-supports digestion	10 x 40g	W/licuorice, shatavari root	41.43		5.99	V
❖ [] [] [] [] TE047	Throat - soothing	10 x 40g	W/eucalyptus, marshmallow root	41.43		5.99	V
❖ [] [] [] [] TE049	Uric-combats build up of acid	10 x 40g	W/cherries & nettle	41.43		5.99	V
❖ [] [] [] [] TE081	Vision-maintain/care for eyes	10 x 40g	W/bilberry and eyebright	41.43		5.99	V
❖ [] [] [] [] TE055	Trim-supports fat metabolism	10 x 40g	W/garcinia cambogia, guarana	41.43		5.99	V
OATLY							
VEGAN & OAT MILK							
❖ [] [] [] [] SY238	Oatly Chocolate Drink	18 x 250ml		12.33		0.95	SV
OTHERLY							
CHOCOLATE							
❖ [] [] [] [] KB149	Birthday Cake Oatm*lk Choc Bar	<u>10 x 60g</u>		18.15	v	2.99	GSV
❖ [] [] [] [] KB157	Cherry Oatm*lk Chocolate bar	<u>10 x 60g</u>		18.15	v	2.99	GSV
❖ [] [] [] [] KB143	Plain Oatm*lk Chocolate Bar	<u>41 x 60g</u>		18.15	v	2.99	GSV
❖ [] [] [] [] KB147	Salted Caramel Bar	<u>10 x 60g</u>	Oatm*lk Chocolate	18.15	v	2.99	GSV

	code	description	size	details	price	vat	rrp BFGOSV
PLAMIL							
CHOCOLATE & SWEET SPREADS							
❖	 GH017	Hazelnut Flavour Spread	6 x 275g	Smooth Vegan Chocolate spread	19.42		4.49 GSV
❖	 GH041	Plamilla Choc Orange Spread	6 x 275g	Smooth Vegan Chocolate Spread	19.42		4.49 GSV
❖	 GH011	Plamilla Salted Caramel Spread	6 x 275g	Smooth Vegan Chocolate Spread	19.42		4.49 GSV
PROFUSION							
NUTS & SEEDS							
❖	 ZX240	Protein Nut Crunch	10 x 45g	Roasted & Salted	18.96		2.55 OV
❖	 ZX241	Roasted Tamari - Protein Nuts	10 x 45g		18.96		2.55 OV
PASTA							
❖	 WT042	Organic Chickpea Orzo	10 x 250g		23.18		3.15 GOV
PROPERCHIPS							
CRISPS & SNACKS							
❖	 ZX255	Lentil Chips - All the Cheese	8 x 85g		13.87	▼	2.29 GS
				<i>Special Offer Price</i>	11.10		1.83
PROPERCORN							
CRISPS & SNACKS							
		<i>Sharing Bag</i>					
❖	 ZX262	Popcorn - Mature Cheddar	8 x 70g		9.79	v ▼	1.99 GS
				<i>Special Offer Price</i>	7.83		1.59
PUKPIP							
DESSERTS, DAIRY (FROZEN)							
❖	 XL046	Dark Chocolate Banana Bites	10 x 172g		34.34	v	5.50 SV
❖	 XL054	Milk Chocolate Banana Bites	10 x 172g		34.34	v	5.50 SV
❖	 XL052	Peanut Butter Banana Bites	10 x 172g		34.34	v	5.50 SV
PULSIN'							
SNACK BARS & FLAPJACKS							
		<i>Keto Bars</i>					
❖	 KB120	Almond & Caramel Keto Multi	12 x 3 x 30g		26.16	v ▼	3.49 GV
				<i>Special Offer Price</i>	22.24		2.97
❖	 KB119	Choc Fudge & Peanut Keto Multi	12 x 3 x 30g		26.16	v ▼	3.49 GV
				<i>Special Offer Price</i>	22.94		2.97
❖	 KB130	Raspberry Choc Chip Keto Multi	12 x 3 x 30g		26.16	v ▼	3.49 GV
				<i>Special Offer Price</i>	22.24		2.97
ROCKS							
JUICE CONCENTRATES & CORDIALS							
❖	 JU427	Lemon Squash	6 x 740ml		15.43	v	4.15 SV
SOLO							
COFFEE							
❖	 TE159	Coffee Concentrate - Espresso	10 x 500ml		52.40		6.99 GV
SUMA							
VEGAN BUTTER, MARGARINES & SPREADS							
❖	 MA055	Soya Spread	8 x 550g		14.94	▼	2.49 V
				<i>Special Offer Price</i>	11.95		1.99
SUMA ORGANIC							
BEANS & PULSES - CANNED							
		<i>Catering Size</i>					
❖	 VF325	Butter Beans - organic	6 x 2.6kg		31.40		6.99 OV
PASTA							
		<i>Paper Packaging</i>					
❖	 WT200	Orecchiette Pasta	12 x 500g	Organic	17.00		1.89 FOV
❖	 WT175	Orzo Pasta	12 x 500g	Organic	17.00		1.89 FOV
❖	 WT160	Strozzapreti Pasta	12 x 500g	Organic	17.00		1.89 FOV

code	description	size	details	price	vat	rrp	BFGOSV
PASTA SAUCES & PESTOS							
<i>Pasta Sauces - Organic</i>							
❖ [] [] [] []	VF340						
		6 x 350g	From Italian Ingredients	12.12		2.49	GOV
❖ [] [] [] []	VF380						
		6 x 350g	From Italian Ingredients	13.47		2.99	GOV
❖ [] [] [] []	VF360						
		6 x 350g	From Italian Ingredients	12.12		2.49	GOV
SUNNY & LUNA							
PASTA (CHILLED)							
❖ [] [] [] []	CV017						
		Spinach Ravioli	6 x 350g	34.28	▼	7.60	V
				<i>Special Offer Price</i>		<i>29.13</i>	<i>6.45</i>
THE BERRY COMPANY							
FRUIT & VEGETABLE JUICES							
<i>Tetrapacks</i>							
❖ [] [] [] []	JU046						
		Exotic Pineapple Juice	12 x 1 l	28.57	v ▼	3.79	GV
				<i>Special Offer Price</i>		<i>22.86</i>	<i>3.05</i>
❖ [] [] [] []	JU056						
		Green Tea w/Lemon & Lime	12 x 1 l	22.86	v ▼	3.05	GV
				<i>Special Offer Price</i>		<i>18.29</i>	<i>2.45</i>
❖ [] [] [] []	JU044						
		Pressed Apple Juice	12 x 1 l	22.86	v ▼	3.05	GV
				<i>Special Offer Price</i>		<i>18.29</i>	<i>2.45</i>
❖ [] [] [] []	JU045						
		Pure Orange Juice	12 x 1 l	28.57	v ▼	3.79	GV
				<i>Special Offer Price</i>		<i>22.86</i>	<i>2.05</i>
❖ [] [] [] []	JU060						
		Superberries Purple	12 x 1 l	22.86	v ▼	3.05	GV
			With blueberry and blackberry	<i>Special Offer Price</i>		<i>18.29</i>	<i>2.45</i>
❖ [] [] [] []	JU066						
		Superberries Red	12 x 1 l	22.86	v ▼	3.05	GV
			With raspberry and strawberry	<i>Special Offer Price</i>		<i>18.29</i>	<i>2.45</i>
❖ [] [] [] []	JU070						
		White Tea w/Peach & Moringa	12 x 1 l	22.86	v ▼	3.05	GV
				<i>Special Offer Price</i>		<i>18.29</i>	<i>2.45</i>
THE BRIDGE							
BAKING SUNDRIES							
❖ [] [] [] []	LJ013						
		Vegan Egg Substitute 'Veg Egg'	2 x 500ml	28.11	v	3.75	OV
THE CHICORY CO							
COFFEE SUBSTITUTES							
❖ [] [] [] []	TE149						
		60% Chicory/40% Coffee Instant	6 x 100g	30.80		6.85	GOV
❖ [] [] [] []	TE157						
		Chicory & Barley Drink	6 x 100g	24.00		5.35	OV
			An alternative to half caf				
			W/roasted cereal extracts & fig				
THE COCONUT COLLABORATIVE							
DESSERTS & PUDDINGS (CHILLED)							
❖ [] [] [] []	CV008						
		White Chocolate Pots	6 x 4 x 45g	15.71	▼	3.50	FGSV
				<i>Special Offer Price</i>		<i>11.78</i>	<i>2.60</i>
THE REAL OLIVE COMPANY							
PATES, DIPS & TAPAS (CHILLED)							
❖ [] [] [] []	CV902						
		Kalamata Olive Meze Dip	6 x 150g	14.08	▼	3.15	V
				<i>Special Offer Price</i>		<i>11.96</i>	<i>2.65</i>
❖ [] [] [] []	CV903						
		Smoky Harissa Meze Dip	6 x 150g	14.08	▼	3.15	V
				<i>Special Offer Price</i>		<i>11.95</i>	<i>2.65</i>
TONY'S CHOCOLONELY							
CHOCOLATE							
<i>Sharing Bags</i>							
❖ [] [] [] []	KB164						
		Littl'Bits Biscuit Mix	8 x 100g	15.20	v	3.00	FGS
			Milk Chocolate				
TRIP							
SOFT DRINKS							
<i>Mindful Blends</i>							
❖ [] [] [] []	JU082						
		Blood Orange & Rosemary Drink	12 x 250ml	14.87	v	1.99	V
❖ [] [] [] []	JU083						
		Cucumber & Mint Drink	12 x 250ml	14.87	v	1.99	V
❖ [] [] [] []	JU091						
		Elderflower & Mint Drink	12 x 250ml	14.87	v	1.99	V
TROPICKS							
SNACK BARS & FLAPJACKS							
❖ [] [] [] []	KB171						
		Fruit Bar Mango	<u>20 x 20g</u>	15.71		1.05	GV
❖ [] [] [] []	KB173						
		Fruit Bar Pineapple-Passionfrt	<u>20 x 20g</u>	15.71		1.05	GV

code	description	size	details	price	vat	rrp	BFGOSV
TYNE CHEASE							
❖ [] CV002	VEGAN CHEESE Flavoured 4 Cheese Selection	10 x 320g		92.85		12.50	SV
VIVANI							
CHOCOLATE <i>Snack Size</i>							
❖ [] KB165	Lemon Cheesecake Chocolate Bar	18 x 40g		20.06	v ▼	1.79	OS
			<i>Special Offer Price</i>	17.05		1.55	
❖ [] KB169	Pistachio Dubai-Style Choc Bar	18 x 40g		25.97	v ▼	2.29	OS
			<i>Special Offer Price</i>	22.07		1.99	
WELEDA							
❖ [] DY362	BABY CARE Calendula Shampoo & Body Wash	400ml	gently cleanses sensitive skin	7.50	v	12.50	V
BODY CARE <i>Bath & Shower</i>							
❖ [] DY359	Ginger Energy Shower Gel	1 x 200ml	Energy	4.50	v	7.50	VB
❖ [] DY358	Lavender Shower Cream	1 x 200ml	Relax	4.50	v	7.50	VB
❖ [] DY357	Pomegranate Shower Cream	1 x 200ml	Inspire	4.50	v	7.50	VB
❖ [] DY363	Sea Buckthorn Shower Cream	1 x 200ml	Vitality	4.50	v	7.50	VB
❖ [] DY360	Sea Buckthorn Shower Cream	400ml	Vitality	7.50	v	12.50	VB
WHITE MAUSU							
FAR EASTERN FOOD							
❖ [] JP015	Black Bean Rayu	6 x 240g		28.55		6.39	SV
❖ [] JP002	Peanut Rayu	6 x 240g		28.55		6.39	V
❖ [] JP028	Peanut Rayu Extra Hot	6 x 500ml		28.55		6.39	V
❖ [] JP064	Smoky Chilli Oil	6 x 240g		28.55		6.39	V
WILD							
BODY CARE <i>Deodorant Refills</i>							
❖ [] DY346	Deodorant Refill Cedar	8 x 40g	Cedar & Sandalwood	29.95	v	6.00	V
<i>Deodorant Refills Sensitive</i>							
❖ [] DY355	Deodorant Sensitive Cherry	8 x 40g	Cherry Blossom Refill	29.95	v	6.00	V
❖ [] DY350	Deodorant Sensitive Coconut	8 x 40g	Coconut & Vanilla Refill	29.95	v	6.00	V
❖ [] DY348	Deodorant Sensitive Cotton	8 x 40g	Cotton & Sea Salt Refill	29.95	v	6.00	V
<i>Reusable Deodorant Cases</i>							
❖ [] DY341	Deodorant Navy Case Cedar	8 x 40g	Cedar & Sandalwood Deodorant	64.25	v	13.00	V