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PRICE LIST JANUARY 2010

Welcome to Wholefood.net - a delivery service through most of Cornwall for the best in wholefoods, organic, ecological and ethically sourced products and including 'Vegebox' our Soil Association accredited fresh fruit and vegetables. Go to www.wholefood.net and click on the vegebox banner to set up a regular order or to buy what suits you from the menu which is updated every week. You have until 2pm Mondays to order any fresh produce and until 6pm for any other items. Deliveries are on Thursday and Friday, modest delivery charges are detailed on the back cover. Graeme is always available on 01736 810015 on Mondays to take your orders or you can e-mail graeme@wholefood.net. Happy ethical shopping!

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ORGANIC VEGETABLES AND FRUIT

SIZE PRICE

Join our organic box scheme or shop from the Vegebox menu updated weekly

ORGANIC	WN011	Organic Vegebox 11-12 item	each	£14.50
ORGANIC	WN012	Organic Vegebox 10 item	each	£12.50
ORGANIC	WN013	Organic Vegebox 9 item	each	£10.00
ORGANIC	WN030	Organic Vegebox 7 item	each	£7.50
ORGANIC	WN019	Carrots	1kg	£1.75
ORGANIC	WN020	Dried Garlic	pack	£1.50
ORGANIC	WN021	Onions	500g	£1.00
ORGANIC	WN022	Potatoes	2.5kg	£2.50
ORGANIC	WN023	Potatoes - Bakers	2.5kg	£3.10
ORGANIC	WN024	Tomatoes	750g	£2.95
ORGANIC	WN018	Organic Fruit Selection	each	£11.50
ORGANIC	WN017	Organic Fruit Selection	each	£7.50
ORGANIC	WN013	Organic Fruit Selection	each	£4.25
ORGANIC	WN025	Apples	1kg	£3.70
ORGANIC	WN026	Bananas Fair Trade	1kg	£2.50
ORGANIC	WN027	Oranges	1kg	£2.20
ORGANIC	WN028	Lemon	each	£0.75
ORGANIC	WN029	Pears	1kg	£3.50
ORGANIC	WN031	Avocado	each	£1.60

ROSKILLY'S ORGANIC MILK

SIZE PRICE

ORGANIC	CJ001-4	Whole Milk	4pt	£1.99
ORGANIC	CJ001-2	Whole Milk	2pt	£1.09
ORGANIC	CJ002-4	Semi Skimmed Milk	4pt	£1.99
ORGANIC	CJ002-2	Semi Skimmed Milk	2pt	£1.09

BAKERY BREAD

SIZE PRICE

collected fresh on your delivery day

BAKERY BREAD	BM001	Seed Loaf - white & wholemeal contains peanuts	800g	£1.35
BAKERY BREAD	BM002	100% Wholemeal	800g	£1.35
BAKERY BREAD	BM003	Plain White Loaf	800g	£1.35
BAKERY BREAD	BM004	Granary Loaf	800g	£1.35
BAKERY BREAD	BM005	Rye Bread	400g	£1.15
BAKERY BREAD	BM006	Granary & Walnut Bread	400g	£1.20
BAKERY BREAD	BM007	Sun Dried Tomato Bread	400g	£1.35
BAKERY BREAD	BM008	Foaccia	300g	£1.35
BAKERY BREAD	BM009	Olive & Pesto Bread	300g	£1.35

FRUIT - DRIED				SIZE	PRICE	KEY
ORGANIC DRIED FRUIT						
ORGANIC	DR082	Apricots - organic		2.5 Kg	£14.96	GOV
ORGANIC	DR250	Apricots - organic		500g	£3.19	GOV
ORGANIC	DR867	Cherries, glace - organic		1kg	£16.95	GOVS
ORGANIC	DR868	Cherries, glace - organic		200g	£3.85	GOVS
ORGANIC	DR219	Cranberries - organic	cooking/snacking	1kg	£19.57	GOVS
ORGANIC	DR325	Cranberries - organic	cooking/snacking	125g	£2.29	GOVS
ORGANIC	DR079	Currants - organic		2.5 Kg	£24.04	GOV
ORGANIC	DR251	Currants - organic		500g	£4.85	GOV
ORGANIC	DR159	Dates - organic Medjool	Succulent, Ready to Eat	250g	£3.85	GOV
ORGANIC	DR720	Dates - organic, pitted	Fair Trade	250g	£1.75	GOV
ORGANIC	DR080	Dates - pitted, organic		2.5 Kg	£15.71	GVO
ORGANIC	DR252	Dates - pitted, organic		500g	£3.32	GVO
ORGANIC	DR105	Figs - organic		2.5 Kg	£18.31	GOV
ORGANIC	DR254	Figs - organic		500g	£3.49	GOV
ORGANIC	DR201	Mango - sun dried		1 Kg	£17.47	GOV
ORGANIC	DR200	Mango - sun dried		100g	£1.99	GOV
ORGANIC	DR081	Prunes - pitted, organic		2.5 Kg	£21.32	GOV
ORGANIC	DR253	Prunes - pitted, organic		500g	£4.55	GOV
ORGANIC	DR145	Raisins - organic		2.5 Kg	£9.58	GOV
ORGANIC	DR136	Raisins - organic		750g	£3.05	GOV
ORGANIC	DR255	Raisins - organic		500g	£2.05	GOV
ORGANIC	DR146	Sultanas - organic		2.5 Kg	£8.84	GOV
ORGANIC	DR256	Sultanas - organic		500g	£1.89	GOV
ORGANIC	DR423	Vine Fruit Mix - organic		1 Kg	£6.43	GOV
ORGANIC	DR036	Fruit Cake Mix - organic	Organic Fruit Cake Mix	1kg	£7.21	GOV
DRIED FRUIT						
SUMA	DR047	Apple - rings so2		250g	£1.55	GV
SUMA	DR207	Apricots - unsulphured		1 Kg	£5.88	GV
SUMA	DR137	Banana - Chips (chewy)		150g	£2.19	FGV
SUMA	DR133	Blueberries		125g	£3.49	GV
SUMA	DR027	Blueberries		1kg	£25.30	GV
SUMA	DR221	Cherries - red, natural so2		200g	£1.75	GVS
SUMA	DR225	Cherries - red, natural so2		1 Kg	£6.32	GVS
SUMA	DR060	Cranberries		125g	£1.29	GVS
SUMA	DR173	Currants - medium provincial		1 Kg	£3.73	GV
SUMA	DR227	Dates - chopped	Iran	1 Kg	£2.96	GV
SUMA	DR183	Dates - loosepack		1 Kg	£2.36	GV
SUMA	DR208	Figs		1 Kg	£8.56	GV
SUMA	DR169	Ginger - crystallised		1 Kg	£6.32	GVS
SUMA	DR182	Ginger - crystallised		250g	£1.99	GVS
SUMA	DR203	Mixed peel		200g	£1.15	GVS
SUMA	DR212	Pineapple - diced, so2	sorry price increase nov 09	1 Kg	£3.62	GVS
SUMA	DR123	Papaya - diced		125g	£0.79	GVS
SUMA	DR210	Peaches - so2		1 Kg	£7.45	GV
SUMA	DR211	Pears - so2		1 Kg	£6.60	GV
SUMA	DR212	Pineapple - diced, so2		1 Kg	£3.23	GVS
SUMA	DR288	Pineapple Rings	Delicious Chewy Snack	125g	£2.25	GVS
SUMA	DR994	Prunes - Medium	Unsorted (no preservatives)	1 Kg	£6.48	GV
SUMA	DR230	Raisins - Lexias		1 Kg	£3.23	GV
SUMA	DR667	Raisins - Dark flame	Chilean	1 Kg	£2.75	GV
SUMA	DR171	Raisins - Thompson	Seedless	1 Kg	£3.23	GV
SUMA	DR172	Sultanas - 5 crown	Australia	1 Kg	£4.61	GV
SUMA	DR216	Sultanas - No 9's	Turkish	1 Kg	£3.39	GV
SUMA	DR178	Fruit Cake Mix		1 Kg	£4.08	GVS

NUTS & SEEDS			SIZE	PRICE	KEY
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Organic nuts & seeds also available in 2.5kg, non-organic also available in 5kg

ORGANIC NUTS & SEEDS

ORGANIC	NU790	Alfalfa seeds - organic	1kg	£11.36	GVO
ORGANIC	NU234	Alfalfa seeds - organic	125g	£1.65	GVO
ORGANIC	NU201	Almonds - organic	1 Kg	£14.40	GVO
ORGANIC	NU102	Almonds - organic	250g	£3.89	GVO
ORGANIC	NU430	Almonds, ground - organic	1 Kg	£13.99	GOV
ORGANIC	NU387	Almonds, ground - organic	125g	£2.09	GOV
ORGANIC	NU278	Brazils - organic	1 Kg	£8.14	GOV
ORGANIC	NU219	Brazils - organic	250g	£2.25	GOV
ORGANIC	NU278	Brazils - organic	1 Kg	£8.43	GOV
ORGANIC	NU255	Cashews whole - organic	250g	£2.95	GOV
ORGANIC	NU070	Cashew - whole, organic	1 Kg	£10.77	GOV
ORGANIC	NU071	Coconut - desiccated, organic	1 Kg	£3.57	VO
ORGANIC	NU041	Coconut - desiccated, organic	125g	£0.69	VO
ORGANIC	NU202	Hazelnuts - organic	1 Kg	£15.52	OGV
ORGANIC	NU103	Hazelnuts - organic	125g	£2.19	OGV
ORGANIC	NU271	Hemp Seeds - organic	1 Kg	£11.16	GOV
ORGANIC	NU272	Hemp Seeds - organic	250g	£2.89	GOV
ORGANIC	NU244	Linseed, Golden - organic	1 Kg	£4.13	GOV
ORGANIC	NU322	Linseed, golden - organic	250g	£1.25	GOV
ORGANIC	NU293	Omega Seed Mix - organic pumpkin/sunflwr/linseed/sesan	250g	£1.85	GOV
ORGANIC	NU072	Peanuts - organic	1 Kg	£4.21	GOV
ORGANIC	NU218	Peanuts - organic	500g	£2.35	GOV
ORGANIC	NU543	Pine Kernels - organic	1 Kg	£46.22	GOV
ORGANIC	NU545	Pine Kernels - organic	125g	£6.25	GOV
ORGANIC	NU209	Pumpkin seeds - organic	1 Kg	£8.77	GOV
ORGANIC	NU323	Pumkin seeds - organic	250g	£2.39	GOV
ORGANIC	NU210	Sesame seeds - organic	1 Kg	£6.35	GOV
ORGANIC	NU356	Sesame seeds - organic	250g	£1.75	GOV
ORGANIC	NU106	Sunflower seeds - organic new size now 750g	750g	£2.59	GOV
ORGANIC	NU457	Sunflower seeds - organic	500g	£1.85	GOV
ORGANIC	NU200	Walnuts - organic	1 Kg	£11.56	GOV
ORGANIC	NU289	Walnuts - organic	500g	£6.39	GOV
ORGANIC	NU104	Walnuts - organic	125g	£1.75	GOV

NUTS & SEEDS

SUMA	NU005	Almonds	1 Kg	£7.99	GV
SUMA	NU145	Almonds	250g	£2.25	GV
SUMA	NU135	Almonds - blanched	1 Kg	£11.81	GV
SUMA	NU008	Almonds - flaked	1 Kg	£8.99	GV
SUMA	NU086	Almonds - flaked	125g	£1.39	GV
SUMA	NU011	Almonds - ground	1 Kg	£8.04	GV
SUMA	NU144	Almonds - ground	250g	£2.35	GV
SUMA	NU078	Brazil - broken	1 Kg	£5.13	GV
SUMA	NU077	Brazil - whole, medium	1 Kg	£6.87	GV
SUMA	NU147	Brazil - whole, medium	250g	£1.89	GV
SUMA	NU020	Cashew - large pieces	1 Kg	£6.03	GV
SUMA	NU134	Cashew - whole	1 Kg	£9.47	GV
SUMA	NU153	Cashew - whole	250g	£1.69	GV
SUMA	NU096	Hazelnuts	1 Kg	£9.86	GV
SUMA	NU239	Mixed nuts	1 Kg	£6.22	GV
SUMA	NU162	Mixed nuts	250g	£1.35	GV
SUMA	NU107	Mixed nuts - chopped	1 Kg	£4.87	GV
SUMA	NU055	Pecan nuts	1 Kg	£15.00	GV
SUMA	NU171	Pecan nuts	125g	£2.19	GV
SUMA	NU057	Pine kernels	1 Kg	£38.82	GV
SUMA	NU092	Pine kernels	125g	£5.29	GV
SUMA	NU252	Pistachio - raw, shelled	125g	£3.09	GV
SUMA	NU251	Pistachio - raw, shelled	1kg	£22.58	GV
SUMA	NU060	Pistachio - roasted & salted	1 Kg	£12.58	GV

SUMA	NU175	Pistachio - roasted & salted	250g	£3.29	GV
SUMA	NU063	Pumpkin seeds	1 Kg	£7.60	GV
SUMA	NU227	Sesame seeds - natural	1 Kg	£4.95	GV
SUMA	NU231	Sunflower seeds	1 Kg	£2.97	GV
SUMA	NU230	Walnuts - light amber broken	1 Kg	£6.61	GV
SUMA	NU197	Walnuts - light amber broken	250g	£1.85	GV
SUMA	NU229	Walnuts - light amber halves	1 Kg	£7.14	GV

BEANS & PULSES - DRIED			SIZE	PRICE	KEY
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ORGANIC BEANS & PULSES (DRIED)

ORGANIC - FAIRLY TRADI	PU215	Aduki Beans - organic	Fairly Traded	1kg	£2.39	FGVO
ORGANIC - FAIRLY TRADI	PU352	Black Beans - organic	Fairly Traded	1 Kg	£2.45	FGVO
ORGANIC	PU271	Blackeye Beans - organic		1 Kg	£4.29	GVO
ORGANIC	PU258	Butter Beans - organic		1 Kg	£3.23	GVO
ORGANIC	PU225	Cannellini Beans - organic		500g	£1.55	GVO
ORGANIC	PU292	Chick Peas - organic		1 Kg	£2.53	GVO
ORGANIC	PU190	Chick Peas - organic		3 Kg	£6.43	GVO
ORGANIC	PU122	Kidney Beans - red, organic		1 Kg	£2.92	GVO
ORGANIC	PU192	Kidney Beans - red, organic		3 Kg	£7.75	GVO
ORGANIC	PU002	Lentils - brown, organic		1 Kg	£3.43	GVO
ORGANIC	PU003	Lentils - brown, organic		3 Kg	£9.27	GVO
ORGANIC	PU118	Lentils - green, organic		1 Kg	£3.47	GVO
ORGANIC	PU193	Lentils - green, organic		3 Kg	£9.03	GVO
ORGANIC	PU171	Lentils - Puy, organic		1 Kg	£3.44	GVO
ORGANIC	PU127	Lentils - red split, organic		1kg	£4.51	GVO
ORGANIC	PU194	Lentils - red split, organic		3 Kg	£12.52	GVO
ORGANIC	PU120	Mung Beans - organic		1 Kg	£2.71	GVO
ORGANIC	PU121	Pinto Beans - organic		1 Kg	£2.71	GVO
ORGANIC	PU110	Soya Beans - organic		1kg	£2.19	GVO
ORGANIC	PU161	Green Split Peas - organic		1kg	£3.21	GVO
ORGANIC	PU123	Split Peas - yellow, organic		1 Kg	£3.19	GVO

BEANS & PULSES (DRIED)

SUMA	PU143	Chick Peas		3 Kg	£5.38	VG
SUMA	PU186	Lentils - green		3 Kg	£6.75	GV
SUMA	PU054	Lentils - Puy	UK recleaned	3 Kg	£5.70	GV
SUMA	PU137	Lentils - red split		3 Kg	£10.91	GV

GRAINS			SIZE	PRICE	KEY
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most grains also available in 10kg and 25kg : for prices phone or e-mail

SUMA ORGANIC	QS165	Barley Grain - organic		500g	£1.05	GVO
SUMA ORGANIC	QS300	Bulgar wheat - organic		500g	£1.49	VO
SUMA ORGANIC	QS030	Bulgar wheat - organic		3 Kg	£7.74	VO
SUMA ORGANIC	QS301	Couscous - organic, wholemeal		500g	£1.69	VO
SUMA ORGANIC	QS049	Couscous - organic, wholemeal		3 Kg	£9.25	VO
SUMA ORGANIC	QS322	Millet - organic		500g	£1.29	GOV
SUMA ORGANIC	QS151	Popcorn - organic		1 Kg	£4.05	GOV
SUMA ORGANIC	QS189	Quinoa - organic	Fair Trade	500g	£2.89	FGOV
SUMA ORGANIC	QS015	Quinoa - organic, fairtrade	Fairly Traded	750g	£4.19	FGOV
SUMA ORGANIC	QS224	Quinoa - organic	Fair Trade	3 Kg	£15.69	FGOV
SUMA ORGANIC	QS677	Rice - arborio, organic	also for puddings	500g	£1.75	GOV
SUMA ORGANIC	QS566	Rice - arborio, organic	also for puddings	3 Kg	£8.88	GOV
SUMA ORGANIC	QS302	Rice - basmati, brown organic		500g	£1.85	GVO
SUMA ORGANIC	QS668	Rice - basmati, brown organic		3 Kg	£9.64	GVO
ORGANIC - FAIRLY TRADI	QS521	Rice - basmati, brown organic	Fairly Traded	3 Kg	£10.77	GVO
SUMA ORGANIC	QS303	Rice - basmati, white organic		500g	£2.19	GVO
SUMA ORGANIC	QS664	Rice - basmati, white organic		3 Kg	£11.48	GVO
ORGANIC - FAIRLY TRADI	QS249	Rice - basmati, white organic	Fairly Traded	3 Kg	£12.58	GVO
SUMA PREPACKS - ORG	QS066	Rice - long grain brown organic		500g	£1.55	GVO
ORGANIC	QS036	Rice - long grain brown organic		3 Kg	£7.91	GVO
ORGANIC	QS035	Rice - long grain brown organic		10 Kg	£25.70	GVO

SUMA PREPACKS - ORGA	QS067	Rice-short grain brown organic	6 x 500g	£1.49	GVO
ORGANIC	QS039	Rice-short grain brown organic	3 Kg	£7.57	GVO
ORGANIC	QS038	Rice-short grain brown organic	10 Kg	£24.77	GVO
ORGANIC	QS133	Wheat grain - organic	3kg	£3.36	OV
ORGANIC	QS047	Wheat grain - organic	25kg	£18.32	OV
SUMA	QS062	Couscous	3 Kg	£7.13	v
SUMA	QS078	Rice - Arborio (risotto) also for puddings	5 Kg	£12.84	GV
SUMA	QS064	Rice - basmati, brown	3 Kg	£8.62	GV
SUMA	QS074	Rice - basmati, white	3 Kg	£8.62	GV
SUMA	QS102	Rice - wild	125g	£2.05	GV

CEREAL FLAKES BRANS & WHEATGERM						
			SIZE	CASE PRICE	SINGLE PRICE	KEY
SUMA ORGANIC	FX092	Barley Flakes - pearl OG	6 x 500g	£6.48	£1.15	VO
SUMA PREPACKS - ORGA	FG123	Medium Oatmeal - organic	6 x 500g	£6.70	£1.19	OV
SUMA ORGANIC	FX031	Millet Flakes - organic	6 x 500g	£12.57	£2.19	GOV
SUMA ORGANIC	FX111	Oat Bran - organic	6 x 500g	£8.96	£2.09	VO
SUMA ORGANIC	FX085	Oats - porridge, organic	10 Kg	£18.17		VO
SUMA ORGANIC	FX059	Oats - porridge, organic	6 x 1Kg	£11.95	£2.09	VO
SUMA ORGANIC	FX060	Oats - jumbo, organic	6 x 1Kg	£11.95	£2.09	VO
SUMA ORGANIC	FX656	Quinoa Flakes - Organic Gluten free	6 x 500g	£26.57	£4.65	GOV
SUMA ORGANIC	FX032	Rice flakes brown - organic	6 x 500g	£12.62	£2.19	GVO
SUMA ORGANIC	FX213	Toasted Malted Wheat Flakes organic	6 x 500g	£8.29	£1.69	VO
SUMA ORGANIC	FX099	Oats - jumbo	6 x 1Kg	£7.56	£1.29	v
SUMA ORGANIC	FX100	Oats - porridge	6 x 1Kg	£7.56	£1.29	v

HERBS - PREPACK	HE330	Asafoetida Compound	25g	£0.75		GV
SUMA ORGANIC	HE365	Basil organic	20g	£0.99		GVO
SUMA ORGANIC	HE366	Bay Leaves organic	10g	£0.99		GVO
SUMA ORGANIC	HE367	Caraway Seeds organic	30g	£0.99		GVO
SUMA	HE168	Cayenne Pepper	50g	£0.75		GV
SUMA ORGANIC	HE371	Chilli Powder organic	25g	£0.99		GVO
SUMA ORGANIC	HE369	Cinnamon Bark organic	20g	£0.99		GVO
SUMA ORGANIC	HE370	Cinnamon Ground organic	30g	£0.99		GVO
SUMA ORGANIC	HE372	Cloves Whole organic	30g	£0.99		GVO
SUMA ORGANIC	HE374	Coriander Ground organic	40g	£0.99		GVO
SUMA ORGANIC	HE373	Coriander Seed organic	40g	£0.99		GVO
SUMA ORGANIC	HE376	Cumin Ground organic	25g	£0.99		GVO
SUMA ORGANIC	HE375	Cumin Seed organic	25g	£0.99		GVO
SUMA	HE363	Curry Powder hot	50g	£0.75		GV
SUMA ORGANIC	HE377	Dill Herb organic	20g	£0.99		GVO
SUMA	HE180	Garam Masala	50g	£0.75		GV
SUMA ORGANIC	HE379	Ginger Ground organic	30g	£0.99		GVO
SUMA ORGANIC	HE378	Garlic Granules	25g	£0.99		GVO
SUMA ORGANIC	HE380	Herbs Mixed organic	20g	£0.99		GVO
SUMA ORGANIC	HE382	Mustard Seed Black organic	30g	£0.99		GVO
SUMA ORGANIC	HE384	Nutmeg Ground organic	25g	£0.99		GVO
SUMA ORGANIC	HE385	Oregano organic	20g	£0.99		GVO
SUMA ORGANIC	HE386	Paprika organic	25g	£0.99		GVO
SUMA ORGANIC	HE387	Parsley organic	15g	£0.99		GVO
SUMA ORGANIC	HE388	Peppercorns Black organic	30g	£0.99		GVO
SUMA ORGANIC	HE389	Poppy Seed Blue organic	40g	£0.99		GVO
SUMA ORGANIC	HE390	Rosemary organic	20g	£0.99		GVO
SUMA	HE127	Saffron	1g	£2.75		GV
SUMA ORGANIC	HE391	Sage organic	25g	£0.99		GVO
SUMA ORGANIC	HE381	Spices Mixed organic	30g	£0.99		GVO
SUMA ORGANIC	HE392	Tarragon organic	12g	£0.99		GVO
SUMA ORGANIC	HE393	Thyme organic	25g	£0.99		GVO
SUMA ORGANIC	HE394	Turmeric Ground organic	30g	£0.99		GVO
SUMA ORGANIC	HE368	Whole Green Cardamons organic	15g	£0.99		GVO
SUMA	HE625	Whole Nutmeg	50g	£0.71		GV

SUMA	HE362	Vanilla Pod		1 Pod	£1.40		GV
HERBS & SPICES - DRIED IN BULK - MANY MORE AVAILABLE CALL OR E-MAIL					SIZE	PRICE	KEY
ORGANIC	HE703	Whole Black Peppercorns	organic	500g	£7.82		GVO
ORGANIC	HE712	Curry Powder	organic	500g	£6.39		GVO
HERBS BULK SCENTED					SIZE	PRICE	KEY
BULK SCENTED HERBS	HE324	Red Rose Petals		500g	£14.51		GV
BULK SCENTED HERBS	HE090	Lavender		500g	£9.83		GV

FRUIT JUICE CONCS & CORDIALS					SIZE	CASE PRICE	SINGLE PRICE	KEY
SUMA	JU057	Apple - concentrate		5l	£28.02		GV	
SUMA	JU058	Apple - concentrate		6 x 500ml	£22.24	£3.91	GV	
SUMA	JU062	Apple/Blackcurrant - concentrate		6 x 500ml	£29.83	£5.24	GV	
BELVOIR	JU156	Organic Blackcurrant Cordial	new size	6 x 500ml	£23.92	£4.14	GOSV	
BELVOIR	JU042	Organic Blueberry Cordial	new size	6 x 500ml	£23.92	£4.14	GOSV	
BELVOIR	JU275	Organic Elderflower Cordial	new size	6 x 500ml	£23.92	£4.14	GOSV	
BELVOIR	JU276	Organic Ginger Cordial	new size	6 x 500ml	£23.92	£4.14	GOSV	
BELVOIR	JU885	Spiced Winter Berries Cordial		6x700ml	£22.24	£1.93	GSV	
BOTTLE GREEN	JU051	Elderflower Cordial		6 x 500ml	£21.02	£3.64	GSV	
BOTTLE GREEN	JU074	English Summer Cordial		6 x 500ml	£21.02	£3.64	GSV	
BOTTLE GREEN	JU052	Ginger & Lemongrass Cordial		6 x 500ml	£21.02	£3.64	GSV	
BOTTLE GREEN	JU053	Spiced Berry Cordial		6 x 500ml	£21.02	£3.64	GSV	

MERIDIAN	JU202	Apple concentrate - organic		6 x 360ml	£27.82	£4.82	GVO
ROCKS	JU142	Blackcurrant Cordial - organic		12 x 360ml	£36.33	£3.15	GOSV
ROCKS	JU303	Lemon Cordial - organic		12 x 360ml	£36.33	£3.15	GOSV
ROCKS	JU256	Lime Cordial - organic		12 x 360ml	£36.33	£3.15	GOSV
ROCKS	JU248	Fruit Punch Cordial- Organic	was Christmas Cordial	12 x 360ml	£36.33	£3.15	GOSV
ROCKS	JU426	Blackcurrant Squash - og		6 x 740ml	£13.61	£2.39	GOSV
ROCKS	JU427	Lemon Squash - organic		6 x 740ml	£11.33	£1.99	GOSV
ROCKS	JU666	Orange Squash - organic		6 x 740ml	£11.33	£1.99	GOSV
ROCKS	JU065	Red 5 Super Fruits Squash - o		6 x 740ml	£13.61	£2.39	GOSV

FRUIT JUICES					SIZE	CASE PRICE	SINGLE PRICE	KEY
BIONA	JU252	Apple juice - og	tetras	6 x 1l	£11.91	£2.06	GOV	
NEW	CAWSTON VALE	Apple Juice (tetrapak)	Pressed from English Apples	6 x 1l	£11.67	£2.02		
	FAIRTRADE FRUIT PASSI	Orange Juice	Fair Trade Juice	12 x 1l	£21.06	£1.82	FGV	
	FAIRTRADE FRUIT PASSI	Tropical Juice	Fair Trade Juice	12 x 1l	£21.06	£1.82	FGV	
POMEGREAT	JU018	Pomegranate Juice Drink	no sugar, fruit juice sweetened	12 x 1l	£22.18	£1.92	GV	
POMEGREAT	JU912	Pomegranate & Blueberry Drin	no sugar, fruit juice sweetened	12 x 1l	£22.18	£1.92	GV	

FRUIT DROPS -fantastic value

NEW	FRUIT DROPS	JU282	Apple Juice	12 x 1l	£11.28	£0.98	GV
NEW	FRUIT DROPS	JU312	Apricot Nectar	12 x 1l	£10.15	£0.88	GSV
NEW	FRUIT DROPS	JU309	Mixed Fruit Juice	12 x 1l	£14.70	£1.27	GV
NEW	FRUIT DROPS	JU298	Orange Juice	12 x 1l	£11.28	£0.98	GV
NEW	FRUIT DROPS	JU315	Peach Nectar	12 x 1l	£10.15	£0.88	GSV
NEW	FRUIT DROPS	JU283	Pomegrante Juice 100%	12 x 1l	£22.67	£1.96	GV

STUTE JUICES

STUTE	JU360	Superior Apple Juice		35 x 250ml	£18.27		GV
STUTE	JU177	Superior Apple Juice - Clear		8 x 1.5l	£14.50	£1.88	GV
STUTE	JU175	Superior Orange Juice		8 x 1.5l	£14.50	£1.88	GV
STUTE	JU535	Superior Apple Juice - Clear		8 x 1l	£10.03	£1.30	GV
STUTE	JU272	Superior Grape Juice Red		8 x 1l	£13.60	£1.77	GV

STUTE	JU263	Superior Grape Juice White		8 x 1l	£13.60	£1.77	GV
STUTE	JU537	Superior Grapefruit Juice		8 x 1l	£10.16	£1.32	GV
STUTE	JU460	Superior Orange Juice		8 x 1l	£10.03	£1.30	GV
STUTE	JU357	Superior Orange Juice		35 x 250ml	£15.94		GV
STUTE	JU536	Superior Pineapple Juice		8 x 1l	£12.08	£1.57	GV
STUTE	JU355	Superior Tomato Juice		12 x 1l	£12.16	£1.05	GV

PURE PRESSED APPLE JUICE in glass

DUSKIN	JU292	Apple Juice - Cox	English juice - medium	6 x 1l	£13.32	£2.31	GV
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PURE PRESSED ORGANIC JUICES in glass

BIONA	JU508	Cranberry Juice 100% Pure	Organic	6 x 330ml	£23.92	£4.14	GOV
BIONA	JU028	Organic Blueberry Juice	Pure 100% Juice	6 x 330ml	£27.27	£4.72	GOV
BIOTTA	JU009	Carrot Juice - organic		6 x 500ml	£20.02	£3.47	GOV
BIONA	JU543	Apple Juice - organic		6 x 750ml	£12.48	£2.16	GVO
VITALIA	JU083	Orange Juice - organic		6 x 750ml	£19.46	£3.37	GVO

SUNITA	JU671	Organic Lemon Juice		6 x 250ml	£11.66	£1.79	GOV
SUNITA	JU333	Organic Lime Juice		6 x 250ml	£11.97	£1.85	GOV

JAMES WHITE	JU864	Apple & Crushed Ginger - og		12 x 750ml	£33.34	£2.99	GOV
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JAMES WHITE	JU863	Pear & Raspberry Juice - og		12 x 750ml	£35.13	£3.04	GOV
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NEW	JAMES WHITE	JU323	Beetroot - og	6 x 750ml	£16.67	£2.89	GOV
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NEW	ORGANIC VILLAGE	JU394	Apple Juice - og	6 x 1l	£18.68	£3.24	GVO
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NEW	ORGANIC VILLAGE	JU397	Apricot Juice - og	6 x 1l	£18.68	£3.24	GOV
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NEW	ORGANIC VILLAGE	JU393	Peach juice - og	6 x 1l	£18.68	£3.24	GOV
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NEW	ORGANIC VILLAGE	JU398	Pomegranate Juice - og	6 x 1l	£21.69	£3.76	GOV
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NEW	ORGANIC VILLAGE	JU396	Red Grape Juice - og	6 x 1l	£18.68	£3.24	GOV
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SOFT DRINKS				SIZE	CASE PRICE	SINGLE PRICE	KEY
BELVOIR	JU674	Elderflower Presse		12 x 750ml	£24.41	£2.11	GSV
BELVOIR	JU792	Elderflower Presse - OG		12 x 750ml	£27.76	£2.40	OS
BELVOIR	JU813	Ginger Beer - OG		12 x 750ml	£26.65	£2.31	GOSV
FENTIMANS	JU346	Ginger Beer		12 x 275ml	£13.28	£1.15	GOSV
WHOLE EARTH	JU946	Cola - organic		24 x 330ml	£17.98	£0.79	GOSV
WHOLE EARTH	JU935	Lemonade - organic		24 x 330ml	£17.98	£0.79	GOSV
WHOLE EARTH	JU189	Sparkling Elderflower - og		24 x 330ml	£17.98	£0.79	GOSV
WHOLE EARTH	JU186	Sparkling Ginger - og		24 x 330ml	£17.98	£0.79	GOSV
WHOLE EARTH	JU947	Mountain Cranberry - Organic		24 x 330ml	£17.98	£0.79	GOSV
FREE	JU509	Dandelion/Burdock		12 x 250ml	£9.93	£0.86	GV

WATERS						SIZE	CASE PRICE	SINGLE PRICE	KEY
	SHEPLEY SPRING	WA070	Spring Water - sparkling	PET	8 x 2l	£5.56	£0.72	GV	
	SHEPLEY SPRING	WA069	Spring Water - still	PET	8 x 2l	£5.12	£0.67	GV	
NEW	HARROGATE SPA	WA224	Spring Water Still	Flextap System	10l	£3.90		GV	
	HARROGATE SPA	WA012	Spring Water - sparkling	PET	24 x 500ml	£9.17	£0.40	GV	
	HARROGATE SPA	WA010	Spring Water - still	PET	24 x 500ml	£9.17	£0.40	GV	
NEW	HARROGATE SPA	WA222	Spring Water - Sparkling	Glass	12 x 750ml	£11.63	£0.99	GV	
NEW	HARROGATE SPA	WA223	Spring Water - Still	Glass	12 x 750ml	£11.63	£0.99	GV	

FRUIT SPREADS & JAMS						SIZE	CASE PRICE	SINGLE PRICE	KEY
	BIONA	JS001	Pear & Apple Spread - organic		6 x 450g	£19.32	£3.35	OGV	
	BIONOVA	JS137	Bilberry Jam - organic		6 x 320g	£13.23	£2.29	SO	
	BIONOVA	JS131	Lemon Marmalade - organic		6 x 320g	£13.23	£2.29	SO	
	BIONOVA	JS132	Orange Marmalade - organic		6 x 320g	£13.86	£2.40	SO	
	BIONOVA	JS140	Strawberry Jam - organic		6 x 320g	£13.23	£2.29	SO	
	BIONOVA	JS141	Raspberry Jam - organic		6 x 320g	£13.23	£2.29	SO	
	BIONOVA	JS133	Tangy Orange Marmalade - organic		6 x 320g	£13.23	£2.29	SO	
	DUCHY ORIGINALS	JS171	Lemon Curd - organic		6 x 300g	£20.24	£3.51	OS	
	MERIDIAN	JS018	Apricot Spread - organic	no added sugar	6 x 284g	£13.04	£2.26	GVO	
	MERIDIAN	JS245	Raspberry Spread - organic	no added sugar	6 x 284g	£13.04	£2.26	GVO	
	MERIDIAN	JS017	Seville Orange Spread - organic	no added sugar	6 x 284g	£13.04	£2.26	GVO	
	MERIDIAN	JS021	Strawberry Spread - organic	no added sugar	6 x 284g	£13.04	£2.26	GVO	
	MERIDIAN	JS100	Wild Blueberry - organic	no added sugar	6 x 284g	£13.04	£2.26	GVO	
	ST DALFOUR	JS050	Strawberry Spread	no added sugar	6 x 284g	£11.67	£2.02	GV	

SAVOURY SPREADS AND PATES						SIZE	CASE PRICE	SINGLE PRICE	KEY
NUT BUTTERS									
	BIONA	GH210	Almond Butter	Organic	6 x 170g	£24.44	£4.23	GV	
	SUMA	GH022	Peanut Butter, crunchy + salt		6 x 340g	£13.96	£2.42	GV	
	SUMA	GH047	Peanut Butter, crunchy + salt	Jumbo Jar	6 x 700g	£25.01	£4.33	GV	
	SUMA	GH256	Peanut Butter, crunchy no salt		6 x 340g	£13.96	£2.42	GV	
	SUMA	GH248	Peanut Butter, crunchy no salt	Jumbo Jar	6 x 700g	£25.01	£4.33	GV	
	SUMA	GH023	Peanut Butter, smooth + salt		6 x 340g	£13.96	£2.42	GV	
	SUMA	GH257	Peanut Butter, smooth no salt		6 x 340g	£13.96	£2.42	GV	
	MERIDIAN	GH122	Almond Butter		6 x 170g	£13.04	£2.26	GV	
	MERIDIAN	GH027	Cashew Butter		6 x 170g	£13.04	£2.26	GV	
	MERIDIAN	GH028	Crunchy Peanut Butter - og		6 x 280g	£10.19	£1.77	GVO	
	MERIDIAN	GH037	Peanut Butter - crunchy + salt		1kg	£4.75		GV	
	MERIDIAN	GH038	Peanut Butter - crunchy no salt		1kg	£4.75		GV	
TAHINI									
	MERIDIAN	GH020	Tahini - light, organic		6 x 270g	£17.15	£2.97	GOV	
	MERIDIAN	GH064	Tahini, natural dark, organic		6 x 270g	£14.75	£2.55	GOV	
	SUNITA	GH080	Tahini - light		3 Kg	£19.20		GV	
	SUNITA	GH079	Tahini - dark		3 Kg	£19.05		GV	
	SUNITA	GH149	Tahini - light, organic		3kg	£25.89		GOV	
	SUNITA	GH996	Tahini - dark, organic		3kg	£25.89		GOV	
YEAST EXTRACT									
	MERIDIAN	GH160	Yeast Extract		6 x 340g	£22.72	£3.94	GV	
SPREADABLE PATE									
	SUMA	GH800	Pate - Organic Savoury Herb	Tube	12 x 200g	£26.77	£2.32	GVO	
	SUMA	GH700	Pate - Organic Mushroom	Tube	12 x 200g	£26.77	£2.32	GVO	
	GRANOVITA	GH168	Spicy Mexican Pate - organic	Tube	12 x 200g	£27.35	£2.37	GVO	
	TARTEX	GH001	Classic Pate - og	Tube	12 x 200g	£28.37	£2.46	GVO	
	TARTEX	GH006	Herb Pate - og	Tube	12 x 200g	£28.37	£2.46	GVO	

CONDIMENTS PASTES & PUREES						SIZE	CASE PRICE	SINGLE PRICE	KEY
SALT									
NEW	CORNISH SEA SALT CO	LJ076	Cornish Sea Salt	Flaky salt for culinary use	12 x 225g	£43.86	£3.80		GV
	GEO ORGANICS	LJ005	Atlantic Fine Sea Salt - Drum	Oganically Approved	6 x 250g	£9.39	£1.63		GVO
	MALDON	LJ888	Sea Salt - Flaky Crystals		12 x 250g	£22.78	£1.97		VG
NEW	BROSTE	LJ010	Sea Salt Coarse		12 x 500g	£18.80	£1.63		VG
NEW	BROSTE	LJ012	Sea Salt Fine		12 x 500g	£18.80	£1.63		VG
PESTO									
	SUMA	KJ192	Pesto - Green,organic,vegan		6 x 160g	£14.76	£2.56		GOV
	SUMA	KJ191	Pesto-Green,organic,vegetarian		6 x 160g	£14.76	£2.56		GO
	SUMA	KJ189	Pesto - Red, organic, vegan		6 x 160g	£14.76	£2.56		GOV
	SUMA	KJ190	Pesto - Red,organic,vegetarian		6 x 160g	£14.76	£2.56		GO
MOROCCAN									
	AL'FEZ	KJ753	Harissa	Moroccan Hot Chilli Paste	6 x 100g	£11.34	£1.96		V
	AL'FEZ	KJ547	Lemon Tagine	stir fry or BBQ	6 x 100g	£8.91	£1.54		GSV
VINEGARS									
	ASPALLS	KJ873	Balsamic Vinegar - organic		6 x 500ml	£19.39	£3.36		GOV
	ASPALLS	KJ052	Cider Vinegar - organic		6 x 1l	£17.44	£3.02		GOV
	ASPALLS	KJ205	Cider Vinegar - organic		5l	£11.95			GOV
	ASPALLS	KJ069	Cider Vinegar - organic		12 x 500ml	£20.01	£1.73		GVO
	ASPALLS	KJ400	Red Wine Vinegar - organic		6 x 500ml	£10.01	£1.73		GVO
	ASPALLS	KJ095	White Wine Vinegar - organic		6 x 500ml	£10.01	£1.73		GOV
MUSTARD									
	GORDONS	KJ943	Organic Wholegrain Mustard		6 x 180g	£9.97	£1.73		GVO
	ELSENHAM	KJ212	Hot English Mustard		4 x 210g	£4.81	£1.25		V
	DE RIT	KJ138	Fine Mustard - organic		6 x 190g	£9.97	£1.73		GO
SAUCES, STOCK & SEASONINGS									
	GEO ORGANICS	KJ359	Brown Sauce - Organic		6 x 270g	£8.49	£1.47		OGSV
	GEO ORGANICS	KJ573	Mango Chutney OG Fairtrade		6 x 300g	£13.05	£2.26		FOGSV
	GEO ORGANICS	KJ557	Piccalilli Organic		6 x 280g	£14.19	£2.46		OGSV
	GEO ORGANICS	KJ147	Tomato and apple chutney		6 x 300g	£11.34	£1.96		OGSV
	GEO ORGANICS	KJ357	Sweet Chilli Sauce - Organic		6 x 260g	£9.05	£1.57		OGSV
	GEO ORGANICS	KJ586	Sweet Pickle - OG		6 x 270g	£9.05	£1.57		OGSV
	GEO ORGANICS	VF740	Balti Paste OG		6 x 180g	£11.34	£1.96		GOV
	GEO ORGANICS	VF743	Korma Paste OG		6 x 180g	£11.34	£1.96		GOV
	GEO ORGANICS	VF742	Madras Curry Paste Organic		6 x 180 g	£11.34	£1.96		GOV
	GEO ORGANICS	VF744	Tikka Masala Paste OG		6 x 180 g	£11.34	£1.96		GOV
	GEO ORGANICS	KJ355	Worcestershire Sauce - Organic		6 x 142ml	£11.33	£1.96		GOV
	KALLO	LJ102	French Onion Stock Cubes	organic	15 x 66g	£19.80	£1.37		GOV
	KALLO	LJ171	Low Salt Veg Stock Cube	organic	15 x 66g	£21.22	£1.47		OGV
	KALLO	LJ101	Tomato & Herb Stock Cubes	organic	15 x 66g	£21.22	£1.47		GOV
	KALLO	LJ158	Vegetable Stock Cubes	organic	15 x 66g	£21.22	£1.47		GOV
	KALLO	LJ147	Yeast Free Veg.Stock Cubes		15 x 6 x10g	£21.22	£1.47		VG
	MARIGOLD	LJ444	Liquid Aminos	All Purpose Seasoning	250ml	£1.99			V
	MARIGOLD	LJ043	Bouillon Powder		12 x 150g	£20.00	£1.73		G
	MARIGOLD	LJ044	Bouillon Powder		500g	£5.45			G
	MARIGOLD	LJ046	Bouillon Powder		1 Kg	£9.75			G
	MARIGOLD	LJ164	Bouillon Powder - reduced salt Vegan, yeast free		1 Kg	£9.75			VG
	MARIGOLD	LJ070	Bouillon Powder - reduced salt Vegan, yeast free		12 x 150g	£19.94	£1.73		VG
	MARIGOLD	LJ073	Bouillon Powder - organic	Vegan	6 x 150g	£12.81	£2.22		GOV
	MARIGOLD	LJ326	Gravy Powder - organic		6 x 110g	£11.34	£1.99		GOV
	ENGEVITA	LJ143	Engevita Yeast Flakes		125g		£2.00		GV
	GRANOVITA	KJ149	Brown Sauce - Organic		6 x 275g	£10.19	£1.77		GOV

	VECON	LJ048	Vegetable Stock		12 x 250g	£36.34	£3.19	GV
	VECON	LJ049	Vegetable Stock		1kg		£11.06	
	WHOLE EARTH	KJ451	Tomato Ketchup - organic		12 x 340g	£21.53	£1.87	SO
	MERIDIAN	KJ621	Tomato Ketchup - organic		6 x 284g	£6.72	£1.16	GO
	MERIDIAN	KJ632	French Dressing - organic		6 x 250ml	£13.61	£2.36	GO
	MERIDIAN	KJ653	Mayonnaise - organic		6 x 260g	£13.61	£2.36	GO
NEW	MERIDIAN	KJ635	Salad Cream - organic	replaces KJ241	6 x 250g	£11.93	£1.96	GO
	PLAMIL	LJ259	Egg Free Mayonnaise - organic		6 x 315g	£12.42	£2.15	GOSV
	SIMPLY DELICIOUS	KJ422	Horseradish Sauce - organic		6 x 180 g	£10.53	£1.82	O
	SIMPLY DELICIOUS	KJ368	Mayonnaise - Plain, organic		6 x 180g	£10.53	£1.82	SO
	SIMPLY DELICIOUS	KJ421	Tartare Sauce - organic		6 x 180g	£10.53	£1.82	O
	TABASCO SAUCE	KJ304	Red Pepper Sauce		57ml		£2.15	VG

OLIVES & OLIVE PATE						CASE PRICE	SINGLE PRICE	KEY
					SIZE			
NEW	ZAYTOUN	KJ286	OG Tree Ripened Black Olives	Palestinian Fairly Traded	12 x 300g	£61.27	£5.31	GOV
	GAEA	VF070	Mixed Marinated Olives	organi	8 x 300g	£18.97	£2.47	GOV
	SUNITA	KJ195	Capers	In Vinegar	12 x 210g	£21.11	£1.83	GV
	SUNITA	VF384	Black Kalamata Olives	2kg net drained weight	2 Kg	£15.22		GV
	SUNITA	KJ335	Black Kalamata Olives		12 x 370g	£33.25	£2.88	GV
	SUNITA	KJ555	Kalamata Olives	Organic	6 x 370g	£17.06	£2.96	GV
	SUNITA	KJ556	Kalamata Olives	Organic	2kg	£22.95		GVO
	SUNITA	KJ596	Colossal Green Olives		6 x 370g	£11.90	£2.06	GVO
	SUNITA	KJ598	Garlic Stuffed Olives		6 x 370g	£16.81	£2.91	GVO
	SUNITA	GH152	Black Olive Pate		12 x 180g	£28.95	£2.51	GV
	SUNITA	KJ791	Kalamata Olive Pate	organic	6 x 140g	£15.99	£2.77	GOV

HONEY						CASE PRICE	SINGLE PRICE	KEY
					SIZE			
	SUMA	HY063	Wildflower - clear		12 x 340g	£27.33	£2.37	G
	SUMA	HY082	Wildflower - clear		7lb	£16.99		G
	SUMA	HY064	Wildflower - set		12 x 340g	£27.33	£2.37	G
	SUMA	HY083	Wildflower - set		7lb	£16.99		G
	ATTIKI	HY001	Greek Honey		8 x 227g	£42.16	£5.48	
	EQUAL EXCHANGE	HY005	Organic clear	fairly traded	10 x 500g	£42.72	£4.44	GFO
	EQUAL EXCHANGE	HY004	Organic set	fairly traded	10 x 500g	£42.72	£4.44	GFO
	EQUAL EXCHANGE	HY002	Orange Blossom Clear Honey	fairly traded	10 x 500g	£42.72	£4.44	GF
	NEW ZEALAND GOLD	HY768	Manuka Honey		6 x 250g	£31.05	£5.38	G
	TROPICAL FOREST	HY032	Forest Honey - clear, organic		6 x 340g	£18.15	£3.14	GFO
	TROPICAL FOREST	HY601	African Forest Honey - clear, o	fairly traded	7 lbs	£22.15		GFO
	TROPICAL FOREST	HY033	Forest Honey - set, organic		6 x 340g	£18.15	£3.14	GFO
	TROPICAL FOREST	HY602	African Forest Honey - set,org;	fairly traded	7 lbs	£22.15		GFO
	TROPICAL FOREST	HY649	English Borage	Clear	6 x 340g	£23.20	£4.02	G
	TROPICAL FOREST	HY981	Welsh Heather		6 x 340g	£26.38	£4.57	G

FLOURS				SIZE	CASE PRICE	SINGLE PRICE	KEY
SUMA	FG043	Soya Flour - Organic	full fat	1 Kg	£3.29		GVO
SUMA PREPACKS	FG092	Polenta		500g	£1.09		GV
BACHELDRE WATERMILL	FG165	Strong Malted Blend Flour	stoneground	8 x 1.5Kg	£19.94	£2.59	VO
BACHELDRE WATERMILL	FG162	Strong 100% Wholemeal Flour	stoneground	8 x 1.5Kg	£15.62	£2.03	VO
DOVES FARM	FG004	Malthouse Flour - organic whe	with malted flakes for breadma	5 x 1 Kg	£8.01	£1.67	VO
DOVES FARM	FG069	Plain White Flour - organic	ethical trade	5 x 1 Kg	£5.61	£1.17	VO
DOVES FARM	FG072	Strong unbleached White - organic		5 x 1.5 Kg	£8.67	£1.80	OV
DOVES FARM	FG498	Strong unbleached White - organic		16kg	£16.20		OV
DOVES FARM	FG995	Wholemeal Biobake flour org.	for breadmaking	25 Kg	£22.39		OV
DOVES FARM	FG020	White Biobake flour organic	for breadmaking	25 Kg	£25.95		OV
DOVES FARM	FG102	Spelt Flour - organic		5 x 1 Kg	£11.20	£2.33	OV
DOVES FARM	FG071	White Spelt Flour - Organic		5 x 1Kg	£13.99	£2.91	OV
DOVES FARM	FG070	White Self Raising - organic		5 x 1 Kg	£5.61	£1.17	OV
DOVES FARM	FG116	Gram (chickpea) flour		5 x 1 Kg	£8.56	£1.78	OV
DOVES FARM	FG010	Wholewheat fine plain organic		5 x 1kg	£5.20	£1.08	VO
DOVES FARM	FG115	Wholemeal self-raising organic	stoneground	5 x 1 Kg	£5.28	£1.10	VO
DOVES FARM	FG008	Wholemeal strong flour organic		5 x 1.5 Kg	£8.04	£1.67	VO
MARRIAGES	FG030	White flour - Finest strong	available in singles	5 x 1.5kg	£6.51	£1.35	V
MARRIAGES	FG564	Strong White Organic		5 x 1.5Kg	£7.16		VO
MARRIAGES	FG031	White Flour - Finest plain	Unbleached	5 x 1.5 Kg	£4.91		V
MARRIAGES	FG024	Wholewheat bread flour organic		5 x 1.5 Kg	£8.42		VO
SHIPTON MILL	FG899	Three Malts Brown Flour		10 x 1kg	£13.80	£1.43	VO
SHIPTON MILL	FG898	White Organic Flour		10 x 1kg	£13.35	£1.39	VO
SHIPTON MILL	FG876	White organic strong flour		5 x 2.5kg	£16.62	£3.46	VO
LITTLE SALKELD WATERI	FG051	4 Grain - organic		12 x 1.5 Kg	£33.54	£2.91	VO

CAN'T FIND IT? WE CAN PROBABLY GET IT FOR YOU!

PASTA				SIZE	CASE PRICE	SINGLE PRICE	KEY
FAIRTRADE PASTA							
TRADCRAFT	WT605	Fusilli - Organic - Durum wheat & quinoa		6 x 500g	£16.27	£2.82	OV
SPECIALITY PASTA							
LA BIO IDEA	WT232	Lasagna green - organic		12 x 250g	£20.39	£1.77	OV
LA BIO IDEA	WT052	Tricolore Twists - organic		12 x 500g	£20.39	£1.77	OV
BIONA	WT331	Spelt Penne Organic - traditionally rolled		10 x 500g	£24.59	£2.56	OV
BIONA	WT330	Spelt Spaghetti Organic	Traditionally Rolled	10 x 500g	£36.94	£3.84	OV
UNBLEACHED WHITE PASTA							
LA BIO IDEA	WT048	Macaroni Elbows - organic		12 x 500g	£14.70	£1.27	OV
ORGANICO	WT043	Fusilli - organic		12 x 500g	£16.52	£1.43	OV
ORGANICO	WT136	Spaghetti - organic		12 x 500g	£15.38	£1.33	OV
ORGANICO	WT195	Conchiglie - organic		12 x 500g	£18.11	£1.57	OV
ORGANICO	WT190	Farfalle - organic		12 x 500g	£16.52	£1.43	OV
ORGANICO	WT126	Penne - organic		12 x 500g	£16.52	£1.43	OV
ORGANICO	WT083	Lasagne - organic		12 x 250g	£18.23	£1.58	OV
ORGANICO	WT199	Linguine - organic		12 x 500g	£16.52	£1.43	OV

WHOLEWHEAT PASTA

LA BIO IDEA	WT040	Macaroni Elbows - organic wholewheat	12 x 500g	£15.82	£1.37	OV
LA BIO IDEA	WT046	Tagliatelle - organic wholewheat Fettuce	12 x 500g	£19.25	£1.67	OV
ORGANICO	WT168	Spaghetti - organic wholewheat	12 x 500g	£10.14	£0.88	OV
ORGANICO	WT101	Penne - organic wholewheat	12 x 500g	£15.38	£1.33	OV
ORGANICO	WT115	Fusilli - organic wholewheat	12 x 500g	£16.52	£1.43	OV

GLUTEN FREE PASTA

ORGRAN	WT077	Rice & Millet Spirals	9 x 250g	£16.15	£1.87	GV
ORGRAN	WT080	Vegetable & Rice Spirals	9 x 250g	£16.15	£1.87	GV

NOODLES			SIZE	CASE PRICE	SINGLE PRICE	KEY
THE NOODLE COMPANY	WT152	Noodles - Medium egg - organic	12 x 250g	£13.22	£1.14	O
THE NOODLE COMPANY	WT150	Noodles - Spinach - organic	12 x 250g	£13.22	£1.14	O

CLEARSPRING	JP336	Oriental Soba Noodles organic	6 x 250g	£8.48	£1.47	VO
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BLUE DRAGON	WT100	Wholewheat Noodles	8 x 300g	£7.20	£1.25	VO
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NOODLES (WHEAT FREE)

KING SOBA	WT210	100% Buckwheat Noodles - organic	12 x 250g	£16.97	£1.59	GOV
KING SOBA	WT037	Brown Rice Noodles - organic	12 x 250g	£16.94	£1.47	GOV
KING SOBA	WT212	Millet & Brown Rice Noodles - organic	12 x 250g	£20.20	£1.75	GOV
KING SOBA	WT217	Thai Rice Noodles - organic	12 x 250g	£16.94	£1.47	GOV

MUESLIS & BREAKFAST CEREALS			SIZE	CASE PRICE	SINGLE PRICE	KEY
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ORGANIC	FX085	Oats - porridge, organic	10 Kg	£15.31		VO
ORGANIC	FX059	Oats - porridge, organic	6 x 1Kg	£11.32	£1.96	VO
ORGANIC	FX060	Oats - jumbo, organic	6 x 1Kg	£9.97	£1.73	VO

SUMA	MX184	Cranberry Crunch	3 Kg	£11.55		V
SUMA	MX027	Crunchy Apricot Muesli	3 Kg	£9.71		
SUMA	MX129	Gluten Free Muesli	3 Kg	£13.62		VG
SUMA	MX153	Luxury Tropical Muesli, SO2 Over 50% fruit & nut	500g	£1.99		V
SUMA	MX185	Luxury Tropical Muesli Over 50% fruit and nut	3 Kg	£10.35		V
SUMA	MX034	Muesli Base	3 Kg	£2.69		V
SUMA	MX056	Nutty Crunch	500g	£1.35		V

SUMA ORGANIC	MX163	De Luxe Muesli - organic	1kg	£4.35		OV
SUMA ORGANIC	MX130	De Luxe Muesli - organic	3 Kg	£11.27		OV
SUMA ORGANIC	MX119	De Luxe Muesli - organic	10 Kg	£35.87		OV
SUMA ORGANIC	MX062	Gluten Free Muesli - organic	3kg	£15.06		OV
SUMA ORGANIC	MX106	Muesli - organic	1kg	£3.75		OV
SUMA ORGANIC	MX183	Muesli - organic	3 Kg	£10.47		OV
SUMA ORGANIC	MX035	Muesli Base - organic	3 Kg	£7.05		VO
SUMA PREPACKS - ORG#	MX179	Premium Muesli - organic 42% Fruit & Nut content	1kg	£4.75		VO
SUMA PREPACKS - ORG#	MX167	Premium Muesli - organic 42% Fruit & Nut content	3 Kg	£12.00		VO

BIG OZ	MX755	Millet Puffs	6 x 250g	£11.35	£1.97	GOV
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DOVES FARM	MX900	Bio-Biz ethical trade	10 x 375g	£20.15	£2.09	OV
DOVES FARM	MX988	Chocolate Stars now in 8's	8 x 375g	£22.11	£2.91	GOS

ENVIROKIDZ	MX602	Gorilla Munch	12 x 284g	£34.06	£2.95	GOSV
ENVIROKIDZ	MX601	Koala Crisp	12 x 325g	£34.06	£2.95	OSV

GOOD CARB FOOD CO	MX125	GoodCarb Original Granola toasted ready-to-eat breakfast	10 x 500g	£28.38	£2.95	SV
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KALLO	MX123	Honey Puffed Rice - Organic	8 x 275g	£25.75	£3.35	O
KALLO	MX124	Puffed Rice Cereal - Natural	8 x 225g	£20.43	£2.65	GOV
NATURES PATH	MX885	Mesa Sunrise - organic sorry price increase	12 x 300g	£31.78	£2.75	OV

NATURES PATH	MX547	Crispy Rice - organic		12 x 284g	£31.78	£2.75	OV
NATURES PATH	MX821	Heritage Oaty Bites		12 x 375g	£31.78	£2.75	OV
NATURES PATH	MX889	Heritage Flakes - organic		12 x 375g	£31.78	£2.75	OV
NATURES PATH	MX884	Millet Rice Flakes - organic		12 x 375g	£31.78	£2.75	OV
WHOLE EARTH	MX172	Classic Cornflakes - organic		12 x 375g	£24.95	£2.16	GOV
WHOLE EARTH	MX174	Maple Frosted Flakes - organic		10 x 375g	£30.29	£3.15	GOSV
WHOLE EARTH	MX170	Swiss Style Muesli - organic		12 x 750g	£39.76	£3.44	OV

TEAS				SIZE	CASE PRICE	SINGLE PRICE	KEY
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LOOSE TEA

EQUAL EXCHANGE	TE780	Assam Loose Organic		6 x 125g	£14.18	£2.46	FGOV
EQUAL EXCHANGE	TE781	Breakfast Tea Loose Organic		6 x 125g	£14.18	£2.46	FGOV
EQUAL EXCHANGE	TE782	Darjeeling tea loose Organic		6 x 125g	£14.18	£2.46	FGOV
TWININGS	TE594	Lapsang Souchong loose		4 x 125g	£7.56	£1.96	GV
CLIPPER - 125G PACKS	TE978	Earl Grey Tea loose - organic		6 x 125 g	£13.62	£2.36	FGOV
CLIPPER - 125G PACKS	TE877	Green Tea - Organic		6 x 125g	£11.91	£2.06	GOV
CLIPPER - CATERING SIZ	TE122	Assam - English Breakfast		1kg	£12.33		GV

TEA BAGS

EQUAL EXCHANGE	TE668	Assam - organic		6 x 50 bags	£14.18	£2.46	FGOV
EQUAL EXCHANGE	TE667	Breakfast - organic		6 x 50bags	£14.18	£2.46	FGOV
EQUAL EXCHANGE	TE671	Green - organic		6 x 25bags	£8.49	£1.47	FGOV
CLIPPER - TEABAGS	TE776	Decaffeinated - organic		6 x 40 bags	£11.91	£2.06	GV
CLIPPER - TEABAGS	TE500	Earl Grey - organic		6 x 50bags	£11.34	£1.96	FGOV
CLIPPER	TE967	Indian Chai - Organic	Black tea / warming spices	6 x 20bags	£9.63	£1.67	FGOV
CLIPPER	TE571	Green T with Aloe Vera - organic		6 x 20 bags	£10.77	£1.87	FGOV
CLIPPER	TE683	White Tea		6 x 25 bags	£8.49	£1.47	GOV

COFFEE				SIZE	CASE PRICE	SINGLE PRICE	KEY
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SUMA	TE198	Coffee - Dark Roasted	fair-traded and organic	6 x 227g	£17.04	£2.95	FGOV
SUMA	TE199	Coffee - Decaffeinated	fair-traded and organic	6 x 227g	£22.15	£3.84	FGOV
SUMA	TE200	Coffee - Espresso	fair-traded and organic	6 x 227g	£17.04	£2.95	FGOV
SUMA	TE201	Coffee - Medium Roast	fair-traded and organic	6 x 227g	£17.04	£2.95	FGOV
SUMA	TE765	Dark Java Beans		1kg	£11.95		GV
CAFEDIRECT	TE949	Decaffeinated Instant Coffee		6 x 100g	£29.35	£5.09	FGV
CAFEDIRECT	TE203	Instant Freeze Dried - Jars		6 x 200g	£49.76	£8.62	FGV
CAFEDIRECT	TE329	Instant Freeze Dried - Jars		6 x 100g	£25.33	£4.39	FGV
CAFEDIRECT	TE952	Machu Picchu Mountain Speci		6 x 227g	£25.11	£4.35	FGOV
CAFEDIRECT	TE666	Rich Ground		6 x 227g	£20.19	£3.50	FGV
CLIPPER	TE739	Instant - organic		6 x 100g	£21.59	£3.74	FGOV
CLIPPER	TE879	Instant - organic decaff		6 x 100g	£22.72	£3.94	FGOV
EQUAL EXCHANGE	TE651	Columbian Whole Coffee Beans		6 x 500g	£47.51	£8.23	FGOV
EQUAL EXCHANGE	TE889	Dark Roast Beans - organic		6 x 500g	£33.00	£5.72	FGOV
EQUAL EXCHANGE	TE890	Decaffeinated Beans - organic		6 x 500g	£43.77	£7.58	FGOV
EQUAL EXCHANGE	TE779	Espresso Beans - organic		6 x 1kg		£9.70	FGOV

COFFEE SUBSTITUTES						CASE PRICE	SINGLE PRICE	KEY
					SIZE			
BARLEYCUP	TE240	Instant Cereal Drink			6 x 200g	£15.67	£2.71	V
BIOFORCE	TE368	Bambu			6 x 100g	£21.37	£3.70	V
SYMINGTONS	TE138	Dandelion Coffee			12 x 100g	£33.61	£2.91	G
WHOLE EARTH	TE389	Nocaf - organic			9 x 100g	£23.84	£2.75	VO

HERB TEAS						CASE PRICE	SINGLE PRICE	KEY
					SIZE			
CLIPPER	TE789	Organic Herb Tea - Peppermint			6x20bags	£7.70	£1.33	GOV
EQUAL EXCHANGE	TE562	Roibosch - organic / fair trade			6 x 40 bags	£8.51	£1.47	FGOV
HAMPSTEAD TEA & COFF	TE468	Rosehip Hibiscus Tea - og	Biodynamic and Fairtrade		6 x 20 bags	£10.76	£1.86	FGOV

FROM EGYPTIAN BIODYNAMIC GROWERS

ESSENTIAL TRADING	TE271	Camomile	Demeter Organic		6 x 20bags	£7.34	£1.27	GOV
ESSENTIAL TRADING	TE276	Camomile & Spearmint	Demeter Organic		6 x 20bags	£7.34	£1.27	GOV
ESSENTIAL TRADING	TE277	Fennel	Demeter Organic		6 x 20bags	£7.34	£1.27	GOV
ESSENTIAL TRADING	TE279	Peppermint	Demeter organic		6 x 20 bags	£7.34	£1.27	GOV
ESSENTIAL TRADING	TE281	Peppermint & Spearmint	Demeter Organic		6 x 20bags	£7.34	£1.27	GOV

HERB TEAS

HEATH AND HEATHER	TE021	Nettle - organic			12 x 20 bags	£14.24	£1.23	GOV
HAMBLEDON HERBS	TE607	Rosehip - organic			6 x 24bags	£12.76	£2.21	GOV
ELEVEN O'CLOCK	TE382	Rooibosch - organic			10 x 80 bags	£40.29	£4.19	GOV
ELEVEN O'CLOCK	TE381	Rooibosch - organic			10 x 40bags	£20.63	£2.14	GOV
SUMA	HE291	Rooibosch loose			500g	£6.33		GV

YOGI TEAS - ANCIENT AYURVEDIC ORGANIC HERB & SPICE FORMULAS

YOGI TEA	TE193	Licorice	Egyptian Spice		8 x 15bags	£15.11	£1.96	GOV
YOGI TEA	TE192	Classic (Original)	Cinamon Spice		8 x 15bags	£15.11	£1.96	GOV
YOGI TEA	TE553	Bed Time	Relax naturally for restful sleep		8 x 15bags	£15.11	£1.96	GOV
YOGI TEA	TE348	Calming			8 x 15bags	£15.11	£1.96	GOV
YOGI TEA	TE551	Detox			8 x 15bags	£15.11	£1.96	GOV
YOGI TEA	TE597	Choco	Fair trade chocolate & mexicar		8 x 15 bags	£15.11	£1.96	GOV
YOGI TEA	TE208	Echinacea Special Formula Te with premium Echinacea			8 x 15bags	£15.11	£1.96	GOV
YOGI TEA	TE293	Ginger Lemon			8 x 15 bags	£15.11	£1.96	GOV
YOGI TEA	TE350	Stomach Ease			8 x 15bags	£15.11	£1.96	GOV
YOGI TEA	TE211	Sweet Chai - og			8 x 15 bags	£15.11	£1.96	GOV
YOGI TEA	TE554	Throat			8 x 15bags	£15.11	£1.96	GOV
YOGI TEA	TE351	Women's			8 x 15bags	£15.11	£1.96	GOV
YOGI TEA	TE347	Cold Season			8 x 15 bags	£15.11	£1.96	GOV
YOGI TEA Ayurvedic Greer	TE194	Green Energy	green tea, guarana & kombuch		8 x 15 bags	£15.11	£1.96	GOV

CAN'T FIND IT? WE CAN PROBABLY GET IT FOR YOU!

OILS & FATS						CASE PRICE	SINGLE PRICE	KEY
					SIZE			
NEW	SUMA	GT017	Italian Organic Olive Oil	Extra Virgin	6 x 500ml	£28.43	£4.93	GVO
NEW	SUMA	GT019	Italian Organic Olive Oil	Extra Virgin	3l	£25.65		GVO
	SUMA	GT085	Olive Oil-Extra Virgin,organic	France	6 x 500ml	£30.47	£5.28	GVO
	SUMA	GT080	Sunflower Oil - organic		6 x 500ml	£17.22	£2.98	GVO
	SUMA	GT091	Sunflower Oil - organic	cold pressed	5l	£18.86		GV
	SUMA	GT052	Sunflower Oil - refined		5l	£10.51		GV
NEW	ZAYTOUN	GT021	Olive Oil - Organic Fairtrade	Palestinian	12 x 500ml	£92.10	£7.98	GVO
NEW	ZAYTOUN	GT022	Olive Oil - Organic Fairtrade	Palestinian	12 x 750ml	£125.19	£10.84	GVO
NEW	ZAYTOUN	GT023	Olive Oil - Organic Fairtrade	Palestinian	5l	£59.50		GVO

CLEARSPRING	GT203	Olive oil organic - Italy	cold pressed, extra virgin	6 x 500ml	£28.43	£4.93	GVO
CLEARSPRING	GT204	Olive oil organic - Italy	cold pressed, extra virgin	6 x 1l	£51.22	£8.87	GVO
CLEARSPRING	GT250	Olive Oil Cold Pressed Organic	replaces 5l	3l	£25.38		GVO
CLEARSPRING	GT342	Omega Oil Blend - organic	olive, rapeseed, sunfr, flax oils	6 x 500ml	£39.82	£6.90	GVO
CLEARSPRING	GT207	Sesame Oil organic		6 x 500ml	£25.58	£4.43	GVO
CLEARSPRING	GT208	Sesame Oil Toasted organic		8 x 250ml	£22.71	£2.95	GVO
CLEARSPRING	GT252	Sunflower Frying Oil Cold Prsc	replaces 5l	3l	£14.04		GVO
CLEARSPRING	GT230	Sunflower Frying Oil organic		6 x 1l	£29.57	£5.12	GVO
CLEARSPRING	GT251	Sunflower Oil Cold Pressed	replaces 5l	3l	£12.72		GVO
CLEARSPRING	GT202	Sunflower Oil organic		6 x 1l	£26.72	£4.63	GVO
CLEARSPRING	GT211	Walnut Oil organic		8 x 250ml	£57.65	£7.49	GVO
FILIPPO BERIO	GT500	Olive Oil - Extra Virgin	tins	5l	£34.18		GV
HELLENIC	GT004	Olive Oil - Extra Virgin - nice tir	highly recommended	3l	£20.50		GV
HELLENIC	GT403	Olive Oil - Extra Virgin		12 x 1l	£78.73	£6.82	GV
HELLENIC	GT402	Olive Oil - Extra Virgin		12 x 500ml	£49.08	£4.25	GV
GRANOVITA	GT300	Flax Oil - Organic	Virgin cold pressed	260ml	£6.49		GVO
GRANOVITA	GT302	Hemp Oil - organic	Virgin cold pressed	260ml	£5.99		GVO
GRANOVITA	GT301	Omega Oil Blend - organic		260ml	£6.79		GVO
SUNITA	GT099	Olive Oil-Extra Virgin Organic	Tin	5 l	£46.95		GVO
BROADLAND	GT101	Vegetable Suet		6 x 250g	£7.41	£1.28	GV
KHYBER	VF751	Vegetable Ghee		1 x 2lb	£1.95		GV

SWEETS				SIZE	CASE PRICE	SINGLE PRICE	KEY
BIONA	ZX663	Organic Peppermints		75g	£2.19		OSV
BIONA	ZX664	Organic Pineapple Chews		75g	£2.19		OSV
BIONA	ZX665	Organic Tutti Frutti Wine Gums		75g	£2.19		OSV
JUST WHOLEFOODS	ZX573	Vegebears - Frooty Fruits	Gelatine free Pastilles	100g	£1.45		GOSV
JUST WHOLEFOODS	ZX571	Vegebears Fruit Jellies	Gelatine Free	100g	£1.45		GOSV
SUMA	ZX015	Raisins - Yoghurt coated		125g	£1.15		S
SUMA	ZX513	Raisins - Milk Choc coated		125g	£1.17		S
SUNITA	ZX137	Grape Juice & Sultana Halva		24 x 100g	£26.27	£1.14	G
SUNITA	ZX092	Honey & Pistachio Halva		24 x 100g	£33.96	£1.47	G
SUNITA	ZX850	Honey Halva - organic		12 x 75g	£18.34	£1.59	OG
SUNITA	ZX588	Honey Halva with Almonds org organic		12 x 75g	£17.94	£1.55	OG
SUNITA	ZX093	Honey Halva		24 x 100g	£26.27	£1.14	OG

SNACKS - SAVOURY, CRISPS + FRUIT & NUT MIXES				SIZE	CASE PRICE	SINGLE PRICE	KEY
KETTLE CHIPS	ZX912	Balsamic Vinegar & Sea Salt		18 x 40g	£10.20	£0.59	GSV
KETTLE CHIPS	ZX280	Mature Cheddar & Red Onion		18 x 40g	£10.20	£0.59	GV
KETTLE CHIPS	ZX913	Seasalt & Crushed Black Pepper		18 x 40g	£10.20	£0.59	GV
KETTLE CHIPS	ZX914	Lightly Salted		18 x 40g	£10.20	£0.59	GOV
SUMA	ZX930	Organic Bombay Mix		1 Kg	£4.11		OV
SUMA	ZX552	Organic Bombay Mix		250g	£1.15		OV
SUMA	ZX084	Fruit & Nut Mix	raisins, hazelnuts, walnuts, brazils, cashews, peanuts	125g	£1.49		GV
SUMA	ZX294	Spiced Roast Chick Peas		125g	£0.75		GV
SUMA	ZX345	Tropical Mix		1 Kg	£3.23		GS
SUMA	ZX131	Yakko Mix	Japanese Rice Crackers	1 Kg	£8.97		V
SUMA	ZX205	Yakko Mix	Japanese Rice Crackers	125g	£1.17		GV

SWEET BISCUITS				SIZE	CASE PRICE	SINGLE PRICE	KEY
BIONA	BT336	Blueberry Filled Cookies		12 x 175g	£20.39	£1.77	os
DOVES FARM	BT651	Digestives - large		20 x 400g	£34.46	£1.79	ovs
DOVES FARM	BT202	Fruity Oat Digestives		12 x 200g	£15.59	£1.35	ov
DUCHY ORIGINALS	BT371	Shortbread - organic		12 x 250g	£36.51	£3.49	G
TRADCRAFT	BT547	Double Chocolate Chip Cookie		12 x 200g	£19.13	£1.45	os
THE BISCUIT COLLECTIO	BT042	Galettes - og		12 x 125g	£19.94	£1.73	os
THE BISCUIT COLLECTIO	BT041	Petit Buerre - og	Butter biscuits	12 x 150g	£19.94	£1.73	os

CAKES				SIZE	CASE PRICE	SINGLE PRICE	KEY
BIONA	BT306	Honeycake with Ginger -organic		320g	£2.29		ov
SUNNYVALE	BT089	Fruit Cake - organic		400g	£2.75		ov

CRISPBREADS & CRACKERS RICE, CORN & RYE				SIZE	CASE PRICE	SINGLE PRICE	KEY
DR KARG	BT812	Classic Wholegrain Crispbreac		10 x 200g	£21.54	£2.24	ov
DR KARG	BT813	Spelt Wholegrain Crispbread		10 x 200g	£25.13	£2.61	ov
DR KARG	BT815	Emmental Cheese & Pumpkin		10 x 200g	£23.82	£2.48	ov
FINN CRISPBREADS	BT009	Whole Rye - Organic		12 x 200g	£10.01	£0.87	ov
KALLO	BT184	Corn Cakes OG	Slightly salted	12 x 130g	£19.25	£1.67	GVO
KALLO	BT033	Thick Slice Rice Cakes no salt organic		12 x 130g	£16.97	£1.47	GVO
KALLO	BT036	Thick Slice Sesame Rice Cake Salted og		6 x 130g	£7.91	£1.37	GVO
KALLO	BT240	Thin Slice Rice Cake No Salt organic		12 x 130g	£16.97	£1.47	GVO
KALLO	BT215	Savoury Rice Cakes organic		12 x 110g	£24.94	£2.16	GVO
KALLO	BT338	Thin Slice Rice Cake Dark Chc organic		16 x 90g	£31.73	£2.06	GVO
TERRASANA	BT609	Grissini (Breadsticks) - Spelt		12 x 125g	£12.66	£1.10	GVO
OATCAKES							
NAIRNS	BT273	Oatcakes Organic		12 x 250g	£14.70	£1.27	ov
NOW	BT419	Oatcakes No Salt - Organic		12 x 250g	£21.41	£1.85	ov
VILLAGE BAKERY	BT119	Oatcakes		12 x 250g	£22.67	£1.96	vo
VILLAGE BAKERY	BT525	Savoury Seed Biscuits		12 x 200g	£22.67	£1.96	o

BREADS				SIZE	CASE PRICE	SINGLE PRICE	KEY
SUMA	BT277	Garlic & Coriander Nan		2 pack	£1.25		s
SUMA	BT156	Nan Bread		2 pack	£1.19		
BIONA	BT298	Butter Croissants - organic		200g	£2.65		o
BIONA	BT135	Pizza Base		2 pack	£2.69		ov
BIONA	BT422	Spelt Pizza Base - Organic		2 pack	£3.29		ov
NEWBURY PHILLIPS	BT111	Pitta Large White - organic		6x1	£1.59		ov
NEWBURY PHILLIPS	BT243	Mini Pitta Bread - Sesame og		8x1	£1.35		ov
NEWBURY PHILLIPS	BT110	Pitta Mini Wholemeal Organic		8x1	£1.35		ov
BAVARIAN	BT533	Pumpernickel Bread - Organic		12 x 500g	£19.37	£1.68	ov
BAVARIAN	BT535	Whole Rye Bread - Organic		12 x 500g	£19.37	£1.68	ov

SNACKS - BARS						SIZE	CASE PRICE	SINGLE PRICE	KEY
NEW	NAKD	KB101	Apple Pie Wholefood Bar		36 x 30g	£18.51	£0.53	V	
NEW	NAKD	KB108	Banana Bread Wholefood Bar		36 x 30g	£18.51	£0.53	V	
NEW	NAKD	KB109	Berry Cheeky Wholefood Bar		36 x 30g	£18.51	£0.53	V	
FAIR TRADE BARS - NO ADDED SUGAR									
	TROPICAL WHOLEFOODS	KB961	Banana & Honey Bars		28 x 40g	£16.00	£0.69	F	
	TROPICAL WHOLEFOODS	KB574	Organic Mango and Brazil bar		28 x 40g	£16.00	£0.69	F	
	TROPICAL WHOLEFOODS	KB962	Pineapple & Cashew Bar		28 x 40g	£19.74	£0.69	F	
	TROPICAL WHOLEFOODS	KB575	OG Date & Walnut Bar		28 x 40g	£16.00	£0.69	FGV	
FAIR TRADE BARS									
	TRAIDCRAFT	KB426	Apricot & Raisin Geobar		24 x 35g	£12.53	£0.54	FS	
	TRAIDCRAFT	KB427	Chocolate Geobar		24 x 35g	£12.53	£0.54	FS	
	TRAIDCRAFT	KB542	Cranberry & Raisin Geobar		24 x 35g	£12.53	£0.54	F	
EAT NATURAL									
	EAT NATURAL	KB464	Almond & Apricot Bars	Yoghurt Covered	12 x 50g	£8.85	£0.78	GS	
FRUITUS BARS									
	LYME REGIS FOODS	KB182	Apple Fruitus		24 x 35g	£12.16	£0.53	OV	
	LYME REGIS FOODS	KB183	Apricot Fruitus		24 x 35g	£12.16	£0.53	OV	
PRESSED FRUIT BARS									
	FRUTINA	KB325	Fruit Snack - Variety Pack		60 x 15g	£21.40		GV	
GRIZZLY BARS									
	GRIZZLY BARS	KB020	Apricot Bar		24 x 25g	£10.23	£0.44		
	GRIZZLY BARS	KB107	Banana & Sultana Bar		24 x 25g	£10.23	£0.44	G	
	GRIZZLY BARS	KB106	Blackcurrant & Apple Bar		24 x 25g	£10.23	£0.44	GV	
SESAME BARS									
	SESAME SNAPS	KB001	Sesame Snaps		24 x 30g	£4.85	£0.26	V	
	SUNITA	KB998	Sesame & Honey Bar - organic		24 x 30g	£13.04	£0.56	O	
OTHER BARS									
	PANDA	ZX676	Raspberry Bars		30 x 32g	£15.46	£0.54	VS	
THAI FOOD						SIZE	CASE PRICE	SINGLE PRICE	KEY
	BIONA	VF775	Coconut Milk Organic		6 x 400ml	£6.57	£1.14	OV	
	KTC	MA066	Creamed Coconut	Block	12 x 200g	£8.10	£0.75	OV	
	BIONA	VF772	Creamed Coconut Organic		12 x 200g	£10.82	£0.95	OV	
	GEO ORGANICS	VF738	Thai Green Curry Paste OG		6 x 180g	£13.39	£2.32	GOV	
	GEO ORGANICS	VF739	Thai Red Curry Paste OG		6 x 180g	£13.39	£2.32	GOV	
CHINESE FOOD						SIZE	CASE PRICE	SINGLE PRICE	KEY
	BLUE DRAGON	VF831	Bamboo Shoots & Water Chestnut		6 x 225g	£6.01	£1.05	G	
	GEO ORGANICS	VF736	Black Bean Cooking Sauce	Organic	6 x 350g	£11.91	£2.06	GOSV	
	GEO ORGANICS	VF735	Sweet and sour fry sauce	Organic	6 x 370g	£11.91	£2.06	GOSV	
JAPANESE FOOD						SIZE	CASE PRICE	SINGLE PRICE	KEY
	CLEARSPRING	JP069	Green Nori Flakes		20g	£1.99		GV	
	CLEARSPRING	JP071	Nori (sheets)		25g	£3.39		GV	
	CLEARSPRING	JP304	Breton Sea Salad		50g	£3.25		GV	
	CLEARSPRING	JP321	Instant Miso Soup - organic		8 x (4 x 10g)	£22.71	£2.95	VO	
	DANIVAL	JP095	Miso - Rice, organic		6 x 200g	£20.51	£3.55	VO	
	CLEARSPRING	JP212	Miso - Genmai (brown rice)	unpasteurised, jarred	6 x 300g	£21.59	£3.74	VO	
	CLEARSPRING	JP211	Miso - Mugi (barley)	unpasteurised, jarred	6 x 300g	£26.15	£4.53	VO	
	CLEARSPRING	JP129	Shoyu - Kagisa	organic	6 x 150ml	£10.77	£1.87	VO	
	CLEARSPRING	JP500	Shoyu - Kagisa	organic	6 x 500ml	£22.73	£3.94	VO	

CLEARSPRING	JP130	Tamari - organic		6 x 150ml	£16.47	£2.85	OG
CLEARSPRING	JP501	Tamari - organic		6 x 500ml	£44.38	£7.69	OG
MERIDIAN	JP309	Tamari		12 x 150ml	£22.66	£1.96	GV
CLEARSPRING	JP063	Kukicha Tea Bags	roasted twig tea	6 x 20 bags	£16.47	£2.85	GVO
CLEARSPRING	JP302	Sencha Tea Bags	green tea	6 x 20 bags	£16.47	£2.85	GVO

CHOCOLATE SPREADS				SIZE	CASE PRICE	SINGLE PRICE	KEY
GREEN & BLACKS	GH843	Hazelnut Chocolate Spread - C		6 x 400g	£15.09	£2.65	GOS
PLAMIL	GH005	Chocolate Spread Orange - og dairy free		6 x 275g	£12.76	£2.05	GOSV
PLAMIL	GH004	Chocolate Spread Plain - og dairy free		6 x 275g	£12.76	£2.05	GOSV

COCOA & HOT CHOCOLATE				SIZE	CASE PRICE	SINGLE PRICE	KEY
GREEN & BLACKS	TE453	Cocoa Powder - organic	fairtrade	12 x 125g	£19.25	£1.67	FGOV
GREEN & BLACKS	TE131	Hot Chocolate - organic		6 x 300g	£18.51	£3.21	SGOV

CHOCOLATE				SIZE	CASE PRICE	SINGLE PRICE	KEY
BOOJA BOOJA	KB656	Champagne Truffles	12 delicious truffles	150g	£8.45		GOSV
GREEN & BLACKS	KB131	Chocolate Butterscotch Bar	Organic Milk Chocolate	13 x 100g	£29.11	£2.02	GVO
GREEN & BLACKS	KB058	Cooking Chocolate Dark-organic		15 x 150g	£32.62	£2.26	GVO
GREEN & BLACKS	KB116	Dark - Organic		15 x 100g	£27.79	£1.93	GSO
GREEN & BLACKS	ZX251	Maya Gold - organic		15 x 100g	£27.79	£1.93	FGOSV
GREEN & BLACKS	ZX239	Milk - Organic		15 x 100g	£27.79	£1.93	FGOS
GREEN & BLACKS	KB370	White Chocolate - organic		15 x 100g	£27.79	£1.93	GOS
PLAMIL	KB502	Mint - organic		6 x 100g	£11.65	£2.02	OGVS
PLAMIL	KB909	Cayenne Chocolate - og	Dairy Free	6 x 95g	£11.65	£2.02	OGVS
PLAMIL	KB096	Ginger - og	Dairy Free	6 x 100g	£11.65	£2.02	OGVS
PLAMIL	KB503	Orange - organic	Dairy Free	6 x 100g	£11.65	£2.02	OGVS

SPROUTING				SIZE	PRICE	KEY
BEING FARE	NF479	Salad Sprouter - 3 layer	fresh sprouts in your salad & stir fry!	each	£6.99	
ARGYLL	BK340	Sprouters Handbook	(paperback) Edward Cairney	each	£4.75	
JUST WHOLEFOODS	VF263	Sprouting Mix - OG		250g	£1.85	GVO

MILK (LONGLIFE)				SIZE	CASE PRICE	SINGLE PRICE	KEY
MOO	MJ011	Semi Skimmed Milk - Organic		12 x 1l	£16.65	£1.44	OG

MILKS - VEGAN				SIZE	CASE PRICE	SINGLE PRICE	KEY
ECOMIL	SY279	Soya Milk Powder - organic	agave sweetened, makes 6 - 8 litres	400g		£9.50	GOV
ECOMIL	SY275	Almond Drink - OG		12 x 1l	£35.89	£3.11	GOV
ECOMIL	SY142	Quinoa Drink - og	Contains Agave Syrup	12 x 1l	£33.61	£2.91	GOV
GRANOVITA	SY145	Soya Milk - organic		12 x 1l	£12.74	£1.47	GVO
OATLEY	JU377	Oat Drink - Classic		12 x 1l	£18.43	£1.60	VO
PROVAMEL	SY029	Soya Milk - unsweetened	(red) organic	12 x 1l	£16.52	£1.43	OGV
PROVAMEL	SY252	Soya Drink - unsweetened	(orange) calcium and vitamins	12 x 1l	£15.84	£1.37	GV
PROVAMEL	SY031	Soya Milk with calcium & apple blue		12 x 1l	£15.84	£1.37	GV
RICE DREAM	JU540	Rice Dream - Calcium		12 x 1l	£22.67	£1.96	V
RICE DREAM	JU361	Rice Dream - Original Organic		12 x 1l	£22.67	£1.96	VO
RICE DREAM	JU362	Rice Dream - Vanilla Organic		12 x 1l	£23.81	£2.06	VO
SOYA SOLEIL	SY135	Soya milk - Added Calcium	apple sweetened	12 x 1l	£10.14	£0.88	V
SOYA SOLEIL	SY136	Soya milk - Unsweetened		12 x 1l	£10.14	£0.88	V
SOJADE	SY018	Soya Milk - calcium & apple	organic formerly SOJASUN	6 x 1l	£7.13	£1.23	OV
SOJADE	SY016	Soya Milk - unsweetened	organic formerly SOJASUN	6 x 1l	£7.13	£1.23	OV

READY MEALS						SIZE	CASE PRICE	SINGLE PRICE	KEY
FREE & EASY	VF006	Chick Pea/Vegetable Curry - o			6 x 400g	£9.06	£1.57	GOV	
Really Interesting Food Co	VF045	Spanish Chick Pea Casserole			12 x 400g	£18.11	£1.57	GV	
Really Interesting Food Co	VF115	Thai Green Curry	Tofu & Veg in classic Thai Sau		12 x 400g	£18.11	£1.57	GSV	
Really Interesting Food Co	VF037	Thai Temple Curry	Chick pea and veg curry		12 x 400g	£18.11	£1.57	GSV	
MARIGOLD	SY022	Braised Tofu - Cans			12 x 225g	£22.66	£1.96		
SUNITA	FG601	Polenta - Organic	ready to eat		6 x 500g	£7.78	£1.35	OV	

CANNED BEANS & PULSES						SIZE	CASE PRICE	SINGLE PRICE	KEY
BAKED BEANS									
BIONA	VF222	Baked Beans - organic			6 x 420g	£5.65	£0.98	SVO	
WHOLE EARTH	VF161	Baked Beans - organic			12 x 420g	£13.56	£1.17	GOV	
NEW	SUMA	Baked Beans - Organic			12 x 400g	£10.77	£0.93	GOV	

BEANS & PULSES									
SUMA	VF730	Aduki Beans, Fairly Traded OC	Fairly Traded		12 x 400g	£10.00	£0.87	OVF	
SUMA	VF860	Black Beans, Fairly Traded OC	Fairly Traded		12 x 400g	£10.00	£0.87	OVF	
SUMA	VF646	Blackeye Beans - organic			12 x 400g	£9.68	£0.84	GVO	
SUMA	VF710	Brown Lentils in Tomato Sauce			12 x 400g	£9.68	£0.84	GV	
SUMA	VF645	Butter beans -organic			12 x 400g	£9.68	£0.84	GVO	
SUMA	VF395	Cannellini Beans - organic			12 x 400g	£9.68	£0.84	GV	
SUMA	VF117	Chick Peas			12 x 400g	£6.27	£0.54	GV	
SUMA	VF642	Chickpeas - organic			12 x 400g	£6.27	£0.54	GVO	
SUMA	VF644	Haricot beans - organic			12 x 400g	£9.68	£0.84	GVO	
SUMA	VF647	Green Lentils - organic			12 x 400g	£9.68	£0.84	GVO	
SUMA	VF649	Mixed Beans - organic			12 x 400g	£9.68	£0.84	GVO	
SUMA	VF118	Red Kidney Beans			12 x 400g	£6.27	£0.54	GV	
SUMA	VF643	Red Kidney Beans - organic			12 x 400g	£9.68	£0.84	GVO	
SUMA	VF711	Six Bean Mix			12 x 400g	£9.00	£0.78	GV	

TOMATO PRODUCTS						SIZE	CASE PRICE	SINGLE PRICE	KEY
SUMA	LJ075	Cherry Tomatoes - organic	in rich tomato juice		12 x 400g	£11.28	£0.98	GOV	
SUMA	LJ080	Tomatoes (chopped) - organic			12 x 400g	£11.96	£1.04	GOV	
SUMA	LJ081	Tomatoes (peeled) - organic			12 x 400g	£11.96	£1.04	GVO	
SUMA	LJ088	Tomato Paste - organic			12 x 200g	£15.38	£1.33	GVO	
SUMA PREPACKS - ORGA	LJ602	Sundried Tomatoes - organic			6 x 125g	£9.47	£1.64	GOV	
BIONOVA	LJ110	Tomato Puree - organic			6 x 250g	£7.92	£1.37	VO	
SUMA	LJ560	Organic Passata	No Added Salt		12 x 690g	£16.97	£1.47	VO	
SUMA	LJ660	Organic Basil Passata	No Added Salt		12 x 690g	£16.97	£1.47	VO	
ESSENTIAL	LJ287	Passata - Organic			12 x 700ml	£13.56	£1.17	VO	
BIONA	LJ242	Sundried Tomatoes Organic	Organic Extra Virgin Olive Oil		6 x 170g	£18.18	£3.15	GOV	
ORGANICO	KJ010	Sundried Tomatoes - organic	In Herb & Oil Marinade		6 x 250g	£24.22	£4.20	GOV	

JARRED VEGETABLES						SIZE	CASE PRICE	SINGLE PRICE	KEY
SUMA	LJ146	Sweetcorn - organic	285g net drained weight		12 x 362g	£11.27	£0.98	GOV	
BIONOVA	VF040	Sauerkraut	unpasteurised		6 x 350g	£9.81	£1.70	GVO	
BIONOVA	KJ346	Gherkins - Sour	organic		6 x 680g	£14.94	£2.59	GOV	
BIONOVA	KJ025	Gherkins - Sweet & Sour	organic		6 x 680g	£12.94	£2.24	OV	
ORGANICO	KJ016	Artichoke Hearts - organic	In Herb & Oil Marinade		6 x 250g	£26.49	£4.59	GOV	
COOKS & CO	KJ088	Artichoke Hearts in Brine			12 x 390g	£18.10	£1.57	GOV	

CAN'T FIND IT? WE CAN PROBABLY GET IT FOR YOU!

FRUIT CANNED & JARRED						SIZE	CASE PRICE	SINGLE PRICE	KEY
ESSENTIAL TRADING	KJ263	Mango Chunks in Org Juice			6 x 400g	£11.39	£1.97	GVO	
ESSENTIAL TRADING	KJ262	Pineapple Chunks In Org Juice			6 x 400g	£10.28	£1.78	GOV	
ESSENTIAL TRADING	KJ260	Tropical Fruits in Org Juice			6 x 400g	£11.39	£1.97	OV	

DESSERTS - many more in chilled section						SIZE	CASE PRICE	SINGLE PRICE	KEY
JUST WHOLEFOODS	VF065	Custard Powder			12 x 100g	£10.76	£0.93	GV	
JUST WHOLEFOODS	VF068	Jelly Crystals - Strawberry			12 x 85g	£10.76	£0.93	VS	
JUST WHOLEFOODS	VF066	Jelly Crystals - Tropical Fruits			12 x 85g	£10.76	£0.93	VS	
SMOOZE	JU138	Mango & Coconut Fruit Ice	Just pop them in the freezer		6 x (8 x 65ml)	£14.43	£2.50	VS	
SMOOZE	JU140	Pineapple & Coconut Fruit Ice	just pop them in the freezer		6 x (8 x 65ml)	£14.43	£2.50	VS	
SMOOZE	JU137	Pink Guava & Coconut Fruit Ic	just pop them in the freezer		6 x (8 x 65ml)	£14.43	£2.50	VS	

PASTA SAUCES						SIZE	CASE PRICE	SINGLE PRICE	KEY
NEW	SUMA	VF502	Arrabbiata Sauce - OG	slightly spicy with peppers	6 x 340g	£11.33	£1.96	GOSV	
NEW	SUMA	VF501	Basilico Sauce - OG	tomato and basil	6 x 340g	£11.33	£1.96	GOSV	
NEW	SUMA	VF503	Campagna Sauce - OG	regional vegetables	6 x 340g	£12.81	£2.22	GOSV	
NEW	SUMA	VF504	Classico Sauce - OG	rich tomato	6 x 340g	£11.33	£1.96	GOSV	
NEW	SUMA	VF505	Puttanesca Sauce - OG	green & black olives	6 x 340g	£12.81	£2.22	GOSV	
NEW	SUMA	VF499	Siciliana Sauce - OG	capers & green olives	6 x 340g	£15.66	£2.71	GOSV	
	MR BEANS	VF804	Ratatouille with herbs	Mediterranean Range	6 x 650g	£14.62	£3.84	GOV	
	MR BEANS	VF441	Tofu Ravioli OG	Mediterranean Range	6 x 650g	£25.92	£4.49	OSV	
	MR BEANS	VF803	Aubergine in Tomato Sauce		6 x 650g	£22.16	£3.84	GOV	
	MERIDIAN	VF050	Mushroom Pasta Sauce - organic		6 x 440g	£11.33	£1.96	GOV	
	MERIDIAN	VF197	Tomato & Herb Pasta Sauce - organic		6 x 440g	£9.63	£1.67	GOV	
	MERIDIAN	VF123	Red Pepper & Chilli Sauce - organic		6 x 440g	£11.33	£1.96	GOV	
	MERIDIAN	VF031	Creamy White Wine/Mushroom Sce		6 x 350g	£10.19	£1.77	GSV	
	ZEST	VF544	Hot & Spicy Pasta Sauce		6 x 355g	£12.23	£2.12	GV	
	ZEST	VF366	Hot Mexican Chilli Sauce		6 x 355g	£12.23	£2.12	GV	
	ZEST	VF168	Basil & Oregano Pasta Sauce		6 x 355g	£12.23	£2.12	GVO	

BURGERS SAUSAGES & MIXES						SIZE	CASE PRICE	SINGLE PRICE	KEY
NEW	GRANOSE	VF073	Nut Roast		6 x 150g	£15.82	£2.74	V	
NEW	GRANOSE	VF060	Meat Free Sausage Mix		6 x 150g	£7.84	£1.36	V	
NEW	JUST WHOLEFOODS	VF183	Falafel Mix - organic		6 x 120g	£7.73	£1.34	OV	
	JUST WHOLEFOODS	VF256	Hummus Mix - organic		6 x 125g	£7.73	£1.34	OV	
	JUST WHOLEFOODS	VF611	Sage & Onion Stuffing Mix og		6 x 125g	£6.91	£1.20	OV	
	SUMA	SY098	Vegetarian Sausage Mix		1 Kg	£5.38		V	
	SUMA BAGGED DOWN	SY110	TVP Plain Chunks		1kg	£2.85		GV	
	SUMA BAGGED DOWN	SY111	TVP Plain Mince		1kg	£2.52		GV	

SOUPS						SIZE	CASE PRICE	SINGLE PRICE	KEY
	SUMA	VF493	Carrot & Coriander Soup-org.		12 x 400g	£12.91	£1.12	GOV	
	SUMA	VF255	Spicy Lentil Soup - organic		12 x 400g	£12.91	£1.12	GOV	
	SUMA	VF641	Tomato & Red Pepper - organic		12 x 400g	£12.91	£1.12	OVS	
NEW	SUMA	VF350	Italian Tomato & Basil Soup		12 x 400g	£12.91	£1.12	OVS	
NEW	SUMA	VF275	Thick Vegetable Soup		12 x 400g	£12.91	£1.12	OVS	
	FREE & EASY	VF725	Leek & Potato Soup - og		6 x 400g	£7.92	£1.37	OG	
NEW	FREE & EASY	VF862	Oriental Bean Miso Soup - og		6 x 400g	£8.84	£1.53	OG	
NEW	FREE & EASY	VF861	Tomato & Miso Soup - og		6 x 400g	£8.84	£1.53	OG	
	Really Interesting Food Co	VF866	Balinese Lentil & Pepper Soup hot!		12 x 400g	£13.56	£1.17	GV	
	Really Interesting Food Co	VF864	Mexican Bean Soup hot!		12 x 400g	£13.56	£1.17	GV	
	Really Interesting Food Co	VF865	Moroccan Chick Pea Soup hot!		12 x 400g	£13.56	£1.17	GV	
	Really Interesting Food Co	VF867	Sri Lankan Lentil/Coconut Sou hot!		12 x 400g	£13.56	£1.17	GV	

SUGARS & SYRUPS				SIZE	CASE PRICE	SINGLE PRICE	KEY
CLEARSPRING	HY102	Brown Rice Syrup		6 x 350g	£19.89	£3.45	GV
MARTLET	LJ900	Organic Malt Extract		6 x 340g	£9.62	£1.67	GOV
MERIDIAN	HY081	Blackstrap Molasses - og		6 x 740g	£10.76	£1.86	GOV
CRAZY JACK	HY521	Golden Syrup - organic	replaces LJ905	6 x 340g	£10.77	£1.87	GV
MERIDIAN	HY080	Date Syrup		6 x 250ml	£11.33	£1.96	GV
MERIDIAN	HY250	Maple Syrup - organic		6 x 250ml	£28.48	£4.93	GOV
SHADY MAPLE FARMS	HY025	Maple Syrup - organic		12 x 250ml	£76.90	£6.66	GOV
FRUISANA	LJ021	Fruit Sugar		250g	£1.07		GSV
TATE & LYLE	LJ545	Caster Sugar - organic		500g	£1.79		GOVS
BILLINGTONS	LJ057	Sugar - Golden Caster		1kg	£2.35		GSV
SUMA PREPACKS - ORGA	LJ251	Raw Cane Granulated Sugar -		500g	£1.39		GOVS
ORGANIC	LJ096	Raw Cane Granulated Sugar - organic		3 Kg	£6.72		GOVS
ORGANIC	LJ055	Raw Cane Sugar - organic		10 Kg	£21.82		GOVS
SUMA PREPACKS - ORGA	LJ261	Demerara Sugar - organic		500g	£1.59		GOVS
ORGANIC	LJ679	Demerara Sugar - organic		3 Kg	£7.68		GOVS
BILLINGTONS	LJ246	Dark Muscovado Sugar		500g	£1.45		GSV
SUMA	LJ095	Dark Muscovado Sugar		3 Kg	£7.70		GSV
SUMA	LJ053	Demerara Sugar		3 Kg	£6.63		GSV
BILLINGTONS	LJ059	Light Muscovado Sugar		500g	£1.45		GSV
SUMA	LJ094	Light Muscovado Sugar		3 Kg	£7.41		GSV
BILLINGTONS	LJ109	Sugar - Molasses		500g	£1.49		GSV
SUMA PREPACKS	LJ241	Soft Light Brown Sugar		500g	£1.55		GSV
SUMA	LJ097	Soft Light Brown Sugar		3 Kg	£7.23		GSV
SUMA PREPACKS - ORGA	LJ255	Icing Sugar - organic		500g	£1.75		GOVS
SUMA ORGANIC	LJ159	Icing Sugar - organic		3kg	£8.67		GOVS

BAKING SUNDRIES				SIZE	CASE PRICE	SINGLE PRICE	KEY
SUMA PREPACKS	DR203	Mixed peel		200g	£1.15		GSV
CRAZY JACK	LJ409	Marzipan	Organic	250g	£3.45		GOSV
RAPUNZEL	LJ472	Yeast Active Dried - Organic	sachets	9g	£0.79		GV
DOVES FARM	LJ423	Quick Yeast		125g	£1.15		GV
FERMIPAN	LJ061	Dried Yeast		500g	£3.48		GV
MARIGOLD	LJ143	Engevita Yeast Flakes		125g	£2.00		GV
NIELSEN MASSEY	LJ333	Vanilla Extract		118ml	£7.99		GOV
ORGRAN	LJ656	Egg Replacer		200g	£2.19		GV

NUTRITIONAL SUPPLEMENTS				SIZE	PRICE	KEY
ESI	MD482	Lecithin Granules		250g	£3.99	V
LINUSPROUT	MD062	Sprouted Flax Powder		250g	£4.19	GOV
LINUSPROUT	MD031	Sprouted Flax Powder with Blueberry		250g	£4.49	GOV
FLORADIX	MD170	Floradix Liquid Iron Formula		500ml	£13.95	
FLORADIX	MD171	Floradix Liquid Iron Formula		250ml	£8.75	
FLORADIX	MD172	Floravital Formula - Yeastfree		500ml	£13.95	GV
FLORADIX	MD173	Floravital Formula - Yeastfree		250ml	£8.75	GV

TOOTHCARE				SIZE	CASE PRICE	SINGLE PRICE	KEY
KINGFISHER	DY669	Aloe Vera/ Tea Tree Fennel	fluoride free	12 x 100ml	£29.59	£2.56	GV
KINGFISHER	DY527	Baking Soda & Mint Toothpaste		12 x 100ml	£29.59	£2.56	GV
KINGFISHER	DY111	Fennel Toothpaste		12 x 100ml	£29.59	£2.56	GV
KINGFISHER	DY800	Fluoride Free Fennel T'Paste		12 x 100ml	£29.59	£2.56	GV
KINGFISHER	DY190	Mint & Lemon Toothpaste		12 x 100ml	£29.59	£2.56	GV
KINGFISHER	DY670	Mint/Lemon Fluoride Free		12 x 100ml	£29.59	£2.56	GV
TOMS OF MAINE							
TOMS OF MAINE	DY485	Silly Strawberry w fluoride	Childrens	6 x 85ml	£14.85	£2.57	V
TOMS OF MAINE	DY361	Mouthwash - Spearmint		473ml	£4.59		V
URTEKRAM							
URTEKRAM	DY323	Childrens Toothpaste		6 x 75ml	£13.52	£2.34	V
URTEKRAM	DY069	Mint Toothpaste		6 x 75ml	£13.52	£2.34	GV
WELEDA							
WELEDA	DY137	Tooth Gel - Children's	for milk teeth	6 x 50ml	£15.37	£2.95	V
WELEDA	DY146	Toothpaste - Calendula	protection for teeth & gums	6 x 75ml	£18.17	£3.15	GV

BODYCARE				SIZE	CASE PRICE	SINGLE PRICE	KEY
COLIBRI	NF022	Anti Insect Body Spray		130ml	£5.49		FV
HOPÍ	MD401	Biosun Ear Candles		2 candles	£8.25		

MOONCUP

MOONCUP	BK215	Information Leaflets		30 x 1	FREE		V
MOONCUP	DY606	Mooncup Size 'A'	Women aged 30+ & post kids	each	£19.49		V
MOONCUP	DY680	Mooncup Size 'B'	Women under 30	each	£19.49		V

FEMININE HYGIENE

NATRACARE	NF889	Night-Time Pads		10 pack	£1.99		V
NATRACARE	NF096	Panty Shields		30 pack	£1.49		V
NATRACARE	NF298	Press On Towel - Regular		box of 14	£1.59		V
NATRACARE	NF297	Press On Towel - Slender		box of 20	£1.89		V
NATRACARE	NF299	Press On Towel - Super		box of 12	£1.59		V
NATRACARE	NF085	Tampons Regular - Organic		box of 12	£1.59		OV
NATRACARE	NF086	Tampons Super - Organic		box of 20	£2.49		OV
NATRACARE	NF087	Tampons Super Plus - Organic		box of 20	£2.69		OV
NATRACARE	NF827	Ultra Pad With Wings		box of 14	£2.19		
NATRACARE	NF442	Ultra Pad Super with Wings		box of 12	£2.19		

COTTON WOOL

SIMPLY GENTLE	DY097	Organic Cotton Buds		200	£2.45		O
SIMPLY GENTLE	DY098	Organic Cotton Wool Balls		100	£2.29		O
SIMPLY GENTLE	DY099	Organic Cotton Wool Pads		100	£2.29		O
SIMPLY GENTLE	DY100	Organic Cotton Wool Pleats		100g	£2.39		O

SOAPS

OLIVA	DY290	Olive Oil Soap		125g		£1.05	V
SOLANO	DY062	Lavender Soap		3 x 170g	£2.49		V

SUMA SOAPS

SUMA GLYCERINE SOAP	DY540	Grapefruit & Aloe Vera	No SLS, colours, fragrances	12 x 90g	£13.10	£1.13	V
SUMA GLYCERINE SOAP	DY555	Hemp Oil & Vitamin E	No SLS, colours, fragrances	12 x 90g	£13.10	£1.13	V
SUMA GLYCERINE SOAP	DY532	Rose & Geranium	No SLS, colours, fragrances	12 x 90g	£13.10	£1.13	V
SUMA GLYCERINE SOAP	DY013	White Lavender	No SLS, colours, fragrances	12 x 90g	£13.10	£1.13	V
SUMA HANDMADE SOAP							
SUMA HANDMADE SOAP	DY118	Avocado & Cucumber	particularly refreshing	box of 24	£20.53	£0.95	V
SUMA HANDMADE SOAP	DY363	English Lavender Blossom	ageless soothing scent	box of 24	£20.53	£0.95	V
SUMA HANDMADE SOAP	DY122	Camomile	fresh and mild herb	box of 24	£20.53	£0.95	V
SUMA HANDMADE SOAP	DY248	Cinnamon & Sandalwood	blend of spicy & mellow scents	box of 24	£20.53	£0.95	V
SUMA HANDMADE SOAP	DY208	Desert Aloe Vera	unscented, for sensitive skin	box of 24	£20.53	£0.95	V
SUMA HANDMADE SOAP	DY246	Fragrant Coco Palm	gentle lather & subtle scent	24 x 1	£20.53	£0.95	V

SUMA HANDMADE SOAP†DY366		Nutmeg & Vanilla	rich & sweet scent	box of 24	£20.53	£0.95	v
SUMA HANDMADE SOAP†DY209		Tea Tree	reputed antiseptic herb	box of 24	£20.53	£0.95	v
SUMA HANDMADE SOAP†DY119		Mixed Pack - Country Garden	Camomile, Rosemary, Violet	24 x 1	£20.53		v
SUMA HANDMADE SOAP†DY116		Mixed Pack - Exotic	Cinamon & Sandalwood, Nutmeg & Vanilla, Tea Tree	24 x 1	£20.53		v
SUMA HANDMADE SOAP†DY117		Mixed Pack - Extra Gentle	Avocado & Cucumber, Coco Palm, Desert Aloe	24 x 1	£20.53		v
SUMA HANDMADE SOAP†DY371		Mixed Pack - Old English	Elderflower & Apple, Lavender, Rose	24 x 1	£20.53		v
HEAD LICE SOLUTIONS							
HEALTHPOL	DY720	Delacet	Herbal Head Lice Solution	1 x 110ml	£9.99		GOV
HEALTHPOL	DY723	Delacet Information Leaflet		each	FREE		
NITTY GRITTY	DY428	Head Lice Repellent Spray		250ml	£9.79		v
NITTY GRITTY	DY385	Head Lice Solution		150ml	£8.79		v
NITTY GRITTY	DY171	NitFree Comb		each	£9.79		
NITTY GRITTY	DY502	Product Information Leaflets		each	FREE		
HAIR SHAMPOO							
NEW	SUMA SHAMPOO	DY226	Clear & Simple Shampoo	500ml	£4.15		v
NEW	SUMA SHAMPOO	DY235	Grapefruit & Aloe Vera Shamp	500ml	£4.15		v
NEW	SUMA SHAMPOO	DY242	Rose Petal & Geranium Shamj	500ml	£4.15		v
NEW	SUMA SHAMPOO	DY269	White Lavender Shampoo	500ml	£4.15		v
	FAITH	DY844	Aloe Vera shampoo	400ml	£3.99		v
	FAITH	DY419	Gingko Biloba shampoo	400ml	£4.65		v
	FAITH	DY839	Jojoba shampoo	400ml	£3.99		v
	FAITH	DY503	Lavender & geranium shampoo	400ml	£3.99		v
	FAITH	DY421	Neem & Propolis	400ml	£4.65		v
	FAITH	DY843	Rosemary	400ml	£3.99		v
	FAITH	DY509	Tea Tree shampoo	with 2% essential oil	400ml	£4.65	v
HAIR CONDITIONER							
	FAITH	DY221	Aloe Vera conditioner	400ml	£3.99		v
	FAITH	DY223	Jojoba conditioner	400ml	£3.99		v
	FAITH	DY412	Ginkgo Biloba conditioner	400ml	£4.65		v
	FAITH	DY890	Lavender & Geranium conditio	400ml	£3.99		v
	FAITH	DY846	Rosemary	400ml	£3.99		v
	FAITH	DY222	Tea Tree conditioner	with 2% essential oil	400ml	£4.65	v
FOAM BATH & SHOWER GEL							
	FAITH	DY104	Aloe Vera and Ylang Ylang	400ml	£4.35		v
	FAITH	DY105	Lavender and Geranium Foam	400ml	£4.35		v
	FAITH	DY848	Seaweed Foam Bath	400ml	£4.35		v
	ECOVER	DY985	Shower Gel	250ml	£4.35		v
HAND WASH							
	FAITH	DY245	Aloe Vera & Tea Tree Hand W	300ml	£3.25		v
	FAITH	DY312	Lavender & Geranium Hand W	300ml	£3.25		v
	ECOVER	HJ254	Liquid Hand Soap	250ml	£3.59		v
SUN CREAMS							
	LAVERA	DY018	Family Sun Spray SPF 15	Waterproof	200ml	£14.95	
	LAVERA	DY025	Kids Coloured Sun Block SPF	Waterproof, Spray	200ml	£15.95	
DEODORANTS							
	TOMS OF MAINE	DY211	Stick Deodorant - Unscented		6 x 64g	£3.75	
	TOMS OF MAINE	DY142	Stick Deodorant - Calendula		64g	£3.75	
	TOMS OF MAINE	DY115	Stick Deodorant - Honeysuckle		64g	£3.75	v
	TOMS OF MAINE	DY203	Stick Deodorant - Woodspice		64g	£3.75	v
	URTEKRAM	DY022	No Perfume Liquid Crystal Dec		50ml	£4.39	v

SUPPLEMENTS & REMEDIES (many more available - call for details)					SIZE	PRICE	KEY
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BIOFORCE	MD670	Echinaforce	Organic	50ml	£8.75		GVO
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VITAMINS AND MINERALS - TOO MANY TO LIST - PLEASE ASK

WELEDA	DY156	Arnica Massage Balm	muscular & rheumatic pain	50ml	£5.45		GS
WELEDA	MD537	Arnica Ointment	muscular pain & bruising	25g	£4.95		GS
WELEDA	MD585	Calendulon Ointment	cuts, minor wounds & abrasions	25g	£4.95		GS

WELEDA HOMOEOPATHIC REMEDIES 6C & 30C - TOO MANY TO LIST - PLEASE ASK

BABY CARE PRODUCTS					SIZE	CASE PRICE	SINGLE PRICE	KEY
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HIPP	BB504	Follow on Milk	Organic	4 x 900g	£32.14	£8.35	GO
HIPP	BB503	Infant Milk		3 x 900g	£24.10	£8.35	GO

BAMBINO MIO	NF380	Nappy Liners - 200 sheets	Biodegradable, flushable	ROLL	£5.99		
BIO D	NF666	Nappy Fresh		550g	£2.39		GV

EARTH FRIENDLY BABY	DY535	Eco Baby Wipes	100% Biodegradable	72pack	£2.89		
EARTH FRIENDLY BABY	DY531	Calendula Daily Care Cream		113g	£5.49		
EARTH FRIENDLY BABY	DY537	Red Clover Nappy Care Cream		113g	£5.25		
EARTH FRIENDLY BABY	DY522	Organic Chamomile Bubble Bath		370ml	£5.89		
EARTH FRIENDLY BABY	DY524	Organic Lavender Bubble Bath		370ml	£5.89		
EARTH FRIENDLY BABY	DY545	Organic Chamomile Shampoo & Bodywash		251ml	£3.89		
EARTH FRIENDLY BABY	DY558	Organic Lavender Shampoo & Bodywash		251ml	£3.89		

MOLTEX	NF355	Extra Large Nappies 16 - 30kg		4 x 30	£58.80	£15.28	
MOLTEX	NF382	Junior Nappy 11-25kg OKO		3 x 36	£46.71	£16.18	
MOLTEX	NF376	Maxi Nappy 7-18 kg OKO		3 x 42	£45.51	£15.77	
MOLTEX	NF335	Midi Nappy 4-9kg OKO		4 x 44	£58.33	£15.16	
MOLTEX	NF331	Mini Nappies 3-6kg OKO		3 x 48	£41.96	£14.54	

WELEDA BABY CARE	DY471	Baby Soap		100g	£4.25		
WELEDA BABY CARE	DY466	Calendula nappy change cream		75ml	£6.25		

HOUSEHOLD CLEANING PRODUCTS					SIZE	CASE PRICE	SINGLE PRICE	KEY
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ECOLEAF - NEW SUMA OWN BRAND

NEW	ECOLEAF	HJ078	Fabric Conditioner	5l	£9.25		V
NEW	ECOLEAF	HJ066	Fabric Conditioner	8 x 1l	£21.14	£2.78	V
NEW	ECOLEAF	HJ075	Laundry Liquid	5l	£17.89		
NEW	ECOLEAF	HJ055	Laundry Liquid	6 x 1.5l	£26.04	£4.57	V
NEW	ECOLEAF	HJ062	Liquid Hand Soap	5l	£15.95		V
NEW	ECOLEAF	HJ049	Liquid Hand Soap	6 x 500ml	£17.45	£3.06	V
NEW	ECOLEAF	HJ050	Multi Surface Cleaner	6 x 500ml	£9.99	£1.66	V
NEW	ECOLEAF	HJ056	Toilet Cleaner	6 x 750ml	£9.88	£1.74	V
NEW	ECOLEAF	HJ072	Toilet Cleaner	5l	£11.30		
NEW	ECOLEAF	HJ067	Washing Up Liquid	5l	£10.25		V
NEW	ECOLEAF	HJ047	Washing Up Liquid	6 x 1l	£12.20	£2.14	V
NEW	ECOLEAF	HJ060	Laundry Liquid Bulk	20l	£51.66		
NEW	ECOLEAF	HJ083	Fabric Conditioner Bulk	20l	£28.59		
NEW	ECOLEAF	HJ077	Washing Up Liquid	20l	£28.28		V
NEW	ECOLEAF	HJ090	20L Drum Tap	each	£3.99		V

BIO D	HJ608	Fabric Conditioner		5 l	£7.79		V
BIO D	HJ004	Fabric Conditioner		12 x 1l	£23.64	£2.05	V
BIO D	HJ099	General Purpose Polish		12 x 750 ml	£44.14	£3.82	
BIO D	HJ003	Laundry Liquid		12 x 1l	£42.10	£3.65	V

BIO D	HJ800	Laundry Liquid		5 l	£17.55		v
BIO D	HJ006	Multi Surface Cleaner		12 x 1l	£28.08	£2.43	v
BIO D	HJ654	Multi Surface Cleaner		5 l	£9.99	£0.81	v
BIO D	HJ005	Toilet Cleaner		12 x 1l	£27.73	£2.40	v
BIO D	HJ665	Toilet Cleaner		5 l	£8.69		
BIO D	HJ081	Washing Powder		1 Kg	£3.42		v
BIO D	HJ082	Washing Powder		2 Kg	£6.15		v
BIO D	HJ103	Washing Powder - bulk		12.5 Kg	£40.45		
BIO D	HJ097	Washing Up Liquid		5l	£7.82		
BIO D	HJ001	Washing Up Liquid		12 x 1l	£21.91	£1.90	v

CLEAR SPRING	HJ079	Dishwasher Gel		5l	£17.50		v
CLEAR SPRING	HJ089	Laundry Liquid		5l	£14.75		v
CLEAR SPRING	HJ073	Laundry Liquid		8 x 1l	£26.49	£3.44	v
CLEAR SPRING	HJ080	Washing Up Liquid		5l	£9.25		v
CLEAR SPRING	HJ088	Washing Up Liquid		8 x 1l	£15.30	£1.99	v

SOAPPODS

SOAPPODS	HJ854	Soapods - Soap Nuts	Substitute for soap powder	190g	£4.75		v
SOAPPODS	HJ853	Soapods - Soap Nuts	Substitute for soap powder	500g	£9.95		
SOAPPODS	HJ852	Soapods - Soap Nuts	Substitute for soap powder	1kg	£18.95		

ECOBALLS

ECOZONE	NF659	Ecoballs Leaflets		each			
ECOZONE	HJ241	Ecoballs	3Balls,3Refills,1Stain Remover	each	£32.99		v
ECOZONE	NF501	The Amazing Dryer Balls		each	£9.45		

ECOVER

ECOVER	HJ065	Cream Cleaner		12 x 500ml	£16.71	£1.45	v
ECOVER	HJ071	Delicate		5l	£17.03		v
ECOVER	HJ507	Delicate	replaces 'Woolwash'	12 x 1l	£44.19	£3.83	v
ECOVER	HJ087	Dishwash Tablets		6 x 25 tablets	£29.36	£5.09	v
ECOVER	HJ086	Dishwasher Rinse Aid		12 x 500ml	£38.18	£3.31	v
ECOVER	HJ064	Fabric Conditioner		5l	£12.53		v
ECOVER	HJ023	Fabric Conditioner		12 x 1l	£33.39	£2.89	v
ECOVER	HJ070	Floor Cleaner	for porous surfaces	5l	£13.68		v
ECOVER	HJ024	Floor Cleaner	for porous surfaces	12 x 1l	£35.98	£3.12	v
ECOVER	HJ094	Heavy Duty Hand Cleaner	New Formulation	9 x 150ml	£18.87	£2.18	v
ECOVER	HJ076	Laundry Bleach		6 x 400g	£10.36	£1.80	v
ECOVER	HJ549	Non Bio Laundry Liquid	was HJ504	6 x 1.5l	£36.67	£6.35	v
ECOVER	HJ063	Laundry Liquid - Non Bio	replaces auto-wash liquid	5l	£19.52		
ECOVER	HJ220	Laundry Tablets		5 x 16 x 2	£29.26	£6.08	v
ECOVER	HJ254	Liquid Hand Soap		6 x 250ml	£20.02	£3.47	v
ECOVER	HJ199	Multi Surface Cleaner		12 x 1 l	£28.08	£2.43	v
ECOVER	HJ669	Multi Surface Cleaner		5 l	£12.53		
ECOVER	HJ069	Toilet Cleaner		5l	£11.38		v
ECOVER	HJ511	Toilet Cleaner Pine Fresh		6 x 750ml	£11.05	£1.91	v
ECOVER	HJ510	SquirtEco	all purpose cleaner	6 x 500ml	£16.22	£2.81	
ECOVER	HJ999	Stain Remover		9 x 200ml	£24.21	£2.80	
ECOVER	HJ041	Washing Up Liquid	camomile/marigold	5l	£10.44		
ECOVER	HJ031	Washing Up Liquid	camomile/marigold	12 x 1l	£25.98	£2.25	
ECOVER	HJ667	Washing Up Liquid Vegan	lemon/aloe vera	5 l	£10.44		v
ECOVER	HJ888	Washing Up Liquid - Vegan	lemon/aloe vera	12 x 1 l	£26.00	£2.25	v
ECOVER	HJ502	Washing Powder-Non Biological		4 x 1.2kg	£24.54	£6.38	
ECOVER	HJ036	Washing Powder-Non Biologic		10kg	£28.55	£9.46	
ECOVER	HJ547	Non Bio Integrated Powder	with bleach & natural fragrnce	4 x 1.2Kg	£24.30	£6.31	
ECOVER	HJ548	Bio Washing Powder	wth bleach & natural fragrance	4 x 1.2kg	£26.55	£6.90	

CAN'T FIND IT? WE CAN PROBABLY GET IT FOR YOU!

PET CARE					SIZE	PRICE	KEY
WILD BIRD FOOD							
SUMA	NU214	Bird nuts			5kg	£9.10	GV
SUMA	NU053	Bird nuts			25kg	£37.91	GV
SUMA PREPACKS	NU668	Wild Bird Seed	RSPB approved		500g	£0.79	V
GOING CHEEP	NU667	Wild Bird Seed	RSPB approved		5 Kg	£3.95	V
GOING CHEEP	NU666	Wild Bird Seed	RSPB approved		20 Kg	£11.50	V
DOG FOOD							
HAPPIDOG	PF017	Dry Vegetarian Dog Food Mix	Flakes		15kg	£21.95	
WACKI DOG	PF666	Dry Vegetarian Dog Food			15 Kg	£14.29	V
WACKI DOG	PF667	Dry Vegetarian Dog Food Mix			5kg	£5.33	V
YARRAH	PF503	Dogbiscuits Organic	bone shaped snacks		500g	£3.59	OV
CAT CARE							
BIO-CATOLET	NF970	Cat Litter	100% Recycled Waste Paper		12L	£5.10	
BIO-CATOLET	NF971	Cat Litter	100% Recycled Waste Paper		25L	£8.40	

HOUSEHOLD PRODUCTS						SIZE	CASE PRICE	SINGLE PRICE	KEY
COLIBRI	NF271	Anti Insect Incense Sticks	1 hour each		10 sticks	£1.59			FV
COLIBRI	NF272	Anti Insect Incense Sticks	3 hours each		3 sticks	£3.95			FV
COLIBRI	NF278	Anti Moth Hanging Sachet			each	£2.69			FV
COLIBRI	NF275	Anti Moth Square Sachet			3 pack	£3.59			FV
COLIBRI	NF049	Anti Moth Hanging Sachet	with Lavendar		each	£2.69			FV
COLIBRI	NF043	Anti Moth Sachet	with Lavendar		3 pack	£3.59			FV
IF YOU CARE	NF500	100% Recycled Aluminium Foil	50 sq.ft (30cm x 15.5m)		each	£2.75			
IF YOU CARE	NF023	Large Baking Cups	60 cups		each	£1.29			
IF YOU CARE	NF021	Parchment Paper Rolls	(19.8m x 33cm)		each	£3.55			
ECOZONE	NF654	Bio Bulb 100W bayonet fitting	Full Spectrum Daylight Bulb		each	£14.45			
ECOZONE	NF655	Bio Bulb 60W bayonet fitting	Full Spectrum Daylight Bulb		each	£14.45			
ECOZONE	NF333	Bio Bulb 100W screw fitting	Full Spectrum Daylight Bulb		each	£14.45			
ECOZONE	NF254	Moonlight Night Light	energy saving-under 50p a year		each	£9.95			
HILL BRUSH COMPANY	NF783	Back & Body Brush			each	£5.15			
HILL BRUSH COMPANY	NF780	Nail Brush	Mexican Fibre Fill		each	£1.85			
HILL BRUSH COMPANY	NF781	Vegetable Brush			each	£4.95			
HILL BRUSH COMPANY	NF782	Washing Up Brush + Four Hee			each	£6.45			
SUMA ECOLEAF	NF210	EcoSoft Bulk Toilet Tissue	now 5x12 rolls was NF915		60 rolls	£15.28			
SUMA ECOLEAF	NF027	EcoSoft Toilet Tissue	Recycled paper		10 x 4 rolls	£26.93			
SUMA ECOLEAF	NF027B	EcoSoft Toilet Tissue	Recycled paper		4 rolls	£2.05			
SUMA ECOLEAF	NF213	EcoSoft Toilet Tissue	Recycled paper		9 rolls	£4.39			
SUMA ECOLEAF	NF029	Kitchen Towels-premium quality	now in 12's		12 x 2 rolls	£17.26	£1.52		
NEW	SUMA ECOLEAF	Ecoleaf Jumbo Kitchen Towel	240 sheets per roll		12 x 1	£28.88	£2.50		
	TRAI DCRAFT	Family Facial Tissues			1 box	£1.55			
EVOLVE	NF465	A4 High White Copier Paper	recycled		ream	£5.15			
TUFFY SPI-TEK	NF407	Degradable Swing Bin Liners			15 bags	£1.49			
TUFFY SPI-TEK	NF406	Refuse Sack 100% degradeable to CO2+Water			10 sacks	£1.19			
ECOVER	HJ777	Biodegradable Compost Bags			10 bags	£2.09			V

COTTON SOFT	NF468	Facial Tissue - Organic	each	£2.15	OV
COTTON SOFT	NF024	Pocket Tissues - Organic	each	£0.35	OV
COTTON SOFT	NF469	Toilet Tissue - Organic	4 rolls	£3.20	OV

GARDEN PRODUCTS

SHORE GROW NATURAL SEAWEED PRODUCTS			SIZE	PRICE	KEY
SHORE GROW	SG001	Gel Feed	175ml	£2.49	
SHORE GROW	SG004	Foliar Spray	500ml	£2.99	
SHORE GROW	SG005	Tomato Feed	175ml	£2.99	

BOOKS

				SIZE	CASE PRICE	SINGLE PRICE	KEY
GRUB STREET	BK001	Everyday Wheat+Gluten Free	Michelle Berriedale Johnson	each	£10.49		
ORION	BK103	Cranks Recipe Book		each	£7.59		
THORSONS	BK053	Bean Book	Rose Elliot	each	£8.59		
THORSONS	BK346	Cooking Without	Barbara Cousins	each	£12.99		
THORSONS	BK008	E For Additives	Hanssen	each	£8.59		
THORSONS	BK593	Vegetarian Cooking Without	Barbara Cousins	each	£10.59		

CHILLED PRODUCE

FREE RANGE EGGS

			SIZE	PRICE	KEY
ORGANIC EGGS	FT010	Organic Eggs Mixed Size	1 doz	£3.00	O
ORGANIC EGGS	FT011	Organic Eggs Mixed Size	half doz	£1.50	O
FREE RANGE EGGS	WN015	Free Range Eggs Large	1 doz	£2.00	
FREE RANGE EGGS	WN016	Free Range Eggs Large	half doz	£1.00	

MARGARINE AND BUTTER

				SIZE	PRICE	KEY
SUMA	MA110	Organic Sunflower Spread	non hydrogenated	500g	£2.65	GOV
SUMA	MA055	Suma Soya Spread		500g	£1.78	GOV
BIONA	MA030	Vegetable Margarine - organic	non hydrogenated	500g	£2.69	GOV
BIONA	RAP054	Biona Olive Oil Margarine Organic	organic	250g	£2.29	GOV
BIONA	MA030	Vegetable Margarine - organic	non hydrogenated	500g	£2.69	GOV
CALON WEN	CV277	Lightly Salted OG Welsh Butter	from an organic farmers coope	250g	£2.09	GO
CALON WEN	CV204	Unsalted OG Welsh Butter	from an organic farmers coope	250g	£2.15	GO
YEO VALLEY	FDC040	Organic Butter - Slightly salted		250g	£2.12	GO
YEO VALLEY	CV664	Spreadable Butter	Butter & Sunflower Oil Blend	250g	£1.72	GO
SUMA	MA051	Sunflower Spread - GMO Free	non hydrogenated	2Kg	£7.39	GV

CONTINENTAL CHEESE

				SIZE	PRICE	KEY
FUTURA	CV040	Brie - organic		140g	£2.65	O
FUTURA	CV145	Blue Cheese - organic		150g	£2.89	GO
FUTURA	CV306	Camembert - organic		150g	£2.99	O
OMA	CV066	Mozzabella mozzarella cheese		125g	£1.89	GO
BIONA	RAP060	Feta Cheese (Cows Milk) Organic		150g	£2.99	GO
BIONA	CV076	Emmental - organic	Cows milk	approx 200g	£3.15	GO
CYPRESSA	CV150	Halloumi Cheese		250g	£3.15	GO
BIO VERDE	CV513	Montello Parmesan Cheese O		125g	£3.99	GO

BRITISH CHEESE				SIZE	PRICE	KEY
LYE CROSS	CV330	Org Vintage Cheddar Truckle	Individual Waxed Truckle	400g	£6.95	GO
LYE CROSS	FDC010	Mature Cheddar - organic		245g	£2.89	GO
LYE CROSS	FDC012	Mature Cheddar - organic	bulk	2.5kg	£24.30	GO
LYE CROSS	FDC030	Mild Cheddar - organic		245g	£2.67	GO
LYE CROSS	FDC032	Vintage Cheddar - organic		245g	£3.03	GO
LYE CROSS	DA220	Double Gloucester - organic		245g	£2.75	GO
LYE CROSS	DA230	Red Leicester - organic		245g	£2.75	GO
LYE CROSS	DA232	Wensleydale - organic		245g	£2.75	GO
LYE CROSS	DA240	Stilton - organic		150g	£2.55	GO

SINGLETONS	CV388	Cheddar - Mature	bulk	2.5kg	£17.95	G
STAFFORDSHIRE ORGAN	CV079	Staffordshire Oak Smoked - organic		approx 227g	£2.65	GO
GODMINSTER	GD010	Vintage Cheddar Truckle orgai individual waxed truckle		400g	£9.65	GO

SOFT CHEESE				SIZE	PRICE	KEY
LONGLEY FARM	CV274	Natural Low Fat Cottage Cheese		250g	£0.87	GO
BIONA	RAP070	Cream Cheese (Rapunzel) organic		200g	£2.89	

SHEEP & GOAT CHEESE, MILK & YOGHURTS				SIZE	PRICE	KEY
DELAMERE	cv406	Fresh Goats Milk Semi Skimmed		1l	£1.69	G
DELAMERE	CV409	Fresh Goats Milk - whole		1l	£1.69	G
DELAMERE	CV071	Hard Goats Cheese		150g approx	£2.42	
CYPRESSA	KAT300	Cypressa Fetta Cheese Ewe/Goat		200g	£2.50	G
BIONA	BIO914	Fresh Soft Goats Cheese		90g	£2.99	GO
WOODLANDS PARK	WP080	Natural Live Goats Yoghurt Set		500g	£2.00	G
WOODLANDS PARK	CV420	Nat Sheeps Yoghurt - organic		450g	£2.32	G

TOFU				SIZE	PRICE	KEY
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CAULDRON FOODS

CAULDRON FOODS	CA085	Plain Tofu organic		250g	£1.84	GV
CAULDRON FOODS	CA090	Beech Smoked Tofu organic		220g	£2.34	GVO

CLEARSPOT

CLEARSPOT	CSP030	Tofu Plain organic	organic	280g	£1.65	GVO
CLEARSPOT	CSP040	Tofu Plain organic	organic	450g	£2.59	GVO
CLEARSPOT	CSP050	Tofu - Marinated (aged) organi	organic	200g	£1.95	GVO
CLEARSPOT	CSP070	Tofu - Smokey	organic	225g	£2.19	GVO
CLEARSPOT	CSP080	Tofu Sesame Rissoles	organic	2 x 72g	£1.60	GVO
CLEARSPOT	CSP090	Tofu Seacakes	organic	145g	£1.65	GVO
TAIFUN	CV035	Silken Tofu organic	Demeter Standard	400g	£2.99	OVG

DRAGONFLY FOODS

DRAGONFLY FOODS	FLY030	Naturally Smoked Tofu organic organic		250g	£2.18	O
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TAIFUN

TAIFUN	CV007	Almond/Ses Tofu Slice -organi	smoked & marinated	200g	£2.99	OVG
NEW	TAIFUN	Basil Tofu with Fresh Herbs	Serve Hot or Cold	200g	£2.49	OVG
NEW	TAIFUN	Smoked Tofu + Herb&Sun See	Purest Natural Smoking Proce:	250g	£3.29	OV
NEW	TAIFUN	Smoked Tofu- Eat hot or cold.	Produced with Beech Wood Sr	200g	£2.69	OV

MEAT FREE ALTERNATIVES

CAULDRON FOODS				SIZE	PRICE	KEY
CAULDRON FOODS	CA450	8 Spicy Organic Falafels		200g	£2.15	V
CAULDRON FOODS	CA400	Lincolnshire Vegetarian Sausa	4 per pack	200g	£1.53	

DRAGONFLY FOODS BEANY BURGERS

DRAGONFLY FOODS	FLY040	Vegetable Beany	organic	200g	£2.24	GO
DRAGONFLY FOODS	FLY050	Nut Beany	organic	200g	£2.24	GO
DRAGONFLY FOODS	FLY060	Mushroom Beany	organic	200g	£2.24	GO
DRAGONFLY FOODS	FLY070	Spicy Beany	organic	200g	£2.24	GO
DRAGONFLY FOODS	FLY090	Tomato Beany	organic	200g	£2.24	GO

DRAGONFLY FOODS	FLY200	Fresh Vegetable Tofu Roast	organic Xmas Only	500g	£4.17	GO
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MACSWEEN VEGETARIAN HAGGIS

MACSWEEN	CV013	Vegetarian Haggis		1 x 225g	£1.96	V
MACSWEEN	CV014	Vegetarian Haggis		1 x 454g	£3.75	V

THE REDWOOD COMPANY

REDWOOD COMPANY	RED060	Streaky Style Vegetarian Rashers		115g	£2.10	V
REDWOOD COMPANY	RED630	Vegetarian Rashers	organic	115g	£2.32	OV

Cheatin' Range

REDWOOD COMPANY	RED100	Cheatin Ham		100g	£1.59	V	
REDWOOD COMPANY	RED110	Cheatin Chicken		100g	£1.59	V	
REDWOOD COMPANY	RED130	Cheatin Pepperoni		100g	£1.76	V	
REDWOOD COMPANY	RED140	Cheatin Turkey		100g	£1.59	V	
NEW	REDWOOD	CV038	Beef Style Roast with Stuffing	Wild Rice/Horseradish Stuffing	390g	£4.42	V
NEW	REDWOOD	CV043	Turkey Style Roast & Stuffing	Cranberry & Wild Rice Stuffing	390g	£4.42	V
NEW	REDWOOD	CV015	Cheatin Vegetarian Mince		300g	£3.08	V
NEW	REDWOOD	CV025	Cheatin Chicken Style Pieces		150g	£2.33	V

Vege-Deli Gourmet Sausages

REDWOOD COMPANY	RED400	Sage & Marjoram Sausages		300g	£2.11	V
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Making Waves

REDWOOD COMPANY	RED500	Fish Styler Fingers		215g	£2.64	
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TAIFUN

TAIFUN	CV010	Weiner/Frankfurters		300g	£3.99	OV
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ACONBURY ORGANIC SPROUTS				SIZE	PRICE	KEY
ACONBURY SPROUTS	AC050	Alfalfa Sprouts	organic	115g	£0.85	GOV
ACONBURY SPROUTS	AC080	Alfa/Radish Sprouts	organic	115g	£0.85	GOV
ACONBURY SPROUTS	AC090	Broccoli & Alfalfa	organic	113g	£1.02	GOV
ACONBURY SPROUTS	AC040	Sunflower sprouts	organic	115g	£0.85	GOV
ACONBURY SPROUTS	CV497	Chick Pea Sprouts Organic		230g	£0.85	GOV
ACONBURY SPROUTS	AC060	Mung Sprouts	organic	230g	£0.85	OV
ACONBURY SPROUTS	AC070	Mixed Sprouts	organic	230g	£0.85	GOV
ACONBURY SPROUTS	CV499	Sango Radish Sprouts Organic		115g	£1.02	OV
ACONBURY SPROUTS	CV520	Sunflower seed, organic		115g	£1.02	OV

CAN'T FIND IT? WE CAN PROBABLY GET IT FOR YOU!

BIONA				SIZE	PRICE	KEY
Fresh Filled Pasta						
BIONA	BIO962	Green Tortelloni filled with Cheese & Spinach		250g	£2.39	O
NEW	BIONA	CV177	Org Ravioli with Spinach/Leek	350g	£3.99	O
Ready to Eat - hot or cold						
BIONA	BIO850	Spring Rolls (2 pack)	organic	220g	£3.85	OV

CHEESE SUBSTITUTES				SIZE	PRICE	KEY
BUTE Non-dairy cheese (soya based)						
BUTE ISLAND FOODS	BUT010	Cheddar Cheese		227g	£2.35	GV
BUTE ISLAND FOODS	BUT030	Hickory Cheddar Cheese		227g	£2.35	GV
BUTE ISLAND FOODS	BUT050	Blue Cheese		227g	£2.35	GV
BUTE ISLAND FOODS	BUT080	Mozzarella Cheese		227g	£2.35	GV
REDWOOD	CV644	Cheezly Cheddar Style Slices	Super Melting Cheezly	100g	£1.83	SV
REDWOOD	CV645	Cheezly Edam Style	Super Melting Cheezly	190g	£1.83	SV
REDWOOD	CV647	Mozzarella Style	Super Melting Cheezly	190g	£1.83	SV
TOFUTTI	TOF280	Tofutti Sour Supreme	new size	225g	£1.89	SVG
TOFUTTI	TOF200	Creamy Smooth Original		227g	£2.69	SVG
TOFUTTI	TOF210	French Onion		227g	£2.69	SVG
TOFUTTI	TOF220	Herb & Chives		227g	£2.69	SVG
TOFUTTI	TOF240	Garlic & Herbs		227g	£2.55	SVG

GROVE FRESH ORGANIC JUICES				SIZE	PRICE	KEY
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100% Pure Organic Juice - NOT from concentrate

	GROVE FRESH	GF010	Orange	organic	1lt	£3.15	GOV
	GROVE FRESH	CV002	Ruby Orange Juice	organic	1lt	£3.15	GOV
	GROVE FRESH	GF020	Apple	organic	1lt	£3.15	GOV
	GROVE FRESH	GF030	Grapefruit	organic	1lt	£3.15	GOV
	GROVE FRESH	GF040	Apple & Mango	organic	1lt	£3.15	GOV
	GROVE FRESH	GF050	Apple & Cranberry	organic	1lt	£3.15	GOV
NEW	GROVE FRESH	CV191	Tropical Blend - organic	organic	1lt	£3.15	GOV

SOYA YOGHURTS

					SIZE	PRICE	KEY
	SOJASUN						
	SOJASUN	CV266	Natural	organic	250g	£0.79	GOV
	SOJASUN	CV248	Org Apricot & Guava Soya Yoç	Contains Bifidus Culture	125g	£0.59	GOV
NEW	SOJASUN	CV244	Organic Blueberry Soya Yoghurt	Contains Bifidus Culture	125g	£0.59	GOV
	SOJASUN	CV255	Organic Cherry Soya Yoghurt	Contains Bifidus Culture	125g	£0.59	GOV
	SOJASUN	CV253	Organic Lemon Soya Yoghurt	Contains Bifidus Culture	125g	£0.59	GOV
	SOJASUN	CV247	Organic Mango & Peach Soya	Contains Bifidus Culture	125g	£0.59	GOV
	SOJASUN	CV251	Rasp/Passion soya dessert Oç	Contains Bifidus Culture	125g	£0.59	GOV
	PROVAMEL						
	PROVAMEL	CV069	Natural Yofu	organic	500g	£1.35	GOV
	PROVAMEL	CV075	Forest Fruit Yofu	organic	500g	£1.49	GOV
	PROVAMEL	CV108	Raspberry & Vanilla Yofu	organic	4 x 125g	£1.59	GOV
NEW	PROVAMEL	CV092	Blueberry Yofu	organic	4 x 125g	£1.59	GOV
	PROVAMEL	CV081	Peach & Mango Yofu	organic	4 x 125g	£1.59	GOV
	PROVAMEL	CV080	Red Cherry Yofu	organic	4 x 125g	£1.59	GOV
	SOJADE						
NEW	SOJADE	CV483	Natural Soya Yoghurt og	Contains Bifidus Culture	400g	£1.19	GOV

PATES & DIPS

					SIZE	PRICE	KEY
	ARTHUR STREET TRADING	CV434	Hummus - organic		200g	£1.98	GOV
	ARTHUR STREET TRADING	CV435	Hummus with Sundried Tom-org		200g	£2.16	GOV
NEW	REDWOOD	CV262	Vegideli Beanfeast Pate	Made with 7 different beans	120g	£1.59	V
	CAULDRON	CV020	Fragrant Moroccan Chick Pea OG		115g	£1.63	GO
	CAULDRON	CV268	Mushroom Pate - organic		115g	£1.63	O
	CAULDRON	CV158	Org Spinach & Parmesan Pate	Recipe Change Now Nut Free	115g	£1.87	O
	CAULDRON	CV589	Roasted Vegetables & Feta Pate		115g	£1.67	S
	CAULDRON	CV352	Sweet Tomato,Lentil&Basil Pate		113g	£1.58	

YEO VALLEY

Organic Bio Live Yoghurt (Wholemilk)

					SIZE	PRICE	KEY
	YEO VALLEY	YVA010	Natural	organic	125g	£0.50	GOS
	YEO VALLEY	YVA013	Strawberry	organic	125g	£0.50	GOS
	YEO VALLEY	YVA015	Apricot	organic	125g	£0.50	GOS
	YEO VALLEY	YVA016	Raspberry	organic	125g	£0.50	GOS
	YEO VALLEY	YVA020	Natural	organic	500g	£1.15	GOS
	YEO VALLEY	YVA030	Strawberry	organic	450g	£1.66	GOS
	YEO VALLEY	YVA034	Apricot	organic	450g	£1.66	GOS
	YEO VALLEY	YVA036	Raspberry	organic	450g	£1.66	GOS
	YEO VALLEY	YVA342	Plum	organic	450g	£1.65	GOS
	YEO VALLEY	YVA050	Creme Fraiche, half fat	organic	200g	£1.05	GO
	YEO VALLEY	CV240	Yeo Valley OG Fruit Tumble 4 pack	Peach/Strawb/Raspberry/Peac	4x100g	£1.82	GOS
	YEO VALLEY	YVA046	Organic Fruity Favourites 4 pack	Strawb/B'currant/Apricot/Rasp	4x125g	£2.07	GOS
	YEO VALLEY	YVA348	F/Free Natural	organic	500g	£1.15	O
	YEO VALLEY	YVA400	F/Free 4 pack Summer Selection	organic	4 x 125g	£2.07	OS
	YEO VALLEY	YVA450	Straw/Rasp/Plum/Rhubarb	organic	450g	£1.51	O

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