

OCTOBER - DECEMBER 2023



**Wholesale
Pricelist**

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*Michaels
Wholefoods*

Units 5, 6 and 7 Northdown Industrial Park, St
Peters, Broadstairs, Kent CT10 3JP
www.michaels-wholefoods.com
e-mail: Info@michaels-wholefoods.co.uk
Tel: 08451 305 307 or 01843 604 603
Fax: 01843 604 603
or 0845 1 306 307 (local rate call)



Welcome

Please be aware that the prices listed in this catalogue are subject to change depending on global conditions and world commodity prices due to demand.

Welcome to our October - December 2023 catalogue.

We hope you are able to find everything you are looking for, but please do not hesitate to give us a call if you have any questions.

If you are viewing this catalogue in its digital form, you can use ctrl+F on your keyboard to bring up a search menu to find any products you are looking for.

Please be aware that the cut-off time for orders is now 3pm, two days before your delivery day.

If you have any questions or general inquiries, you can also get in touch at info@michaels-wholefoods.co.uk.

We look forward to hearing from you.

HOW OUR PRICELIST WORKS

Here is a brief guide to how our pricelist works. Please note that the diagram below is used as an example and should not be used for price reference.

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 |
|-----------------------------|-------------------|----------|---------|--------|--------|--------|-------|---|---|---|---|
| ORGANIC NUTS (Cont.) | | | | | | | | | | | |
| CASHEW PIECES | Product | 22.68kg | £340.11 | £15.00 | 16061 | | | | | | |
| Vietnam | Country of Origin | 1x5kg | £76.38 | £15.28 | 16062 | | | | | | |
| | | 1x3kg | £46.19 | £15.40 | 16063 | | | | | | |
| | | 1x1kg | £15.65 | RSP | £21.90 | 16066 | | | | | |
| | | 10x500g | £79.98 | RSP | £11.20 | 16067 | | | | | |
| | | 10x250g | £41.99 | RSP | £5.88 | 16068 | | | | | |
| | | 10x150g | £26.79 | ↑ | RSP | £3.75 | 16069 | | | | |
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| CASHEWS ROASTED & SALTED | | 1x12.5kg | £232.80 | v | £18.62 | 17511 | | | | | |
| BRAZIL | | 1x3kg | £57.07 | v | £19.02 | 17512 | | | | | |
| | | 1x1kg | £19.27 | v | RSP | £32.38 | 17516 | | | | |
| | | 10x500g | £98.12 | v | RSP | £16.48 | 17517 | | | | |
| | | 10x200g | £41.75 | v | RSP | £7.01 | 17518 | | | | |
| | | 10x100g | £22.92 | v | RSP | £3.85 | 17519 | | | | |
| <hr/> | | | | | | | | | | | |
| COCONUT DESICCATED | | 25kg | £85.01 | ↓ | £3.40 | 16071 | | | | | |
| Sri Lanka | | 1x5kg | £18.40 | ↓ | £3.68 | 16072 | | | | | |
| | | 1x3kg | £11.40 | ↓ | £3.80 | 16073 | | | | | |
| | | 1x1kg | £4.05 | ↓ | RSP | £5.67 | 16076 | | | | |
| | | 10x500g | £22.00 | ↓ | RSP | £3.08 | 16077 | | | | |
| | | 10x250g | £13.00 | ↓ | RSP | £1.82 | 16078 | | | | |
| | | 10x125g | £8.55 | ↓ | RSP | £1.20 | 16079 | | | | |

Order Boxes

Product Code: Please supply this number and quantity when ordering.

Pricelist Key

Price Increase ↑

Price Decrease ↓

V - Carries VAT

Star - New Product ★

RSP - Recommended Selling Price

If you sell MW pre-packs at the indicated RSP the mark-up is 40%, giving a Profit On Return (P.O.R.) of 28.57% (all MW pre-packs can be supplied priced or unpriced, your choice). We can however, price your MW pre-packs to any mark-up you wish, just tell us before we take your order.

Product Listings

| | |
|---|---------|
| Organic | 4 - 16 |
| Organic Branded | 17 - 24 |
| Organic Herbs and Spices | 25 - 28 |
| Conventional Fruit, Nuts, Cereals and Beans | 29 - 55 |
| Conventional Snacks and Sweets | 56 - 64 |
| Conventional Branded | 65 - 76 |
| Conventional Herbs and Spices | 77 - 88 |



Organic

Fruits, nuts, cereals
& beans

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|--------------------------------------|---------|---------|--------|--------|--------|-------|---|---|---|---|---|---|---|---|----|----|----|
| ORGANIC DRIED FRUIT | | | | | | | | | | | | | | | | | |
| APRICOTS WHOLE | 12.5kg | £126.54 | | £10.12 | 15711 | | | | | | | | | | | | |
| Turkey | 1x5kg | £62.95 | | £12.59 | 15712 | | | | | | | | | | | | |
| | 1x3kg | £39.05 | | £13.02 | 15713 | | | | | | | | | | | | |
| | 1x1kg | £13.45 | | RSP | £18.83 | 15716 | | | | | | | | | | | |
| | 10x500g | £73.25 | | RSP | £10.25 | 15717 | | | | | | | | | | | |
| | 10x250g | £41.62 | | RSP | £5.83 | 15718 | | | | | | | | | | | |
| APRICOTS CHOPPED | 12.5kg | £116.89 | ↑ | £9.35 | 15721 | | | | | | | | | | | | |
| Turkey | 1x5kg | £53.81 | ↑ | £10.76 | 15722 | | | | | | | | | | | | |
| | 1x3kg | £33.65 | ↑ | £11.22 | 15723 | | | | | | | | | | | | |
| | 10x500g | £63.91 | ↑ | RSP | £8.95 | 15727 | | | | | | | | | | | |
| BANANA CHIPS | 6.8kg | £34.25 | ↓ | £5.04 | 15791 | | | | | | | | | | | | |
| Philippines | 1x3kg | £19.83 | ↓ | £6.61 | 15793 | | | | | | | | | | | | |
| | 10x250g | £25.45 | ↓ | RSP | £3.56 | 15798 | | | | | | | | | | | |
| | 10x125g | £16.72 | ↓ | RSP | £2.34 | 15799 | | | | | | | | | | | |
| CRANBERRIES SLICED | 11.34kg | £88.42 | ↓ | £7.80 | 13381 | | | | | | | | | | | | |
| Various | 1x3kg | £28.69 | ↓ | £9.56 | 13382 | | | | | | | | | | | | |
| | 10x200g | £28.66 | ↓ | RSP | £4.01 | 13387 | | | | | | | | | | | |
| CURRANTS | 12.5kg | £54.14 | ↓ | £4.33 | 15731 | | | | | | | | | | | | |
| Greece | 1x5kg | £27.04 | ↓ | £5.41 | 15732 | | | | | | | | | | | | |
| | 1x3kg | £17.58 | ↓ | £5.86 | 15733 | | | | | | | | | | | | |
| | 10x500g | £37.14 | ↓ | RSP | £5.20 | 15738 | | | | | | | | | | | |
| DATES PITTED DEGLET NOIR | 10kg | £56.63 | | £5.66 | 15741 | | | | | | | | | | | | |
| Tunisia | 1x3kg | £20.39 | | £6.80 | 15742 | | | | | | | | | | | | |
| | 1x1kg | £6.93 | | RSP | £9.70 | 15746 | | | | | | | | | | | |
| | 10x500g | £37.65 | | RSP | £5.27 | 15747 | | | | | | | | | | | |
| | 10x250g | £21.82 | | RSP | £3.06 | 15748 | | | | | | | | | | | |
| DATES CHOPPED | 1x10kg | £40.68 | ↓ | £4.07 | 15751 | | | | | | | | | | | | |
| Pakistan | 1x3kg | £16.72 | ↓ | £5.57 | 15753 | | | | | | | | | | | | |
| | 10x500g | £35.72 | ↓ | RSP | £5.00 | 15757 | | | | | | | | | | | |
| FIGS LARGE | 10kg | £78.70 | ↓ | £7.87 | 15761 | | | | | | | | | | | | |
| Turkey | 1x5kg | £45.89 | ↓ | £9.18 | 15762 | | | | | | | | | | | | |
| | 1x3kg | £28.90 | ↓ | £9.63 | 15763 | | | | | | | | | | | | |
| | 10x500g | £55.99 | ↓ | RSP | £7.84 | 15767 | | | | | | | | | | | |
| | 10x250g | £33.00 | ↓ | RSP | £4.62 | 15768 | | | | | | | | | | | |
| GINGER CRYSTALLISED [Raw Cane Sugar] | 1x20kg | £133.40 | ↓ v | £6.67 | 15881 | | | | | | | | | | | | |
| China | 1x5kg | £39.55 | ↓ v | £7.91 | 15882 | | | | | | | | | | | | |
| | 1x3kg | £25.09 | ↓ v | £8.36 | 15883 | | | | | | | | | | | | |
| | 10x250g | £29.83 | ↓ v | RSP | £5.01 | 15887 | | | | | | | | | | | |
| MANGO SLICES | 1x16kg | £225.24 | ↓ | £14.08 | 15601 | | | | | | | | | | | | |
| Burkina Faso | 1x1kg | £16.64 | ↓ | RSP | £23.30 | 15603 | | | | | | | | | | | |
| | 10x100g | £25.04 | ↓ | RSP | £3.51 | 15609 | | | | | | | | | | | |
| MIXED VINE FRUIT | 1x10kg | £45.65 | ↓ | £4.56 | 15781 | | | | | | | | | | | | |
| Various | 1x5kg | £26.72 | ↓ | £5.34 | 15782 | | | | | | | | | | | | |
| | 1x3kg | £17.39 | ↓ | £5.80 | 15783 | | | | | | | | | | | | |
| | 10x500g | £35.82 | ↑ | RSP | £5.02 | 15787 | | | | | | | | | | | |
| PRUNES PITTED | 10kg | £72.19 | ↓ | £7.22 | 15771 | | | | | | | | | | | | |
| Various | 1x3kg | £26.10 | ↓ | £8.70 | 15772 | | | | | | | | | | | | |
| | 10x500g | £51.33 | ↓ | RSP | £7.19 | 15777 | | | | | | | | | | | |
| | 10x250g | £30.67 | ↓ | RSP | £4.29 | 15778 | | | | | | | | | | | |

ORGANIC DRIED FRUIT (Cont.)

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|-------------------------|---------|---------|---|--------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| RAISINS | 12.5kg | £47.66 | ↓ | £3.81 | | 14611 | | | | | | | | | | | |
| Turkey | 1x5kg | £22.96 | ↓ | £4.59 | | 14612 | | | | | | | | | | | |
| | 1x3kg | £15.14 | ↑ | £5.05 | | 14613 | | | | | | | | | | | |
| | 1x1kg | £5.41 | ↑ | RSP | £7.58 | 14617 | | | | | | | | | | | |
| | 10x500g | £33.06 | ↑ | RSP | £4.63 | 14618 | | | | | | | | | | | |
| | 10x250g | £21.53 | ↑ | RSP | £3.01 | 14619 | | | | | | | | | | | |
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| SULTANAS | 12.5kg | £49.51 | ↓ | £3.96 | | 15631 | | | | | | | | | | | |
| Turkey | 1x5kg | £23.50 | ↓ | £4.70 | | 15632 | | | | | | | | | | | |
| | 1x3kg | £15.38 | ↓ | £5.13 | | 15634 | | | | | | | | | | | |
| | 1x1kg | £5.56 | ↓ | RSP | £7.78 | 15636 | | | | | | | | | | | |
| | 10x500g | £33.80 | ↓ | RSP | £4.73 | 15638 | | | | | | | | | | | |
| | 10x250g | £21.90 | ↓ | RSP | £3.07 | 15639 | | | | | | | | | | | |
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| SUN DRIED TOMATO HALVES | 10kg | £121.19 | ↑ | £12.12 | | 21191 | | | | | | | | | | | |
| Turkey | 1x5kg | £67.41 | ↑ | £13.48 | | 21192 | | | | | | | | | | | |
| | 1x3kg | £41.81 | ↑ | £13.94 | | 21193 | | | | | | | | | | | |
| | 10x200g | £36.41 | ↑ | RSP | £5.10 | 21198 | | | | | | | | | | | |
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ORGANIC NUTS

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| ALMONDS WHOLE | 10kg | £128.71 | ↓ | £12.87 | | 16091 | | | | | | | | | | | |
| Italy | 1x5kg | £72.66 | ↓ | £14.53 | | 16093 | | | | | | | | | | | |
| | 1x3kg | £44.96 | ↓ | £14.99 | | 16092 | | | | | | | | | | | |
| | 1x1kg | £15.35 | ↓ | RSP | £21.49 | 16096 | | | | | | | | | | | |
| | 10x500g | £82.76 | ↓ | RSP | £11.59 | 16097 | | | | | | | | | | | |
| | 10x250g | £46.38 | ↓ | RSP | £6.49 | 16098 | | | | | | | | | | | |
| | 10x150g | £30.63 | ↓ | RSP | £4.29 | 16099 | | | | | | | | | | | |
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| ALMONDS BLANCHED | 10kg | £154.82 | ↓ | £15.48 | | 16011 | | | | | | | | | | | |
| Spain | 1x5kg | £86.64 | ↓ | £17.33 | | 16012 | | | | | | | | | | | |
| | 1x3kg | £53.34 | ↓ | £17.78 | | 16013 | | | | | | | | | | | |
| | 10x250g | £53.37 | ↓ | RSP | £7.47 | 16018 | | | | | | | | | | | |
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| ALMONDS FLAKED | 10kg | £170.36 | ↓ | £17.04 | | 16021 | | | | | | | | | | | |
| Spain | 1x5kg | £94.92 | ↓ | £18.98 | | 16022 | | | | | | | | | | | |
| | 1x3kg | £58.31 | ↓ | £19.44 | | 16023 | | | | | | | | | | | |
| | 1x1kg | £19.80 | ↓ | RSP | £27.73 | 16026 | | | | | | | | | | | |
| | 10x250g | £57.51 | ↓ | RSP | £8.05 | 16028 | | | | | | | | | | | |
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| ALMONDS GROUND | 10kg | £137.93 | ↓ | £13.79 | | 16031 | | | | | | | | | | | |
| Spain | 1x5kg | £77.60 | ↓ | £15.52 | | 16032 | | | | | | | | | | | |
| | 1x3kg | £47.92 | ↓ | £15.97 | | 16033 | | | | | | | | | | | |
| | 10x250g | £48.85 | ↓ | RSP | £6.84 | 16038 | | | | | | | | | | | |
| | 10x125g | £28.42 | ↓ | RSP | £3.98 | 16039 | | | | | | | | | | | |
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| BRAZILS WHOLE | 20kg | £182.33 | ↓ | £9.12 | | 16041 | | | | | | | | | | | |
| Various | 1x5kg | £52.60 | ↓ | £10.52 | | 16042 | | | | | | | | | | | |
| | 1x3kg | £32.92 | ↓ | £10.97 | | 16043 | | | | | | | | | | | |
| | 1x1kg | £11.34 | ↓ | RSP | £15.87 | 16046 | | | | | | | | | | | |
| | 10x500g | £62.70 | ↓ | RSP | £8.78 | 16047 | | | | | | | | | | | |
| | 10x250g | £36.35 | ↓ | RSP | £5.09 | 16048 | | | | | | | | | | | |
| | 10x125g | £22.17 | ↓ | RSP | £3.10 | 16049 | | | | | | | | | | | |
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| CASHEWS WHOLE | 22.68kg | £263.28 | ↓ | £11.61 | | 16051 | | | | | | | | | | | |
| Various | 1x5kg | £65.91 | ↓ | £13.18 | | 16052 | | | | | | | | | | | |
| | 1x3kg | £40.91 | ↓ | £13.64 | | 16053 | | | | | | | | | | | |
| | 1x1kg | £14.00 | ↓ | RSP | £19.60 | 16056 | | | | | | | | | | | |
| | 10x500g | £76.01 | ↓ | RSP | £10.64 | 16057 | | | | | | | | | | | |
| | 10x250g | £43.01 | ↓ | RSP | £6.02 | 16058 | | | | | | | | | | | |
| | 10x125g | £25.50 | ↓ | RSP | £3.57 | 16059 | | | | | | | | | | | |
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| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|-----------------------------|---------|---------|--------|--------|--------------|---|---|---|---|---|---|---|---|---|----|----|----|
| ORGANIC NUTS (Cont.) | | | | | | | | | | | | | | | | | |
| CASHEW PIECES | 22.68kg | £219.66 | ↑ | £9.69 | 16061 | | | | | | | | | | | | |
| Various | 1x5kg | £55.63 | ↑ | £11.13 | 16062 | | | | | | | | | | | | |
| | 1x3kg | £34.74 | ↑ | £11.58 | 16063 | | | | | | | | | | | | |
| | 10x250g | £37.87 | ↑ | RSP | £5.30 16068 | | | | | | | | | | | | |
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| COCONUT DESICCATED | 25kg | £71.60 | ↓ | £2.86 | 16071 | | | | | | | | | | | | |
| Sri Lanka / Philippines | 1x5kg | £19.19 | ↓ | £3.84 | 16072 | | | | | | | | | | | | |
| | 1x3kg | £12.87 | ↓ | £4.29 | 16073 | | | | | | | | | | | | |
| | 1x1kg | £4.66 | ↓ | RSP | £6.52 16076 | | | | | | | | | | | | |
| | 10x500g | £29.29 | ↓ | RSP | £4.10 16077 | | | | | | | | | | | | |
| | 10x250g | £19.64 | ↓ | RSP | £2.75 16078 | | | | | | | | | | | | |
| | 10x125g | £13.82 | ↓ | RSP | £1.93 16079 | | | | | | | | | | | | |
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| COCONUT CHIP RAW | 10kg | £53.14 | ↑ | £5.31 | 16871 | | | | | | | | | | | | |
| Sri Lanka / Philippines | 1x5kg | £32.24 | ↑ | £6.45 | 16872 | | | | | | | | | | | | |
| | 1x3kg | £20.70 | ↑ | £6.90 | 16873 | | | | | | | | | | | | |
| | 10x500g | £42.34 | ↑ | RSP | £5.93 16877 | | | | | | | | | | | | |
| | 10x250g | £26.17 | ↑ | RSP | £3.66 16878 | | | | | | | | | | | | |
| | 10x125g | £17.08 | ↑ | RSP | £2.39 16879 | | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| COCONUT CHIP TOASTED | 10kg | £56.66 | ↓ | £5.67 | 16951 | | | | | | | | | | | | |
| Philippines | 1x5kg | £34.12 | ↓ | £6.82 | 16952 | | | | | | | | | | | | |
| | 1x3kg | £21.83 | ↓ | £7.28 | 16953 | | | | | | | | | | | | |
| | 10x250g | £27.11 | ↓ | RSP | £3.80 16958 | | | | | | | | | | | | |
| | 10x125g | £17.55 | ↓ | RSP | £2.46 16959 | | | | | | | | | | | | |
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| HAZELNUTS | 25kg | £315.18 | ↓ | £12.61 | 16261 | | | | | | | | | | | | |
| Turkey | 1x5kg | £71.27 | ↓ | £14.25 | 16263 | | | | | | | | | | | | |
| | 1x3kg | £44.12 | ↓ | £14.71 | 16262 | | | | | | | | | | | | |
| | 10x250g | £45.69 | ↓ | RSP | £6.40 16268 | | | | | | | | | | | | |
| | 10x150g | £30.21 | ↓ | RSP | £4.23 16269 | | | | | | | | | | | | |
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| MIXED NUTS DELUXE | 1x10kg | £133.94 | ↓ | £13.39 | 16731 | | | | | | | | | | | | |
| Various | 1x5kg | £70.87 | ↓ | £14.17 | 16732 | | | | | | | | | | | | |
| | 1x3kg | £43.88 | ↓ | £14.63 | 16733 | | | | | | | | | | | | |
| | 10x500g | £79.97 | ↓ | RSP | £11.20 16737 | | | | | | | | | | | | |
| | 10x250g | £45.48 | ↓ | RSP | £6.37 16738 | | | | | | | | | | | | |
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| MIXED NUTS DELUXE & RAISINS | 1x10kg | £93.58 | ↓ | £9.36 | 16741 | | | | | | | | | | | | |
| Various | 1x5kg | £50.69 | ↓ | £10.14 | 16742 | | | | | | | | | | | | |
| | 1x3kg | £31.77 | ↓ | £10.59 | 16743 | | | | | | | | | | | | |
| | 10x500g | £59.79 | ↓ | RSP | £8.37 16745 | | | | | | | | | | | | |
| | 10x250g | £35.40 | ↓ | RSP | £4.96 16748 | | | | | | | | | | | | |
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| PINENUTS | 25kg | £904.81 | ↓ | £36.19 | 16941 | | | | | | | | | | | | |
| Various | 1x5kg | £184.86 | ↓ | £36.97 | 16942 | | | | | | | | | | | | |
| | 1x3kg | £112.28 | ↓ | £37.43 | 16943 | | | | | | | | | | | | |
| | 10x125g | £57.24 | ↑ | RSP | £8.01 16949 | | | | | | | | | | | | |
| | 10x50g | £28.10 | ↑ | RSP | £3.93 16945 | | | | | | | | | | | | |
| | ----- | | | | | | | | | | | | | | | | |
| WALNUT PIECES | 10kg | £109.53 | ↓ | £10.95 | 16501 | | | | | | | | | | | | |
| Moldova | 1x3kg | £39.02 | ↓ | £13.01 | 16503 | | | | | | | | | | | | |
| | 1x1kg | £13.31 | ↓ | RSP | £18.63 16506 | | | | | | | | | | | | |
| | 10x500g | £72.54 | ↓ | RSP | £10.16 16507 | | | | | | | | | | | | |
| | 10x250g | £41.27 | ↓ | RSP | £5.78 16508 | | | | | | | | | | | | |
| | 10x125g | £24.63 | ↓ | RSP | £3.45 16509 | | | | | | | | | | | | |
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ORGANIC SEEDS

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|---|---------|---------|---|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| HEMP SEEDS Various | 25kg | £128.03 | ↓ | £5.12 | | 18521 | | | | | | | | | | | |
| | 1x5kg | £33.46 | ↓ | £6.69 | | 18522 | | | | | | | | | | | |
| | 1x3kg | £21.44 | ↓ | £7.15 | | 18523 | | | | | | | | | | | |
| | 1x1kg | £7.51 | ↓ | RSP | £10.52 | 18526 | | | | | | | | | | | |
| | 10x250g | £26.78 | ↓ | RSP | £3.75 | 18528 | | | | | | | | | | | |
| LINSEED BROKEN Various | 25kg | £144.69 | ↓ | £5.79 | | 18531 | | | | | | | | | | | |
| | 1x10kg | £65.61 | ↓ | £6.56 | | 18534 | | | | | | | | | | | |
| | 1x5kg | £34.71 | ↓ | £6.94 | | 18532 | | | | | | | | | | | |
| | 1x3kg | £9.81 | ↓ | £3.27 | | 18533 | | | | | | | | | | | |
| | 1x1kg | £7.76 | ↓ | RSP | £10.86 | 18536 | | | | | | | | | | | |
| | 10x500g | £44.81 | ↓ | RSP | £6.27 | 18537 | | | | | | | | | | | |
| | 10x250g | £27.40 | ↓ | RSP | £3.84 | 18538 | | | | | | | | | | | |
| LINSEED BROWN - Flax Seed Various | 25kg | £61.57 | ↓ | £2.46 | | 16851 | | | | | | | | | | | |
| | 1x5kg | £17.03 | ↓ | £3.41 | | 16852 | | | | | | | | | | | |
| | 1x3kg | £11.58 | ↓ | £3.86 | | 16853 | | | | | | | | | | | |
| | 1x1kg | £4.23 | ↓ | RSP | £5.92 | 16856 | | | | | | | | | | | |
| | 10x500g | £27.13 | ↓ | RSP | £3.80 | 16857 | | | | | | | | | | | |
| | 10x250g | £18.56 | ↓ | RSP | £2.60 | 16858 | | | | | | | | | | | |
| LINSEED GOLDEN - Flax Seed Various | 25kg | £68.10 | ↓ | £2.72 | | 16581 | | | | | | | | | | | |
| | 1x5kg | £18.39 | ↓ | £3.68 | | 16582 | | | | | | | | | | | |
| | 1x3kg | £12.40 | ↓ | £4.13 | | 16583 | | | | | | | | | | | |
| | 1x1kg | £4.50 | ↓ | RSP | £6.30 | 16586 | | | | | | | | | | | |
| | 10x500g | £28.49 | ↓ | RSP | £3.99 | 16587 | | | | | | | | | | | |
| | 10x250g | £19.25 | ↓ | RSP | £2.69 | 16588 | | | | | | | | | | | |
| OMEGA 5-SEED BLEND Various | 1x10kg | £55.36 | ↓ | £5.54 | | 18561 | | | | | | | | | | | |
| | 1x5kg | £31.58 | ↓ | £6.32 | | 18562 | | | | | | | | | | | |
| | 1x3kg | £20.31 | ↓ | £6.77 | | 18563 | | | | | | | | | | | |
| | 1x1kg | £7.14 | ↓ | RSP | £9.99 | 18565 | | | | | | | | | | | |
| | 10x500g | £41.68 | ↓ | RSP | £5.84 | 18566 | | | | | | | | | | | |
| | 10x250g | £25.84 | ↓ | RSP | £3.62 | 18567 | | | | | | | | | | | |
| OMEGA 4-SEED BLEND (No Hemp Seed) Various | 1x10kg | £54.06 | ↓ | £5.41 | | 18581 | | | | | | | | | | | |
| | 1x5kg | £30.93 | ↓ | £6.19 | | 18582 | | | | | | | | | | | |
| | 1x3kg | £19.92 | ↓ | £6.64 | | 18583 | | | | | | | | | | | |
| | 10x500g | £41.03 | ↓ | RSP | £5.74 | 18586 | | | | | | | | | | | |
| | 10x250g | £25.52 | ↓ | RSP | £3.57 | 18587 | | | | | | | | | | | |
| POPPY SEED Turkey | 25kg | £193.33 | ↓ | £7.73 | | 18591 | | | | | | | | | | | |
| | 1x5kg | £45.21 | ↓ | £9.04 | | 18592 | | | | | | | | | | | |
| | 1x3kg | £28.49 | ↓ | £9.50 | | 18593 | | | | | | | | | | | |
| | 5x250g | £16.33 | ↓ | RSP | £4.57 | 18597 | | | | | | | | | | | |
| | 6x100g | £10.96 | ↓ | RSP | £2.56 | 18598 | | | | | | | | | | | |
| PUMPKIN SEED China | 25kg | £187.75 | | £7.51 | | 16591 | | | | | | | | | | | |
| | 1x5kg | £42.87 | | £8.57 | | 16592 | | | | | | | | | | | |
| | 1x3kg | £26.64 | | £8.88 | | 16593 | | | | | | | | | | | |
| | 1x1kg | £9.01 | | RSP | £12.62 | 16596 | | | | | | | | | | | |
| | 10x500g | £48.07 | | RSP | £6.73 | 16597 | | | | | | | | | | | |
| | 10x250g | £27.03 | | RSP | £3.78 | 16598 | | | | | | | | | | | |
| | 10x125g | £16.02 | | RSP | £2.24 | 16599 | | | | | | | | | | | |
| SALAD SPRINKLE [Sunflower Seeds, Pumpkin Seeds, Pinenuts] | 1x10kg | £84.02 | ↓ | £8.40 | | 18101 | | | | | | | | | | | |
| | 1x5kg | £45.91 | ↓ | £9.18 | | 18102 | | | | | | | | | | | |
| | 1x3kg | £28.91 | ↓ | £9.64 | | 18103 | | | | | | | | | | | |
| | 10x250g | £33.01 | ↑ | RSP | £4.62 | 18107 | | | | | | | | | | | |

ORGANIC SEEDS (Cont.)

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|---------------------|---------|---------|---|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| SESAME SEED NATURAL | 25kg | £139.56 | ↓ | £5.58 | | 16641 | | | | | | | | | | | |
| Uganda | 1x5kg | £33.49 | ↓ | £6.70 | | 16642 | | | | | | | | | | | |
| | 1x3kg | £21.45 | ↓ | £7.15 | | 16643 | | | | | | | | | | | |
| | 1x1kg | £7.52 | ↓ | RSP | £10.52 | 16646 | | | | | | | | | | | |
| | 10x500g | £43.59 | ↓ | RSP | £6.10 | 16647 | | | | | | | | | | | |
| | 10x250g | £26.79 | ↓ | RSP | £3.75 | 16648 | | | | | | | | | | | |
| | 10x125g | £17.40 | ↓ | RSP | £2.44 | 16649 | | | | | | | | | | | |
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| SUNFLOWER SEEDS | 25kg | £88.50 | ↓ | £3.54 | | 81481 | | | | | | | | | | | |
| Ukraine/Turkey | 1x5kg | £22.75 | ↓ | £4.55 | | 81482 | | | | | | | | | | | |
| | 1x3kg | £15.01 | ↓ | £5.00 | | 81483 | | | | | | | | | | | |
| | 1x1kg | £5.37 | ↓ | RSP | £7.52 | 81486 | | | | | | | | | | | |
| | 10x500g | £32.85 | ↓ | RSP | £4.60 | 81487 | | | | | | | | | | | |
| | 10x250g | £21.43 | ↓ | RSP | £3.00 | 81488 | | | | | | | | | | | |
| | 10x125g | £14.71 | ↓ | RSP | £2.06 | 81489 | | | | | | | | | | | |

ORGANIC BEANS

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|------------------|---------|---------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| AJUKI | 25 kg | £135.67 | ↓ | £5.43 | | 17181 | | | | | | | | | | | |
| China | 1x10kg | £61.78 | ↓ | £6.18 | | 17182 | | | | | | | | | | | |
| | 1x5kg | £32.64 | ↓ | £6.53 | | 17183 | | | | | | | | | | | |
| | 1x3kg | £20.86 | ↓ | £6.95 | | 17184 | | | | | | | | | | | |
| | 10x500g | £41.94 | ↓ | RSP | £5.87 | 17188 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| BLACK TURTLE | 25 kg | £88.57 | ↓ | £3.54 | | 17191 | | | | | | | | | | | |
| Ethiopia | 1x10kg | £42.02 | ↓ | £4.20 | | 17192 | | | | | | | | | | | |
| | 1x5kg | £22.81 | ↓ | £4.56 | | 17193 | | | | | | | | | | | |
| | 1x3kg | £15.05 | ↑ | £5.02 | | 17194 | | | | | | | | | | | |
| | 10x500g | £31.91 | ↓ | RSP | £4.47 | 17198 | | | | | | | | | | | |
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| CANELLINI | 25 kg | £104.21 | ↓ | £4.17 | | 17981 | | | | | | | | | | | |
| China | 1x10kg | £48.66 | ↓ | £4.87 | | 17982 | | | | | | | | | | | |
| | 1x5kg | £26.13 | ↓ | £5.23 | | 17983 | | | | | | | | | | | |
| | 1x3kg | £17.04 | ↓ | £5.68 | | 17984 | | | | | | | | | | | |
| | 10x500g | £35.23 | ↓ | RSP | £4.93 | 17988 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| HARICOT | 25 kg | £102.47 | ↓ | £4.10 | | 17261 | | | | | | | | | | | |
| China | 1x10kg | £47.96 | ↓ | £4.80 | | 17262 | | | | | | | | | | | |
| | 1x5kg | £25.78 | ↓ | £5.16 | | 17263 | | | | | | | | | | | |
| | 1x3kg | £16.83 | ↓ | £5.61 | | 17264 | | | | | | | | | | | |
| | 10x500g | £35.88 | ↓ | RSP | £5.02 | 17268 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| MUNG | 25 kg | £110.86 | ↓ | £4.43 | | 17271 | | | | | | | | | | | |
| Uzbekistan | 1x10kg | £51.53 | ↓ | £5.15 | | 17272 | | | | | | | | | | | |
| | 1x5kg | £27.56 | ↓ | £5.51 | | 17273 | | | | | | | | | | | |
| | 1x3kg | £17.90 | ↓ | £5.97 | | 17274 | | | | | | | | | | | |
| | 10x500g | £37.66 | ↓ | RSP | £5.27 | 17278 | | | | | | | | | | | |
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| PINTO [Borlotti] | 25 kg | £113.97 | ↑ | £4.56 | | 17281 | | | | | | | | | | | |
| China | 1x10kg | £52.83 | ↑ | £5.28 | | 17282 | | | | | | | | | | | |
| | 1x5kg | £28.21 | ↑ | £5.64 | | 17283 | | | | | | | | | | | |
| | 1x3kg | £18.29 | ↑ | £6.10 | | 17284 | | | | | | | | | | | |
| | 10x500g | £38.31 | ↑ | RSP | £5.36 | 17288 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| RED KIDNEY | 25 kg | £110.11 | ↓ | £4.40 | | 17291 | | | | | | | | | | | |
| China | 1x10kg | £50.91 | ↓ | £5.09 | | 17292 | | | | | | | | | | | |
| | 1x5kg | £27.20 | ↓ | £5.44 | | 17293 | | | | | | | | | | | |
| | 1x3kg | £17.60 | ↓ | £5.87 | | 17294 | | | | | | | | | | | |
| | 10x500g | £36.50 | ↓ | RSP | £5.11 | 17298 | | | | | | | | | | | |

ORGANIC BEANS (Cont.)

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|----------|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| SOYA | 25 kg | £61.82 | ↓ | £2.47 | | 17251 | | | | | | | | | | | |
| Various | 1x10kg | £30.55 | ↓ | £3.05 | | 17252 | | | | | | | | | | | |
| | 1x5kg | £17.08 | ↓ | £3.42 | | 17253 | | | | | | | | | | | |
| | 1x3kg | £11.60 | ↓ | £3.87 | | 17254 | | | | | | | | | | | |
| | 10x500g | £27.18 | ↓ | RSP | £3.81 | 17258 | | | | | | | | | | | |
| BEAN MIX | 1x10kg | £50.71 | ↓ | £5.07 | | 16791 | | | | | | | | | | | |
| Various | 1x5kg | £29.25 | ↑ | £5.85 | | 16792 | | | | | | | | | | | |
| | 1x3kg | £18.91 | ↑ | £6.30 | | 16793 | | | | | | | | | | | |
| | 10x500g | £38.35 | ↑ | RSP | £5.37 | 16798 | | | | | | | | | | | |

LENTILS ORGANIC

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|---------|---------------------------|--------|---------|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|
| BROWN | 25 kg | £52.36 | ↓ | £2.09 | | 17841 | | | | | | | | | | | |
| Turkey | 1x10kg | £26.54 | ↓ | £2.65 | | 17842 | | | | | | | | | | | |
| | 1x5kg | £15.06 | ↓ | £3.01 | | 17843 | | | | | | | | | | | |
| | 1x3kg | £10.40 | ↓ | £3.47 | | 17844 | | | | | | | | | | | |
| | 10x500g | £25.16 | ↓ | RSP | £3.52 | 17848 | | | | | | | | | | | |
| | GREEN SPECKLED [PUY TYPE] | 25 kg | £141.77 | ↓ | £5.67 | | 17851 | | | | | | | | | | |
| Canada | 1x10kg | £64.70 | ↓ | £6.47 | | 17852 | | | | | | | | | | | |
| | 1x5kg | £34.15 | ↓ | £6.83 | | 17853 | | | | | | | | | | | |
| | 1x3kg | £21.85 | ↓ | £7.28 | | 17854 | | | | | | | | | | | |
| | 10x500g | £44.25 | ↓ | RSP | £6.19 | 17858 | | | | | | | | | | | |
| | GREEN LENTILS | 25 kg | £90.07 | | £3.60 | | 17351 | | | | | | | | | | |
| Turkey | 1x10kg | £42.12 | | £4.21 | | 17352 | | | | | | | | | | | |
| | 1x5kg | £22.71 | | £4.54 | | 17353 | | | | | | | | | | | |
| | 1x3kg | £14.83 | | £4.94 | | 17354 | | | | | | | | | | | |
| | 10x500g | £32.21 | | RSP | £4.51 | 17358 | | | | | | | | | | | |
| | RED SPLIT | 25 kg | £78.14 | ↓ | £3.13 | | 17361 | | | | | | | | | | |
| Turkey | 1x10kg | £38.53 | ↓ | £3.85 | | 17362 | | | | | | | | | | | |
| | 1x5kg | £21.07 | ↓ | £4.21 | | 17363 | | | | | | | | | | | |
| | 1x3kg | £14.00 | ↓ | £4.67 | | 17364 | | | | | | | | | | | |
| | 1x1kg | £5.03 | ↓ | RSP | £7.05 | 17367 | | | | | | | | | | | |
| | 10x500g | £31.17 | ↓ | RSP | £4.36 | 17368 | | | | | | | | | | | |
| | 10x250g | £20.58 | ↓ | RSP | £2.88 | 17369 | | | | | | | | | | | |
| | SOUP MIX | 1x10kg | £31.03 | ↑ | £3.10 | | 17941 | | | | | | | | | | |
| Various | 1x5kg | £19.42 | ↑ | £3.88 | | 17942 | | | | | | | | | | | |
| | 1x3kg | £13.01 | ↑ | £4.34 | | 17943 | | | | | | | | | | | |
| | 10x500g | £28.52 | ↑ | RSP | £3.99 | 17948 | | | | | | | | | | | |

PEAS ORGANIC

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|---------|-------------|--------|--------|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|
| CHICK | 25 kg | £65.61 | ↓ | £2.62 | | 17371 | | | | | | | | | | | |
| Italy | 1x10kg | £32.26 | ↓ | £3.23 | | 17372 | | | | | | | | | | | |
| | 1x5kg | £17.93 | ↓ | £3.59 | | 17373 | | | | | | | | | | | |
| | 1x3kg | £12.12 | ↓ | £4.04 | | 17374 | | | | | | | | | | | |
| | 1x1kg | £4.41 | ↓ | RSP | £6.17 | 17377 | | | | | | | | | | | |
| | 10x500g | £28.03 | ↓ | RSP | £3.92 | 17378 | | | | | | | | | | | |
| | GREEN SPLIT | 25 kg | £81.14 | ↑ | £3.25 | | 16751 | | | | | | | | | | |
| Various | 1x10kg | £38.80 | ↑ | £3.88 | | 16752 | | | | | | | | | | | |
| | 1x5kg | £21.20 | ↑ | £4.24 | | 16753 | | | | | | | | | | | |
| | 1x3kg | £14.08 | ↑ | £4.69 | | 16754 | | | | | | | | | | | |
| | 1x1kg | £5.06 | ↑ | RSP | £7.08 | 16757 | | | | | | | | | | | |
| | 10x500g | £31.30 | ↑ | RSP | £4.38 | 16758 | | | | | | | | | | | |

PEAS ORGANIC (Cont.)

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|--------------|---------|----------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| YELLOW SPLIT | 25 kg | £75.53 ↓ | £3.02 | | 17381 | | | | | | | | | | | | |
| Various | 1x10kg | £36.40 ↓ | £3.64 | | 17382 | | | | | | | | | | | | |
| | 1x5kg | £20.00 ↓ | £4.00 | | 17383 | | | | | | | | | | | | |
| | 1x3kg | £13.35 ↓ | £4.45 | | 17384 | | | | | | | | | | | | |
| | 1x1kg | £4.82 ↓ | RSP | £6.75 | 17387 | | | | | | | | | | | | |
| | 10x500g | £30.10 ↓ | RSP | £4.21 | 17388 | | | | | | | | | | | | |

GRAINS ORGANIC

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|---------------------|---------------------------|----------|-----------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BUCKWHEAT RAW | 25 kg | £63.06 ↓ | £2.52 | | 17731 | | | | | | | | | | | | |
| Poland | 1x10kg | £31.10 ↓ | £3.11 | | 17732 | | | | | | | | | | | | |
| | 1x5kg | £17.35 ↓ | £3.47 | | 17733 | | | | | | | | | | | | |
| | 1x3kg | £11.77 ↓ | £3.92 | | 17735 | | | | | | | | | | | | |
| | 1x1kg | £4.29 ↓ | RSP | £6.01 | 17737 | | | | | | | | | | | | |
| | 10x500g | £27.45 ↓ | RSP | £3.84 | 17738 | | | | | | | | | | | | |
| | BUCKWHEAT ROASTED [Kasha] | 25 kg | £161.36 ↑ | £6.45 | | 17791 | | | | | | | | | | | |
| Various | 1x10kg | £72.97 ↑ | £7.30 | | 17792 | | | | | | | | | | | | |
| | 1x5kg | £38.29 ↑ | £7.66 | | 17793 | | | | | | | | | | | | |
| | 1x3kg | £24.33 ↑ | £8.11 | | 17795 | | | | | | | | | | | | |
| | 10x500g | £48.39 ↑ | RSP | £6.77 | 17798 | | | | | | | | | | | | |
| BULGAR COARSE | 25 kg | £57.18 ↓ | £2.29 | | 17741 | | | | | | | | | | | | |
| Turkey | 1x10kg | £28.57 ↓ | £2.86 | | 17742 | | | | | | | | | | | | |
| | 1x5kg | £15.89 ↓ | £3.18 | | 17743 | | | | | | | | | | | | |
| | 1x3kg | £10.81 ↓ | £3.60 | | 17744 | | | | | | | | | | | | |
| | 10x500g | £25.19 ↓ | RSP | £3.53 | 17748 | | | | | | | | | | | | |
| COUSCOUS WHOLEWHEAT | 20 kg | £55.61 ↓ | £2.78 | | 17751 | | | | | | | | | | | | |
| Italy | 1x10kg | £32.93 ↓ | £3.29 | | 17752 | | | | | | | | | | | | |
| | 1x5kg | £18.26 ↓ | £3.65 | | 17753 | | | | | | | | | | | | |
| | 1x3kg | £12.32 ↓ | £4.11 | | 17754 | | | | | | | | | | | | |
| | 1x1kg | £4.47 ↓ | RSP | £6.26 | 17757 | | | | | | | | | | | | |
| | 10x500g | £28.36 ↓ | RSP | £3.97 | 17758 | | | | | | | | | | | | |
| COUSCOUS WHITE | 20 kg | £55.61 ↓ | £2.78 | | 17951 | | | | | | | | | | | | |
| Italy | 1x10kg | £32.93 ↓ | £3.29 | | 17952 | | | | | | | | | | | | |
| | 1x5kg | £18.26 ↓ | £3.65 | | 17953 | | | | | | | | | | | | |
| | 1x3kg | £12.32 ↓ | £4.11 | | 17954 | | | | | | | | | | | | |
| | 10x500g | £28.36 ↓ | RSP | £3.97 | 17958 | | | | | | | | | | | | |
| MILLET HULLED | 25 kg | £84.83 ↑ | £3.39 | | 17761 | | | | | | | | | | | | |
| Various | 1x10kg | £40.39 ↑ | £4.04 | | 17762 | | | | | | | | | | | | |
| | 1x5kg | £21.99 ↑ | £4.40 | | 17763 | | | | | | | | | | | | |
| | 1x3kg | £14.56 ↑ | £4.85 | | 17765 | | | | | | | | | | | | |
| | 1x1kg | £5.22 ↑ | RSP | £7.31 | 17767 | | | | | | | | | | | | |
| | 10x500g | £32.09 ↑ | RSP | £4.49 | 17768 | | | | | | | | | | | | |
| PEARL BARLEY | 20 kg | £40.55 ↓ | £2.03 | | 17721 | | | | | | | | | | | | |
| UK | 1x10kg | £25.87 ↓ | £2.59 | | 17722 | | | | | | | | | | | | |
| | 1x5kg | £14.74 ↓ | £2.95 | | 17723 | | | | | | | | | | | | |
| | 1x3kg | £10.20 ↓ | £3.40 | | 17724 | | | | | | | | | | | | |
| | 10x500g | £24.84 ↓ | RSP | £3.48 | 17728 | | | | | | | | | | | | |
| POPPING CORN | 25 kg | £73.87 ↑ | £2.95 | | 17781 | | | | | | | | | | | | |
| Turkey | 1x10kg | £35.70 ↑ | £3.57 | | 17782 | | | | | | | | | | | | |
| | 1x5kg | £19.65 ↑ | £3.93 | | 17783 | | | | | | | | | | | | |
| | 1x3kg | £13.15 ↑ | £4.38 | | 17784 | | | | | | | | | | | | |
| | 10x500g | £29.75 ↑ | RSP | £4.16 | 17788 | | | | | | | | | | | | |

GRAINS ORGANIC (Cont.)

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|-------------|---------|---------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| QUINOA | 25 kg | £104.63 | ↓ | £4.19 | | 17691 | | | | | | | | | | | |
| Various | 1x10kg | £48.88 | ↓ | £4.89 | | 17692 | | | | | | | | | | | |
| | 1x5kg | £26.24 | ↓ | £5.25 | | 17693 | | | | | | | | | | | |
| | 1x3kg | £17.10 | ↓ | £5.70 | | 17694 | | | | | | | | | | | |
| | 1x1kg | £6.07 | ↓ | RSP | £8.50 | 17697 | | | | | | | | | | | |
| | 10x500g | £36.34 | ↓ | RSP | £5.09 | 17698 | | | | | | | | | | | |
| | 10x250g | £23.17 | ↓ | RSP | £3.24 | 17699 | | | | | | | | | | | |
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| RYE GRAIN | 25 kg | £43.32 | ↓ | £1.73 | | 17891 | | | | | | | | | | | |
| U.K. / EU | 1x10kg | £22.42 | ↓ | £2.24 | | 17892 | | | | | | | | | | | |
| | 1x5kg | £12.91 | ↓ | £2.58 | | 17893 | | | | | | | | | | | |
| | 1x3kg | £9.02 | ↓ | £3.01 | | 17894 | | | | | | | | | | | |
| | 1x1kg | £3.44 | ↓ | RSP | £4.82 | 17897 | | | | | | | | | | | |
| | 10x500g | £23.21 | ↓ | RSP | £3.25 | 17898 | | | | | | | | | | | |
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| SPELT GRAIN | 25 kg | £79.48 | ↓ | £3.18 | | 18551 | | | | | | | | | | | |
| U.K. / EU | 1x10kg | £37.83 | ↓ | £3.78 | | 18552 | | | | | | | | | | | |
| | 1x5kg | £20.61 | ↓ | £4.12 | | 18553 | | | | | | | | | | | |
| | 1x3kg | £13.65 | ↓ | £4.55 | | 18554 | | | | | | | | | | | |
| | 1x1kg | £4.98 | ↓ | RSP | £6.98 | 18557 | | | | | | | | | | | |
| | 10x500g | £30.91 | ↓ | RSP | £4.33 | 18558 | | | | | | | | | | | |
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| WHEAT GRAIN | 25 kg | £34.39 | ↓ | £1.38 | | 17771 | | | | | | | | | | | |
| Various | 1x10kg | £18.70 | ↓ | £1.87 | | 17772 | | | | | | | | | | | |
| | 1x5kg | £11.05 | ↓ | £2.21 | | 17773 | | | | | | | | | | | |
| | 1x3kg | £7.91 | ↓ | £2.64 | | 17774 | | | | | | | | | | | |
| | 1x1kg | £3.07 | ↓ | RSP | £4.30 | 17777 | | | | | | | | | | | |
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RICE ORGANIC

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|-------------------------|---------|---------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BASMATI BROWN | 25 kg | £89.69 | ↓ | £3.59 | | 16771 | | | | | | | | | | | |
| India/Pakistan | 1x10kg | £42.46 | ↓ | £4.25 | | 16772 | | | | | | | | | | | |
| | 1x5kg | £23.03 | ↓ | £4.61 | | 16773 | | | | | | | | | | | |
| | 1x3kg | £15.18 | ↓ | £5.06 | | 16774 | | | | | | | | | | | |
| | 1x1kg | £5.43 | ↓ | RSP | £7.60 | 16777 | | | | | | | | | | | |
| | 10x500g | £33.13 | ↓ | RSP | £4.64 | 16778 | | | | | | | | | | | |
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| BASMATI WHITE | 25 kg | £106.33 | ↓ | £4.25 | | 17961 | | | | | | | | | | | |
| Pakistan | 1x10kg | £49.62 | ↓ | £4.96 | | 17962 | | | | | | | | | | | |
| | 1x5kg | £26.61 | ↓ | £5.32 | | 17963 | | | | | | | | | | | |
| | 1x3kg | £17.33 | ↓ | £5.78 | | 17964 | | | | | | | | | | | |
| | 1x1kg | £6.14 | ↓ | RSP | £8.60 | 17968 | | | | | | | | | | | |
| | 10x500g | £36.71 | ↓ | RSP | £5.14 | 17969 | | | | | | | | | | | |
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| LONG GRAIN BROWN | 20 kg | £63.14 | ↓ | £3.16 | | 18791 | | | | | | | | | | | |
| Italy | 1x10kg | £37.26 | ↓ | £3.73 | | 18792 | | | | | | | | | | | |
| | 1x5kg | £20.43 | ↓ | £4.09 | | 18793 | | | | | | | | | | | |
| | 1x3kg | £13.62 | ↓ | £4.54 | | 18795 | | | | | | | | | | | |
| | 1x1.5kg | £6.56 | ↓ | RSP | £9.18 | 18797 | | | | | | | | | | | |
| | 1x1kg | £4.91 | ↓ | RSP | £6.87 | 18798 | | | | | | | | | | | |
| | 10x500g | £30.53 | ↓ | RSP | £4.27 | 18799 | | | | | | | | | | | |
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| RISOTTO WHITE [Arborio] | 20 kg | £91.49 | ↓ | £4.57 | | 18851 | | | | | | | | | | | |
| Italy | 1x10kg | £53.10 | ↓ | £5.31 | | 18852 | | | | | | | | | | | |
| | 1x5kg | £28.35 | ↓ | £5.67 | | 18853 | | | | | | | | | | | |
| | 1x3kg | £18.37 | ↓ | £6.12 | | 18855 | | | | | | | | | | | |
| | 1x1kg | £6.49 | ↓ | RSP | £9.09 | 18857 | | | | | | | | | | | |
| | 10x500g | £38.45 | ↓ | RSP | £5.38 | 18858 | | | | | | | | | | | |
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RICE ORGANIC (Cont.)

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| SHORT GRAIN BROWN | 20 kg | £62.20 ↓ | £3.11 | | 18811 | | | | | | | | | | | | |
| Italy | 1x10kg | £37.44 ↓ | £3.74 | | 18812 | | | | | | | | | | | | |
| | 1x5kg | £20.52 ↓ | £4.10 | | 18813 | | | | | | | | | | | | |
| | 1x3kg | £13.67 ↓ | £4.56 | | 18815 | | | | | | | | | | | | |
| | 1x1.5kg | £6.59 ↓ | RSP | £9.22 | 18818 | | | | | | | | | | | | |
| | 1x1kg | £4.92 ↓ | RSP | £6.89 | 18817 | | | | | | | | | | | | |
| | 10x500g | £30.62 ↓ | RSP | £4.29 | 18819 | | | | | | | | | | | | |

ORGANIC FLAKES & CEREALS

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|--------------------|---------|----------|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| BARLEY FLAKES | 20 kg | £42.83 ↓ | £2.14 | | 20191 | | | | | | | | | | | | |
| U.K. | 1x5kg | £15.08 ↓ | £3.02 | | 20192 | | | | | | | | | | | | |
| | 1x3kg | £10.33 ↓ | £3.44 | | 20193 | | | | | | | | | | | | |
| | 1x1kg | £3.88 ↓ | RSP | £5.43 | 20198 | | | | | | | | | | | | |
| | 10x500g | £25.38 ↓ | RSP | £3.55 | 20199 | | | | | | | | | | | | |
| BRAN FLAKES MALTED | 10 kg | £56.70 ↓ | £5.67 | | 20161 | | | | | | | | | | | | |
| Denmark | 1x5kg | £34.03 ↓ | £6.81 | | 20162 | | | | | | | | | | | | |
| | 1x3kg | £21.78 ↓ | £7.26 | | 20163 | | | | | | | | | | | | |
| | 10x500g | £44.13 ↓ | RSP | £6.18 | 20168 | | | | | | | | | | | | |
| BROWN RICE FLAKES | 15 kg | £61.59 ↓ | £4.11 | | 17811 | | | | | | | | | | | | |
| Italy | 1x5kg | £24.99 ↓ | £5.00 | | 17812 | | | | | | | | | | | | |
| | 1x3kg | £16.20 ↓ | £5.40 | | 17813 | | | | | | | | | | | | |
| | 1x1kg | £5.80 ↓ | RSP | £8.12 | 17817 | | | | | | | | | | | | |
| | 10x500g | £34.49 ↓ | RSP | £4.83 | 17818 | | | | | | | | | | | | |
| BUCKWHEAT FLAKES | 15 kg | £74.40 ↓ | £4.96 | | 17881 | | | | | | | | | | | | |
| China | 1x5kg | £30.16 ↓ | £6.03 | | 17882 | | | | | | | | | | | | |
| | 1x3kg | £19.38 ↓ | £6.46 | | 17883 | | | | | | | | | | | | |
| | 1x1kg | £6.89 ↓ | RSP | £9.65 | 17887 | | | | | | | | | | | | |
| | 10x500g | £40.46 ↓ | RSP | £5.66 | 17888 | | | | | | | | | | | | |
| JUMBO OATS | 25 kg | £35.35 | £1.41 | | 20041 | | | | | | | | | | | | |
| U.K. | 1x5kg | £8.87 | £1.77 | | 20042 | | | | | | | | | | | | |
| | 1x3kg | £5.84 | RSP | £8.18 | 20043 | | | | | | | | | | | | |
| | 1x2kg | £4.23 | RSP | £5.92 | 20046 | | | | | | | | | | | | |
| | 1x1.5kg | £2.87 | RSP | £4.02 | 20047 | | | | | | | | | | | | |
| | 1x1kg | £2.16 | RSP | £3.03 | 20048 | | | | | | | | | | | | |
| | 10x500g | £12.57 | RSP | £1.76 | 20049 | | | | | | | | | | | | |
| MILLET FLAKES | 15 kg | £97.33 ↓ | £6.49 | | 17801 | | | | | | | | | | | | |
| Various | 1x10kg | £72.41 ↓ | £7.24 | | 17805 | | | | | | | | | | | | |
| | 1x5kg | £37.91 ↓ | £7.58 | | 17802 | | | | | | | | | | | | |
| | 1x3kg | £24.02 ↓ | £8.01 | | 17803 | | | | | | | | | | | | |
| | 1x1kg | £8.44 ↓ | RSP | £11.82 | 17807 | | | | | | | | | | | | |
| | 10x500g | £48.21 ↓ | RSP | £6.75 | 17808 | | | | | | | | | | | | |
| OATMEAL MEDIUM | 25 kg | £35.35 | £1.41 | | 19941 | | | | | | | | | | | | |
| U.K. | 1x5kg | £8.87 | £1.77 | | 19942 | | | | | | | | | | | | |
| | 1x3kg | £5.84 | £1.95 | | 19943 | | | | | | | | | | | | |
| | 1x1kg | £2.26 | RSP | £3.17 | 19947 | | | | | | | | | | | | |
| | 10x500g | £13.07 | RSP | £1.83 | 19948 | | | | | | | | | | | | |
| OATMEAL PINHEAD | 25 kg | £35.35 | £1.41 | | 19951 | | | | | | | | | | | | |
| U.K. | 1x5kg | £8.87 | £1.77 | | 19952 | | | | | | | | | | | | |
| | 1x3kg | £5.84 | £1.95 | | 19953 | | | | | | | | | | | | |
| | 1x1kg | £2.26 | RSP | £3.17 | 19957 | | | | | | | | | | | | |
| | 10x500g | £13.07 | RSP | £1.83 | 19958 | | | | | | | | | | | | |

ORGANIC FLAKES & CEREALS (Cont.)

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| PORRIDGE OATS U.K. | 25 kg | £35.35 | | £1.41 | | 20021 | | | | | | | | | | | |
| | 1x5kg | £8.87 | | £1.77 | | 20022 | | | | | | | | | | | |
| | 1x3kg | £5.84 | | RSP | £8.18 | 20023 | | | | | | | | | | | |
| | 1x2kg | £4.23 | | RSP | £5.92 | 20027 | | | | | | | | | | | |
| | 1x1kg | £2.16 | | RSP | £3.03 | 20028 | | | | | | | | | | | |
| | 10x500g | £12.57 | | RSP | £1.76 | 20029 | | | | | | | | | | | |
| QUINOA FLAKES Peru/Bolivia | 15 kg | £101.60 | ↓ | £6.77 | | 18621 | | | | | | | | | | | |
| | 1x5kg | £39.82 | ↓ | £7.96 | | 18622 | | | | | | | | | | | |
| | 1x3kg | £25.17 | ↓ | £8.39 | | 18623 | | | | | | | | | | | |
| | 10x500g | £50.12 | ↓ | RSP | £7.02 | 18628 | | | | | | | | | | | |
| RYE FLAKES U.K. | 20 kg | £40.34 | ↓ | £2.02 | | 20441 | | | | | | | | | | | |
| | 1x5kg | £14.47 | ↓ | £2.89 | | 20442 | | | | | | | | | | | |
| | 1x3kg | £9.96 | ↓ | £3.32 | | 20443 | | | | | | | | | | | |
| | 10x500g | £24.77 | ↓ | RSP | £3.47 | 20449 | | | | | | | | | | | |
| SPELT FLAKES E.U. | 15 kg | £65.41 | ↑ | £4.36 | | 18061 | | | | | | | | | | | |
| | 1x5kg | £26.53 | ↑ | £5.31 | | 18062 | | | | | | | | | | | |
| | 1x3kg | £17.20 | ↑ | £5.73 | | 18063 | | | | | | | | | | | |
| | 10x500g | £36.83 | ↑ | RSP | £5.16 | 18068 | | | | | | | | | | | |
| WHEAT FLAKES U.K. | 20 kg | £40.85 | ↓ | £2.04 | | 20421 | | | | | | | | | | | |
| | 1x5kg | £14.53 | ↓ | £2.91 | | 20422 | | | | | | | | | | | |
| | 1x3kg | £10.00 | ↓ | £3.33 | | 20423 | | | | | | | | | | | |
| | 10x500g | £24.83 | ↓ | RSP | £3.48 | 20429 | | | | | | | | | | | |
| WHEAT FLAKES TOASTED U.K. | 12.5 kg | £55.53 | ↓ | £4.44 | | 19911 | | | | | | | | | | | |
| | 1x5kg | £27.44 | ↓ | £5.49 | | 19912 | | | | | | | | | | | |
| | 1x3kg | £17.74 | ↓ | £5.91 | | 19913 | | | | | | | | | | | |
| | 10x500g | £37.74 | ↓ | RSP | £5.28 | 19919 | | | | | | | | | | | |

ORGANIC BRAN & WHEATGERM

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|-------------------------------------|---------|--------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| OATBRAN U.K. | 25 kg | £42.63 | | £1.71 | | 19921 | | | | | | | | | | | |
| | 1x5kg | £12.81 | | £2.56 | | 19922 | | | | | | | | | | | |
| | 1x3kg | £8.97 | | £2.99 | | 19923 | | | | | | | | | | | |
| | 1x1kg | £3.42 | | RSP | £4.79 | 19928 | | | | | | | | | | | |
| | 10x500g | £23.11 | | RSP | £3.24 | 19929 | | | | | | | | | | | |
| WHEATBRAN Various | 10 kg | £17.05 | | £1.70 | | 20451 | | | | | | | | | | | |
| | 1x5kg | £12.59 | | £2.52 | | 20452 | | | | | | | | | | | |
| | 1x3kg | £8.83 | | £2.94 | | 20456 | | | | | | | | | | | |
| | 10x500g | £22.89 | | RSP | £3.20 | 20458 | | | | | | | | | | | |
| WHEATGERM [Shipton Mill] Various | 20 kg | £34.20 | | £1.71 | | 20581 | | | | | | | | | | | |
| | 1x5kg | £12.82 | | £2.56 | | 20582 | | | | | | | | | | | |
| | 1x3kg | £8.97 | | £2.99 | | 20583 | | | | | | | | | | | |
| | 10x500g | £23.12 | | RSP | £3.24 | 20588 | | | | | | | | | | | |
| | 10x250g | £16.56 | | RSP | £2.32 | 20589 | | | | | | | | | | | |

ORGANIC MUESLI

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|--|---------|--------|---|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| APRICOT & ALMOND MUESLI 25% Fruit & Nut | 1x10kg | £54.14 | ↑ | £5.41 | | 37401 | | | | | | | | | | | |
| | 1x5kg | £30.97 | ↑ | £6.19 | | 37402 | | | | | | | | | | | |
| | 1x3kg | £19.94 | ↑ | £6.65 | | 37403 | | | | | | | | | | | |
| | 10x500g | £40.07 | ↑ | RSP | £5.61 | 37408 | | | | | | | | | | | |
| DELUXE MUESLI 25% Fruit & Nut | 1x10kg | £29.30 | ↓ | £2.93 | | 20381 | | | | | | | | | | | |
| | 1x5kg | £18.55 | ↑ | £3.71 | | 20382 | | | | | | | | | | | |
| | 1x3kg | £12.49 | ↑ | £4.16 | | 20385 | | | | | | | | | | | |
| | 1x2kg | £8.56 | ↑ | RSP | £11.98 | 20386 | | | | | | | | | | | |
| | 1x1kg | £4.53 | ↑ | RSP | £6.34 | 20388 | | | | | | | | | | | |

ORGANIC MUESLI (Cont.)

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|--|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| LUXURY SPECIALITY MUESLI 50% Fruit And Nuts | 1x10kg | £54.72 | ↓ | £5.47 | | 25021 | | | | | | | | | | | |
| | 1x5kg | £31.26 | ↑ | £6.25 | | 25022 | | | | | | | | | | | |
| | 1x3kg | £20.12 | ↑ | £6.71 | | 25023 | | | | | | | | | | | |
| | 1x1kg | £7.07 | ↑ | RSP | £9.90 | 25027 | | | | | | | | | | | |
| MUESLI BASE | 1x10kg | £20.52 | ↑ | £2.05 | | 20431 | | | | | | | | | | | |
| | 1x5kg | £14.16 | ↑ | £2.83 | | 20432 | | | | | | | | | | | |
| | 1x3kg | £9.86 | ↑ | £3.29 | | 20433 | | | | | | | | | | | |
| | 1x1kg | £3.65 | ↑ | RSP | £5.11 | 20438 | | | | | | | | | | | |
| SUPER RICH MUESLI 50% Fruit & Nut | 1x10kg | £39.98 | ↓ | £4.00 | | 24041 | | | | | | | | | | | |
| | 1x5kg | £23.89 | ↓ | £4.78 | | 24042 | | | | | | | | | | | |
| | 1x3kg | £15.69 | ↑ | £5.23 | | 24043 | | | | | | | | | | | |
| | 1x1kg | £5.60 | ↑ | RSP | £7.84 | 24048 | | | | | | | | | | | |
| WHEAT FREE FRUIT & NUT MUESLI 44% Fruit & Nut | 1x10kg | £39.33 | ↓ | £3.93 | | 20491 | | | | | | | | | | | |
| | 1x5kg | £23.57 | ↓ | £4.71 | | 20492 | | | | | | | | | | | |
| | 1x3kg | £15.50 | ↑ | £5.17 | | 20493 | | | | | | | | | | | |
| | 1x1kg | £5.53 | ↑ | RSP | £7.75 | 20498 | | | | | | | | | | | |
| | 10x500g | £32.66 | ↑ | RSP | £4.57 | 20499 | | | | | | | | | | | |
| WHEAT FREE FRUITY MUESLI 40% Fruit | 1x10kg | £33.01 | ↓ | £3.30 | | 37531 | | | | | | | | | | | |
| | 1x5kg | £20.41 | ↓ | £4.08 | | 37532 | | | | | | | | | | | |
| | 1x3kg | £13.60 | ↑ | £4.53 | | 37533 | | | | | | | | | | | |
| | 1x1kg | £4.90 | ↑ | RSP | £6.86 | 37538 | | | | | | | | | | | |

ORGANIC FLOUR-See also Doves Farm & Shipton Mill

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|--|---------|---------|---|--------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BUCKWHEAT FLOUR China | 25 kg | £142.25 | ↓ | £5.69 | | 20731 | | | | | | | | | | | |
| | 1x5kg | £33.47 | ↓ | £6.69 | | 20732 | | | | | | | | | | | |
| | 1x3kg | £21.36 | ↓ | £7.12 | | 20733 | | | | | | | | | | | |
| | 10x500g | £43.77 | ↓ | RSP | £6.13 | 20739 | | | | | | | | | | | |
| CAROB POWDER Italy | 25 kg | £134.20 | ↓ | £5.37 | | 27451 | | | | | | | | | | | |
| | 1x3kg | £20.38 | ↓ | £6.79 | | 27453 | | | | | | | | | | | |
| | 10x500g | £42.12 | ↓ | RSP | £5.90 | 27457 | | | | | | | | | | | |
| | 10x250g | £26.05 | ↓ | RSP | £3.65 | 27458 | | | | | | | | | | | |
| COCOA POWDER 10/12% Fat Netherlands | 25 kg | £216.49 | ↑ | £8.66 | | 18151 | | | | | | | | | | | |
| | 1x5kg | £49.05 | ↑ | £9.81 | | 18152 | | | | | | | | | | | |
| | 1x3kg | £30.71 | ↑ | £10.24 | | 18153 | | | | | | | | | | | |
| | 10x250g | £34.68 | ↑ | RSP | £4.85 | 18158 | | | | | | | | | | | |
| | 10x125g | £21.34 | ↑ | RSP | £2.99 | 18159 | | | | | | | | | | | |
| CORN FLOUR SIFTED Italy | 25 kg | £61.38 | ↓ | £2.46 | | 27111 | | | | | | | | | | | |
| | 1x5kg | £16.42 | ↓ | £3.28 | | 27112 | | | | | | | | | | | |
| | 1x3kg | £10.97 | ↓ | £3.66 | | 27113 | | | | | | | | | | | |
| | 1x1kg | £3.92 | ↓ | RSP | £5.49 | 27117 | | | | | | | | | | | |
| | 10x500g | £23.12 | ↓ | RSP | £3.24 | 27118 | | | | | | | | | | | |
| MAIZE FLOUR [Yellow] Italy | 25 kg | £41.27 | | £1.65 | | 20741 | | | | | | | | | | | |
| | 1x5kg | £11.05 | | £2.21 | | 20742 | | | | | | | | | | | |
| | 1x3kg | £7.55 | | RSP | £10.57 | 20743 | | | | | | | | | | | |
| | 10x500g | £16.25 | | RSP | £2.28 | 20748 | | | | | | | | | | | |
| POLENTA COARSE [Yellow Cornmeal] France | 25 kg | £72.51 | ↓ | £2.90 | | 19961 | | | | | | | | | | | |
| | 1x5kg | £19.40 | ↓ | £3.88 | | 19962 | | | | | | | | | | | |
| | 1x3kg | £13.00 | ↓ | £4.33 | | 19963 | | | | | | | | | | | |
| | 10x500g | £29.50 | ↓ | RSP | £4.13 | 19968 | | | | | | | | | | | |
| SEMOLINA BROWN Various | 25 kg | £47.84 | ↓ | £1.91 | | 20751 | | | | | | | | | | | |
| | 1x5kg | £13.93 | ↓ | £2.79 | | 20752 | | | | | | | | | | | |
| | 1x3kg | £9.64 | ↓ | £3.21 | | 20753 | | | | | | | | | | | |
| | 10x500g | £24.23 | ↓ | RSP | £3.39 | 20758 | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---------------------|------|-------|--------|-----|------|---|---|---|---|---|---|---|---|---|----|----|----|
|---------------------|------|-------|--------|-----|------|---|---|---|---|---|---|---|---|---|----|----|----|

ORGANIC SUGAR

| | | | | | | | | | | | | | | | | | |
|------------------|---------|----------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| CANE SUGAR LIGHT | 25kg | £98.58 ↓ | £3.94 | | 21151 | | | | | | | | | | | | |
| Fine Granulated | 1x10kg | £45.78 ↓ | £4.58 | | 21152 | | | | | | | | | | | | |
| | 1x5kg | £24.64 ↓ | £4.93 | | 21153 | | | | | | | | | | | | |
| | 1x3kg | £16.06 ↓ | £5.35 | | 21154 | | | | | | | | | | | | |
| | 10x500g | £34.94 ↓ | RSP | £4.89 | 21158 | | | | | | | | | | | | |

ORGANIC TEXTURED SOYA PROTEIN

| | | | | | | | | | | | | | | | | | |
|------------------|---------|----------|--------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| PLAIN SOYA MINCE | 10kg | £95.19 ↓ | £9.52 | | 17861 | | | | | | | | | | | | |
| France | 1x3kg | £33.39 ↓ | £11.13 | | 17862 | | | | | | | | | | | | |
| | 10x250g | £36.90 ↓ | RSP | £5.17 | 17869 | | | | | | | | | | | | |

ORGANIC PASTA

| | | | | | | | | | | | | | | | | | |
|--------------------|---------|----------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| WHITE FUSILLI | 10kg | £28.35 | £2.83 | | 18200 | | | | | | | | | | | | |
| Italy | 10x500g | £19.18 | RSP | £2.54 | 18208 | | | | | | | | | | | | |
| WHITE ORZO | 10kg | £30.98 ↓ | £3.10 | | 18240 | | | | | | | | | | | | |
| WHITE PENNE | 10kg | £26.65 ↓ | £2.67 | | 18210 | | | | | | | | | | | | |
| Italy | 10x500g | £18.32 ↓ | RSP | £2.43 | 18218 | | | | | | | | | | | | |
| WHITE SPAGHETTI | 10kg | £24.09 ↓ | £2.41 | | 18242 | | | | | | | | | | | | |
| WHOLEWHEAT FUSILLI | 10kg | £29.05 ↓ | £2.90 | | 18220 | | | | | | | | | | | | |
| Italy | 10x500g | £19.52 ↓ | RSP | £2.62 | 18228 | | | | | | | | | | | | |
| WHOLEWHEAT PENNE | 10kg | £27.34 ↓ | £2.73 | | 18230 | | | | | | | | | | | | |
| Italy | 10x500g | £18.67 ↓ | RSP | £2.42 | 18238 | | | | | | | | | | | | |



Organic

Branded

"CLIPPER" (Cont.)

COFFEE

| | | | | | | | | | | | | | | | | | |
|-----------------------------------|--------|--------|--|-----|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| DECAFFEINATED F.T. INSTANT COFFEE | 6x100g | £36.63 | | RSP | £8.14 | 56396 | | | | | | | | | | | |
| MEDIUM ROAST F.T. INSTANT COFFEE | 6x100g | £33.17 | | RSP | £7.37 | 56393 | | | | | | | | | | | |
| FREEZE DRIED F.T. INSTANT COFFEE | 1x500g | £26.77 | | RSP | £35.69 | 56397 | | | | | | | | | | | |
| | 6x100g | £33.17 | | RSP | £7.37 | 55942 | | | | | | | | | | | |
| PAPUA NEW GUINEA INSTANT COFFEE | 6x100g | £33.17 | | RSP | £7.37 | 56394 | | | | | | | | | | | |

ROASTED & GROUND

| | | | | | | | | | | | | | | | | | |
|------------------------|--------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| DECAFFEINATED F.T. R&G | 8x227g | £39.13 | | RSP | £6.52 | 56600 | | | | | | | | | | | |
| ITALIAN STYLE F.T. R&G | 8x227g | £33.36 | | RSP | £5.56 | 56606 | | | | | | | | | | | |
| PAPUA NEW GUINEA | 8x227g | £33.36 | | RSP | £5.56 | 56608 | | | | | | | | | | | |

"CRAZY JACK"

SWEETENERS & SYRUPS

| | | | | | | | | | | | | | | | | | |
|----------------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| AGAVE SYRUP - Squeezy pack | 6x250ml | £16.16 | | RSP | £3.59 | 56695 | | | | | | | | | | | |
|----------------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"DOVES FARM"

| | | | | | | | | | | | | | | | | | |
|----------------------------|---------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| FINE PLAIN WHOLEMEAL FLOUR | 5x1kg | £7.40 | ↑ | RSP | £1.97 | 20799 | | | | | | | | | | | |
| MALTHOUSE FLOUR | 5x1kg | £9.46 | ↑ | RSP | £2.52 | 20786 | | | | | | | | | | | |
| PLAIN WHITE FLOUR | 5x1kg | £7.47 | ↑ | RSP | £1.99 | 27137 | | | | | | | | | | | |
| RYE FLOUR 100% STONEGROUND | 5x1kg | £7.87 | ↓ | RSP | £2.10 | 20785 | | | | | | | | | | | |
| SELF RAISING WHITE | 5x1kg | £7.90 | ↑ | RSP | £2.11 | 20788 | | | | | | | | | | | |
| SELF RAISING WHOLEMEAL | 5x1kg | £7.13 | ↑ | RSP | £1.90 | 20789 | | | | | | | | | | | |
| SPELT FLOUR WHOLEMEAL | 5x1kg | £11.62 | | RSP | £3.10 | 20708 | | | | | | | | | | | |
| STRONG WHITE | 5x1.5kg | £9.95 | ↑ | RSP | £2.65 | 20774 | | | | | | | | | | | |
| STRONG WHOLEMEAL 100% | 5x1.5kg | £9.35 | ↑ | RSP | £2.49 | 20775 | | | | | | | | | | | |
| CORNFLAKES | 5x325g | £10.30 | | RSP | £2.75 | 20771 | | | | | | | | | | | |

"ELEVEN O'CLOCK"

| | | | | | | | | | | | | | | | | | |
|--------------------|---------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| ROOIBOSCH TEA BAGS | 4x80bag | £16.15 | ↑ | RSP | £5.38 | 82102 | | | | | | | | | | | |
| | 4x40bag | £8.26 | ↑ | RSP | £2.75 | 82103 | | | | | | | | | | | |

"EQUAL EXCHANGE"

| | | | | | | | | | | | | | | | | | |
|-----------------------------------|--------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| MEDIUM ROAST GROUND COFFEE | 8x200g | £38.00 | | RSP | £6.32 | 74115 | | | | | | | | | | | |
| DARK ROAST GROUND COFFEE | 8x200g | £38.00 | | RSP | £6.32 | 74116 | | | | | | | | | | | |
| ETHIOPIAN YIRACHEFFE ROAST GROUND | 8x200g | £41.00 | | RSP | £6.82 | 74118 | | | | | | | | | | | |
| ITALIAN BLEND ROAST GROUND COFFEE | 8x200g | £38.00 | | RSP | £6.33 | 74122 | | | | | | | | | | | |
| COFFEE FROM WOMEN FARMERS | 8x200g | £38.00 | | RSP | £6.33 | 74123 | | | | | | | | | | | |

"ESSENTIAL TRADING"

| | | | | | | | | | | | | | | | | | |
|------------------------------|---------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| COCONUT MILK | 6x400g | £9.69 | | RSP | £2.15 | 50723 | | | | | | | | | | | |
| CREAMED COCONUT | 6x200g | £10.77 | | RSP | £2.39 | 50728 | | | | | | | | | | | |
| SAUERKRAUT | 6x350g | £8.52 | ↓ | RSP | £1.89 | 54034 | | | | | | | | | | | |
| TINNED TOMATOES WHOLE | 12x400g | £13.09 | ↑ | RSP | £1.45 | 54016 | | | | | | | | | | | |
| TINNED CHERRY TOMATOES WHOLE | 12x400g | £17.92 | ↑ | RSP | £1.99 | 54036 | | | | | | | | | | | |
| TINNED TOMATOES CHOPPED | 12x400g | £12.55 | | RSP | £1.39 | 54017 | | | | | | | | | | | |
| TOMATO PUREE TUBES | 12x130g | £13.98 | ↑ | RSP | £1.55 | 54021 | | | | | | | | | | | |
| VIRGIN COCONUT OIL | 6x210ml | £16.87 | | RSP | £3.75 | 61001 | | | | | | | | | | | |

TINNED BEANS

| | | | | | | | | | | | | | | | | | |
|----------------|--------|-------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BAKED BEANS | 6x400g | £7.17 | ↓ | RSP | £1.59 | 67180 | | | | | | | | | | | |
| BLACK BEANS | 6x400g | £5.64 | ↓ | RSP | £1.25 | 67312 | | | | | | | | | | | |
| BORLOTTI BEANS | 6x400g | £6.27 | ↓ | RSP | £1.39 | 67313 | | | | | | | | | | | |
| BUTTER BEANS | 6x400g | £6.72 | ↓ | RSP | £1.49 | 67181 | | | | | | | | | | | |

"ESSENTIAL TRADING" (Cont.)

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|--------------------------------|--------|---------|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| CANNELLINI BEANS | 6x400g | £5.82 ↓ | RSP | £1.29 | 13209 | | | | | | | | | | | | |
| CHICK PEAS | 6x400g | £5.64 | RSP | £1.25 | 67182 | | | | | | | | | | | | |
| DARK SPECKLED PUY-TYPE LENTILS | 6x400g | £5.38 ↓ | RSP | £1.20 | 67183 | | | | | | | | | | | | |
| MIXED BEANS | 6x400g | £5.82 ↓ | RSP | £1.29 | 67118 | | | | | | | | | | | | |
| RED KIDNEY BEANS | 6x400g | £5.82 ↓ | RSP | £1.29 | 67184 | | | | | | | | | | | | |

"FREE & EASY"

SOUP

| | | | | | | | | | | | | | | | | | |
|---------------------------|--------|--------|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| BROCCOLI & KALE | 6x400g | £10.30 | RSP | £2.29 | 13208 | | | | | | | | | | | | |
| BUTTERNUT SQUASH & GINGER | 6x400g | £10.30 | RSP | £2.29 | 13212 | | | | | | | | | | | | |
| CARROT & COCONUT | 6x400g | £10.30 | RSP | £2.29 | 13215 | | | | | | | | | | | | |
| LENTIL & RED PEPPER | 6x400g | £10.30 | RSP | £2.29 | 13216 | | | | | | | | | | | | |
| PEA & MINT | 6x400g | £10.30 | RSP | £2.29 | 13217 | | | | | | | | | | | | |
| TOMATO | 6x400g | £10.30 | RSP | £2.29 | 13226 | | | | | | | | | | | | |

TINNED READY MEALS

| | | | | | | | | | | | | | | | | | |
|------------------------------|--------|--------|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| BEAN CASSOULET | 6x400g | £13.72 | RSP | £3.05 | 13227 | | | | | | | | | | | | |
| CHICK PEA & BEAN TAGINE | 6x400g | £13.72 | RSP | £3.05 | 13206 | | | | | | | | | | | | |
| CHICK PEA & VEGETABLE CURRY | 6x400g | £13.72 | RSP | £3.05 | 13229 | | | | | | | | | | | | |
| MID-EAST CHICK PEA CASSEROLE | 6x400g | £13.72 | RSP | £3.05 | 13218 | | | | | | | | | | | | |
| THREE BEAN CHILLI | 6x400g | £13.72 | RSP | £3.05 | 13222 | | | | | | | | | | | | |
| VEGETABLE HOTPOT | 6x400g | £13.72 | RSP | £3.05 | 13202 | | | | | | | | | | | | |

"GREEN & BLACK'S"

DRINKS

| | | | | | | | | | | | | | | | | | |
|------------------------|--------|----------|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| FAIRTRADE COCOA POWDER | 6x125g | £14.57 ↓ | RSP | £3.24 | 56523 | | | | | | | | | | | | |
| HOT CHOCOLATE | 6x300g | £27.03 ↑ | RSP | £6.01 | 56525 | | | | | | | | | | | | |

"JOYA"

| | | | | | | | | | | | | | | | | | |
|--------------|--------|----------|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| JOYA ORGANIC | 10x1lt | £16.11 ↑ | RSP | £2.15 | 55665 | | | | | | | | | | | | |
|--------------|--------|----------|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|

"KALLO"

RICE CAKES

| | | | | | | | | | | | | | | | | | |
|------------------------|---------|--------|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| NO.1 SEA SALT | 12x130g | £19.23 | RSP | £2.14 | 38401 | | | | | | | | | | | | |
| NO.2 NO SALT | 12x130g | £19.21 | RSP | £2.13 | 38411 | | | | | | | | | | | | |
| NO.7 SESAME & SEA SALT | 6x130g | £8.43 | RSP | £1.87 | 38451 | | | | | | | | | | | | |

STOCK CUBES

| | | | | | | | | | | | | | | | | | |
|--------------------|------|--------|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| LOW SALT VEGETABLE | 15x6 | £22.19 | RSP | £1.97 | 38696 | | | | | | | | | | | | |
| VEGETABLE | 15x6 | £21.73 | RSP | £1.93 | 38661 | | | | | | | | | | | | |

"MALDON"

| | | | | | | | | | | | | | | | | | |
|-----------------|---------|--------|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| SMOKED SEA SALT | 12x125g | £24.64 | RSP | £2.72 | 20936 | | | | | | | | | | | | |
|-----------------|---------|--------|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|

"MARIGOLD"

| | | | | | | | | | | | | | | | | | |
|---------------------------------------|--------|--------|-----|--------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| SWISS VEGETABLE BOUILLON | 1x2kg | £17.63 | RSP | £23.50 | 38777 | | | | | | | | | | | | |
| | 6x150g | £11.48 | RSP | £2.55 | 38775 | | | | | | | | | | | | |
| SWISS VEGETABLE BOUILLON REDUCED SALT | 6x140g | £11.66 | RSP | £2.59 | 38765 | | | | | | | | | | | | |
| GRAVY MIX | 6x110g | £11.21 | RSP | £2.49 | 38766 | | | | | | | | | | | | |

"MERIDIAN"

SPREADS SAVOURY

| | | | | | | | | | | | | | | | | | |
|---------------------------------|--------|--------|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| ALMOND BUTTER SMOOTH 100% | 6x170g | £26.50 | RSP | £5.89 | 35030 | | | | | | | | | | | | |
| PEANUT BUTTER CRUNCHY WITH SALT | 6x280g | £15.25 | RSP | £3.39 | 38186 | | | | | | | | | | | | |
| PEANUT BUTTER CRUNCHY 100% | 6x280g | £15.25 | RSP | £3.39 | 38187 | | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---------------------------|---------|--------|--------|-----|-------|-------|---|---|---|---|---|---|---|---|----|----|----|
| "MERIDIAN" (Cont.) | | | | | | | | | | | | | | | | | |
| PEANUT BUTTER SMOOTH 100% | 6x280g | £15.25 | | RSP | £3.39 | 35032 | | | | | | | | | | | |
| TAHINI LIGHT 100% | 6x270g | £15.70 | | RSP | £3.49 | 35902 | | | | | | | | | | | |
| TAHINI DARK | 6x270g | £15.70 | | RSP | £3.49 | 35922 | | | | | | | | | | | |
| SWEETENERS | | | | | | | | | | | | | | | | | |
| BARLEY MALT EXTRACT | 6x370g | £14.80 | | RSP | £3.29 | 35031 | | | | | | | | | | | |
| MOLASSES | 6x600g | £14.75 | ↑ | RSP | £3.28 | 38025 | | | | | | | | | | | |
| | 6x350g | £10.70 | ↑ | RSP | £2.38 | 38023 | | | | | | | | | | | |
| MAPLE SYRUP | 6x330ml | £40.45 | | RSP | £8.99 | 38026 | | | | | | | | | | | |

"NUTRIFARE"

SUPERFOODS

| | | | | | | | | | | | | | | | | | |
|------------------------------------|---------|---------|---|--------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BARLEY GRASS POWDER | | | | | | | | | | | | | | | | | |
| Germany | 20kg | £345.04 | | £17.25 | | 79231 | | | | | | | | | | | |
| | 1x1kg | £18.85 | | RSP | £26.39 | 79235 | | | | | | | | | | | |
| | 10x250g | £55.13 | | RSP | £7.72 | 79238 | | | | | | | | | | | |
| | 10x100g | £27.25 | | RSP | £3.82 | 79239 | | | | | | | | | | | |
| CACAO BUTTER | | | | | | | | | | | | | | | | | |
| Peru | 30kg | £490.05 | | £16.34 | | 79310 | | | | | | | | | | | |
| | 1x500g | £9.16 | | RSP | £12.82 | 79312 | | | | | | | | | | | |
| CACAO NIBS | | | | | | | | | | | | | | | | | |
| Peru | 15kg | £155.20 | ↑ | £10.35 | | 79211 | | | | | | | | | | | |
| | 1x5kg | £55.43 | ↑ | RSP | £77.61 | 79212 | | | | | | | | | | | |
| | 1x1kg | £11.95 | ↑ | RSP | £16.72 | 79215 | | | | | | | | | | | |
| | 10x500g | £65.73 | ↑ | RSP | £9.20 | 79217 | | | | | | | | | | | |
| | 10x250g | £37.87 | ↑ | RSP | £5.30 | 79218 | | | | | | | | | | | |
| | 10x125g | £22.93 | ↑ | RSP | £3.21 | 79219 | | | | | | | | | | | |
| CACAO PASTE (BUTTONS) - RAW | | | | | | | | | | | | | | | | | |
| Peru | 5kg | £78.83 | | £15.77 | | 79331 | | | | | | | | | | | |
| | 1x1kg | £16.77 | | RSP | £23.47 | 79335 | | | | | | | | | | | |
| | 10x250g | £47.41 | | RSP | £6.64 | 79338 | | | | | | | | | | | |
| | 10x100g | £22.77 | | RSP | £3.19 | 79339 | | | | | | | | | | | |
| COCONUT FLOUR | | | | | | | | | | | | | | | | | |
| Sri Lanka | 20kg | £46.48 | ↑ | £2.32 | | 79401 | | | | | | | | | | | |
| | 1x1kg | £3.92 | ↑ | RSP | £5.49 | 79405 | | | | | | | | | | | |
| | 10x250g | £17.81 | ↑ | RSP | £2.49 | 79407 | | | | | | | | | | | |
| | 10x100g | £12.32 | ↑ | RSP | £1.73 | 79408 | | | | | | | | | | | |
| | 10x50g | £10.16 | ↑ | RSP | £1.42 | 79409 | | | | | | | | | | | |
| COCONUT PALM SUGAR | | | | | | | | | | | | | | | | | |
| Indonesia | 20kg | £132.16 | | £6.61 | | 79411 | | | | | | | | | | | |
| | 1x1kg | £8.11 | | RSP | £11.35 | 79415 | | | | | | | | | | | |
| | 10x500g | £46.04 | | RSP | £6.45 | 79416 | | | | | | | | | | | |
| | 10x250g | £27.52 | | RSP | £3.85 | 79417 | | | | | | | | | | | |
| | 10x100g | £15.61 | | RSP | £2.19 | 79418 | | | | | | | | | | | |
| | 10x50g | £10.30 | | RSP | £1.44 | 79419 | | | | | | | | | | | |
| HEMP PROTEIN POWDER | | | | | | | | | | | | | | | | | |
| E.U. | 20kg | £238.80 | | £11.94 | | 79281 | | | | | | | | | | | |
| | 1x1kg | £12.94 | | RSP | £18.12 | 79286 | | | | | | | | | | | |
| | 6x500g | £41.82 | | RSP | £9.76 | 79287 | | | | | | | | | | | |
| MACA ROOT POWDER | | | | | | | | | | | | | | | | | |
| Peru | 10kg | £137.52 | | £13.75 | | 79201 | | | | | | | | | | | |
| | 1x5kg | £72.46 | | RSP | £101.4 | 79202 | | | | | | | | | | | |
| | 1x1kg | £15.35 | | RSP | £21.49 | 79205 | | | | | | | | | | | |
| | 10x500g | £82.76 | | RSP | £11.59 | 79207 | | | | | | | | | | | |
| | 10x250g | £46.38 | | RSP | £6.49 | 79208 | | | | | | | | | | | |
| | 10x100g | £23.75 | | RSP | £3.33 | 79209 | | | | | | | | | | | |
| SPIRULINA POWDER | | | | | | | | | | | | | | | | | |
| China | 5kg | £70.86 | v | £14.17 | | 79221 | | | | | | | | | | | |
| | 1x1kg | £15.77 | v | RSP | £26.50 | 79225 | | | | | | | | | | | |
| | 10x250g | £47.43 | v | RSP | £7.97 | 79228 | | | | | | | | | | | |
| | 10x100g | £24.17 | v | RSP | £4.06 | 79229 | | | | | | | | | | | |

"NUTRIFARE" (Cont.)

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|--------------------|---------|---------|--------|-----|--------------|--|--|--|--|--|--|--|--|--|--|--|--|
| WHEAT GRASS POWDER | 20kg | £338.64 | £16.93 | | 79261 | | | | | | | | | | | | |
| Germany | 1x1kg | £18.53 | | RSP | £25.94 79265 | | | | | | | | | | | | |
| | 10x250g | £54.33 | | RSP | £7.61 79268 | | | | | | | | | | | | |
| | 10x100g | £26.93 | | RSP | £3.77 79269 | | | | | | | | | | | | |

"OATLY"

| | | | | | | | | | | | | | | | | | |
|-----------|-------|-------|--|-----|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| OAT DRINK | 6x1lt | £9.60 | | RSP | £2.13 55671 | | | | | | | | | | | | |
|-----------|-------|-------|--|-----|-------------|--|--|--|--|--|--|--|--|--|--|--|--|

"OPIES"

| | | | | | | | | | | | | | | | | | |
|--------|--------|--------|--|-----|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| CAPERS | 6x180g | £10.64 | | RSP | £2.36 68201 | | | | | | | | | | | | |
|--------|--------|--------|--|-----|-------------|--|--|--|--|--|--|--|--|--|--|--|--|

"ORGANICO"

PASTA SAUCES

| | | | | | | | | | | | | | | | | | |
|----------------------------------|--------|--------|--|-----|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| RED PEPPER & BALSAMIC - Milanese | 6x360g | £15.75 | | RSP | £3.50 37444 | | | | | | | | | | | | |
| RED WINE & PORCINI - Tuscan | 6x360g | £15.78 | | RSP | £3.51 37448 | | | | | | | | | | | | |

WHITE PASTA

| | | | | | | | | | | | | | | | | | |
|-----------|---------|--------|--|-----|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| FUSILLI | 12x500g | £20.25 | | RSP | £2.25 37452 | | | | | | | | | | | | |
| PENNE | 12x500g | £20.25 | | RSP | £2.25 37458 | | | | | | | | | | | | |
| SPAGHETTI | 12x500g | £22.09 | | RSP | £2.45 37461 | | | | | | | | | | | | |

WHOLEWHEAT PASTA

| | | | | | | | | | | | | | | | | | |
|---------|---------|--------|--|-----|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| FUSILLI | 12x500g | £22.09 | | RSP | £2.45 37451 | | | | | | | | | | | | |
| PENNE | 12x500g | £20.25 | | RSP | £2.25 37453 | | | | | | | | | | | | |

"PUKKA"

HERBAL TEAS

| | | | | | | | | | | | | | | | | | |
|---------------------------------------|---------|--------|---|-----|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| AFTER DINNER | 4x20bag | £14.85 | ↑ | RSP | £4.95 67160 | | | | | | | | | | | | |
| BLACKCURRANT BEAUTY | 4x20bag | £14.85 | ↑ | RSP | £4.95 67266 | | | | | | | | | | | | |
| CHAMOMILE, VANILLA & MANUKA | 4x20bag | £14.85 | ↑ | RSP | £4.95 67257 | | | | | | | | | | | | |
| CLEANSE - NETTLE, FENNEL & ALOE VERA | 4x20bag | £14.85 | ↑ | RSP | £4.95 67155 | | | | | | | | | | | | |
| FEEL NEW - ANISEED, FENNEL & LICORICE | 4x20bag | £14.85 | ↑ | RSP | £4.95 67039 | | | | | | | | | | | | |
| LEMON, GINGER & MANUKA | 4x20bag | £14.85 | ↑ | RSP | £4.95 67252 | | | | | | | | | | | | |
| LEMONGRASS & GINGER | 4x20bag | £14.85 | ↑ | RSP | £4.95 67037 | | | | | | | | | | | | |
| LICORICE & CINNAMON | 4x20bag | £14.85 | ↑ | RSP | £4.95 67041 | | | | | | | | | | | | |
| LOVE - ROSE, CHAMOMILE & LAVENDER | 4x20bag | £14.85 | ↑ | RSP | £4.95 67038 | | | | | | | | | | | | |
| NIGHT TIME - LAVENDER & CAMOMILE | 4x20bag | £14.85 | ↑ | RSP | £4.95 67132 | | | | | | | | | | | | |
| ORIGINAL CHAI | 4x20bag | £14.85 | ↑ | RSP | £4.95 67032 | | | | | | | | | | | | |
| PEPPERMINT & LICORICE | 4x20bag | £14.85 | ↑ | RSP | £4.95 67259 | | | | | | | | | | | | |
| RELAX - CHAMOMILE & FENNEL | 4x20bag | £14.85 | ↑ | RSP | £4.95 67036 | | | | | | | | | | | | |
| REVITALISE - CINNAMON & CARDAMOM | 4x20bag | £14.85 | ↑ | RSP | £4.95 67084 | | | | | | | | | | | | |
| THREE CHAMOMILE | 4x20bag | £14.85 | ↑ | RSP | £4.95 67271 | | | | | | | | | | | | |
| THREE CINNAMON | 4x20bag | £14.85 | ↑ | RSP | £4.95 67261 | | | | | | | | | | | | |
| THREE FENNEL | 4x20bag | £14.85 | ↑ | RSP | £4.95 67164 | | | | | | | | | | | | |
| THREE GINGER | 4x20bag | £14.85 | ↑ | RSP | £4.95 67133 | | | | | | | | | | | | |
| THREE LICORICE | 4x20bag | £14.85 | ↑ | RSP | £4.95 67272 | | | | | | | | | | | | |
| THREE MINT | 4x20bag | £14.85 | ↑ | RSP | £4.95 67163 | | | | | | | | | | | | |
| TULSI CLARITY | 4x20bag | £14.85 | ↑ | RSP | £4.95 67165 | | | | | | | | | | | | |
| TURMERIC GOLD | 4x20bag | £14.85 | ↑ | RSP | £4.95 67273 | | | | | | | | | | | | |
| VANILLA CHAI | 4x20bag | £14.85 | ↑ | RSP | £4.95 67034 | | | | | | | | | | | | |
| WILD APPLE & CINNAMON WITH GINGER | 4x20bag | £14.85 | ↑ | RSP | £4.95 67256 | | | | | | | | | | | | |
| WOMANKIND | 4x20bag | £14.85 | ↑ | RSP | £4.95 67258 | | | | | | | | | | | | |
| HERBAL TEA | | | | | | | | | | | | | | | | | |
| ELEGANT ENGLISH BREAKFAST | 4x20bag | £14.85 | ↑ | RSP | £4.95 67264 | | | | | | | | | | | | |
| GORGEOUS EARL GREY | 4x20bag | £14.85 | ↑ | RSP | £4.95 67265 | | | | | | | | | | | | |

"PUKKA" (Cont.)

| | | | | | | | | | | | | | | | | | |
|--------------|---------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| GREEN MATCHA | 4x20bag | £14.85 | ↑ | RSP | £4.95 | 67157 | | | | | | | | | | | |
| CLEAN MATCHA | 4x20bag | £14.85 | ↑ | RSP | £4.95 | 67267 | | | | | | | | | | | |
| MINT MATCHA | 4x20bag | £14.85 | ↑ | RSP | £4.95 | 67269 | | | | | | | | | | | |

"SANCHI"

| | | | | | | | | | | | | | | | | | |
|--------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| GENMAI MISO | 6x200g | £16.16 | | RSP | £3.59 | 40955 | | | | | | | | | | | |
| MUGI MISO [Barley] | 6x200g | £16.16 | | RSP | £3.59 | 40953 | | | | | | | | | | | |
| SHOYU | 6x150ml | £15.71 | | RSP | £3.49 | 41709 | | | | | | | | | | | |
| TAMARI | 6x150ml | £16.16 | | RSP | £3.59 | 41708 | | | | | | | | | | | |

"SHIPTON MILL" ORGANIC FLOUR

| | | | | | | | | | | | | | | | | | |
|-------------------------|---------|--------|--|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BROWN RICE FLOUR | 16 kg | £46.28 | | £2.89 | | 17821 | | | | | | | | | | | |
| MWF Pack | 1x10kg | £32.83 | | £3.28 | | 17822 | | | | | | | | | | | |
| " " | 1x3kg | £12.18 | | RSP | £17.05 | 17823 | | | | | | | | | | | |
| " " | 5x1kg | £22.46 | | RSP | £6.29 | 17827 | | | | | | | | | | | |
| " " | 10x500g | £28.46 | | RSP | £3.98 | 17828 | | | | | | | | | | | |
| " " | 10x250g | £19.23 | | RSP | £2.69 | 17829 | | | | | | | | | | | |
| SPELT FLOUR WHITE | 25 kg | £47.12 | | £1.88 | | 27171 | | | | | | | | | | | |
| MWF Pack | 1x10kg | £22.75 | | £2.27 | | 27172 | | | | | | | | | | | |
| " " | 1x3kg | £9.15 | | RSP | £12.82 | 27174 | | | | | | | | | | | |
| " " | 5x1kg | £17.42 | | RSP | £4.88 | 27178 | | | | | | | | | | | |
| " " | 10x500g | £23.42 | | RSP | £3.28 | 27179 | | | | | | | | | | | |
| SPELT FLOUR WHOLEMEAL | 25 kg | £42.68 | | £1.71 | | 27161 | | | | | | | | | | | |
| MWF Pack | 1x10kg | £20.27 | | £2.03 | | 27162 | | | | | | | | | | | |
| " " | 1x3kg | £7.92 | | RSP | £11.09 | 27164 | | | | | | | | | | | |
| " " | 5x1kg | £14.54 | | RSP | £4.07 | 27168 | | | | | | | | | | | |
| " " | 10x500g | £17.54 | | RSP | £2.46 | 27169 | | | | | | | | | | | |
| BAKERS WHITE FLOUR No 4 | 25 kg | £35.66 | | £1.43 | | 27011 | | | | | | | | | | | |
| MWF Pack | 1x10kg | £18.16 | | £1.82 | | 27012 | | | | | | | | | | | |
| " " | 1x3kg | £7.78 | | RSP | £10.89 | 27014 | | | | | | | | | | | |
| " " | 5x1kg | £15.13 | | RSP | £4.24 | 27017 | | | | | | | | | | | |
| " " | 10x500g | £21.13 | | RSP | £2.96 | 27018 | | | | | | | | | | | |
| STRONG WHOLEWHEAT FLOUR | 25 kg | £28.30 | | £1.13 | | 27031 | | | | | | | | | | | |
| MWF Pack | 1x10kg | £13.32 | | £1.33 | | 27032 | | | | | | | | | | | |
| " " | 1x3kg | £5.00 | | RSP | £6.99 | 27034 | | | | | | | | | | | |
| " " | 5x1kg | £9.91 | | RSP | £2.77 | 27037 | | | | | | | | | | | |
| " " | 10x500g | £11.66 | | RSP | £1.63 | 27038 | | | | | | | | | | | |

"SUNITA"

| | | | | | | | | | | | | | | | | | |
|---------------------------------------|--------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| ALMOND HALVA WITH HONEY | 12x75g | £21.51 | ↑ | RSP | £2.39 | 31007 | | | | | | | | | | | |
| DARK CHOCOLATE HALVA WITH HONEY | 12x75g | £21.51 | ↑ | RSP | £2.39 | 31005 | | | | | | | | | | | |
| GRAPE JUICE HALVA WITH SULTANAS-Vegan | 12x75g | £17.01 | ↑ | RSP | £1.89 | 31009 | | | | | | | | | | | |
| PLAIN HALVA WITH HONEY | 12x75g | £17.01 | ↑ | RSP | £1.89 | 31006 | | | | | | | | | | | |
| TAHINI LIGHT | 6x280g | £17.94 | ↓ | RSP | £3.98 | 39532 | | | | | | | | | | | |
| TAHINI DARK | 6x280g | £17.94 | ↓ | RSP | £3.98 | 39533 | | | | | | | | | | | |

"TARANTELLA"

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|----------------------|--------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CHOPPED TOMATOES | 6x400g | £5.18 | | RSP | £1.15 | 62401 | | | | | | | | | | | |
| PEELED PLUM TOMATOES | 6x400g | £5.18 | | RSP | £1.15 | 62403 | | | | | | | | | | | |
| PASSATA | 6x690g | £11.65 | | RSP | £2.59 | 62405 | | | | | | | | | | | |

"TARTEX" VEGETARIAN PATE

| | | | | | | | | | | | | | | | | | |
|---------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CLASSIC | 12x200g | £34.54 | | RSP | £3.84 | 38482 | | | | | | | | | | | |
| HERB & GARLIC | 12x200g | £34.54 | | RSP | £3.84 | 38484 | | | | | | | | | | | |
| MUSHROOM | 12x200g | £34.54 | | RSP | £3.84 | 38486 | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---------------------|------|-------|--------|-----|------|---|---|---|---|---|---|---|---|---|----|----|----|
|---------------------|------|-------|--------|-----|------|---|---|---|---|---|---|---|---|---|----|----|----|

"TICK TOCK"

| | | | | | | | | | | | | | | | | | |
|------------------|---------|---------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| GREEN TEA BAGS | 4x40bag | £6.50 ↓ | | RSP | £2.17 | 82671 | | | | | | | | | | | |
| ROOIBOS TEA BAGS | 4x40bag | £8.09 ↑ | | RSP | £2.70 | 82670 | | | | | | | | | | | |

"WAINWRIGHTS"

| | | | | | | | | | | | | | | | | | |
|----------------------------|--------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| ZAMBIAN FOREST HONEY CLEAR | 6x380g | £22.40 | | RSP | £4.98 | 42227 | | | | | | | | | | | |
|----------------------------|--------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"WHOLE EARTH"

SPARKLING DRINKS

| | | | | | | | | | | | | | | | | | |
|-------------|----------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| COLA | 24x330ml | £21.42 | v | RSP | £1.43 | 59221 | | | | | | | | | | | |
| ELDERFLOWER | 24x330ml | £21.42 | v | RSP | £1.43 | 59222 | | | | | | | | | | | |
| LEMONADE | 24x330ml | £21.42 | v | RSP | £1.43 | 59223 | | | | | | | | | | | |
| GINGER | 24x330ml | £21.42 | v | RSP | £1.43 | 59224 | | | | | | | | | | | |



Organic

Herbs and Spices

ORGANIC HERBS & SPICES

| | | | | | | | | | | | | | | | | | |
|---------------------|--------|--------|---|---------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BASIL | 1x500g | £9.13 | | £18.26 | | 88102 | | | | | | | | | | | |
| Egypt | 6x20g | £6.39 | | RSP | £0.45 | 88109 | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £10.65 | | RSP | £1.50 | 88105 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| BAY LEAVES | 1x250g | £7.40 | ↓ | £14.80 | | 88112 | | | | | | | | | | | |
| Turkey | 6x20g | £6.58 | ↓ | RSP | £1.53 | 88119 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| BLACK ONION SEEDS | 1x500g | £6.34 | ↓ | £12.67 | | 88522 | | | | | | | | | | | |
| Turkey | 6x25g | £6.70 | ↓ | RSP | £1.56 | 88529 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £14.34 | ↓ | RSP | £2.02 | 88525 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| CARAWAY SEED | 1x500g | £7.95 | | £15.90 | | 88122 | | | | | | | | | | | |
| Various | 6x25g | £6.58 | | RSP | £1.54 | 88129 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £14.95 | | RSP | £2.11 | 88125 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| CARDAMOM PODS GREEN | 1x500g | £54.50 | | £109.00 | | 88532 | | | | | | | | | | | |
| Various | 6x25g | £20.55 | | RSP | £4.79 | 88539 | | | | | | | | | | | |
| 155ml Spice Tub | 10x30g | £39.70 | | RSP | £5.59 | 88535 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| CARDAMOM GROUND | 1x500g | £56.37 | | £112.74 | | 88302 | | | | | | | | | | | |
| Various | 6x25g | £21.71 | | RSP | £5.07 | 88309 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £64.37 | | RSP | £9.07 | 88305 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| CHILLI POWDER | 1x500g | £12.61 | | £25.22 | | 88132 | | | | | | | | | | | |
| Various | 6x25g | £7.98 | | RSP | £1.86 | 88139 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £19.61 | | RSP | £2.76 | 88135 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| CINNAMON GROUND | 1x500g | £9.08 | | £18.16 | | 88142 | | | | | | | | | | | |
| Various | 1x250g | £5.74 | | RSP | £8.04 | 88143 | | | | | | | | | | | |
| | 6x100g | £16.90 | | RSP | £3.94 | 88148 | | | | | | | | | | | |
| | 6x25g | £7.52 | | RSP | £1.76 | 88149 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £17.08 | | RSP | £2.41 | 88144 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| CINNAMON QUILLS 3" | 1x500g | £46.58 | | £93.16 | | 88492 | | | | | | | | | | | |
| Sri Lanka | 1x250g | £24.39 | | RSP | £34.15 | 88493 | | | | | | | | | | | |
| | 6x100g | £61.30 | | RSP | £14.30 | 88498 | | | | | | | | | | | |
| | 6x25g | £18.17 | | RSP | £4.24 | 88499 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| CLOVES WHOLE | 1x500g | £45.40 | | £90.80 | | 88152 | | | | | | | | | | | |
| Various | 6x25g | £18.42 | | RSP | £4.30 | 88159 | | | | | | | | | | | |
| 155ml Spice Tub | 10x30g | £35.24 | | RSP | £4.96 | 88155 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| CORIANDER SEED | 1x500g | £6.50 | ↓ | £13.01 | | 88162 | | | | | | | | | | | |
| Various | 6x25g | £6.75 | ↑ | RSP | £1.58 | 88169 | | | | | | | | | | | |
| 155ml Spice Tub | 10x40g | £13.20 | ↓ | RSP | £1.86 | 88165 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| CORIANDER GROUND | 1x500g | £7.88 | ↑ | £15.76 | | 88702 | | | | | | | | | | | |
| Various | 6x100g | £15.46 | ↑ | RSP | £3.61 | 88708 | | | | | | | | | | | |
| | 6x25g | £7.16 | ↑ | RSP | £1.67 | 88709 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £15.88 | ↑ | RSP | £2.24 | 88705 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| CUMIN SEED | 1x500g | £14.62 | ↓ | £29.24 | | 88182 | | | | | | | | | | | |
| Various | 6x25g | £10.39 | ↓ | RSP | £2.42 | 88189 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £24.62 | ↓ | RSP | £3.47 | 88185 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| CUMIN GROUND | 1x500g | £17.60 | ↓ | £35.21 | | 88192 | | | | | | | | | | | |
| Various | 6x25g | £10.08 | ↓ | RSP | £2.35 | 88199 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £25.60 | ↓ | RSP | £3.61 | 88195 | | | | | | | | | | | |

ORGANIC HERBS & SPICES (Cont.)

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|--------------------------------|-----------------|--------|--------|--------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|
| CURRY POWDER | 1x500g | £11.13 | ↑ | £22.26 | 88572 | | | | | | | | | | | | |
| Various | 1x250g | £6.77 | ↑ | RSP | £9.47 | 88573 | | | | | | | | | | | |
| | 6x25g | £8.14 | ↑ | RSP | £1.90 | 88579 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x50g | £19.13 | ↑ | RSP | £2.69 | 88575 | | | | | | | | | | |
| <hr/> | | | | | | | | | | | | | | | | | |
| FENNEL SEED | 1x500g | £8.06 | | £16.12 | 88202 | | | | | | | | | | | | |
| Egypt | 6x25g | £6.62 | | RSP | £1.54 | 88209 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x50g | £15.06 | | RSP | £2.12 | 88205 | | | | | | | | | | |
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| GARAM MASALA | 1x500g | £11.64 | ↑ | £23.28 | 88212 | | | | | | | | | | | | |
| Various | 6x25g | £8.29 | ↑ | RSP | £1.93 | 88219 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x50g | £19.64 | ↑ | RSP | £2.77 | 88215 | | | | | | | | | | |
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| GINGER GROUND | 1x500g | £9.98 | | £19.96 | 88242 | | | | | | | | | | | | |
| Guatemala | 6x100g | £17.98 | | RSP | £4.19 | 88248 | | | | | | | | | | | |
| | 6x25g | £8.39 | | RSP | £1.96 | 88249 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x40g | £16.98 | | RSP | £2.39 | 88245 | | | | | | | | | | |
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| KELP POWDER - Natural | | | ⊛ | | | | | | | | | | | | | | |
| See Non-Organic Herbs & Spices | | | ⊛ | | | | | | | | | | | | | | |
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| MARJORAM | 1x500g | £13.92 | ↑ | £27.84 | 88262 | | | | | | | | | | | | |
| Egypt | 6x20g | £8.14 | ↑ | RSP | £1.90 | 88269 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x10g | £10.78 | ↑ | RSP | £1.52 | 88265 | | | | | | | | | | |
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| MINT | 1x500g | £8.04 | ↓ | £16.08 | 88612 | | | | | | | | | | | | |
| Egypt | 6x25g | £8.41 | ↓ | RSP | £1.96 | 88619 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x15g | £12.41 | ↓ | RSP | £1.75 | 88615 | | | | | | | | | | |
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| MIXED HERBS | 1x500g | £14.00 | | £28.00 | 88272 | | | | | | | | | | | | |
| Various | 6x20g | £7.56 | | RSP | £1.76 | 88279 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x20g | £12.60 | | RSP | £1.77 | 88275 | | | | | | | | | | |
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| MIXED SPICE | 1x500g | £9.08 | | £18.16 | 88282 | | | | | | | | | | | | |
| Various | 6x100g | £16.30 | | RSP | £3.80 | 88288 | | | | | | | | | | | |
| | 6x25g | £6.92 | | RSP | £1.62 | 88289 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x50g | £16.08 | | RSP | £2.26 | 88285 | | | | | | | | | | |
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| MUSTARD POWDER | 1x500g | £7.46 | | £14.92 | 88292 | | | | | | | | | | | | |
| India/ Germany | 6x25g | £6.44 | | RSP | £1.50 | 88299 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x50g | £14.46 | | RSP | £2.04 | 88295 | | | | | | | | | | |
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| MUSTARD SEED BROWN | 1x500g | £6.59 | | £13.18 | 88312 | | | | | | | | | | | | |
| India | 6x40g | £7.36 | | RSP | £1.72 | 88319 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x60g | £14.91 | | RSP | £2.10 | 88315 | | | | | | | | | | |
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| MUSTARD SEED YELLOW | 1x500g | £7.26 | ↑ | £14.52 | 88322 | | | | | | | | | | | | |
| India | 6x40g | £8.28 | ↑ | RSP | £1.93 | 88329 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x60g | £16.71 | ↑ | RSP | £2.35 | 88325 | | | | | | | | | | |
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| NUTMEG WHOLE | 1x500g | £44.20 | | £88.40 | 88622 | | | | | | | | | | | | |
| Various | 6x20g | £15.41 | | RSP | £3.60 | 88629 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x20g | £25.68 | | RSP | £3.62 | 88625 | | | | | | | | | | |
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| OREGANO | 1x500g | £15.51 | ↑ | £31.02 | 88342 | | | | | | | | | | | | |
| Various | 6x20g | £8.52 | ↑ | RSP | £1.99 | 88349 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x20g | £14.20 | ↑ | RSP | £2.00 | 88345 | | | | | | | | | | |

| Product Description | Size | Price | | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
|---|--------|--------|---|--------|--------|-------|---|---|---|---|---|---|---|---|---|----|----|----|--|
| ORGANIC HERBS & SPICES (Cont.) | | | | | | | | | | | | | | | | | | | |
| PAPRIKA | 1x500g | £11.87 | ↓ | £23.73 | | 88362 | | | | | | | | | | | | | |
| Spain | 6x25g | £9.56 | ↓ | RSP | £2.23 | 88369 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £21.86 | ↓ | RSP | £3.08 | 88365 | | | | | | | | | | | | | |
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| PARSLEY | 1x500g | £23.57 | | £47.14 | | 88352 | | | | | | | | | | | | | |
| Various | 6x20g | £9.86 | | RSP | £2.30 | 88359 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x15g | £14.07 | | RSP | £1.98 | 88355 | | | | | | | | | | | | | |
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| PEPPERCORNS BLACK | 1x500g | £11.90 | ↑ | £23.79 | | 88372 | | | | | | | | | | | | | |
| Various | 6x100g | £20.28 | ↑ | RSP | £4.73 | 88378 | | | | | | | | | | | | | |
| | 6x25g | £8.37 | ↑ | RSP | £1.95 | 88379 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £19.90 | ↑ | RSP | £2.80 | 88375 | | | | | | | | | | | | | |
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| ROSEMARY | 1x500g | £5.12 | | £10.24 | | 88412 | | | | | | | | | | | | | |
| Spain | 6x20g | £6.03 | | RSP | £1.41 | 88419 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x30g | £11.07 | | RSP | £1.56 | 88415 | | | | | | | | | | | | | |
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| SAGE | 1x500g | £15.92 | | £31.83 | | 88422 | | | | | | | | | | | | | |
| Turkey | 6x20g | £8.02 | | RSP | £1.87 | 88429 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £13.37 | | RSP | £1.88 | 88425 | | | | | | | | | | | | | |
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| STAR ANISE | 1x500g | £22.14 | ↓ | £44.29 | | 88672 | | | | | | | | | | | | | |
| China/Vietnam | 1x250g | £12.27 | ↓ | RSP | £17.18 | 88673 | | | | | | | | | | | | | |
| | 6x25g | £11.44 | ↓ | RSP | £2.67 | 88679 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £16.86 | ↓ | RSP | £2.37 | 88675 | | | | | | | | | | | | | |
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| THYME | 1x500g | £8.07 | | £16.13 | | 88442 | | | | | | | | | | | | | |
| Various | 6x20g | £6.74 | | RSP | £1.57 | 88449 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £11.23 | | RSP | £1.58 | 88445 | | | | | | | | | | | | | |
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| TURMERIC | 1x500g | £9.03 | | £18.05 | | 88452 | | | | | | | | | | | | | |
| India/Nigeria | 1x250g | £5.71 | | RSP | £8.00 | 88453 | | | | | | | | | | | | | |
| | 6x100g | £16.83 | | RSP | £3.93 | 88458 | | | | | | | | | | | | | |
| | 6x30g | £8.05 | | RSP | £1.88 | 88459 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £17.02 | | RSP | £2.40 | 88455 | | | | | | | | | | | | | |



Conventional

Fruits, nuts, cereals
& beans

DOCUMENTS

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|-----------|-----|--|--|--|--|-------|--|--|--|--|--|--|--|--|--|--|--|
| PRICELIST | 1x1 | | | | | 10000 | | | | | | | | | | | |
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DRIED AND CRYSTALLISED FRUIT

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|------------------------------|---------|---------|---|--|-----|--------|-------|--|--|--|--|--|--|--|--|--|--|
| ANGELICA | 1x1kg | £23.64 | | | | 15101 | | | | | | | | | | | |
| France | 10x100g | £31.06 | | | RSP | £4.35 | 15108 | | | | | | | | | | |
| APPLE RINGS | 10 kg | £102.75 | | | | £10.28 | 15111 | | | | | | | | | | |
| China | 1x5kg | £58.83 | | | | £11.77 | 15112 | | | | | | | | | | |
| | 1x3kg | £36.66 | | | | £12.22 | 15113 | | | | | | | | | | |
| | 1x1kg | £12.59 | | | RSP | £17.62 | 15116 | | | | | | | | | | |
| | 10x250g | £39.47 | | | RSP | £5.53 | 15118 | | | | | | | | | | |
| | 10x125g | £23.73 | | | RSP | £3.32 | 15119 | | | | | | | | | | |
| APPLE RINGS CHOPPED | 10kg | £91.37 | | | | £9.14 | 15921 | | | | | | | | | | |
| China | 1x3kg | £30.01 | | | | £10.00 | 15922 | | | | | | | | | | |
| APRICOTS LARGE Size 1/2 | 12.5kg | £137.47 | | | | £11.00 | 15121 | | | | | | | | | | |
| Turkey | 1x5kg | £58.49 | | | | £11.70 | 15122 | | | | | | | | | | |
| | 1x3kg | £36.29 | | | | £12.10 | 15123 | | | | | | | | | | |
| | 10x500g | £67.99 | | | RSP | £9.52 | 15127 | | | | | | | | | | |
| | 10x250g | £38.49 | | | RSP | £5.39 | 15128 | | | | | | | | | | |
| APRICOTS Size 4/5 | 12.5kg | £121.88 | | | | £9.75 | 15131 | | | | | | | | | | |
| Turkey | 1x5kg | £52.45 | | | | £10.49 | 15132 | | | | | | | | | | |
| | 1x3kg | £32.75 | | | | £10.92 | 15133 | | | | | | | | | | |
| | 1x1kg | £11.35 | | | RSP | £15.89 | 15136 | | | | | | | | | | |
| | 10x500g | £62.75 | | | RSP | £8.78 | 15137 | | | | | | | | | | |
| | 10x250g | £36.38 | | | RSP | £5.09 | 15138 | | | | | | | | | | |
| APRICOTS NATURAL UNSULPHURED | 12.5kg | £115.68 | | | | £9.25 | 15141 | | | | | | | | | | |
| Turkey | 1x5kg | £53.09 | | | | £10.62 | 15142 | | | | | | | | | | |
| | 1x3kg | £33.14 | | | | £11.05 | 15143 | | | | | | | | | | |
| | 10x500g | £63.39 | | | RSP | £8.88 | 15148 | | | | | | | | | | |
| | 10x250g | £36.70 | | | RSP | £5.14 | 15149 | | | | | | | | | | |
| APRICOTS CHOPPED 6-10mm | 12.5kg | £80.44 | | | | £6.43 | 15151 | | | | | | | | | | |
| Turkey | 1x5kg | £35.17 | | | | £7.04 | 15152 | | | | | | | | | | |
| | 10x250g | £24.09 | | | RSP | £3.38 | 15159 | | | | | | | | | | |
| BANANA CHIPS | 6.8kg | £26.94 | | | | £3.96 | 15191 | | | | | | | | | | |
| Phillipines | 1x3kg | £16.20 | | | | £5.40 | 15192 | | | | | | | | | | |
| | 1x1kg | £5.83 | | | RSP | £8.17 | 15196 | | | | | | | | | | |
| | 10x250g | £22.59 | | | RSP | £3.16 | 15198 | | | | | | | | | | |
| | 10x125g | £15.29 | | | RSP | £2.14 | 15199 | | | | | | | | | | |
| BLUEBERRIES W.S. | 9.07kg | £172.36 | ↓ | | | £19.00 | 14061 | | | | | | | | | | |
| Various | 1x3kg | £64.98 | ↓ | | | £21.66 | 14062 | | | | | | | | | | |
| | 1x1kg | £21.96 | ↓ | | RSP | £30.74 | 14065 | | | | | | | | | | |
| | 10x100g | £30.36 | ↓ | | RSP | £4.25 | 14069 | | | | | | | | | | |
| CHERRIES RED WHOLE No1 | 10kg | £68.73 | | | | £6.87 | 15201 | | | | | | | | | | |
| Spain | 1x5kg | £38.07 | | | | £7.61 | 15202 | | | | | | | | | | |
| | 1x3kg | £24.12 | | | | £8.04 | 15203 | | | | | | | | | | |
| | 1x1kg | £8.47 | | | RSP | £11.86 | 15206 | | | | | | | | | | |
| | 10x500g | £48.37 | | | RSP | £6.77 | 15207 | | | | | | | | | | |
| | 10x250g | £29.18 | | | RSP | £4.09 | 15208 | | | | | | | | | | |
| | 10x125g | £18.59 | | | RSP | £2.60 | 15209 | | | | | | | | | | |
| Clear PET Tub | 6x750g | £39.33 | | | RSP | £9.18 | 15204 | | | | | | | | | | |

DRIED AND CRYSTALLISED FRUIT (Cont.)

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|---|---------------|---------|--------|--------|--------|-------|-------|--|--|--|--|--|--|--|--|--|--|
| CHERRIES RED WHOLE & BROKEN 70%/30% Spain | 10kg | £62.40 | | £6.24 | | 14161 | | | | | | | | | | | |
| | 1x5kg | £34.90 | | £6.98 | | 14162 | | | | | | | | | | | |
| | 1x3kg | £22.22 | | £7.41 | | 14163 | | | | | | | | | | | |
| | 1x1kg | £7.84 | | RSP | £10.98 | 14166 | | | | | | | | | | | |
| | 10x500g | £45.20 | | RSP | £6.33 | 14167 | | | | | | | | | | | |
| | 10x250g | £27.60 | | RSP | £3.86 | 14168 | | | | | | | | | | | |
| | 10x125g | £17.80 | | RSP | £2.49 | 14169 | | | | | | | | | | | |
| Clear PET Tub | 6x750g | £36.48 | | RSP | £8.51 | 14164 | | | | | | | | | | | |
| CHERRIES GOLD Spain | 1x10kg | £67.59 | | £6.76 | | 15641 | | | | | | | | | | | |
| | 1x5kg | £37.49 | | £7.50 | | 15642 | | | | | | | | | | | |
| | 1x3kg | £23.78 | | £7.93 | | 15643 | | | | | | | | | | | |
| | 1x1kg | £8.36 | | RSP | £11.70 | 15646 | | | | | | | | | | | |
| | 10x250g | £28.90 | | RSP | £4.05 | 15647 | | | | | | | | | | | |
| | 10x125g | £18.45 | | RSP | £2.58 | 15648 | | | | | | | | | | | |
| | Clear PET Tub | 6x750g | £38.81 | | RSP | £9.06 | 15644 | | | | | | | | | | |
| CHERRIES GREEN Spain | 1x10kg | £73.82 | | £7.38 | | 15651 | | | | | | | | | | | |
| | 1x5kg | £40.61 | | £8.12 | | 15652 | | | | | | | | | | | |
| | 1x3kg | £25.65 | | £8.55 | | 15653 | | | | | | | | | | | |
| | 1x1kg | £8.98 | | RSP | £12.57 | 15656 | | | | | | | | | | | |
| | 10x250g | £30.45 | | RSP | £4.26 | 15657 | | | | | | | | | | | |
| | 10x125g | £19.23 | | RSP | £2.69 | 15658 | | | | | | | | | | | |
| | Clear PET Tub | 6x750g | £41.62 | | RSP | £9.71 | 15654 | | | | | | | | | | |
| CHERRIES MIXED - Four Colours Spain | 1x10kg | £79.77 | ↑ | £7.98 | | 15661 | | | | | | | | | | | |
| | 1x5kg | £42.88 | ↑ | £8.58 | | 15662 | | | | | | | | | | | |
| | 1x3kg | £26.73 | ↑ | £8.91 | | 15663 | | | | | | | | | | | |
| | 1x1kg | £9.18 | ↑ | RSP | £12.85 | 15666 | | | | | | | | | | | |
| | 10x500g | £49.88 | ↑ | RSP | £6.98 | 15667 | | | | | | | | | | | |
| | 10x250g | £28.94 | ↑ | RSP | £4.05 | 15668 | | | | | | | | | | | |
| | 10x125g | £17.97 | ↑ | RSP | £2.52 | 15669 | | | | | | | | | | | |
| Clear PET Tub | 6x750g | £43.09 | ↑ | RSP | £10.06 | 15664 | | | | | | | | | | | |
| CHERRIES NATURAL COLOUR [Dark Burgundy Colour, From Grape Skins] | 10kg | £74.63 | | £7.46 | | 15211 | | | | | | | | | | | |
| | 1x5kg | £41.01 | | £8.20 | | 15212 | | | | | | | | | | | |
| | 1x3kg | £25.89 | | £8.63 | | 15213 | | | | | | | | | | | |
| | 1x1kg | £9.06 | | RSP | £12.69 | 15216 | | | | | | | | | | | |
| | 10x250g | £30.66 | | RSP | £4.29 | 15218 | | | | | | | | | | | |
| | 10x125g | £19.33 | | RSP | £2.71 | 15219 | | | | | | | | | | | |
| | Clear PET Tub | 6x750g | £41.98 | | RSP | £9.80 | 15214 | | | | | | | | | | |
| CHERRIES NATURAL COLOUR [Red Colour, From Fruit & Veg. Juice] | 10kg | £73.23 | | £7.32 | | 14011 | | | | | | | | | | | |
| | 1x3kg | £25.47 | | £8.49 | | 14013 | | | | | | | | | | | |
| | 1x1kg | £8.92 | | RSP | £12.49 | 14016 | | | | | | | | | | | |
| | 10x250g | £30.31 | | RSP | £4.24 | 14017 | | | | | | | | | | | |
| | 10x125g | £19.15 | | RSP | £2.68 | 14018 | | | | | | | | | | | |
| Clear PET Tub | 6x750g | £41.35 | | RSP | £9.65 | 14019 | | | | | | | | | | | |
| CHERRIES DRIED SOUR W.S. USA | 9.07kg | £171.69 | ↓ | £18.93 | | 14201 | | | | | | | | | | | |
| | 1x3kg | £64.75 | ↓ | £21.58 | | 14204 | | | | | | | | | | | |
| | 1x1kg | £21.88 | ↓ | RSP | £30.64 | 14202 | | | | | | | | | | | |
| | 10x100g | £30.28 | ↓ | RSP | £4.24 | 14209 | | | | | | | | | | | |
| CRANBERRIES - Sugar Sweetened USA/Canada | 11.34kg | £65.21 | ↓ | £5.75 | | 14111 | | | | | | | | | | | |
| | 1x5kg | £35.11 | ↓ | £7.02 | | 14113 | | | | | | | | | | | |
| | 1x3kg | £22.43 | ↓ | £7.48 | | 14114 | | | | | | | | | | | |
| | 1x1kg | £7.84 | ↓ | RSP | £10.98 | 14112 | | | | | | | | | | | |
| | 10x500g | £45.21 | ↓ | RSP | £6.33 | 14117 | | | | | | | | | | | |
| | 10x250g | £27.61 | ↓ | RSP | £3.86 | 14118 | | | | | | | | | | | |
| | 10x100g | £16.24 | ↓ | RSP | £2.27 | 14119 | | | | | | | | | | | |

DRIED AND CRYSTALLISED FRUIT (Cont.)

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|--|---------|---------|---|--------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CURRANTS Greece | 12.5kg | £33.91 | ↑ | £2.71 | | 15221 | | | | | | | | | | | |
| | 1x5kg | £18.63 | ↑ | £3.73 | | 15222 | | | | | | | | | | | |
| | 1x3kg | £12.54 | ↑ | £4.18 | | 15223 | | | | | | | | | | | |
| | 10x500g | £28.73 | ↑ | RSP | £4.02 | 15228 | | | | | | | | | | | |
| | 10x250g | £19.36 | ↑ | RSP | £2.71 | 15229 | | | | | | | | | | | |
| DATES CHOPPED Iran | 10kg | £21.48 | ↓ | £2.15 | | 15231 | | | | | | | | | | | |
| | 1x5kg | £15.39 | ↑ | £3.08 | | 15232 | | | | | | | | | | | |
| | 1x3kg | £10.59 | ↑ | £3.53 | | 15233 | | | | | | | | | | | |
| | 10x500g | £25.49 | ↑ | RSP | £3.57 | 15238 | | | | | | | | | | | |
| | 10x250g | £17.75 | ↑ | RSP | £2.48 | 15239 | | | | | | | | | | | |
| DATES PITTED Iran/Pakistan | 10kg | £19.07 | ↓ | £1.91 | | 15671 | | | | | | | | | | | |
| | 1x5kg | £14.10 | ↑ | £2.82 | | 15672 | | | | | | | | | | | |
| | 1x3kg | £9.82 | ↑ | £3.27 | | 15673 | | | | | | | | | | | |
| | 10x500g | £24.20 | ↑ | RSP | £3.39 | 15678 | | | | | | | | | | | |
| | 10x250g | £17.10 | ↑ | RSP | £2.39 | 15679 | | | | | | | | | | | |
| FIGS LERIDA CROP Turkey | 12.5kg | £84.17 | ↑ | £6.73 | | 14021 | | | | | | | | | | | |
| | 1x5kg | £39.97 | ↑ | £7.99 | | 14022 | | | | | | | | | | | |
| | 1x3kg | £25.34 | ↑ | £8.45 | | 14023 | | | | | | | | | | | |
| | 1x1kg | £8.81 | ↑ | RSP | £12.34 | 14025 | | | | | | | | | | | |
| | 10x500g | £50.07 | ↑ | RSP | £7.01 | 14027 | | | | | | | | | | | |
| | 10x250g | £30.04 | ↑ | RSP | £4.21 | 14028 | | | | | | | | | | | |
| FRUIT SALAD Original Recipe No Added Sugar | 1x10kg | £95.77 | ↓ | £9.58 | | 15271 | | | | | | | | | | | |
| | 1x5kg | £51.79 | ↓ | £10.36 | | 15272 | | | | | | | | | | | |
| | 1x3kg | £32.43 | ↓ | £10.81 | | 15273 | | | | | | | | | | | |
| | 1x1kg | £11.18 | ↓ | RSP | £15.65 | 15276 | | | | | | | | | | | |
| | 10x500g | £61.89 | ↓ | RSP | £8.66 | 15277 | | | | | | | | | | | |
| | 10x250g | £35.94 | ↓ | RSP | £5.03 | 15278 | | | | | | | | | | | |
| GINGER CRYSTALLISED China | 4x5kg | £100.50 | v | £5.03 | | 15291 | | | | | | | | | | | |
| | 1x5kg | £27.46 | v | £5.49 | | 15292 | | | | | | | | | | | |
| | 1x3kg | £18.72 | v | £6.24 | | 15293 | | | | | | | | | | | |
| | 1x1kg | £6.37 | v | RSP | £10.70 | 15296 | | | | | | | | | | | |
| | 10x500g | £34.86 | v | RSP | £5.86 | 15297 | | | | | | | | | | | |
| | 10x250g | £20.43 | v | RSP | £3.43 | 15298 | | | | | | | | | | | |
| GOJI BERRIES China | 10x125g | £12.71 | v | RSP | £2.14 | 15299 | | | | | | | | | | | |
| | 10kg | £100.75 | | £10.07 | | 75501 | | | | | | | | | | | |
| | 1x3kg | £36.11 | | £12.04 | | 75502 | | | | | | | | | | | |
| | 1x1kg | £12.24 | | RSP | £17.13 | 75505 | | | | | | | | | | | |
| | 10x500g | £64.68 | | RSP | £9.06 | 75506 | | | | | | | | | | | |
| | 10x250g | £36.34 | | RSP | £5.09 | 75507 | | | | | | | | | | | |
| MIXED VINE FRUIT COMPETITION GRADE [Raisins, Sultanas, Currants] | 10x100g | £18.94 | | RSP | £2.65 | 75508 | | | | | | | | | | | |
| | 1x10kg | £35.30 | ↑ | £3.53 | | 75001 | | | | | | | | | | | |
| | 1x5kg | £21.55 | ↑ | £4.31 | | 75002 | | | | | | | | | | | |
| | 1x10kg | £38.80 | ↑ | £3.88 | | 14901 | | | | | | | | | | | |
| | 1x5kg | £23.30 | ↑ | £4.66 | | 14902 | | | | | | | | | | | |
| | 1x3kg | £15.34 | ↑ | £5.11 | | 14903 | | | | | | | | | | | |
| MIXED VINE FRUIT [Raisins, Thompson Raisins, Turkish Sultanas, Currants] | 1x1kg | £5.48 | ↑ | RSP | £7.67 | 14906 | | | | | | | | | | | |
| | 10x500g | £33.40 | ↑ | RSP | £4.68 | 14907 | | | | | | | | | | | |
| | 1x10kg | £38.12 | ↑ | £3.81 | | 15311 | | | | | | | | | | | |
| MIXED VINE FRUIT WITH PEEL U.K. | 1x5kg | £22.96 | ↑ | £4.59 | | 15312 | | | | | | | | | | | |
| | 1x3kg | £15.14 | ↑ | £5.05 | | 15313 | | | | | | | | | | | |

DRIED AND CRYSTALLISED FRUIT (Cont.)

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|---------------------------------------|---------------|---------|--------|--------|--------|-------|-------|--|--|--|--|--|--|--|--|--|--|
| PAPAYA DICED W.S. 6-12mm Thailand | 4x5kg | £132.99 | ↑ | £6.65 | | 15321 | | | | | | | | | | | |
| | 1x5kg | £35.03 | ↑ | £7.01 | | 15322 | | | | | | | | | | | |
| | 1x1kg | £8.49 | ↑ | RSP | £11.88 | 15326 | | | | | | | | | | | |
| | 10x250g | £29.21 | ↑ | RSP | £4.09 | 15328 | | | | | | | | | | | |
| | 10x125g | £18.61 | ↑ | RSP | £2.60 | 15329 | | | | | | | | | | | |
| PEACH HALVES N.A.S. South Africa | 12.5kg | £96.88 | | £7.75 | | 15331 | | | | | | | | | | | |
| | 1x5kg | £44.85 | | £8.97 | | 15332 | | | | | | | | | | | |
| | 1x3kg | £28.19 | | £9.40 | | 15333 | | | | | | | | | | | |
| | 10x250g | £32.58 | | RSP | £4.56 | 15338 | | | | | | | | | | | |
| PEAR HALVES N.A.S. South Africa | 12.5kg | £100.18 | | £8.01 | | 15341 | | | | | | | | | | | |
| | 1x5kg | £46.25 | | £9.25 | | 15342 | | | | | | | | | | | |
| | 1x3kg | £29.03 | | £9.68 | | 15343 | | | | | | | | | | | |
| | 10x250g | £33.28 | | RSP | £4.66 | 15348 | | | | | | | | | | | |
| PEEL MIXED SINGLE CUT Netherlands | 10kg | £41.72 | | £4.17 | | 15351 | | | | | | | | | | | |
| | 1x5kg | £26.18 | | £5.24 | | 15352 | | | | | | | | | | | |
| | 1x3kg | £17.07 | | £5.69 | | 15353 | | | | | | | | | | | |
| | 1x1kg | £6.06 | | RSP | £8.48 | 15356 | | | | | | | | | | | |
| | 10x500g | £36.28 | | RSP | £5.08 | 15357 | | | | | | | | | | | |
| | 10x250g | £23.14 | | RSP | £3.24 | 15358 | | | | | | | | | | | |
| | 10x125g | £15.57 | | RSP | £2.18 | 15359 | | | | | | | | | | | |
| | Clear PET Tub | 6x600g | £25.04 | | RSP | £5.84 | 15354 | | | | | | | | | | |
| PEEL - WHOLE ORANGE Netherlands | 3.5kg | £26.80 | | £7.66 | | 15541 | | | | | | | | | | | |
| | 1x1kg | £9.26 | | RSP | £12.96 | 15546 | | | | | | | | | | | |
| | 10x250g | £31.15 | | RSP | £4.36 | 15548 | | | | | | | | | | | |
| | 10x125g | £19.57 | | RSP | £2.74 | 15549 | | | | | | | | | | | |
| PEEL - WHOLE LEMON Netherlands | 3.5kg | £40.01 | | £11.43 | | 15551 | | | | | | | | | | | |
| | 1x1kg | £13.03 | | RSP | £18.24 | 15556 | | | | | | | | | | | |
| | 10x250g | £40.58 | | RSP | £5.68 | 15558 | | | | | | | | | | | |
| | 10x125g | £24.29 | | RSP | £3.40 | 15559 | | | | | | | | | | | |
| PEEL - WHOLE MIXED Netherlands | 1x3.5kg | £40.98 | ↑ | £11.71 | | 15511 | | | | | | | | | | | |
| | 1x1kg | £13.31 | ↑ | RSP | £18.63 | 15513 | | | | | | | | | | | |
| | 10x250g | £41.27 | ↑ | RSP | £5.78 | 15518 | | | | | | | | | | | |
| | 10x125g | £24.64 | ↑ | RSP | £3.45 | 15519 | | | | | | | | | | | |
| PINEAPPLE DICED CORE W.S. Thailand | 4x5kg | £100.52 | ↓ | £5.03 | | 14131 | | | | | | | | | | | |
| | 1x5kg | £26.62 | ↓ | £5.32 | | 14132 | | | | | | | | | | | |
| | 1x1kg | £6.80 | ↓ | RSP | £9.53 | 14136 | | | | | | | | | | | |
| | 10x250g | £25.01 | ↓ | RSP | £3.50 | 14138 | | | | | | | | | | | |
| | 10x125g | £16.51 | ↓ | RSP | £2.31 | 14139 | | | | | | | | | | | |
| PRUNES AGEN 30/40 UNPITTED France | 12.5kg | £99.79 | | £7.98 | | 15411 | | | | | | | | | | | |
| | 1x5kg | £46.47 | | £9.29 | | 15412 | | | | | | | | | | | |
| | 1x3kg | £29.16 | | £9.72 | | 15413 | | | | | | | | | | | |
| | 1x1kg | £10.15 | | RSP | £14.22 | 15417 | | | | | | | | | | | |
| | 10x500g | £56.77 | | RSP | £7.95 | 15418 | | | | | | | | | | | |
| | 10x250g | £33.38 | | RSP | £4.67 | 15419 | | | | | | | | | | | |
| PRUNES PITTED Chile | 10kg | £61.25 | ↓ | | | 15421 | | | | | | | | | | | |
| | 1x5kg | £37.16 | ↓ | £7.43 | | 15422 | | | | | | | | | | | |
| | 1x3kg | £23.64 | ↓ | £7.88 | | 15423 | | | | | | | | | | | |
| | 1x1kg | £8.25 | ↓ | RSP | £11.55 | 15427 | | | | | | | | | | | |
| | 10x500g | £47.26 | ↓ | RSP | £6.62 | 15428 | | | | | | | | | | | |
| | 10x250g | £28.61 | ↓ | RSP | £4.01 | 15429 | | | | | | | | | | | |

DRIED AND CRYSTALLISED FRUIT (Cont.)

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|---|---------|--------|-----|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| PRUNES AGEN 30/40 UNSORBATED UNPITTED France | 12.5kg | £93.78 | | £7.50 | | 15401 | | | | | | | | | | | |
| | 1x5kg | £43.89 | | £8.78 | | 15402 | | | | | | | | | | | |
| | 1x3kg | £27.62 | | £9.21 | | 15403 | | | | | | | | | | | |
| | 1x1kg | £9.64 | | RSP | £13.49 | 15407 | | | | | | | | | | | |
| | 10x500g | £54.19 | | RSP | £7.59 | 15408 | | | | | | | | | | | |
| | 10x250g | £32.10 | | RSP | £4.49 | 15409 | | | | | | | | | | | |
| RAISINS BLACK FLAME LARGE Chile | 10kg | £31.50 | ↓ | £3.15 | | 15041 | | | | | | | | | | | |
| | 1x5kg | £21.23 | ↓ | £4.25 | | 15042 | | | | | | | | | | | |
| | 1x3kg | £14.10 | ↓ | £4.70 | | 15043 | | | | | | | | | | | |
| | 1x1kg | £5.07 | ↓ | RSP | £7.09 | 15045 | | | | | | | | | | | |
| | 10x500g | £31.32 | ↓ | RSP | £4.39 | 15046 | | | | | | | | | | | |
| | 10x250g | £20.66 | ↓ | RSP | £2.89 | 15048 | | | | | | | | | | | |
| RAISINS GOLDEN South Africa | 10kg | £51.15 | | £5.12 | | 15981 | | | | | | | | | | | |
| | 1x5kg | £31.08 | | £6.22 | | 15982 | | | | | | | | | | | |
| | 1x3kg | £19.93 | | £6.64 | | 15983 | | | | | | | | | | | |
| | 10x500g | £41.38 | | RSP | £5.79 | 15986 | | | | | | | | | | | |
| | 10x250g | £25.69 | | RSP | £3.60 | 15988 | | | | | | | | | | | |
| RAISINS Turkey | 12.5kg | £32.11 | ↓ | £2.57 | | 15431 | | | | | | | | | | | |
| | 1x5kg | £17.82 | ↓ | £3.56 | | 15432 | | | | | | | | | | | |
| | 1x3kg | £12.05 | ↓ | £4.02 | | 15433 | | | | | | | | | | | |
| | 1x1kg | £4.38 | ↓ | RSP | £6.14 | 15438 | | | | | | | | | | | |
| | 10x500g | £27.92 | ↓ | RSP | £3.91 | 15439 | | | | | | | | | | | |
| | 10x125g | £13.77 | ↓ | RSP | £1.93 | 15437 | | | | | | | | | | | |
| RAISINS THOMPSON Turkey | 12.5kg | £30.23 | ↓ | £2.42 | | 15451 | | | | | | | | | | | |
| | 1x5kg | £16.96 | ↓ | £3.39 | | 15452 | | | | | | | | | | | |
| | 1x3kg | £11.53 | ↓ | £3.84 | | 15455 | | | | | | | | | | | |
| | 1x1kg | £4.21 | ↓ | RSP | £5.90 | 15457 | | | | | | | | | | | |
| | 10x500g | £27.06 | ↓ | RSP | £3.79 | 15458 | | | | | | | | | | | |
| | 10x250g | £18.53 | ↓ | RSP | £2.59 | 15459 | | | | | | | | | | | |
| SULTANAS Turkey | 12.5kg | £39.52 | ↑ | £3.16 | | 15491 | | | | | | | | | | | |
| | 1x5kg | £21.29 | ↑ | £4.26 | | 15492 | | | | | | | | | | | |
| | 1x3kg | £14.13 | ↑ | £4.71 | | 15493 | | | | | | | | | | | |
| | 1x1kg | £5.01 | ↑ | RSP | £7.02 | 15497 | | | | | | | | | | | |
| | 10x500g | £31.07 | ↑ | RSP | £4.35 | 15498 | | | | | | | | | | | |
| | 10x250g | £20.54 | ↑ | RSP | £2.88 | 15499 | | | | | | | | | | | |
| 10x125g | £14.70 | ↑ | RSP | £2.06 | 15496 | | | | | | | | | | | | |

FREEZE DRIED FRUIT (Pre-packs Supplied In Kraft Stand Up Pouches)

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|----------------------------|---------|--------|--|--------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| STRAWBERRY (1-6mm) U.K. | 1kg | £56.24 | | £56.24 | | 69271 | | | | | | | | | | | |
| | 10x100g | £62.24 | | RSP | £8.68 | 69278 | | | | | | | | | | | |
| | 10x50g | £33.62 | | RSP | £4.60 | 69279 | | | | | | | | | | | |

NUTS

| | | | | | | | | | | | | | | | | | |
|-------------------------|---------|---------|--|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| ALMONDS WHOLE U.S.A. | 22.68kg | £149.90 | | £6.61 | | 16101 | | | | | | | | | | | |
| | 1x10kg | £74.81 | | £7.48 | | 16102 | | | | | | | | | | | |
| | 1x5kg | £39.31 | | £7.86 | | 16103 | | | | | | | | | | | |
| | 1x3kg | £24.94 | | £8.31 | | 16104 | | | | | | | | | | | |
| | 1x1kg | £8.68 | | RSP | £12.15 | 16106 | | | | | | | | | | | |
| | 10x500g | £49.41 | | RSP | £6.92 | 16107 | | | | | | | | | | | |
| | 10x250g | £29.70 | | RSP | £4.16 | 16108 | | | | | | | | | | | |
| | 10x125g | £18.85 | | RSP | £2.64 | 16109 | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|--------------------------|----------------|----------|---------|--------|--------|-------|---|---|---|---|---|---|---|---|----|----|----|
| NUTS (Cont.) | | | | | | | | | | | | | | | | | |
| ALMONDS BLANCHED WHOLE | 12.5kg | £109.06 | | £8.72 | 16111 | | | | | | | | | | | | |
| Various | 1x5kg | £50.63 | | £10.13 | 16112 | | | | | | | | | | | | |
| | 1x3kg | £31.74 | | £10.58 | 16113 | | | | | | | | | | | | |
| | 1x1kg | £10.95 | | RSP | £15.32 | 16116 | | | | | | | | | | | |
| | 10x250g | £35.37 | | RSP | £4.95 | 16118 | | | | | | | | | | | |
| | 10x125g | £21.68 | | RSP | £3.04 | 16119 | | | | | | | | | | | |
| ALMONDS FLAKED | 10kg | £72.18 | ↓ | £7.22 | 16121 | | | | | | | | | | | | |
| Various | 1x5kg | £42.51 | ↓ | £8.50 | 16122 | | | | | | | | | | | | |
| | 1x3kg | £26.87 | ↓ | £8.96 | 16123 | | | | | | | | | | | | |
| | 1x1kg | £9.32 | ↓ | RSP | £13.05 | 16126 | | | | | | | | | | | |
| | 10x250g | £31.30 | ↑ | RSP | £4.38 | 16128 | | | | | | | | | | | |
| | 10x125g | £19.65 | ↑ | RSP | £2.75 | 16129 | | | | | | | | | | | |
| | ALMONDS GROUND | 12.5kg | £85.61 | ↑ | £6.85 | 16131 | | | | | | | | | | | |
| Various | 1x5kg | £41.04 | ↓ | £8.21 | 16132 | | | | | | | | | | | | |
| | 1x3kg | £25.99 | ↓ | £8.66 | 16133 | | | | | | | | | | | | |
| | 1x1kg | £9.03 | ↓ | RSP | £12.64 | 16136 | | | | | | | | | | | |
| | 10x500g | £51.14 | ↓ | RSP | £7.16 | 16137 | | | | | | | | | | | |
| | 10x250g | £30.57 | ↓ | RSP | £4.28 | 16138 | | | | | | | | | | | |
| | 10x125g | £19.29 | ↓ | RSP | £2.70 | 16139 | | | | | | | | | | | |
| ALMONDS NIBBED | 10kg | £86.25 | | £8.63 | 16471 | | | | | | | | | | | | |
| Spain | 1x5kg | £49.63 | | £9.93 | 16472 | | | | | | | | | | | | |
| | 1x3kg | £30.70 | | £10.23 | 16473 | | | | | | | | | | | | |
| | 1x1kg | £10.37 | | RSP | £14.51 | 16476 | | | | | | | | | | | |
| | 10x125g | £17.71 | | RSP | £2.48 | 16479 | | | | | | | | | | | |
| ALMONDS ROASTED & SALTED | 1x12.5kg | £134.15 | ↑ v | £10.73 | 16141 | | | | | | | | | | | | |
| Various | 1x5kg | £61.40 | ↑ v | £12.28 | 16142 | | | | | | | | | | | | |
| | 1x3kg | £38.20 | ↑ v | £12.73 | 16143 | | | | | | | | | | | | |
| | 1x1kg | £13.10 | ↑ v | RSP | £22.01 | 16146 | | | | | | | | | | | |
| | 10x125g | £26.37 | ↑ v | RSP | £4.43 | 16149 | | | | | | | | | | | |
| | ALMONDS SMOKED | 1x12.5kg | £134.46 | ↓ v | £10.76 | 74033 | | | | | | | | | | | |
| Various | 1x5kg | £57.69 | ↓ v | £11.54 | 74031 | | | | | | | | | | | | |
| | 1x2.5kg | £30.59 | ↓ v | £12.24 | 74032 | | | | | | | | | | | | |
| | 1x1kg | £13.07 | ↓ v | RSP | £21.96 | 74035 | | | | | | | | | | | |
| | 10x250g | £40.68 | ↓ v | RSP | £6.83 | 74038 | | | | | | | | | | | |
| | BRAZILS WHOLE | 20kg | £205.47 | ↓ | £10.27 | 16151 | | | | | | | | | | | |
| Bolivia | 1x10kg | £114.00 | ↓ | £11.40 | 16152 | | | | | | | | | | | | |
| | 1x5kg | £58.70 | ↓ | £11.74 | 16153 | | | | | | | | | | | | |
| | 1x3kg | £36.50 | ↓ | £12.17 | 16154 | | | | | | | | | | | | |
| | 1x1kg | £12.60 | ↓ | RSP | £17.64 | 16156 | | | | | | | | | | | |
| | 10x500g | £69.00 | ↓ | RSP | £9.66 | 16157 | | | | | | | | | | | |
| | 10x250g | £39.50 | ↓ | RSP | £5.53 | 16158 | | | | | | | | | | | |
| | 10x125g | £23.75 | ↓ | RSP | £3.33 | 16159 | | | | | | | | | | | |
| | CASHEWS WHOLE | 22.68kg | £189.85 | | £8.37 | 16173 | | | | | | | | | | | |
| Vietnam/India | 1x11.34k | £98.92 | | £8.72 | 16171 | | | | | | | | | | | | |
| | 1x5kg | £45.55 | | £9.11 | 16172 | | | | | | | | | | | | |
| | 1x3kg | £28.61 | | £9.54 | 16175 | | | | | | | | | | | | |
| | 1x1kg | £9.97 | | RSP | £13.96 | 16176 | | | | | | | | | | | |
| | 10x500g | £55.85 | | RSP | £7.82 | 16177 | | | | | | | | | | | |
| | 10x250g | £32.93 | | RSP | £4.61 | 16178 | | | | | | | | | | | |
| | 10x125g | £20.46 | | RSP | £2.86 | 16179 | | | | | | | | | | | |

| Product Description | Size | Price | | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
|----------------------------------|----------|---------|---|--------|--------|--------|-------|---|---|---|---|---|---|---|---|----|----|----|--|
| NUTS (Cont.) | | | | | | | | | | | | | | | | | | | |
| CASHEW PIECES | 22.68kg | £116.56 | ↓ | | £5.14 | 16181 | | | | | | | | | | | | | |
| Vietnam | 1x11.34k | £62.48 | ↓ | | £5.51 | 16183 | | | | | | | | | | | | | |
| | 1x5kg | £29.60 | ↓ | | £5.92 | 16182 | | | | | | | | | | | | | |
| | 1x3kg | £19.12 | ↓ | | £6.37 | 16184 | | | | | | | | | | | | | |
| | 1x1kg | £6.74 | ↓ | | RSP | £9.43 | 16186 | | | | | | | | | | | | |
| | 10x500g | £39.70 | ↓ | | RSP | £5.56 | 16187 | | | | | | | | | | | | |
| | 10x250g | £24.85 | ↓ | | RSP | £3.48 | 16188 | | | | | | | | | | | | |
| | 10x125g | £16.42 | ↓ | | RSP | £2.30 | 16189 | | | | | | | | | | | | |
| <hr/> | | | | | | | | | | | | | | | | | | | |
| CASHEWS WHOLE ROASTED & SALTED | 25kg | £264.00 | v | | £10.56 | 16194 | | | | | | | | | | | | | |
| Various | 1x12.5kg | £140.72 | v | | £11.26 | 16191 | | | | | | | | | | | | | |
| | 1x5kg | £58.39 | v | | £11.68 | 16192 | | | | | | | | | | | | | |
| | 1x3kg | £36.31 | v | | £12.10 | 16193 | | | | | | | | | | | | | |
| | 1x1kg | £12.54 | v | | RSP | £21.06 | 16196 | | | | | | | | | | | | |
| | 10x250g | £39.34 | v | | RSP | £6.61 | 16197 | | | | | | | | | | | | |
| | 10x100g | £20.94 | v | | RSP | £3.52 | 16199 | | | | | | | | | | | | |
| | 10x50g | £13.47 | v | | RSP | £2.26 | 10044 | | | | | | | | | | | | |
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| CASHEWS HONEY COATED | 12.5kg | £147.25 | ↓ | v | £11.78 | 22413 | | | | | | | | | | | | | |
| Various | 1x5kg | £62.80 | ↓ | v | £12.56 | 22411 | | | | | | | | | | | | | |
| | 1x2.5kg | £33.15 | ↓ | v | £13.26 | 22412 | | | | | | | | | | | | | |
| | 1x1kg | £13.38 | ↓ | v | RSP | £22.48 | 22416 | | | | | | | | | | | | |
| | 10x250g | £41.45 | ↓ | v | RSP | £6.96 | 22417 | | | | | | | | | | | | |
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| COCONUT DESICCATED MEDIUM | 25kg | £83.20 | | | £3.33 | 16211 | | | | | | | | | | | | | |
| Various | 1x5kg | £21.49 | | | £4.30 | 16212 | | | | | | | | | | | | | |
| | 1x3kg | £14.17 | | | £4.72 | 16213 | | | | | | | | | | | | | |
| | 1x2kg | £10.42 | | | RSP | £14.58 | 16215 | | | | | | | | | | | | |
| | 1x1kg | £5.16 | | | RSP | £7.22 | 16216 | | | | | | | | | | | | |
| | 10x250g | £20.89 | | | RSP | £2.93 | 16218 | | | | | | | | | | | | |
| | 10x125g | £14.45 | | | RSP | £2.02 | 16219 | | | | | | | | | | | | |
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| COCONUT CHIP RAW | 10kg | £35.97 | ↓ | | £3.60 | 16231 | | | | | | | | | | | | | |
| Sri Lanka | 1x5kg | £23.68 | ↓ | | £4.74 | 16232 | | | | | | | | | | | | | |
| | 1x3kg | £15.57 | ↓ | | £5.19 | 16233 | | | | | | | | | | | | | |
| | 1x1kg | £5.56 | ↓ | | RSP | £7.78 | 16236 | | | | | | | | | | | | |
| | 10x250g | £21.89 | ↓ | | RSP | £3.06 | 16238 | | | | | | | | | | | | |
| | 10x125g | £14.95 | ↓ | | RSP | £2.09 | 16239 | | | | | | | | | | | | |
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| COCONUT CHIP TOASTED | 10kg | £49.15 | ↓ | | £4.92 | 16481 | | | | | | | | | | | | | |
| Various | 1x3kg | £18.45 | ↓ | | £6.15 | 16483 | | | | | | | | | | | | | |
| | 1x1kg | £6.52 | ↓ | | RSP | £9.12 | 16486 | | | | | | | | | | | | |
| | 10x125g | £16.14 | ↓ | | RSP | £2.26 | 16489 | | | | | | | | | | | | |
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| HAZELNUTS WHOLE RAW | 25kg | £198.75 | | | £7.95 | 16241 | | | | | | | | | | | | | |
| Turkey | 1x10kg | £92.15 | | | £9.22 | 16242 | | | | | | | | | | | | | |
| | 1x5kg | £47.38 | | | £9.48 | 16243 | | | | | | | | | | | | | |
| | 1x3kg | £29.35 | | | £9.78 | 16244 | | | | | | | | | | | | | |
| | 1x1kg | £9.92 | | | RSP | £13.88 | 16246 | | | | | | | | | | | | |
| | 10x250g | £29.29 | | | RSP | £4.10 | 16248 | | | | | | | | | | | | |
| | 10x125g | £17.14 | | | RSP | £2.40 | 16249 | | | | | | | | | | | | |
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| HAZELNUTS ROASTED BLANCHED WHOLE | 25kg | £275.60 | v | | £11.02 | 16251 | | | | | | | | | | | | | |
| Various | 1x5kg | £63.74 | v | | £12.75 | 16252 | | | | | | | | | | | | | |
| | 1x3kg | £39.61 | v | | £13.20 | 16254 | | | | | | | | | | | | | |
| | 1x1kg | £13.57 | v | | RSP | £22.80 | 16256 | | | | | | | | | | | | |
| | 10x125g | £24.96 | v | | RSP | £4.19 | 16259 | | | | | | | | | | | | |

| Product Description | Size | Price | | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
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| NUTS (Cont.) | | | | | | | | | | | | | | | | | | | |
| MIXED NUTS CHOPPED | 12.5kg | £86.79 | ↑ | £6.94 | | 16271 | | | | | | | | | | | | | |
| [Peanuts, Almonds, Walnuts] | 1x5kg | £38.62 | ↑ | £7.72 | | 16272 | | | | | | | | | | | | | |
| Various | 1x3kg | £24.53 | ↑ | £8.18 | | 16273 | | | | | | | | | | | | | |
| | 1x1kg | £8.54 | ↑ | RSP | £11.96 | 16276 | | | | | | | | | | | | | |
| | 10x500g | £48.72 | ↑ | RSP | £6.82 | 16277 | | | | | | | | | | | | | |
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| MIXED NUTS | 1x10kg | £57.01 | ↓ | £5.70 | | 16281 | | | | | | | | | | | | | |
| Various | 1x5kg | £32.40 | ↑ | £6.48 | | 16282 | | | | | | | | | | | | | |
| | 1x3kg | £20.80 | ↑ | £6.93 | | 16283 | | | | | | | | | | | | | |
| | 1x1kg | £7.30 | ↑ | RSP | £10.22 | 16286 | | | | | | | | | | | | | |
| | 10x500g | £42.50 | ↑ | RSP | £5.95 | 16287 | | | | | | | | | | | | | |
| | 10x250g | £26.25 | ↑ | RSP | £3.68 | 16288 | | | | | | | | | | | | | |
| | 10x100g | £15.70 | ↑ | RSP | £2.20 | 16285 | | | | | | | | | | | | | |
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| MIXED NUTS AND RAISINS | 1x10kg | £46.57 | ↓ | £4.66 | | 16301 | | | | | | | | | | | | | |
| Various | 1x5kg | £27.18 | ↑ | £5.44 | | 16302 | | | | | | | | | | | | | |
| | 1x3kg | £17.67 | ↑ | £5.89 | | 16303 | | | | | | | | | | | | | |
| | 1x1kg | £6.26 | ↑ | RSP | £8.76 | 16306 | | | | | | | | | | | | | |
| | 10x250g | £23.64 | ↑ | RSP | £3.31 | 16308 | | | | | | | | | | | | | |
| | 10x125g | £15.82 | ↑ | RSP | £2.21 | 16309 | | | | | | | | | | | | | |
| | 10x100g | £14.66 | ↑ | RSP | £2.05 | 16305 | | | | | | | | | | | | | |
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| VALUE FRUIT & NUT MIX | 1x10kg | £44.78 | ↑ | £4.48 | | 70221 | | | | | | | | | | | | | |
| Various | 1x5kg | £26.29 | ↑ | £5.26 | | 70222 | | | | | | | | | | | | | |
| | 1x3kg | £17.14 | ↑ | £5.71 | | 70223 | | | | | | | | | | | | | |
| | 1x1kg | £6.08 | ↑ | RSP | £8.51 | 70226 | | | | | | | | | | | | | |
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| MIXED NUTS DELUXE - No Peanuts | 1x10kg | £100.20 | ↓ | £10.02 | | 16291 | | | | | | | | | | | | | |
| Various | 1x5kg | £54.00 | ↓ | £10.80 | | 16292 | | | | | | | | | | | | | |
| | 1x3kg | £33.76 | ↓ | £11.25 | | 16293 | | | | | | | | | | | | | |
| | 1x1kg | £11.62 | ↓ | RSP | £16.27 | 16296 | | | | | | | | | | | | | |
| | 10x500g | £64.10 | ↓ | RSP | £8.97 | 16297 | | | | | | | | | | | | | |
| | 10x250g | £37.05 | ↓ | RSP | £5.19 | 16298 | | | | | | | | | | | | | |
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| MIXED NUTS DELUXE & RAISINS | 1x10kg | £74.89 | ↓ | £7.49 | | 16311 | | | | | | | | | | | | | |
| Various | 1x5kg | £41.34 | ↓ | £8.27 | | 16312 | | | | | | | | | | | | | |
| | 1x3kg | £26.17 | ↓ | £8.72 | | 16313 | | | | | | | | | | | | | |
| | 1x1kg | £9.09 | ↓ | RSP | £12.72 | 16316 | | | | | | | | | | | | | |
| | 10x500g | £51.44 | ↓ | RSP | £7.20 | 16317 | | | | | | | | | | | | | |
| | 10x250g | £30.72 | ↓ | RSP | £4.30 | 16318 | | | | | | | | | | | | | |
| | 10x125g | £19.36 | ↓ | RSP | £2.71 | 16319 | | | | | | | | | | | | | |
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| LUXURY FRUIT & NUT SELECTION | 1x10kg | £92.06 | ↓ | £9.21 | | 19021 | | | | | | | | | | | | | |
| Various | 1x5kg | £49.93 | ↓ | £9.99 | | 19022 | | | | | | | | | | | | | |
| | 1x3kg | £31.32 | ↓ | £10.44 | | 19023 | | | | | | | | | | | | | |
| | 1x1kg | £10.81 | ↓ | RSP | £15.13 | 19026 | | | | | | | | | | | | | |
| | 10x500g | £60.03 | ↓ | RSP | £8.40 | 19027 | | | | | | | | | | | | | |
| | 10x250g | £35.02 | ↓ | RSP | £4.90 | 19028 | | | | | | | | | | | | | |
| | 10x125g | £21.51 | ↑ | RSP | £3.01 | 19029 | | | | | | | | | | | | | |
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| MIXED NUTS RST. & SALTED DELUXE | 1x10kg | £68.40 | ↑ v | £6.84 | | 28111 | | | | | | | | | | | | | |
| Peanuts, Cashews, Almonds, | 1x5kg | £38.10 | ↑ v | £7.62 | | 28112 | | | | | | | | | | | | | |
| Hazels. | 1x3kg | £24.22 | ↑ v | £8.07 | | 28113 | | | | | | | | | | | | | |
| Various | 1x1kg | £8.44 | ↑ v | RSP | £14.18 | 28116 | | | | | | | | | | | | | |
| | 10x500g | £47.20 | ↑ v | RSP | £7.93 | 28117 | | | | | | | | | | | | | |
| | 10x250g | £29.10 | ↑ v | RSP | £4.89 | 28118 | | | | | | | | | | | | | |

| Product Description | Size | Price | | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
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| NUTS (Cont.) | | | | | | | | | | | | | | | | | | | |
| PEANUTS BLANCHED | 25kg | £92.22 | ↑ | £3.69 | | 16353 | | | | | | | | | | | | | |
| Argentina | 1x10kg | £44.84 | ↑ | £4.48 | | 16351 | | | | | | | | | | | | | |
| | 1x5kg | £24.32 | ↑ | £4.86 | | 16352 | | | | | | | | | | | | | |
| | 1x3kg | £15.95 | ↑ | £5.32 | | 16354 | | | | | | | | | | | | | |
| | 1x1kg | £5.68 | ↑ | RSP | £7.96 | 16356 | | | | | | | | | | | | | |
| | 10x500g | £34.42 | ↑ | RSP | £4.82 | 16357 | | | | | | | | | | | | | |
| | 10x250g | £22.22 | ↑ | RSP | £3.11 | 16358 | | | | | | | | | | | | | |
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| PEANUTS PALESKIN | 25kg | £92.13 | ↑ | £3.69 | | 16521 | | | | | | | | | | | | | |
| Various | 1x10kg | £42.66 | ↑ | £4.27 | | 16522 | | | | | | | | | | | | | |
| | 1x5kg | £23.23 | ↑ | £4.65 | | 16523 | | | | | | | | | | | | | |
| | 1x3kg | £15.30 | ↑ | RSP | £21.41 | 16525 | | | | | | | | | | | | | |
| | 1x1kg | £5.47 | ↑ | RSP | £7.65 | 16527 | | | | | | | | | | | | | |
| | 10x500g | £33.33 | ↑ | RSP | £4.67 | 16528 | | | | | | | | | | | | | |
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| PEANUTS REDSKIN | 25kg | £117.05 | ↑ | £4.68 | | 16611 | | | | | | | | | | | | | |
| China/USA | 1x10kg | £53.31 | ↑ | £5.33 | | 16612 | | | | | | | | | | | | | |
| | 1x5kg | £28.46 | ↑ | £5.69 | | 16613 | | | | | | | | | | | | | |
| | 1x3kg | £18.43 | ↑ | £6.14 | | 16614 | | | | | | | | | | | | | |
| | 1x1kg | £6.51 | ↑ | RSP | £9.12 | 16616 | | | | | | | | | | | | | |
| | 10x500g | £38.56 | ↑ | RSP | £5.40 | 16618 | | | | | | | | | | | | | |
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| PEANUTS & RAISINS | 1x10kg | £40.57 | ↑ | £4.06 | | 16621 | | | | | | | | | | | | | |
| Various | 1x5kg | £24.19 | ↑ | £4.84 | | 16622 | | | | | | | | | | | | | |
| | 1x3kg | £15.87 | ↑ | £5.29 | | 16623 | | | | | | | | | | | | | |
| | 1x1kg | £5.66 | ↑ | RSP | £7.92 | 16626 | | | | | | | | | | | | | |
| | 10x250g | £22.14 | ↑ | RSP | £3.10 | 16629 | | | | | | | | | | | | | |
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| PEANUTS ROASTED & SALTED | 25kg | £104.40 | ↑ v | £4.18 | | 16371 | | | | | | | | | | | | | |
| Various | 1x10kg | £48.95 | ↑ v | £4.89 | | 16372 | | | | | | | | | | | | | |
| | 1x5kg | £26.27 | ↑ v | £5.25 | | 16373 | | | | | | | | | | | | | |
| | 1x3kg | £17.12 | ↑ v | £5.71 | | 16374 | | | | | | | | | | | | | |
| | 1x2kg | £10.95 | ↑ v | £5.47 | | 16375 | | | | | | | | | | | | | |
| | 1x1kg | £6.07 | ↑ v | RSP | £10.21 | 16376 | | | | | | | | | | | | | |
| | 10x500g | £36.37 | ↑ v | RSP | £6.11 | 16377 | | | | | | | | | | | | | |
| | 10x250g | £23.19 | ↑ v | RSP | £3.90 | 16378 | | | | | | | | | | | | | |
| | 10x125g | £15.59 | ↑ v | RSP | £2.62 | 16379 | | | | | | | | | | | | | |
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| PEANUTS ROASTED IN SHELL | 5kg | £19.73 | | £3.95 | | 16381 | | | | | | | | | | | | | |
| China | 1x3kg | £15.14 | | £5.05 | | 16383 | | | | | | | | | | | | | |
| | 1x1kg | £5.45 | | RSP | £7.62 | 16386 | | | | | | | | | | | | | |
| | 10x250g | £20.87 | | RSP | £2.92 | 16388 | | | | | | | | | | | | | |
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| PEANUTS DRY ROASTED | 25kg | £82.80 | v | £3.31 | | 16632 | | | | | | | | | | | | | |
| Argentina | 1x10kg | £38.69 | v | £3.87 | | 16631 | | | | | | | | | | | | | |
| | 1x5kg | £20.74 | v | £4.15 | | 16630 | | | | | | | | | | | | | |
| | 1x3kg | £13.45 | v | £4.48 | | 16634 | | | | | | | | | | | | | |
| | 1x2kg | £9.70 | v | £4.85 | | 16633 | | | | | | | | | | | | | |
| | 1x1kg | £4.75 | v | RSP | £7.98 | 16636 | | | | | | | | | | | | | |
| | 10x250g | £16.87 | v | RSP | £2.83 | 16638 | | | | | | | | | | | | | |
| | 10x125g | £11.44 | v | RSP | £1.92 | 16639 | | | | | | | | | | | | | |
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| PEANUTS HONEY COATED | 12.5kg | £92.61 | ↑ v | £7.41 | | 22423 | | | | | | | | | | | | | |
| U.K. | 1x5kg | £40.95 | ↑ v | £8.19 | | 22421 | | | | | | | | | | | | | |
| | 1x2.5kg | £22.22 | ↑ v | £8.89 | | 22422 | | | | | | | | | | | | | |
| | 1x1kg | £9.01 | ↑ v | RSP | £15.13 | 22426 | | | | | | | | | | | | | |
| | 10x125g | £19.26 | ↑ v | RSP | £3.24 | 22429 | | | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
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| NUTS (Cont.) | | | | | | | | | | | | | | | | | |
| PECAN HALVES | 13.68kg | £225.72 | | £16.50 | | 16391 | | | | | | | | | | | |
| USA/Mexico | 1x5kg | £91.48 | | £18.30 | | 16392 | | | | | | | | | | | |
| | 1x3kg | £56.01 | | £18.67 | | 16393 | | | | | | | | | | | |
| | 1x1kg | £18.94 | | RSP | £26.51 | 16394 | | | | | | | | | | | |
| | 10x250g | £53.10 | | RSP | £7.43 | 16398 | | | | | | | | | | | |
| | 10x125g | £30.05 | | RSP | £4.21 | 16399 | | | | | | | | | | | |
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| PINENUTS | 12.5kg | £348.75 | | £27.90 | | 16401 | | | | | | | | | | | |
| China | 1x5kg | £152.83 | | £30.57 | | 16402 | | | | | | | | | | | |
| | 1x3kg | £92.98 | | £30.99 | | 16403 | | | | | | | | | | | |
| | 1x1kg | £31.43 | | RSP | £43.99 | 16404 | | | | | | | | | | | |
| | 10x125g | £49.28 | | RSP | £6.90 | 16408 | | | | | | | | | | | |
| | 10x75g | £33.37 | | RSP | £4.67 | 16409 | | | | | | | | | | | |
| | 10x50g | £24.91 | | RSP | £3.49 | 16407 | | | | | | | | | | | |
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| PISTACHIOS ROASTED & SALTED | 10kg | £139.50 | ↑ | £13.95 | | 16411 | | | | | | | | | | | |
| U.S.A. / Iran | 1x5kg | £73.65 | ↑ | £14.73 | | 16412 | | | | | | | | | | | |
| | 1x3kg | £45.55 | ↑ | £15.18 | | 16414 | | | | | | | | | | | |
| | 1x1kg | £15.55 | ↑ | RSP | £21.77 | 16413 | | | | | | | | | | | |
| | 10x250g | £46.88 | ↑ | RSP | £6.56 | 16418 | | | | | | | | | | | |
| | 10x125g | £27.44 | ↑ | RSP | £3.84 | 16419 | | | | | | | | | | | |
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| PISTACHIOS RAW | 13.81kg | £408.07 | | £29.55 | | 16421 | | | | | | | | | | | |
| Iran | 1x5kg | £161.81 | | £32.36 | | 16422 | | | | | | | | | | | |
| | 1x3kg | £98.45 | | £32.82 | | 16423 | | | | | | | | | | | |
| | 1x1kg | £33.18 | | RSP | £46.46 | 16424 | | | | | | | | | | | |
| | 10x250g | £90.96 | | RSP | £12.73 | 16428 | | | | | | | | | | | |
| | 10x125g | £49.48 | | RSP | £6.93 | 16429 | | | | | | | | | | | |
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| WALNUTS NIBBED | 13.6kg | £86.28 | ↓ | £6.34 | | 16561 | | | | | | | | | | | |
| USA | 1x5kg | £36.71 | ↓ | £7.34 | | 16563 | | | | | | | | | | | |
| | 1x3kg | £23.39 | ↓ | £7.80 | | 16564 | | | | | | | | | | | |
| | 1x1kg | £8.16 | ↓ | RSP | £11.43 | 16566 | | | | | | | | | | | |
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| WALNUTS PIECES | 10kg | £71.70 | | £7.17 | | 75021 | | | | | | | | | | | |
| Chinese | 1x5kg | £42.68 | | £8.54 | | 75022 | | | | | | | | | | | |
| | 1x3kg | £26.81 | | £8.94 | | 75023 | | | | | | | | | | | |
| | 1x1kg | £9.34 | | RSP | £13.07 | 75026 | | | | | | | | | | | |
| | 10x250g | £30.59 | | RSP | £4.28 | 75028 | | | | | | | | | | | |
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| WALNUT HALVES & PIECES | 10kg | £79.75 | | £7.97 | | 16461 | | | | | | | | | | | |
| Min 15% Halves, 85% Pieces | 1x5kg | £47.29 | | £9.46 | | 16462 | | | | | | | | | | | |
| USA | 1x3kg | £29.65 | | £9.88 | | 16463 | | | | | | | | | | | |
| | 1x1kg | £10.32 | | RSP | £14.45 | 16466 | | | | | | | | | | | |
| | 10x250g | £33.80 | | RSP | £4.73 | 16468 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| CHINESE WALNUTS LIGHT AMBER HALVES | 10kg | £101.07 | | £10.11 | | 16443 | | | | | | | | | | | |
| 60% Halves, 40% Pieces | 1x5kg | £58.74 | | £11.75 | | 16444 | | | | | | | | | | | |
| | 1x3kg | £36.45 | | £12.15 | | 16445 | | | | | | | | | | | |
| | 1x1kg | £12.55 | | RSP | £17.57 | 16446 | | | | | | | | | | | |
| | 10x500g | £68.24 | | RSP | £9.55 | 16447 | | | | | | | | | | | |
| | 10x250g | £38.62 | | RSP | £5.41 | 16448 | | | | | | | | | | | |
| | 10x125g | £22.81 | | RSP | £3.19 | 16449 | | | | | | | | | | | |
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| WALNUTS CALIFORNIAN HALVES | 10kg | £97.90 | | £9.79 | | 70211 | | | | | | | | | | | |
| 80% Halves, 20% Pieces | 1x5kg | £57.22 | | £11.44 | | 70212 | | | | | | | | | | | |
| | 1x3kg | £35.61 | | £11.87 | | 70213 | | | | | | | | | | | |
| | 1x1kg | £12.30 | | RSP | £17.22 | 70216 | | | | | | | | | | | |
| | 10x250g | £38.76 | | RSP | £5.43 | 70218 | | | | | | | | | | | |
| | 10x125g | £23.38 | | RSP | £3.27 | 70219 | | | | | | | | | | | |

NUTS IN SHELL - Available from September otherwise bulk order only.

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|------------------------------|---------|---------|---|--------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| ALMONDS IN SHELL | 25kg | £186.88 | | £7.48 | 34801 | | | | | | | | | | | | |
| HAZELNUTS IN SHELL | 25kg | £189.80 | | £7.59 | 34811 | | | | | | | | | | | | |
| MIXED NUTS IN SHELL | 1x5kg | £56.11 | ↑ | £11.22 | 34831 | | | | | | | | | | | | |
| | 1x3kg | £37.36 | ↑ | £12.45 | 34833 | | | | | | | | | | | | |
| | 1x1kg | £12.82 | ↑ | RSP | £17.95 | 34836 | | | | | | | | | | | |
| | 10x500g | £70.11 | ↑ | RSP | £9.81 | 34837 | | | | | | | | | | | |
| | 10x250g | £40.05 | ↑ | RSP | £5.61 | 34838 | | | | | | | | | | | |
| PECANS IN SHELL | 10kg | £146.25 | | £14.63 | 34841 | | | | | | | | | | | | |
| WALNUTS CALIFORNIAN IN SHELL | 25kg | £138.70 | | £5.55 | 16981 | | | | | | | | | | | | |

SEEDS

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|--|-----------------|---------|--------|-------|--------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| HEMP - See Organic Section | | | ♻️ | | | | | | | | | | | | | | | |
| LINSEED BROWN - Flax Seed Various | 25kg | £41.81 | ↓ | £1.67 | 31735 | | | | | | | | | | | | | |
| | 1x5kg | £13.09 | ↓ | £2.62 | 31731 | | | | | | | | | | | | | |
| | 1x1kg | £3.44 | ↓ | £3.44 | 31732 | | | | | | | | | | | | | |
| | 10x500g | £23.19 | ↓ | RSP | £3.27 | 31738 | | | | | | | | | | | | |
| | 10x250g | £16.59 | ↓ | RSP | £2.34 | 31739 | | | | | | | | | | | | |
| LINSEED GOLDEN - Flax Seed Various | 25kg | £53.98 | ↑ | £2.16 | 82995 | | | | | | | | | | | | | |
| | 1x5kg | £15.43 | ↑ | £3.09 | 82991 | | | | | | | | | | | | | |
| | 1x1kg | £3.91 | ↑ | £3.91 | 82993 | | | | | | | | | | | | | |
| | 10x500g | £25.53 | ↑ | RSP | £3.60 | 82998 | | | | | | | | | | | | |
| | 10x250g | £17.77 | ↑ | RSP | £2.50 | 82999 | | | | | | | | | | | | |
| POPPY SEEDS BLUE Various | 25kg | £115.92 | | £4.64 | 32045 | | | | | | | | | | | | | |
| | 1x5kg | £28.74 | | £5.75 | 32041 | | | | | | | | | | | | | |
| | 1x1kg | £6.57 | | £6.57 | 32042 | | | | | | | | | | | | | |
| | 5x500g | £19.42 | | RSP | £5.47 | 32043 | | | | | | | | | | | | |
| | 10x250g | £24.42 | | RSP | £3.44 | 32047 | | | | | | | | | | | | |
| | 10x125g | £16.21 | | RSP | £2.28 | 32048 | | | | | | | | | | | | |
| | 10x50g | £11.48 | | RSP | £1.62 | 32049 | | | | | | | | | | | | |
| | 155ml Spice Tub | 10x80g | £14.03 | | RSP | £2.13 | 32044 | | | | | | | | | | | |
| | 1lt Spice Jar | 6x600g | £34.92 | | RSP | £8.15 | 36559 | | | | | | | | | | | |
| PUMPKIN SEEDS China | 25kg | £144.75 | ↑ | £5.79 | 16811 | | | | | | | | | | | | | |
| | 1x5kg | £36.99 | ↑ | £7.40 | 16812 | | | | | | | | | | | | | |
| | 1x3kg | £23.55 | ↑ | £7.85 | 16813 | | | | | | | | | | | | | |
| | 1x1kg | £8.22 | ↑ | RSP | £11.50 | 16816 | | | | | | | | | | | | |
| | 10x500g | £47.09 | ↑ | RSP | £6.59 | 16817 | | | | | | | | | | | | |
| | 10x250g | £28.54 | ↑ | RSP | £4.00 | 16818 | | | | | | | | | | | | |
| SAGO SEEDS MEDIUM India | 25 kg | £44.17 | | £1.77 | 83031 | | | | | | | | | | | | | |
| | 1x10kg | £22.87 | | £2.29 | 83032 | | | | | | | | | | | | | |
| | 1x5kg | £13.14 | | £2.63 | 83033 | | | | | | | | | | | | | |
| | 1x3kg | £9.16 | | £3.05 | 83034 | | | | | | | | | | | | | |
| | 1x1kg | £3.29 | | RSP | £4.60 | 83037 | | | | | | | | | | | | |
| | 10x500g | £21.44 | | RSP | £3.00 | 83038 | | | | | | | | | | | | |
| SESAME SEEDS NATURAL | | | ♻️ | | | | | | | | | | | | | | | |
| See Organic Section | | | ♻️ | | | | | | | | | | | | | | | |
| SUNFLOWER SEEDS (Confectionery Grade) Turkey | 25kg | £69.70 | | £2.79 | 16841 | | | | | | | | | | | | | |
| | 1x10kg | £33.71 | | £3.37 | 16842 | | | | | | | | | | | | | |
| | 1x5kg | £18.41 | | £3.68 | 16843 | | | | | | | | | | | | | |
| | 1x3kg | £12.16 | | £4.05 | 16845 | | | | | | | | | | | | | |
| | 1x1kg | £4.32 | | RSP | £6.05 | 16846 | | | | | | | | | | | | |
| | 10x500g | £25.11 | | RSP | £3.51 | 16847 | | | | | | | | | | | | |
| 10x250g | £16.55 | | RSP | £2.32 | 16848 | | | | | | | | | | | | | |

SEEDS (Cont.)

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|--------------------------|---------|--------|---|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| SUNFLOWER SEEDS | 25kg | £52.05 | | £2.08 | | 75381 | | | | | | | | | | | |
| (Bakery Grade) | 1x10kg | £26.45 | | £2.65 | | 75382 | | | | | | | | | | | |
| Various | 1x5kg | £15.03 | | £3.01 | | 75383 | | | | | | | | | | | |
| | 1x3kg | £10.38 | | £3.46 | | 75384 | | | | | | | | | | | |
| | 1x1kg | £3.83 | | RSP | £5.36 | 75386 | | | | | | | | | | | |
| | 10x500g | £25.13 | | RSP | £3.52 | 75387 | | | | | | | | | | | |
| | 10x250g | £17.56 | | RSP | £2.46 | 75388 | | | | | | | | | | | |
| | 10x125g | £12.78 | | RSP | £1.79 | 75389 | | | | | | | | | | | |
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| SALAD SPRINKLE | 1x10kg | £67.36 | ↓ | £6.74 | | 55551 | | | | | | | | | | | |
| [Sunflower Seeds, | 1x5kg | £37.58 | ↓ | £7.52 | | 55552 | | | | | | | | | | | |
| Pumpkin Seeds, Pinenuts] | 1x3kg | £23.91 | ↓ | £7.97 | | 55553 | | | | | | | | | | | |
| | 1x1kg | £8.34 | ↓ | RSP | £11.67 | 55556 | | | | | | | | | | | |
| | 10x250g | £28.84 | ↑ | RSP | £4.04 | 55558 | | | | | | | | | | | |
| | 10x125g | £18.42 | ↑ | RSP | £2.58 | 55559 | | | | | | | | | | | |

BEANS

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|----------------------|---------|---------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BLACKEYE | 25 kg | £58.73 | ↓ | £2.35 | | 17021 | | | | | | | | | | | |
| Various | 1x10kg | £28.83 | ↓ | £2.88 | | 17022 | | | | | | | | | | | |
| | 1x5kg | £16.22 | ↓ | £3.24 | | 17023 | | | | | | | | | | | |
| | 1x3kg | £11.09 | ↓ | £3.70 | | 17024 | | | | | | | | | | | |
| | 1x1kg | £4.06 | ↓ | RSP | £5.69 | 17027 | | | | | | | | | | | |
| | 10x500g | £26.32 | ↓ | RSP | £3.68 | 17028 | | | | | | | | | | | |
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| BLACK [Turtle] BEANS | 25 kg | £63.06 | | £2.52 | | 17991 | | | | | | | | | | | |
| Various | 1x10kg | £30.11 | | £3.01 | | 17992 | | | | | | | | | | | |
| | 1x5kg | £16.71 | | £3.34 | | 17993 | | | | | | | | | | | |
| | 1x3kg | £11.22 | | £3.74 | | 17994 | | | | | | | | | | | |
| | 1x1kg | £4.14 | | RSP | £5.80 | 17997 | | | | | | | | | | | |
| | 10x500g | £26.21 | | RSP | £3.67 | 17998 | | | | | | | | | | | |
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| BORLOTTI | 25 kg | £73.22 | ↓ | £2.93 | | 17151 | | | | | | | | | | | |
| Various | 1x10kg | £34.86 | ↓ | £3.49 | | 17152 | | | | | | | | | | | |
| | 1x5kg | £19.23 | ↓ | £3.85 | | 17153 | | | | | | | | | | | |
| | 1x3kg | £12.90 | ↓ | £4.30 | | 17154 | | | | | | | | | | | |
| | 1x1kg | £4.67 | ↓ | RSP | £6.53 | 17157 | | | | | | | | | | | |
| | 10x500g | £29.33 | ↓ | RSP | £4.11 | 17158 | | | | | | | | | | | |
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| BUTTER | 25 kg | £87.80 | ↓ | £3.51 | | 17041 | | | | | | | | | | | |
| Poland | 1x10kg | £41.74 | ↓ | £4.17 | | 17042 | | | | | | | | | | | |
| | 1x5kg | £22.67 | ↓ | £4.53 | | 17043 | | | | | | | | | | | |
| | 1x3kg | £14.96 | ↓ | £4.99 | | 17044 | | | | | | | | | | | |
| | 1x1kg | £5.35 | ↓ | RSP | £7.50 | 17047 | | | | | | | | | | | |
| | 10x500g | £32.77 | ↓ | RSP | £4.59 | 17048 | | | | | | | | | | | |
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| CANNELINI | 25 kg | £64.08 | ↓ | £2.56 | | 17051 | | | | | | | | | | | |
| Various | 1x10kg | £31.59 | ↓ | £3.16 | | 17052 | | | | | | | | | | | |
| | 1x5kg | £17.59 | ↓ | £3.52 | | 17053 | | | | | | | | | | | |
| | 1x3kg | £11.92 | ↓ | £3.97 | | 17054 | | | | | | | | | | | |
| | 1x1kg | £4.34 | ↓ | RSP | £6.07 | 17057 | | | | | | | | | | | |
| | 10x500g | £27.69 | ↓ | RSP | £3.88 | 17058 | | | | | | | | | | | |
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| FLAGEOLET | 25 kg | £101.98 | ↓ | £4.08 | | 17061 | | | | | | | | | | | |
| France | 1x10kg | £47.79 | ↓ | £4.78 | | 17062 | | | | | | | | | | | |
| | 1x5kg | £25.70 | ↓ | £5.14 | | 17063 | | | | | | | | | | | |
| | 1x3kg | £16.78 | ↓ | £5.59 | | 17064 | | | | | | | | | | | |
| | 1x1kg | £5.96 | ↓ | RSP | £8.34 | 17067 | | | | | | | | | | | |
| | 10x500g | £35.80 | ↓ | RSP | £5.01 | 17068 | | | | | | | | | | | |

| Product Description | Size | Price | | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
|----------------------|---------|--------|---|--------|-------|-------|---|---|---|---|---|---|---|---|---|----|----|----|--|
| BEANS (Cont.) | | | | | | | | | | | | | | | | | | | |
| HARICOT | 25 kg | £59.00 | ↓ | £2.36 | | 17071 | | | | | | | | | | | | | |
| Canada | 1x10kg | £29.42 | ↓ | £2.94 | | 17072 | | | | | | | | | | | | | |
| | 1x5kg | £16.51 | ↓ | £3.30 | | 17073 | | | | | | | | | | | | | |
| | 1x3kg | £11.26 | ↓ | £3.75 | | 17074 | | | | | | | | | | | | | |
| | 1x1kg | £4.12 | ↓ | RSP | £5.77 | 17077 | | | | | | | | | | | | | |
| | 10x500g | £26.61 | ↓ | RSP | £3.73 | 17078 | | | | | | | | | | | | | |
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| MIXED BEANS | 1x10kg | £32.00 | ↑ | £3.20 | | 17121 | | | | | | | | | | | | | |
| Various | 1x5kg | £19.90 | ↑ | £3.98 | | 17123 | | | | | | | | | | | | | |
| | 1x3kg | £13.30 | ↑ | £4.43 | | 17124 | | | | | | | | | | | | | |
| | 1x1kg | £4.80 | ↑ | RSP | £6.72 | 17127 | | | | | | | | | | | | | |
| | 10x500g | £30.00 | ↑ | RSP | £4.20 | 17128 | | | | | | | | | | | | | |
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| MOTH BEANS | 25 kg | £64.48 | | £2.58 | | 17301 | | | | | | | | | | | | | |
| INDIA | 1x10kg | £31.55 | | £3.15 | | 17302 | | | | | | | | | | | | | |
| | 1x5kg | £17.47 | | £3.49 | | 17303 | | | | | | | | | | | | | |
| | 1x3kg | £11.76 | | £3.92 | | 17304 | | | | | | | | | | | | | |
| | 1x1kg | £4.15 | | RSP | £5.82 | 17307 | | | | | | | | | | | | | |
| | 10x500g | £25.77 | | RSP | £3.61 | 17308 | | | | | | | | | | | | | |
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| MUNG | 25 kg | £55.70 | ↑ | £2.23 | | 17081 | | | | | | | | | | | | | |
| Myanmar | 1x10kg | £27.54 | ↑ | £2.75 | | 17082 | | | | | | | | | | | | | |
| | 1x5kg | £15.57 | ↑ | £3.11 | | 17083 | | | | | | | | | | | | | |
| | 1x3kg | £10.70 | ↑ | £3.57 | | 17084 | | | | | | | | | | | | | |
| | 1x1kg | £3.93 | ↑ | RSP | £5.51 | 17087 | | | | | | | | | | | | | |
| | 10x500g | £25.67 | ↑ | RSP | £3.59 | 17088 | | | | | | | | | | | | | |
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| MUNG DAL YELLOW | 25 kg | £51.98 | ↓ | £2.08 | | 17161 | | | | | | | | | | | | | |
| TANZANIA/MYANMAR | 1x10kg | £26.40 | ↓ | £2.64 | | 17162 | | | | | | | | | | | | | |
| | 1x5kg | £15.00 | ↓ | £3.00 | | 17163 | | | | | | | | | | | | | |
| | 1x3kg | £10.36 | ↓ | £3.45 | | 17164 | | | | | | | | | | | | | |
| | 1x1kg | £3.82 | ↓ | RSP | £5.35 | 17167 | | | | | | | | | | | | | |
| | 10x500g | £25.10 | ↑ | RSP | £3.51 | 17168 | | | | | | | | | | | | | |
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| PINTO | 25 kg | £57.40 | ↓ | £2.30 | | 17091 | | | | | | | | | | | | | |
| Canada | 1x10kg | £28.73 | ↓ | £2.87 | | 17092 | | | | | | | | | | | | | |
| | 1x5kg | £16.16 | ↓ | £3.23 | | 17093 | | | | | | | | | | | | | |
| | 1x3kg | £11.06 | ↓ | £3.69 | | 17094 | | | | | | | | | | | | | |
| | 1x1kg | £4.05 | ↓ | RSP | £5.67 | 17097 | | | | | | | | | | | | | |
| | 10x500g | £26.26 | ↓ | RSP | £3.68 | 17098 | | | | | | | | | | | | | |
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| RED KIDNEY | 25 kg | £64.53 | ↓ | £2.58 | | 17101 | | | | | | | | | | | | | |
| Various | 1x10kg | £31.79 | ↓ | £3.18 | | 17102 | | | | | | | | | | | | | |
| | 1x5kg | £17.70 | ↓ | £3.54 | | 17103 | | | | | | | | | | | | | |
| | 1x3kg | £11.98 | ↓ | £3.99 | | 17104 | | | | | | | | | | | | | |
| | 1x1kg | £4.36 | ↓ | RSP | £6.10 | 17107 | | | | | | | | | | | | | |
| | 10x500g | £27.80 | ↓ | RSP | £3.89 | 17108 | | | | | | | | | | | | | |
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| LENTILS | | | | | | | | | | | | | | | | | | | |
| BROWN | 25 kg | £59.63 | | £2.39 | | 17211 | | | | | | | | | | | | | |
| Various | 1x10kg | £30.43 | | £0.78 | | 17212 | | | | | | | | | | | | | |
| | 1x5kg | £17.01 | | £3.40 | | 17213 | | | | | | | | | | | | | |
| | 1x3kg | £11.57 | | £3.86 | | 17214 | | | | | | | | | | | | | |
| | 1x1kg | £4.22 | | RSP | £5.91 | 17217 | | | | | | | | | | | | | |
| | 10x500g | £27.11 | | RSP | £3.80 | 17218 | | | | | | | | | | | | | |

LENTILS (Cont.)

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| GREEN | 25 kg | £59.00 ↓ | | £2.36 | | 17221 | | | | | | | | | | | |
| Various | 1x10kg | £30.11 ↓ | | £3.01 | | 17222 | | | | | | | | | | | |
| | 1x5kg | £16.86 ↓ | | £3.37 | | 17223 | | | | | | | | | | | |
| | 1x3kg | £11.47 ↓ | | £3.82 | | 17224 | | | | | | | | | | | |
| | 1x1kg | £4.19 ↓ | | RSP | £5.87 | 17227 | | | | | | | | | | | |
| | 10x500g | £26.96 ↓ | | RSP | £3.77 | 17228 | | | | | | | | | | | |
| | 10x250g | £18.48 ↓ | | RSP | £2.59 | 17229 | | | | | | | | | | | |
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| RED SPLIT | 25 kg | £49.11 | | £1.96 | | 17231 | | | | | | | | | | | |
| Canada/USA | 1x10kg | £24.93 | | £2.49 | | 17232 | | | | | | | | | | | |
| | 1x5kg | £14.11 | | £2.82 | | 17233 | | | | | | | | | | | |
| | 1x3kg | £9.67 | | £3.22 | | 17235 | | | | | | | | | | | |
| | 1x1kg | £3.62 | | RSP | £5.07 | 17237 | | | | | | | | | | | |
| | 10x500g | £23.61 | | RSP | £3.31 | 17238 | | | | | | | | | | | |
| | 10x250g | £16.30 | | RSP | £2.28 | 17239 | | | | | | | | | | | |
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| DARK GREEN SPECKLED | 25 kg | £92.50 ↑ | | £3.70 | | 17241 | | | | | | | | | | | |
| [Puy Type] Canada | 1x10kg | £44.90 ↑ | | £4.49 | | 17242 | | | | | | | | | | | |
| | 1x5kg | £24.25 ↑ | | £4.85 | | 17243 | | | | | | | | | | | |
| | 1x3kg | £15.91 ↑ | | £5.30 | | 17246 | | | | | | | | | | | |
| | 1x1kg | £5.67 ↑ | | RSP | £7.94 | 17247 | | | | | | | | | | | |
| | 10x500g | £34.35 ↑ | | RSP | £4.81 | 17248 | | | | | | | | | | | |
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| TOOR DAL PLAIN | 25 kg | £54.45 | | £2.18 | | 17531 | | | | | | | | | | | |
| MALAWI | 1x10kg | £27.26 | | £2.73 | | 17532 | | | | | | | | | | | |
| | 1x5kg | £15.33 | | £3.07 | | 17533 | | | | | | | | | | | |
| | 1x3kg | £10.48 | | £3.49 | | 17534 | | | | | | | | | | | |
| | 1x1kg | £3.73 | | RSP | £5.22 | 17537 | | | | | | | | | | | |
| | 10x500g | £23.63 | | RSP | £3.31 | 17538 | | | | | | | | | | | |
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| URID DAL WHITE | 25 kg | £64.05 | | £2.56 | | 17541 | | | | | | | | | | | |
| INDIA/MYANMAR | 1x10kg | £31.36 | | £3.14 | | 17542 | | | | | | | | | | | |
| | 1x5kg | £17.38 | | £3.48 | | 17543 | | | | | | | | | | | |
| | 1x3kg | £11.71 | | £3.90 | | 17544 | | | | | | | | | | | |
| | 1x1kg | £4.14 | | RSP | £5.79 | 17547 | | | | | | | | | | | |
| | 10x500g | £25.68 | | RSP | £3.60 | 17548 | | | | | | | | | | | |
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| PEAS | | | | | | | | | | | | | | | | | |
| CHANA DAL POLISHED | 25 kg | £46.50 | | £1.86 | | 17421 | | | | | | | | | | | |
| AUSTRALIA/INDIA | 1x10kg | £23.86 | | £2.39 | | 17422 | | | | | | | | | | | |
| | 1x5kg | £13.63 | | £2.73 | | 17423 | | | | | | | | | | | |
| | 1x3kg | £9.46 | | £3.15 | | 17424 | | | | | | | | | | | |
| | 1x1kg | £3.39 | | RSP | £4.74 | 17427 | | | | | | | | | | | |
| | 10x500g | £21.93 | | RSP | £3.07 | 17428 | | | | | | | | | | | |
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| CHICK | 25 kg | £57.35 | | £2.29 | | 17311 | | | | | | | | | | | |
| Turkey | 1x10kg | £28.91 | | £2.89 | | 17312 | | | | | | | | | | | |
| | 1x5kg | £16.16 | | £3.23 | | 17313 | | | | | | | | | | | |
| | 1x3kg | £10.97 | | £3.66 | | 17314 | | | | | | | | | | | |
| | 1x1kg | £4.09 | | RSP | £5.73 | 17317 | | | | | | | | | | | |
| | 10x500g | £26.46 | | RSP | £3.70 | 17318 | | | | | | | | | | | |
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| GREEN SPLIT | 25 kg | £38.00 ↓ | | £1.52 | | 17321 | | | | | | | | | | | |
| U.K./Canada | 1x5kg | £12.02 ↓ | | £2.40 | | 17323 | | | | | | | | | | | |
| | 1x3kg | £8.57 ↓ | | £2.86 | | 17325 | | | | | | | | | | | |
| | 1x1kg | £3.22 ↓ | | RSP | £4.51 | 17327 | | | | | | | | | | | |
| | 10x500g | £22.12 ↓ | | RSP | £3.10 | 17328 | | | | | | | | | | | |
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PEAS (Cont.)

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|------------|---------|--------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| GUNGO PEAS | 25 kg | £53.77 | | £2.15 | | 17431 | | | | | | | | | | | |
| MYANMAR | 1x10kg | £26.97 | | £2.70 | | 17432 | | | | | | | | | | | |
| | 1x5kg | £15.19 | | £3.04 | | 17433 | | | | | | | | | | | |
| | 1x3kg | £10.39 | | £3.46 | | 17434 | | | | | | | | | | | |
| | 1x1kg | £3.70 | | RSP | £5.18 | 17437 | | | | | | | | | | | |
| | 10x500g | £23.49 | | RSP | £3.29 | 17438 | | | | | | | | | | | |

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|--------------|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| YELLOW SPLIT | 25 kg | £36.33 | ↓ | £1.45 | | 17331 | | | | | | | | | | | |
| U.K. | 1x10kg | £19.72 | ↓ | £1.97 | | 17332 | | | | | | | | | | | |
| | 1x5kg | £11.66 | ↓ | £2.33 | | 17333 | | | | | | | | | | | |
| | 1x3kg | £8.36 | ↓ | £2.79 | | 17334 | | | | | | | | | | | |
| | 1x1kg | £3.15 | ↓ | RSP | £4.41 | 17337 | | | | | | | | | | | |
| | 10x500g | £21.76 | ↓ | RSP | £3.05 | 17338 | | | | | | | | | | | |

SOUP MIX

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|----------------------|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| SOUP MIX [BROTH MIX] | 1x10kg | £17.94 | ↑ | £1.79 | | 17411 | | | | | | | | | | | |
| Various | 1x5kg | £12.87 | ↑ | £2.57 | | 17413 | | | | | | | | | | | |
| | 1x3kg | £9.08 | ↑ | £3.03 | | 17414 | | | | | | | | | | | |
| | 1x1kg | £3.39 | ↑ | RSP | £4.75 | 17417 | | | | | | | | | | | |
| | 10x500g | £22.97 | ↑ | RSP | £3.22 | 17419 | | | | | | | | | | | |

GRAINS

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|--------------|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BULGAR WHEAT | 25 kg | £40.47 | ↓ | £1.62 | | 17631 | | | | | | | | | | | |
| Turkey | 1x10kg | £21.49 | ↓ | £2.15 | | 17632 | | | | | | | | | | | |
| | 1x5kg | £12.55 | ↓ | £2.51 | | 17633 | | | | | | | | | | | |
| | 1x3kg | £8.89 | ↓ | £2.96 | | 17634 | | | | | | | | | | | |
| | 1x1kg | £3.33 | ↓ | RSP | £4.66 | 17637 | | | | | | | | | | | |
| | 10x500g | £22.65 | ↓ | RSP | £3.17 | 17638 | | | | | | | | | | | |

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|----------------|---------|--------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| COUSCOUS WHITE | 25 kg | £52.70 | | £2.11 | | 17641 | | | | | | | | | | | |
| Various | 1x10kg | £26.59 | | £2.66 | | 17642 | | | | | | | | | | | |
| | 1x5kg | £15.19 | | £3.04 | | 17643 | | | | | | | | | | | |
| | 1x3kg | £10.48 | | £3.49 | | 17646 | | | | | | | | | | | |
| | 1x1kg | £3.86 | | RSP | £5.40 | 17647 | | | | | | | | | | | |
| | 10x500g | £25.29 | | RSP | £3.54 | 17648 | | | | | | | | | | | |
| | 10x250g | £17.65 | | RSP | £2.47 | 17649 | | | | | | | | | | | |

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|---------------------|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| COUSCOUS WHOLEWHEAT | 20 kg | £51.51 | ↓ | £2.58 | | 17711 | | | | | | | | | | | |
| Italy | 1x10kg | £31.79 | ↓ | £3.18 | | 17712 | | | | | | | | | | | |
| | 1x5kg | £17.70 | ↓ | £3.54 | | 17713 | | | | | | | | | | | |
| | 1x3kg | £11.98 | ↓ | £3.99 | | 17714 | | | | | | | | | | | |
| | 1x1kg | £4.36 | ↓ | RSP | £6.10 | 17717 | | | | | | | | | | | |
| | 10x500g | £27.80 | ↓ | RSP | £3.89 | 17718 | | | | | | | | | | | |

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|----------------|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| COUSCOUS GIANT | 10 kg | £34.24 | ↓ | £3.42 | | 17681 | | | | | | | | | | | |
| Various | 1x5kg | £22.24 | ↓ | £4.45 | | 17683 | | | | | | | | | | | |
| | 1x3kg | £14.71 | ↓ | £4.90 | | 17686 | | | | | | | | | | | |
| | 1x1kg | £5.27 | ↓ | £5.27 | | 17687 | | | | | | | | | | | |
| | 10x500g | £32.34 | ↓ | RSP | £4.53 | 17688 | | | | | | | | | | | |
| | 10x250g | £21.17 | ↓ | RSP | £2.96 | 17689 | | | | | | | | | | | |

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|---------------------------------|---------|---------|--|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| FREEKEH (Roasted Cracked Wheat) | 25 kg | £137.88 | | £5.52 | | 18931 | | | | | | | | | | | |
| Australia / Middle East | 1x10kg | £63.10 | | £6.31 | | 18932 | | | | | | | | | | | |
| | 1x5kg | £33.25 | | £6.65 | | 18933 | | | | | | | | | | | |
| | 1x3kg | £21.23 | | £7.08 | | 18935 | | | | | | | | | | | |
| | 1x1kg | £7.51 | | RSP | £10.51 | 18937 | | | | | | | | | | | |
| | 10x500g | £43.55 | | RSP | £6.10 | 18938 | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|-----------------------|---------|---------|--------|-------|-------|-------|---|---|---|---|---|---|---|---|----|----|----|
| GRAINS (Cont.) | | | | | | | | | | | | | | | | | |
| MILLET GRAIN | 25 kg | £59.52 | | £2.38 | | 17651 | | | | | | | | | | | |
| Various | 1x10kg | £29.71 | | £2.97 | | 17652 | | | | | | | | | | | |
| | 1x5kg | £16.65 | | £3.33 | | 17653 | | | | | | | | | | | |
| | 1x3kg | £11.35 | | £3.78 | | 17654 | | | | | | | | | | | |
| | 1x1kg | £4.15 | | RSP | £5.81 | 17657 | | | | | | | | | | | |
| | 10x500g | £26.75 | | RSP | £3.75 | 17658 | | | | | | | | | | | |
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| PEARL BARLEY | 25 kg | £29.74 | | £1.19 | | 17581 | | | | | | | | | | | |
| U.K | 1x10kg | £16.40 | | £1.64 | | 17582 | | | | | | | | | | | |
| | 1x5kg | £9.85 | | £1.97 | | 17583 | | | | | | | | | | | |
| | 1x3kg | £7.11 | | £2.37 | | 17585 | | | | | | | | | | | |
| | 1x1kg | £2.77 | | RSP | £3.88 | 17587 | | | | | | | | | | | |
| | 10x500g | £19.35 | | RSP | £2.71 | 17588 | | | | | | | | | | | |
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| POPPING CORN | 25 kg | £36.13 | ↑ | £1.45 | | 17661 | | | | | | | | | | | |
| Argentina | 1x10kg | £19.58 | ↑ | £1.96 | | 17662 | | | | | | | | | | | |
| | 1x5kg | £11.59 | ↑ | £2.32 | | 17663 | | | | | | | | | | | |
| | 1x3kg | £8.31 | ↑ | £2.77 | | 17664 | | | | | | | | | | | |
| | 1x1kg | £3.14 | ↑ | RSP | £4.39 | 17666 | | | | | | | | | | | |
| | 10x500g | £21.69 | ↑ | RSP | £3.04 | 17667 | | | | | | | | | | | |
| | 10x250g | £15.85 | ↑ | RSP | £2.22 | 17668 | | | | | | | | | | | |
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| QUINOA WHITE | 25 kg | £93.63 | ↑ | £3.75 | | 18951 | | | | | | | | | | | |
| Various | 1x10kg | £44.25 | ↑ | £4.42 | | 18952 | | | | | | | | | | | |
| | 1x5kg | £23.92 | ↑ | £4.78 | | 18953 | | | | | | | | | | | |
| | 1x3kg | £15.71 | ↑ | £5.24 | | 18955 | | | | | | | | | | | |
| | 1x1kg | £5.60 | ↑ | RSP | £7.85 | 18956 | | | | | | | | | | | |
| | 10x250g | £22.01 | ↑ | RSP | £3.08 | 18958 | | | | | | | | | | | |
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| QUINOA RED | 25 kg | £98.02 | ↑ | £3.92 | | 18971 | | | | | | | | | | | |
| Various | 1x10kg | £46.13 | ↑ | £4.61 | | 18972 | | | | | | | | | | | |
| | 1x5kg | £24.87 | ↑ | £4.97 | | 18973 | | | | | | | | | | | |
| | 1x3kg | £16.28 | ↑ | £5.43 | | 18975 | | | | | | | | | | | |
| | 1x1kg | £5.79 | ↑ | RSP | £8.11 | 18976 | | | | | | | | | | | |
| | 10x250g | £22.48 | ↑ | RSP | £3.15 | 18978 | | | | | | | | | | | |
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| QUINOA BLACK | 25 kg | £129.07 | ↓ | £5.16 | | 18991 | | | | | | | | | | | |
| Various | 1x10kg | £59.42 | ↓ | £5.94 | | 18992 | | | | | | | | | | | |
| | 1x5kg | £31.51 | ↓ | £6.30 | | 18993 | | | | | | | | | | | |
| | 1x3kg | £20.27 | ↓ | £6.76 | | 18995 | | | | | | | | | | | |
| | 1x1kg | £7.12 | ↓ | RSP | £9.97 | 18996 | | | | | | | | | | | |
| | 10x250g | £25.81 | ↓ | RSP | £3.61 | 18998 | | | | | | | | | | | |
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| RICE | | | | | | | | | | | | | | | | | |
| ARBORIO WHITE | 25 kg | £92.16 | ↑ | £3.69 | | 18681 | | | | | | | | | | | |
| Italy | 1x10kg | £43.70 | ↑ | £4.37 | | 18682 | | | | | | | | | | | |
| | 1x5kg | £23.65 | ↑ | £4.73 | | 18683 | | | | | | | | | | | |
| | 1x3kg | £15.55 | ↑ | £5.18 | | 18685 | | | | | | | | | | | |
| | 1x1kg | £5.55 | ↑ | RSP | £7.77 | 18687 | | | | | | | | | | | |
| | 10x500g | £33.75 | ↑ | RSP | £4.73 | 18688 | | | | | | | | | | | |
| | <hr/> | | | | | | | | | | | | | | | | |
| BASMATI BROWN | 20 kg | £43.01 | ↑ | £2.15 | | 18711 | | | | | | | | | | | |
| India / Pakistan | 1x10kg | £27.24 | ↑ | £2.72 | | 18712 | | | | | | | | | | | |
| | 1x5kg | £15.42 | ↑ | £3.08 | | 18713 | | | | | | | | | | | |
| | 1x3kg | £10.61 | ↑ | £3.54 | | 18715 | | | | | | | | | | | |
| | 1x1kg | £3.90 | ↑ | RSP | £5.47 | 18718 | | | | | | | | | | | |
| | 10x500g | £25.52 | ↑ | RSP | £3.57 | 18719 | | | | | | | | | | | |

| Product Description | Size | Price | | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
|--|---------|--------|-----|--------|-------|-------|---|---|---|---|---|---|---|---|---|----|----|----|--|
| RICE (Cont.) | | | | | | | | | | | | | | | | | | | |
| BASMATI WHITE T.Q. India / Pakistan | 20 kg | £49.58 | ↑ | £2.48 | | 18722 | | | | | | | | | | | | | |
| | 1x5kg | £17.18 | ↑ | £3.44 | | 18723 | | | | | | | | | | | | | |
| | 1x3kg | £11.67 | ↑ | £3.89 | | 18725 | | | | | | | | | | | | | |
| | 1x1kg | £4.26 | ↑ | RSP | £5.96 | 18727 | | | | | | | | | | | | | |
| | 10x500g | £27.28 | ↑ | RSP | £3.82 | 18728 | | | | | | | | | | | | | |
| EASY COOK-Pre Fluffed Uruguay | 20 kg | £33.31 | ↑ | £1.67 | | 18761 | | | | | | | | | | | | | |
| | 1x10kg | £21.85 | ↑ | £2.18 | | 18762 | | | | | | | | | | | | | |
| | 1x5kg | £12.82 | ↑ | £2.56 | | 18763 | | | | | | | | | | | | | |
| | 1x3kg | £9.05 | ↑ | £3.02 | | 18765 | | | | | | | | | | | | | |
| | 1x1kg | £3.38 | ↑ | RSP | £4.74 | 18768 | | | | | | | | | | | | | |
| | 10x500g | £22.92 | ↑ | RSP | £3.21 | 18769 | | | | | | | | | | | | | |
| FLAKED RICE (POWA THICK) India | 25 kg | £59.17 | | £2.37 | | 18731 | | | | | | | | | | | | | |
| | 1x10kg | £29.28 | | £2.93 | | 18732 | | | | | | | | | | | | | |
| | 1x5kg | £16.34 | | £3.27 | | 18733 | | | | | | | | | | | | | |
| | 1x3kg | £11.08 | | £3.69 | | 18734 | | | | | | | | | | | | | |
| | 1x1kg | £3.93 | | RSP | £5.50 | 18737 | | | | | | | | | | | | | |
| 10x500g | £24.64 | | RSP | £3.45 | 18738 | | | | | | | | | | | | | | |
| GLUTINOUS RICE Thailand | 20kg | £45.67 | | £2.28 | | 18661 | | | | | | | | | | | | | |
| | 1x10kg | £28.78 | | £2.88 | | 18662 | | | | | | | | | | | | | |
| | 1x5kg | £15.94 | | £3.19 | | 18663 | | | | | | | | | | | | | |
| | 1x3kg | £10.68 | | £3.56 | | 18664 | | | | | | | | | | | | | |
| | 1x1kg | £3.83 | | RSP | £5.36 | 18668 | | | | | | | | | | | | | |
| | 10x500g | £22.64 | | RSP | £3.17 | 18669 | | | | | | | | | | | | | |
| JASMINE FRAGRANT RICE Cambodia | 20kg | £42.63 | ↑ | £2.13 | | 18631 | | | | | | | | | | | | | |
| | 1x5kg | £15.32 | | £3.06 | | 18632 | | | | | | | | | | | | | |
| | 1x3kg | £10.55 | ↑ | £3.52 | | 18633 | | | | | | | | | | | | | |
| | 1x1kg | £3.88 | ↓ | RSP | £5.44 | 18637 | | | | | | | | | | | | | |
| | 10x500g | £25.42 | ↓ | RSP | £3.56 | 18638 | | | | | | | | | | | | | |
| LONG GRAIN WHITE PATNA Myanmar | 20 kg | £37.18 | ↑ | £1.86 | | 18751 | | | | | | | | | | | | | |
| | 1x10kg | £23.92 | ↑ | £2.39 | | 18752 | | | | | | | | | | | | | |
| | 1x5kg | £13.86 | ↑ | £2.77 | | 18753 | | | | | | | | | | | | | |
| | 1x3kg | £9.68 | ↑ | £3.23 | | 18755 | | | | | | | | | | | | | |
| | 1x1kg | £3.59 | ↑ | RSP | £5.03 | 18757 | | | | | | | | | | | | | |
| | 10x500g | £23.96 | ↑ | RSP | £3.35 | 18759 | | | | | | | | | | | | | |
| LONG GRAIN BROWN Italy | 25 kg | £56.48 | | £2.26 | | 18781 | | | | | | | | | | | | | |
| | 1x10kg | £26.59 | | £2.66 | | 18782 | | | | | | | | | | | | | |
| | 1x5kg | £15.20 | | £3.04 | | 18783 | | | | | | | | | | | | | |
| | 1x3kg | £10.48 | | £3.49 | | 18785 | | | | | | | | | | | | | |
| | 1x1kg | £3.86 | | RSP | £5.40 | 18787 | | | | | | | | | | | | | |
| | 10x500g | £25.30 | | RSP | £3.54 | 18789 | | | | | | | | | | | | | |
| RED CARMARGUE France | 25 kg | £83.25 | ↓ | £3.33 | | 18691 | | | | | | | | | | | | | |
| | 1x5kg | £20.55 | ↓ | £4.11 | | 18692 | | | | | | | | | | | | | |
| | 1x3kg | £13.69 | ↓ | £4.56 | | 18693 | | | | | | | | | | | | | |
| | 1x1kg | £4.93 | ↓ | RSP | £6.90 | 18697 | | | | | | | | | | | | | |
| | 10x500g | £30.65 | ↓ | RSP | £4.29 | 18698 | | | | | | | | | | | | | |
| SHORT GRAIN BROWN Italy | 25 kg | £52.99 | | £2.12 | | 18801 | | | | | | | | | | | | | |
| | 1x10kg | £26.32 | | £2.63 | | 18802 | | | | | | | | | | | | | |
| | 1x5kg | £14.81 | | £2.96 | | 18803 | | | | | | | | | | | | | |
| | 1x3kg | £10.08 | | £3.36 | | 18805 | | | | | | | | | | | | | |
| | 1x1kg | £3.76 | | RSP | £5.27 | 18806 | | | | | | | | | | | | | |
| | 10x500g | £24.31 | | RSP | £3.40 | 18809 | | | | | | | | | | | | | |

RICE (Cont.)

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|-------------------------|----------|----------|--------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| SHORT GRAIN WHITE | 25kg | £67.36 ↑ | £2.69 | | 18771 | | | | | | | | | | | | |
| Pudding Rice | 1x10kg | £32.97 ↑ | £3.30 | | 18772 | | | | | | | | | | | | |
| | 1x5kg | £18.29 ↑ | £3.66 | | 18773 | | | | | | | | | | | | |
| | 1x3kg | £12.33 ↑ | £4.11 | | 18774 | | | | | | | | | | | | |
| | 1x1kg | £4.48 ↑ | RSP | £6.27 | 18777 | | | | | | | | | | | | |
| | 10x500g | £28.39 ↑ | RSP | £3.97 | 18779 | | | | | | | | | | | | |
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| WILD RICE [20 min cook] | 22.68 kg | £278.05 | £12.26 | | 18922 | | | | | | | | | | | | |
| USA | 1x10kg | £135.28 | £13.53 | | 18923 | | | | | | | | | | | | |
| | 1x5kg | £69.34 | £13.87 | | 18925 | | | | | | | | | | | | |
| | 1x3kg | £42.89 | £14.30 | | 18921 | | | | | | | | | | | | |
| | 1x1kg | £14.73 | RSP | £20.62 | 18926 | | | | | | | | | | | | |
| | 10x125g | £26.41 | RSP | £3.70 | 18929 | | | | | | | | | | | | |

CEREAL FLAKES & BRAN

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|-----------------|---------|--------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| BARLEY FLAKES | 25 kg | £24.00 | £0.96 | | 20091 | | | | | | | | | | | | |
| U.K. | 1x5kg | £8.14 | £1.63 | | 20092 | | | | | | | | | | | | |
| | 1x3kg | £5.88 | £1.96 | | 20093 | | | | | | | | | | | | |
| | 1x1kg | £2.23 | RSP | £3.12 | 20098 | | | | | | | | | | | | |
| | 10x500g | £14.14 | RSP | £1.98 | 20099 | | | | | | | | | | | | |
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| BRAN STICKS | 15 kg | £69.56 | £4.64 | | 20171 | | | | | | | | | | | | |
| Germany | 1x5kg | £26.89 | £5.38 | | 20172 | | | | | | | | | | | | |
| | 1x3kg | £17.41 | £5.80 | | 20173 | | | | | | | | | | | | |
| | 1x1kg | £6.24 | RSP | £8.73 | 20177 | | | | | | | | | | | | |
| | 10x500g | £37.19 | RSP | £5.21 | 20178 | | | | | | | | | | | | |
| | 10x250g | £23.59 | RSP | £3.30 | 20179 | | | | | | | | | | | | |
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| JUMBO OATS | 25 kg | £24.00 | £0.96 | | 20031 | | | | | | | | | | | | |
| U.K. | 1x5kg | £7.80 | £1.56 | | 20032 | | | | | | | | | | | | |
| | 1x3kg | £5.68 | RSP | £7.95 | 20035 | | | | | | | | | | | | |
| | 1x2kg | £4.52 | RSP | £6.33 | 20036 | | | | | | | | | | | | |
| | 1x1.5kg | £2.64 | RSP | £3.70 | 20037 | | | | | | | | | | | | |
| | 1x1kg | £2.16 | RSP | £3.02 | 20038 | | | | | | | | | | | | |
| | 10x500g | £13.80 | RSP | £1.93 | 20039 | | | | | | | | | | | | |
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| OATBRAN | 25 kg | £25.16 | £1.01 | | 20051 | | | | | | | | | | | | |
| U.K. | 1x5kg | £8.01 | £1.60 | | 20052 | | | | | | | | | | | | |
| | 1x3kg | £5.72 | £1.91 | | 20053 | | | | | | | | | | | | |
| | 1x1kg | £2.04 | RSP | £2.86 | 20057 | | | | | | | | | | | | |
| | 10x500g | £13.21 | RSP | £1.85 | 20058 | | | | | | | | | | | | |
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| OATMEAL FINE | 25 kg | £24.00 | £0.96 | | 20061 | | | | | | | | | | | | |
| U.K. | 1x5kg | £7.80 | £1.56 | | 20062 | | | | | | | | | | | | |
| | 1x3kg | £5.68 | £1.89 | | 20063 | | | | | | | | | | | | |
| | 1x1kg | £2.16 | RSP | £3.02 | 20068 | | | | | | | | | | | | |
| | 10x500g | £13.80 | RSP | £1.93 | 20069 | | | | | | | | | | | | |
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| OATMEAL MEDIUM | 25 kg | £24.00 | £0.96 | | 20071 | | | | | | | | | | | | |
| U.K. | 1x5kg | £7.80 | £1.56 | | 20072 | | | | | | | | | | | | |
| | 1x3kg | £5.68 | £1.89 | | 20073 | | | | | | | | | | | | |
| | 1x1kg | £2.16 | RSP | £3.02 | 20078 | | | | | | | | | | | | |
| | 10x500g | £13.80 | RSP | £1.93 | 20079 | | | | | | | | | | | | |
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| OATMEAL PINHEAD | 25 kg | £24.00 | £0.96 | | 20081 | | | | | | | | | | | | |
| U.K. | 1x5kg | £7.80 | £1.56 | | 20082 | | | | | | | | | | | | |
| | 1x3kg | £5.68 | £1.89 | | 20083 | | | | | | | | | | | | |
| | 1x1kg | £2.16 | RSP | £3.02 | 20088 | | | | | | | | | | | | |
| | 10x500g | £13.80 | RSP | £1.93 | 20089 | | | | | | | | | | | | |

CEREAL FLAKES & BRAN (Cont.)

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|-------------------------------------|---------|--------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| PORRIDGE OATS U.K. | 25 kg | £24.00 | | £0.96 | | 20011 | | | | | | | | | | | |
| | 1x5kg | £7.80 | | £1.56 | | 20012 | | | | | | | | | | | |
| | 1x3kg | £5.68 | | RSP | £7.95 | 20013 | | | | | | | | | | | |
| | 1x2kg | £4.52 | | RSP | £6.33 | 20017 | | | | | | | | | | | |
| | 1x1.5kg | £2.64 | | RSP | £3.70 | 20016 | | | | | | | | | | | |
| | 1x1kg | £2.16 | | RSP | £3.02 | 20018 | | | | | | | | | | | |
| | 10x500g | £13.80 | | RSP | £1.93 | 20019 | | | | | | | | | | | |
| WHEATBRAN COARSE Various | 20 kg | £20.43 | | £1.02 | | 20151 | | | | | | | | | | | |
| | 1x5kg | £8.61 | | £1.72 | | 20152 | | | | | | | | | | | |
| | 1x3kg | £6.36 | | £2.12 | | 20153 | | | | | | | | | | | |
| | 1x1kg | £2.52 | | RSP | £3.53 | 20157 | | | | | | | | | | | |
| | 10x500g | £18.11 | | RSP | £2.53 | 20158 | | | | | | | | | | | |
| WHEAT FLAKES U.K. | 25 kg | £24.00 | | £0.96 | | 20121 | | | | | | | | | | | |
| | 1x5kg | £8.14 | | £1.63 | | 20122 | | | | | | | | | | | |
| | 1x3kg | £5.88 | | £1.96 | | 20123 | | | | | | | | | | | |
| | 1x1kg | £2.23 | | RSP | £3.12 | 20128 | | | | | | | | | | | |
| | 10x500g | £14.14 | | RSP | £1.98 | 20129 | | | | | | | | | | | |
| WHEAT FLAKES TOASTED MALTED U.K. | 12.5 kg | £19.24 | | £1.54 | | 20131 | | | | | | | | | | | |
| | 1x5kg | £11.05 | | £2.21 | | 20132 | | | | | | | | | | | |
| | 1x3kg | £7.55 | | £2.52 | | 20133 | | | | | | | | | | | |
| | 1x1kg | £2.65 | | RSP | £3.71 | 20137 | | | | | | | | | | | |
| | 10x500g | £16.25 | | RSP | £2.27 | 20138 | | | | | | | | | | | |
| | 10x250g | £11.12 | | RSP | £1.56 | 20139 | | | | | | | | | | | |

CRUNCHY GRANOLA TYPE CEREALS

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|---|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CRANBERRY & APRICOT CRUNCH VARIOUS | 1x10kg | £35.28 | ↓ | £3.53 | | 24281 | | | | | | | | | | | |
| | 1x5kg | £21.54 | ↓ | £4.31 | | 24283 | | | | | | | | | | | |
| | 1x3kg | £14.13 | ↓ | £4.71 | | 24282 | | | | | | | | | | | |
| | 1x1kg | £5.08 | ↓ | RSP | £7.11 | 24287 | | | | | | | | | | | |
| | 10x500g | £30.64 | ↓ | RSP | £4.29 | 24288 | | | | | | | | | | | |
| HONEY TOASTED OATS Type B U.K. | 25 kg | £28.96 | | £1.16 | | 21351 | | | | | | | | | | | |
| | 1x10kg | £14.58 | | £1.46 | | 21352 | | | | | | | | | | | |
| | 1x5kg | £8.59 | | £1.72 | | 21353 | | | | | | | | | | | |
| | 1x3kg | £6.07 | | £2.02 | | 21354 | | | | | | | | | | | |
| | 1x1kg | £2.16 | | RSP | £3.02 | 21358 | | | | | | | | | | | |
| | 10x500g | £13.79 | | RSP | £1.93 | 21359 | | | | | | | | | | | |
| MALTED TOASTED OATS U.K. | 25 kg | £28.60 | | £1.14 | | 24101 | | | | | | | | | | | |
| | 1x10kg | £14.44 | | £1.44 | | 24102 | | | | | | | | | | | |
| | 1x5kg | £8.52 | | £1.70 | | 24103 | | | | | | | | | | | |
| | 1x3kg | £6.03 | | £2.01 | | 24104 | | | | | | | | | | | |
| | 1x1kg | £2.14 | | RSP | £3.00 | 24108 | | | | | | | | | | | |
| | 10x500g | £13.72 | | RSP | £1.92 | 24109 | | | | | | | | | | | |
| PECAN & MAPLE GRANOLA U.K. | 1x10kg | £34.80 | ↓ | £3.48 | | 24291 | | | | | | | | | | | |
| | 1x5kg | £21.30 | ↓ | £4.26 | | 24293 | | | | | | | | | | | |
| | 1x3kg | £14.14 | ↓ | £4.71 | | 24292 | | | | | | | | | | | |
| | 1x1kg | £5.08 | ↓ | RSP | £7.11 | 24297 | | | | | | | | | | | |
| | 10x500g | £30.40 | ↓ | RSP | £4.26 | 24298 | | | | | | | | | | | |
| RAISIN, HONEY, HAZEL & ALMOND CRUNCHY New Recipe!! U.K. | 12.5 kg | £35.74 | | £2.86 | | 21381 | | | | | | | | | | | |
| | 1x10kg | £31.79 | | £3.18 | | 21382 | | | | | | | | | | | |
| | 1x5kg | £17.30 | | £3.46 | | 21383 | | | | | | | | | | | |
| | 1x3kg | £11.38 | | £3.79 | | 21384 | | | | | | | | | | | |
| | 1x1kg | £4.06 | | RSP | £5.68 | 21388 | | | | | | | | | | | |
| | 10x500g | £23.30 | | RSP | £3.26 | 21389 | | | | | | | | | | | |

CRUNCHY GRANOLA TYPE CEREALS (Cont.)

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|-----------------------------|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| STRAWBERRY & BANANA CRUNCH | 1x10kg | £35.77 | ↓ | £3.58 | | 24241 | | | | | | | | | | | |
| VARIOUS | 1x5kg | £21.78 | ↓ | £4.36 | | 24243 | | | | | | | | | | | |
| | 1x3kg | £14.43 | ↑ | £4.81 | | 24242 | | | | | | | | | | | |
| | 1x1kg | £5.18 | ↑ | RSP | £7.25 | 24247 | | | | | | | | | | | |
| | 10x500g | £30.88 | ↑ | RSP | £4.32 | 24248 | | | | | | | | | | | |
| TOASTED OAT CLUSTERS Type A | 25 kg | £28.70 | | £1.15 | | 24071 | | | | | | | | | | | |
| U.K. | 1x3kg | £6.29 | | £2.10 | | 24073 | | | | | | | | | | | |
| | 10x500g | £14.15 | | RSP | £1.98 | 24079 | | | | | | | | | | | |

MICHAELS WHOLEFOODS MUESLI

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|---|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CITY OF CANTERBURY DELUXE MUESLI [32% Fruit, Nuts & Seeds] | 1x10kg | £21.01 | ↑ | £2.10 | | 43221 | | | | | | | | | | | |
| | 1x5kg | £14.40 | ↑ | £2.88 | | 43222 | | | | | | | | | | | |
| | 1x3kg | £10.00 | ↑ | £3.33 | | 43223 | | | | | | | | | | | |
| | 1x1kg | £3.70 | ↑ | RSP | £5.18 | 43228 | | | | | | | | | | | |
| | 10x500g | £23.50 | ↑ | RSP | £3.29 | 43229 | | | | | | | | | | | |
| CRANBERRY CRUNCH [33% Fruit, Nuts & Seeds] | 1x10kg | £24.39 | ↓ | £2.44 | | 19801 | | | | | | | | | | | |
| | 1x5kg | £16.09 | ↑ | £3.22 | | 19802 | | | | | | | | | | | |
| | 1x3kg | £11.02 | ↑ | £3.67 | | 19803 | | | | | | | | | | | |
| | 1x1kg | £4.04 | ↑ | RSP | £5.65 | 19808 | | | | | | | | | | | |
| | 10x500g | £25.20 | ↑ | RSP | £3.53 | 19809 | | | | | | | | | | | |
| CRISPI MUESLI [28% Fruit & Nuts] | 1x10kg | £22.07 | ↓ | £2.21 | | 24051 | | | | | | | | | | | |
| | 1x5kg | £14.93 | ↑ | £2.99 | | 24052 | | | | | | | | | | | |
| | 1x3kg | £10.32 | ↑ | £3.44 | | 24053 | | | | | | | | | | | |
| | 1x1kg | £3.81 | ↑ | RSP | £5.33 | 24057 | | | | | | | | | | | |
| | 10x500g | £24.03 | ↑ | RSP | £3.36 | 24058 | | | | | | | | | | | |
| CRUNCHIE MUNCHIE [55% Fruit, Nuts & Seeds] New Recipe!! | 1x10kg | £27.65 | ↓ | £2.76 | | 20481 | | | | | | | | | | | |
| | 1x5kg | £17.72 | ↑ | £3.54 | | 20482 | | | | | | | | | | | |
| | 1x3kg | £11.99 | ↑ | £4.00 | | 20483 | | | | | | | | | | | |
| | 1x1kg | £4.36 | ↑ | RSP | £6.11 | 20488 | | | | | | | | | | | |
| | 10x500g | £26.82 | ↑ | RSP | £3.76 | 20489 | | | | | | | | | | | |
| DATE & PECAN MUESLI [32% Fruit & Nuts] | 1x10kg | £25.00 | ↓ | £2.50 | | 22491 | | | | | | | | | | | |
| | 1x5kg | £16.40 | ↓ | £3.28 | | 22492 | | | | | | | | | | | |
| | 1x3kg | £11.20 | ↓ | £3.73 | | 22493 | | | | | | | | | | | |
| | 1x1kg | £4.10 | ↓ | RSP | £5.74 | 22498 | | | | | | | | | | | |
| | 10x500g | £25.50 | ↓ | RSP | £3.57 | 22499 | | | | | | | | | | | |
| DELUXE MUESLI [33% Fruit, Nuts & Seeds] | 1x10kg | £19.64 | ↑ | £1.96 | | 20331 | | | | | | | | | | | |
| | 1x5kg | £13.72 | ↑ | £2.74 | | 20332 | | | | | | | | | | | |
| | 1x3kg | £9.59 | ↑ | £3.20 | | 20333 | | | | | | | | | | | |
| | 1x1.5kg | £4.55 | ↑ | RSP | £6.36 | 20337 | | | | | | | | | | | |
| | 1x1kg | £3.56 | ↑ | RSP | £4.99 | 20338 | | | | | | | | | | | |
| | 10x500g | £22.82 | ↑ | RSP | £3.19 | 20339 | | | | | | | | | | | |
| EIGHT FRUIT MUESLI [40% Fruit] | 1x10kg | £28.89 | ↓ | £2.89 | | 22511 | | | | | | | | | | | |
| | 1x5kg | £18.34 | ↑ | £3.67 | | 22512 | | | | | | | | | | | |
| | 1x3kg | £12.37 | ↑ | £4.12 | | 22513 | | | | | | | | | | | |
| | 1x1.5kg | £5.93 | ↑ | RSP | £8.31 | 22517 | | | | | | | | | | | |
| | 1x1kg | £4.49 | ↑ | RSP | £6.28 | 22518 | | | | | | | | | | | |
| FRUIT MUESLI [50% Fruit] | 1x10kg | £22.41 | ↑ | £2.24 | | 20351 | | | | | | | | | | | |
| | 1x5kg | £15.11 | ↑ | £3.02 | | 20352 | | | | | | | | | | | |
| | 1x3kg | £10.42 | ↑ | £3.47 | | 20353 | | | | | | | | | | | |
| | 1x1kg | £3.84 | ↑ | RSP | £5.41 | 20358 | | | | | | | | | | | |

MICHAELS WHOLEFOODS MUESLI (Cont.)

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| HIGH FIBRE MUESLI [47% Fruit, Nuts & Seeds] | 1x10kg | £31.72 | ↓ | £3.17 | | 20361 | | | | | | | | | | | |
| | 1x5kg | £19.76 | ↓ | £3.95 | | 20363 | | | | | | | | | | | |
| | 1x3kg | £13.21 | ↓ | £4.40 | | 20362 | | | | | | | | | | | |
| | 1x1kg | £4.77 | ↓ | RSP | £6.68 | 20368 | | | | | | | | | | | |
| | 10x500g | £28.86 | ↓ | RSP | £4.04 | 20369 | | | | | | | | | | | |
| ISLE OF PURBECK DELUXE MUESLI [38% Fruit, Nuts & Seeds] | 1x10kg | £23.24 | ↓ | £2.32 | | 43231 | | | | | | | | | | | |
| | 1x5kg | £15.52 | ↑ | £3.10 | | 43232 | | | | | | | | | | | |
| | 1x3kg | £10.67 | ↑ | £3.56 | | 43233 | | | | | | | | | | | |
| | 1x1kg | £3.92 | ↑ | RSP | £5.49 | 43238 | | | | | | | | | | | |
| | 10x500g | £24.62 | ↑ | RSP | £3.45 | 43239 | | | | | | | | | | | |
| ISLE OF PURBECK ORIGINAL MUESLI | 1x10kg | £19.55 | ↑ | £1.95 | | 43241 | | | | | | | | | | | |
| MUESLI 15 [36% Fruit, Nuts & Seeds] | 1x10kg | £22.39 | ↓ | £2.24 | | 24061 | | | | | | | | | | | |
| | 1x3kg | £10.42 | ↑ | £3.47 | | 24063 | | | | | | | | | | | |
| | 1x1kg | £3.84 | ↑ | RSP | £5.37 | 24068 | | | | | | | | | | | |
| MUESLI BASE | 1x10kg | £11.52 | ↑ | £1.15 | | 20311 | | | | | | | | | | | |
| | 1x5kg | £9.66 | ↑ | £1.93 | | 20312 | | | | | | | | | | | |
| | 1x3kg | £7.16 | ↑ | £2.39 | | 20313 | | | | | | | | | | | |
| | 1x1.5kg | £3.33 | ↑ | RSP | £4.66 | 20317 | | | | | | | | | | | |
| | 1x1kg | £2.75 | ↑ | RSP | £3.85 | 20318 | | | | | | | | | | | |
| MUESLI BASE DELUXE | 1x10kg | £12.17 | ↑ | £1.22 | | 20941 | | | | | | | | | | | |
| | 1x5kg | £9.98 | ↑ | £2.00 | | 20942 | | | | | | | | | | | |
| | 1x3kg | £7.35 | ↑ | RSP | £10.29 | 20943 | | | | | | | | | | | |
| | 1x1kg | £2.82 | ↑ | RSP | £3.94 | 20948 | | | | | | | | | | | |
| MUESLI BASE WHEAT FREE | 1x10kg | £11.52 | ↑ | £1.15 | | 24031 | | | | | | | | | | | |
| | 1x5kg | £9.66 | ↑ | £1.93 | | 24032 | | | | | | | | | | | |
| | 1x3kg | £7.16 | ↑ | £2.39 | | 24033 | | | | | | | | | | | |
| | 1x1kg | £2.75 | ↑ | RSP | £3.85 | 24038 | | | | | | | | | | | |
| | 10x500g | £18.76 | ↑ | RSP | £2.63 | 24039 | | | | | | | | | | | |
| PEANUT FREE MUESLI [50% Fruit, Nuts & Seeds] | 1x10kg | £24.08 | ↓ | £2.41 | | 24111 | | | | | | | | | | | |
| | 1x5kg | £15.94 | ↑ | £3.19 | | 24112 | | | | | | | | | | | |
| | 1x3kg | £10.93 | ↑ | £3.64 | | 24113 | | | | | | | | | | | |
| | 1x1kg | £4.01 | ↑ | RSP | £5.61 | 24118 | | | | | | | | | | | |
| REGULAR MUESLI [20% Fruit, Nuts & Seeds] | 1x10kg | £15.59 | ↑ | £1.56 | | 20321 | | | | | | | | | | | |
| | 1x5kg | £11.69 | ↑ | £2.34 | | 20322 | | | | | | | | | | | |
| | 1x3kg | £8.38 | ↑ | £2.79 | | 20323 | | | | | | | | | | | |
| | 1x1.5kg | £3.94 | ↑ | RSP | £5.51 | 20327 | | | | | | | | | | | |
| | 1x1kg | £3.16 | ↑ | RSP | £4.42 | 20328 | | | | | | | | | | | |
| | 10x500g | £20.79 | ↑ | RSP | £2.91 | 20329 | | | | | | | | | | | |
| SPECIALITY MUESLI | 1x10kg | £46.17 | ↑ | £4.62 | | 20391 | | | | | | | | | | | |
| STRAWBERRY MUESLI [50% Fruit & Seeds] | 1x10kg | £34.65 | ↓ | £3.46 | | 19811 | | | | | | | | | | | |
| | 1x5kg | £21.23 | ↓ | £4.25 | | 19812 | | | | | | | | | | | |
| | 1x3kg | £14.10 | ↑ | £4.70 | | 19813 | | | | | | | | | | | |
| | 1x1kg | £5.07 | ↑ | RSP | £7.09 | 19818 | | | | | | | | | | | |
| SUPER DELUXE MUESLI [50% Fruit, Nuts & Seeds] | 1x10kg | £23.44 | ↑ | £2.34 | | 20341 | | | | | | | | | | | |
| | 1x5kg | £15.62 | ↑ | £3.12 | | 20342 | | | | | | | | | | | |
| | 1x3kg | £10.73 | ↑ | £3.58 | | 20343 | | | | | | | | | | | |
| | 1x1.5kg | £5.12 | ↑ | RSP | £7.16 | 20347 | | | | | | | | | | | |
| | 1x1kg | £3.94 | ↑ | RSP | £5.52 | 20348 | | | | | | | | | | | |
| | 10x500g | £24.72 | ↑ | RSP | £3.46 | 20349 | | | | | | | | | | | |

MICHAELS WHOLEFOODS MUESLI (Cont.)

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|-------------------------------|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| WHEAT FREE FRUIT & NUT MUESLI | 1x10kg | £25.88 | ↓ | £2.59 | 24131 | | | | | | | | | | | | |
| [45% Fruit, Nuts & Seeds] | 1x5kg | £16.84 | ↑ | £3.37 | 24132 | | | | | | | | | | | | |
| | 1x3kg | £11.46 | ↑ | £3.82 | 24133 | | | | | | | | | | | | |
| | 1x1.5kg | £5.48 | ↑ | RSP | £7.67 | 24137 | | | | | | | | | | | |
| | 1x1kg | £4.19 | ↑ | RSP | £5.86 | 24138 | | | | | | | | | | | |
| | 10x500g | £25.94 | ↑ | RSP | £3.63 | 24139 | | | | | | | | | | | |

BULK & MWF PACKED FLOUR

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|------------------------|---------|--------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CORNFLOUR [Cornstarch] | 25 kg | £63.00 | | £2.52 | 20541 | | | | | | | | | | | | |
| Various | 1x5kg | £17.20 | | £3.44 | 20542 | | | | | | | | | | | | |
| | 1x3kg | £11.60 | | £3.87 | 20543 | | | | | | | | | | | | |
| | 1x1kg | £4.30 | | RSP | £6.02 | 20548 | | | | | | | | | | | |
| | 10x500g | £27.50 | | RSP | £3.85 | 20549 | | | | | | | | | | | |

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|------------------------------|---------|--------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| GRAM FLOUR - Chick Pea Flour | 25 kg | £52.70 | | £2.11 | 20551 | | | | | | | | | | | | |
| Various | 1x5kg | £15.38 | | £3.08 | 20552 | | | | | | | | | | | | |
| | 1x3kg | £10.51 | | £3.50 | 20553 | | | | | | | | | | | | |
| | 1x1kg | £3.94 | | RSP | £5.51 | 20557 | | | | | | | | | | | |
| | 10x500g | £25.68 | | RSP | £3.59 | 20558 | | | | | | | | | | | |
| | 10x250g | £17.83 | | RSP | £2.50 | 20559 | | | | | | | | | | | |

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|--------------------------|---------|--------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| POLENTA - Yellow Commeal | 25kg | £25.96 | | £1.04 | 20602 | | | | | | | | | | | | |
| France | 1x5kg | £9.26 | | £1.85 | 20603 | | | | | | | | | | | | |
| | 1x3kg | £6.84 | | £2.28 | 20604 | | | | | | | | | | | | |
| | 1x1kg | £2.71 | | RSP | £3.80 | 20608 | | | | | | | | | | | |
| | 10x500g | £19.56 | | RSP | £2.74 | 20609 | | | | | | | | | | | |

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|---------------|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| POTATO STARCH | 25 kg | £56.80 | ↑ | £2.27 | 20571 | | | | | | | | | | | | |
| Holland | 1x5kg | £16.07 | ↑ | £3.21 | 20572 | | | | | | | | | | | | |
| | 1x3kg | £11.00 | ↑ | £3.67 | 20573 | | | | | | | | | | | | |
| | 1x1kg | £4.03 | ↑ | RSP | £5.65 | 20577 | | | | | | | | | | | |
| | 10x500g | £26.17 | ↑ | RSP | £3.66 | 20578 | | | | | | | | | | | |
| | 10x250g | £18.09 | ↑ | RSP | £2.53 | 20579 | | | | | | | | | | | |

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| RICE FLOUR - White | 20kg | £34.92 | | £1.75 | 20631 | | | | | | | | | | | | |
| Various | 1x5kg | £13.25 | | £2.65 | 20632 | | | | | | | | | | | | |
| | 1x3kg | £9.31 | | £3.10 | 20634 | | | | | | | | | | | | |
| | 1x1kg | £3.47 | | RSP | £4.86 | 20638 | | | | | | | | | | | |
| | 10x500g | £23.35 | | RSP | £3.27 | 20639 | | | | | | | | | | | |

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|--------------------------|---------|--------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| SOYA FLOUR | 25 kg | £54.56 | | £2.18 | 20591 | | | | | | | | | | | | |
| [Full Fat, Heat Treated] | 1x5kg | £15.14 | | £3.03 | 20592 | | | | | | | | | | | | |
| Various | 1x3kg | £10.28 | | £3.43 | 20593 | | | | | | | | | | | | |
| | 1x1kg | £3.83 | | RSP | £5.36 | 20597 | | | | | | | | | | | |
| | 10x500g | £24.64 | | RSP | £3.45 | 20598 | | | | | | | | | | | |

TRADITIONAL DESSERTS

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|----------------|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CUSTARD POWDER | 12.5kg | £39.36 | ↑ | £3.15 | 21821 | | | | | | | | | | | | |
| U.K. | 1x5kg | £20.57 | ↑ | £4.11 | 21822 | | | | | | | | | | | | |
| | 1x3kg | £13.62 | ↑ | £4.54 | 21823 | | | | | | | | | | | | |
| | 10x250g | £20.44 | ↑ | RSP | £2.86 | 21829 | | | | | | | | | | | |

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|----------|---------|--------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| SEMOLINA | 25kg | £38.75 | | £1.55 | 21861 | | | | | | | | | | | | |
| France | 1x5kg | £12.20 | | £2.44 | 21863 | | | | | | | | | | | | |
| | 1x3kg | £8.68 | | £2.89 | 21864 | | | | | | | | | | | | |
| | 1x1kg | £3.26 | | RSP | £4.57 | 21868 | | | | | | | | | | | |
| | 10x500g | £22.30 | | RSP | £3.12 | 21869 | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---------------------|---------|--------|--------|-----------|-------|---|---|---|---|---|---|---|---|---|----|----|----|
| SALT | | | | | | | | | | | | | | | | | |
| COARSE SEA SALT | 20kg | £16.27 | | £0.81 | 20911 | | | | | | | | | | | | |
| Additive Free | 1x10kg | £8.74 | | £0.87 | 20912 | | | | | | | | | | | | |
| Israel | 1x5kg | £7.77 | | £1.55 | 20913 | | | | | | | | | | | | |
| | 1x2kg | £3.23 | | RSP £4.52 | 20915 | | | | | | | | | | | | |
| | 1x1kg | £2.41 | | RSP £3.38 | 20918 | | | | | | | | | | | | |
| | 10x500g | £18.07 | | RSP £2.53 | 20919 | | | | | | | | | | | | |
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| FINE SEA SALT | 25kg | £15.11 | | £0.60 | 20921 | | | | | | | | | | | | |
| Additive Free | 1x10kg | £10.04 | | £1.00 | 20922 | | | | | | | | | | | | |
| Israel | 1x5kg | £6.72 | | £1.34 | 20923 | | | | | | | | | | | | |
| | 1x2kg | £2.81 | | RSP £3.93 | 20925 | | | | | | | | | | | | |
| | 1x1kg | £2.20 | | RSP £3.09 | 20928 | | | | | | | | | | | | |
| | 10x500g | £17.02 | | RSP £2.38 | 20929 | | | | | | | | | | | | |
| | 10x250g | £13.51 | | RSP £1.89 | 20927 | | | | | | | | | | | | |
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| SUGAR | | | | | | | | | | | | | | | | | |
| CASTER | 25kg | £38.69 | ↑ | £1.55 | 21051 | | | | | | | | | | | | |
| Various | 1x10kg | £19.67 | ↑ | £1.97 | 21052 | | | | | | | | | | | | |
| | 1x5kg | £11.64 | ↑ | £2.33 | 21053 | | | | | | | | | | | | |
| | 1x3kg | £8.34 | ↑ | £2.78 | 21054 | | | | | | | | | | | | |
| | 1x1kg | £3.15 | ↑ | RSP £4.41 | 21058 | | | | | | | | | | | | |
| | 10x500g | £21.74 | ↑ | RSP £3.04 | 21059 | | | | | | | | | | | | |
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| DEMERARA | 25kg | £40.34 | | £1.61 | 21011 | | | | | | | | | | | | |
| Various | 1x10kg | £20.13 | | £2.01 | 21012 | | | | | | | | | | | | |
| | 1x5kg | £11.77 | | £2.35 | 21013 | | | | | | | | | | | | |
| | 1x3kg | £8.34 | | £2.78 | 21014 | | | | | | | | | | | | |
| | 1x1kg | £3.21 | | RSP £4.50 | 21018 | | | | | | | | | | | | |
| | 10x500g | £22.07 | | RSP £3.09 | 21019 | | | | | | | | | | | | |
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| GRANULATED | 25kg | £28.95 | | £1.16 | 21071 | | | | | | | | | | | | |
| Various | 1x10kg | £15.48 | | £1.55 | 21072 | | | | | | | | | | | | |
| | 1x5kg | £9.49 | | £1.90 | 21073 | | | | | | | | | | | | |
| | 1x3kg | £6.97 | | £2.32 | 21074 | | | | | | | | | | | | |
| | 1x1kg | £2.76 | | RSP £3.86 | 21076 | | | | | | | | | | | | |
| | 10x500g | £19.79 | | RSP £2.77 | 21079 | | | | | | | | | | | | |
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| ICING | 25kg | £41.66 | | £1.67 | 21061 | | | | | | | | | | | | |
| Various | 1x10kg | £20.57 | | £2.06 | 21062 | | | | | | | | | | | | |
| | 1x5kg | £12.03 | | £2.41 | 21063 | | | | | | | | | | | | |
| | 1x3kg | £8.50 | | £2.83 | 21064 | | | | | | | | | | | | |
| | 1x1kg | £3.27 | | £3.27 | 21065 | | | | | | | | | | | | |
| | 10x500g | £22.33 | | RSP £3.13 | 21069 | | | | | | | | | | | | |
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| SOFT DARK BROWN | 25kg | £48.42 | | £1.94 | 21021 | | | | | | | | | | | | |
| Various | 1x10kg | £23.37 | | £2.34 | 21022 | | | | | | | | | | | | |
| | 1x5kg | £13.38 | | £2.68 | 21023 | | | | | | | | | | | | |
| | 1x3kg | £9.31 | | £3.10 | 21024 | | | | | | | | | | | | |
| | 1x1kg | £3.54 | | RSP £4.95 | 21028 | | | | | | | | | | | | |
| | 10x500g | £23.68 | | RSP £3.32 | 21029 | | | | | | | | | | | | |
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| SOFT LIGHT BROWN | 25kg | £44.70 | | £1.79 | 21031 | | | | | | | | | | | | |
| Various | 1x10kg | £21.78 | | £2.18 | 21032 | | | | | | | | | | | | |
| | 1x5kg | £12.64 | | £2.53 | 21033 | | | | | | | | | | | | |
| | 1x3kg | £8.86 | | £2.95 | 21034 | | | | | | | | | | | | |
| | 1x1kg | £3.39 | | RSP £4.74 | 21038 | | | | | | | | | | | | |
| | 10x500g | £22.94 | | RSP £3.21 | 21039 | | | | | | | | | | | | |

SUGAR (Cont.)

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|----------|---------|---------|---|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| FRUCTOSE | 25kg | £144.15 | ↑ | £5.77 | 21111 | | | | | | | | | | | | |
| Israel | 1x10kg | £61.86 | ↑ | £6.19 | 21112 | | | | | | | | | | | | |
| | 1x5kg | £32.73 | ↑ | £6.55 | 21113 | | | | | | | | | | | | |
| | 1x3kg | £21.00 | ↑ | £7.00 | 21114 | | | | | | | | | | | | |
| | 1x1kg | £7.37 | ↑ | RSP | £10.31 | 21117 | | | | | | | | | | | |
| | 10x500g | £42.83 | ↑ | RSP | £6.00 | 21118 | | | | | | | | | | | |
| | 10x250g | £26.41 | ↑ | RSP | £3.70 | 21119 | | | | | | | | | | | |

TEXTURED SOYA PROTEIN - GMO FREE

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|-------------|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| PLAIN MINCE | 20kg | £69.67 | ↓ | £3.48 | 17901 | | | | | | | | | | | | |
| India | 1x5kg | £21.12 | ↓ | £4.22 | 17902 | | | | | | | | | | | | |
| | 1x3kg | £13.95 | ↓ | £4.65 | 17903 | | | | | | | | | | | | |
| | 1x1kg | £5.08 | ↓ | RSP | £7.12 | 17907 | | | | | | | | | | | |
| | 10x500g | £31.42 | ↓ | RSP | £4.40 | 17908 | | | | | | | | | | | |
| | 10x250g | £20.71 | ↓ | RSP | £2.90 | 17909 | | | | | | | | | | | |

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|--------------|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| PLAIN CHUNKS | 12kg | £52.43 | ↓ | £4.37 | 17911 | | | | | | | | | | | | |
| UK | 1x5kg | £25.75 | ↓ | £5.15 | 17912 | | | | | | | | | | | | |
| | 1x3kg | £16.81 | ↓ | £5.60 | 17913 | | | | | | | | | | | | |
| | 1x1kg | £5.97 | ↓ | RSP | £8.36 | 17917 | | | | | | | | | | | |
| | 10x500g | £35.85 | ↓ | RSP | £5.02 | 17918 | | | | | | | | | | | |
| | 10x250g | £22.92 | ↓ | RSP | £3.21 | 17919 | | | | | | | | | | | |

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|------------|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| DARK MINCE | 15kg | £75.12 | ↑ | £5.01 | 17921 | | | | | | | | | | | | |
| Various | 1x5kg | £28.74 | | £5.75 | 17922 | | | | | | | | | | | | |
| | 1x3kg | £18.52 | | £6.17 | 17923 | | | | | | | | | | | | |
| | 1x1kg | £6.61 | | RSP | £9.25 | 17927 | | | | | | | | | | | |
| | 10x500g | £39.04 | | RSP | £5.47 | 17928 | | | | | | | | | | | |
| | 10x250g | £24.52 | | RSP | £3.43 | 17929 | | | | | | | | | | | |

DRIED VEGETABLES

| | | | | | | | | | | | | | | | | | |
|----------------------|---------|--------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| ONION SLICED/KIBBLED | 15kg | £66.60 | | £4.44 | 21241 | | | | | | | | | | | | |
| Egypt | 1x5kg | £25.00 | | £5.00 | 21242 | | | | | | | | | | | | |
| | 1x3kg | £15.92 | | £5.31 | 21243 | | | | | | | | | | | | |
| | 1x1kg | £5.44 | | RSP | £7.62 | 21246 | | | | | | | | | | | |
| | 10x250g | £18.10 | | RSP | £2.53 | 21248 | | | | | | | | | | | |
| | 10x125g | £11.55 | | RSP | £1.62 | 21249 | | | | | | | | | | | |

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|--------------------|---------|--------|---|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| ONION FRIED CRISPY | 10kg | £66.10 | ↑ | £6.61 | 21251 | | | | | | | | | | | | |
| Various | 1x5kg | £36.95 | ↑ | £7.39 | 21252 | | | | | | | | | | | | |
| | 1x3kg | £23.53 | ↑ | £7.84 | 21254 | | | | | | | | | | | | |
| | 1x1kg | £8.21 | ↑ | RSP | £11.49 | 21253 | | | | | | | | | | | |
| | 10x500g | £47.05 | ↑ | RSP | £6.59 | 21257 | | | | | | | | | | | |
| | 10x250g | £28.52 | ↑ | RSP | £3.99 | 21258 | | | | | | | | | | | |
| | 10x125g | £18.26 | ↑ | RSP | £2.56 | 21259 | | | | | | | | | | | |

SOUP MIXES & BOUILLON.

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|---------------|---------|--------|---|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BEEF BOUILLON | 1x5kg | £34.88 | ↓ | £6.98 | 38901 | | | | | | | | | | | | |
| U.K. | 1x1kg | £8.58 | ↓ | RSP | £12.01 | 38907 | | | | | | | | | | | |
| | 10x250g | £29.44 | ↓ | RSP | £4.12 | 38908 | | | | | | | | | | | |

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| CHICKEN BOUILLON | 1x5kg | £48.96 | | £9.79 | 38911 | | | | | | | | | | | | |
| U.K. | 1x1kg | £11.39 | | RSP | £15.95 | 38917 | | | | | | | | | | | |
| | 10x250g | £36.48 | | RSP | £5.11 | 38919 | | | | | | | | | | | |

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|--------------------|---------|--------|---|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| VEGETABLE BOUILLON | 1x5kg | £32.28 | ↓ | £6.46 | 38921 | | | | | | | | | | | | |
| U.K. | 1x1kg | £8.06 | ↓ | RSP | £11.28 | 38927 | | | | | | | | | | | |
| | 10x250g | £28.14 | ↑ | RSP | £3.94 | 38928 | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---------|---------|--------|--------|--------|-------|---|---|---|---|---|---|---|---|----|----|----|
| BREADCRUMBS | | | | | | | | | | | | | | | | | |
| GOLDEN BREADCRUMBS | 5kg | £13.52 | | £2.70 | | 81412 | | | | | | | | | | | |
| U.K. | 1x1kg | £3.70 | | RSP | £5.18 | 81416 | | | | | | | | | | | |
| | 10x250g | £13.76 | | RSP | £1.93 | 81419 | | | | | | | | | | | |
| WHITE BREADCRUMBS | 5kg | £13.48 | | £2.70 | | 80072 | | | | | | | | | | | |
| U.K. | 1x1kg | £4.30 | | RSP | £6.01 | 80076 | | | | | | | | | | | |
| | 10x250g | £18.74 | | RSP | £2.62 | 80079 | | | | | | | | | | | |
| VEGETARIAN STUFFING MIXES | | | | | | | | | | | | | | | | | |
| SAGE & ONION | 25kg | £59.51 | | £2.38 | | 70501 | | | | | | | | | | | |
| U.K. | 1x5kg | £15.60 | | £3.12 | | 70502 | | | | | | | | | | | |
| | 1x3kg | £10.64 | | £3.55 | | 70503 | | | | | | | | | | | |
| | 1x1kg | £3.98 | | RSP | £5.57 | 70506 | | | | | | | | | | | |
| | 10x250g | £17.95 | | RSP | £2.51 | 70508 | | | | | | | | | | | |
| | 10x125g | £12.98 | | RSP | £1.82 | 70509 | | | | | | | | | | | |
| BAKING AIDS - Also See Nutrifare | | | | | | | | | | | | | | | | | |
| BAKING POWDER | 25kg | £84.63 | | £3.38 | | 55091 | | | | | | | | | | | |
| U.K. | 1x3.5kg | £15.35 | | £4.38 | | 55092 | | | | | | | | | | | |
| | 1x1kg | £4.99 | | RSP | £6.98 | 55093 | | | | | | | | | | | |
| | 10x250g | £20.46 | | RSP | £2.86 | 55099 | | | | | | | | | | | |
| | 10x100g | £13.38 | | RSP | £1.87 | 55098 | | | | | | | | | | | |
| BICARBONATE OF SODA | 25kg | £32.13 | ↓ v | £1.28 | | 55101 | | | | | | | | | | | |
| U.K. | 1x3.5kg | £8.20 | ↓ v | £2.34 | | 55102 | | | | | | | | | | | |
| | 1x1kg | £2.88 | ↓ v | RSP | £4.85 | 55103 | | | | | | | | | | | |
| | 10x250g | £15.21 | ↓ v | RSP | £2.56 | 55109 | | | | | | | | | | | |
| | 10x100g | £11.29 | ↓ v | RSP | £1.90 | 55108 | | | | | | | | | | | |
| BREWERS YEAST POWDER | 25kg | £369.57 | ↑ | £14.78 | | 50111 | | | | | | | | | | | |
| Estonia | 1x1kg | £16.38 | ↑ | RSP | £22.94 | 50116 | | | | | | | | | | | |
| | 10x500g | £87.91 | ↑ | RSP | £12.31 | 50117 | | | | | | | | | | | |
| | 10x250g | £48.96 | ↑ | RSP | £6.85 | 50118 | | | | | | | | | | | |
| | 10x125g | £28.48 | ↑ | RSP | £3.99 | 50119 | | | | | | | | | | | |
| CHOCOLATE COOKIE NIBS MILK | 12.5kg | £125.86 | | £10.07 | | 54091 | | | | | | | | | | | |
| U.K. | 1x5kg | £54.04 | | £10.81 | | 54092 | | | | | | | | | | | |
| | 1x1kg | £11.67 | | RSP | £16.34 | 54099 | | | | | | | | | | | |
| | 10x250g | £37.17 | | RSP | £5.20 | 54098 | | | | | | | | | | | |
| CHOCOLATE COOKIE NIBS PLAIN | 12.5kg | £98.04 | | £7.84 | | 55061 | | | | | | | | | | | |
| U.K. | 1x5kg | £42.91 | | £8.58 | | 55062 | | | | | | | | | | | |
| | 1x1kg | £9.44 | | RSP | £13.22 | 55069 | | | | | | | | | | | |
| | 10x250g | £31.61 | | RSP | £4.42 | 55068 | | | | | | | | | | | |
| CITRIC ACID | 25kg | £60.00 | ↓ v | £2.40 | | 55235 | | | | | | | | | | | |
| China | 1x3.5kg | £12.30 | ↓ v | £3.51 | | 55231 | | | | | | | | | | | |
| | 1x1kg | £4.00 | ↓ v | RSP | £6.72 | 55232 | | | | | | | | | | | |
| | 10x250g | £18.00 | ↓ v | RSP | £3.02 | 55237 | | | | | | | | | | | |
| | 10x100g | £12.40 | ↓ v | RSP | £2.08 | 55239 | | | | | | | | | | | |
| GLUTEN | 25kg | £125.94 | | £5.04 | | 41771 | | | | | | | | | | | |
| Italy | 1x5kg | £28.89 | | £5.78 | | 41772 | | | | | | | | | | | |
| | 1x1kg | £6.64 | | RSP | £9.29 | 41773 | | | | | | | | | | | |
| | 10x500g | £39.19 | | RSP | £5.49 | 41777 | | | | | | | | | | | |
| | 10x250g | £24.59 | | RSP | £3.44 | 41778 | | | | | | | | | | | |
| MARZIPAN NEUTRAL | 1x6kg | £45.92 | ↓ | £7.65 | | 55025 | | | | | | | | | | | |
| U.K. | 6x1kg | £55.52 | ↑ | RSP | £12.95 | 55028 | | | | | | | | | | | |
| | 12x500g | £62.72 | ↑ | RSP | £7.32 | 55029 | | | | | | | | | | | |

BAKING AIDS - Also See Nutrifare (Cont.)

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|----------------------------|---------|---------|--|--------|--------------|--|--|--|--|--|--|--|--|--|--|--|--|
| MINCEMEAT VEGETARIAN | 12.5kg | £34.32 | | £2.75 | 55011 | | | | | | | | | | | | |
| U.K. | 1x2.5kg | £10.36 | | £4.15 | 55012 | | | | | | | | | | | | |
| Available from Sept only. | 6x1kg | £26.07 | | RSP | £6.08 55017 | | | | | | | | | | | | |
| | 6x700g | £17.53 | | RSP | £4.09 55018 | | | | | | | | | | | | |
| | 6x300g | £10.34 | | RSP | £2.41 55019 | | | | | | | | | | | | |
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| REAL MILK CHOCOLATE DROPS | 10kg | £98.86 | | £9.89 | 28001 | | | | | | | | | | | | |
| Belgium | 1x3kg | £33.16 | | £11.05 | 28005 | | | | | | | | | | | | |
| | 1x1kg | £11.49 | | RSP | £16.08 28006 | | | | | | | | | | | | |
| | 10x250g | £36.71 | | RSP | £5.14 28008 | | | | | | | | | | | | |
| | 10x100g | £19.89 | | RSP | £2.78 28009 | | | | | | | | | | | | |
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| REAL PLAIN CHOCOLATE DROPS | 10kg | £96.94 | | £9.69 | 28021 | | | | | | | | | | | | |
| [56% cocoa Solids] | 1x3kg | £32.58 | | £10.86 | 28025 | | | | | | | | | | | | |
| Belgium | 1x1kg | £11.29 | | RSP | £15.81 28026 | | | | | | | | | | | | |
| | 10x250g | £36.23 | | RSP | £5.07 28028 | | | | | | | | | | | | |
| | 10x100g | £19.69 | | RSP | £2.76 28029 | | | | | | | | | | | | |
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| REAL WHITE CHOCOLATE DROPS | 10kg | £101.96 | | £10.20 | 28041 | | | | | | | | | | | | |
| Belgium | 1x3kg | £34.09 | | £11.36 | 28045 | | | | | | | | | | | | |
| | 1x1kg | £11.80 | | RSP | £16.51 28046 | | | | | | | | | | | | |
| | 10x250g | £37.49 | | RSP | £5.25 28048 | | | | | | | | | | | | |
| | 10x100g | £20.20 | | RSP | £2.83 28049 | | | | | | | | | | | | |
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| VEGETABLE SUET | 10kg | £45.88 | | £4.59 | 55371 | | | | | | | | | | | | |
| Non Hydrogenated | 1x3kg | £17.26 | | £5.75 | 55372 | | | | | | | | | | | | |
| Various | 1x1kg | £6.19 | | RSP | £8.66 55376 | | | | | | | | | | | | |
| | 10x500g | £36.94 | | RSP | £5.17 55377 | | | | | | | | | | | | |
| | 10x250g | £23.47 | | RSP | £3.29 55378 | | | | | | | | | | | | |

COCOA

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|-------------------------|---------|---------|--|-------|--------------|--|--|--|--|--|--|--|--|--|--|--|--|
| COCOA POWDER - Full Fat | 25kg | £167.20 | | £6.69 | 55161 | | | | | | | | | | | | |
| Netherlands | 1x5kg | £36.94 | | £7.39 | 55162 | | | | | | | | | | | | |
| | 1x3kg | £23.36 | | £7.79 | 55163 | | | | | | | | | | | | |
| | 1x1kg | £8.19 | | RSP | £11.46 55166 | | | | | | | | | | | | |
| | 10x500g | £46.44 | | RSP | £6.50 55168 | | | | | | | | | | | | |
| | 10x250g | £27.72 | | RSP | £3.88 55169 | | | | | | | | | | | | |
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| COCOA POWDER-10/12% Fat | 25kg | £167.20 | | £6.69 | 55321 | | | | | | | | | | | | |
| Netherlands | 1x5kg | £36.94 | | £7.39 | 55322 | | | | | | | | | | | | |
| | 1x3kg | £23.36 | | £7.79 | 55324 | | | | | | | | | | | | |
| | 1x1kg | £8.19 | | RSP | £11.46 55323 | | | | | | | | | | | | |
| | 10x500g | £46.44 | | RSP | £6.50 55328 | | | | | | | | | | | | |
| | 10x250g | £27.72 | | RSP | £3.88 55329 | | | | | | | | | | | | |

MILK POWDER

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|---------------------|---------|---------|---|-------|--------------|--|--|--|--|--|--|--|--|--|--|--|--|
| SKIMMED MILK POWDER | 25kg | £149.20 | ↑ | £5.97 | 55301 | | | | | | | | | | | | |
| E.U. | 1x5kg | £33.74 | ↑ | £6.75 | 55302 | | | | | | | | | | | | |
| | 1x1kg | £7.57 | ↑ | RSP | £10.59 55303 | | | | | | | | | | | | |
| | 10x250g | £26.92 | ↑ | RSP | £3.77 55309 | | | | | | | | | | | | |
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Conventional

Snacks and Sweets

MICHAELS WHOLEFOODS SNACK MIXES

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|--------------|---------|--------|---|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| TRAIL MIX | 1x10kg | £51.32 | ↓ | £5.13 | | 22011 | | | | | | | | | | | |
| U.K. | 1x5kg | £29.56 | ↓ | £5.91 | | 22012 | | | | | | | | | | | |
| | 1x3kg | £19.10 | ↓ | £6.37 | | 22013 | | | | | | | | | | | |
| | 1x1kg | £6.73 | ↓ | RSP | £9.42 | 22015 | | | | | | | | | | | |
| | 10x500g | £38.66 | ↓ | RSP | £5.41 | 22017 | | | | | | | | | | | |
| | 10x250g | £24.83 | ↑ | RSP | £3.48 | 22018 | | | | | | | | | | | |
| | 10x200g | £21.26 | ↓ | RSP | £2.98 | 22016 | | | | | | | | | | | |
| | 10x125g | £16.41 | ↑ | RSP | £2.30 | 22019 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| TROPICAL MIX | 1x10kg | £56.76 | ↓ | £5.68 | | 22031 | | | | | | | | | | | |
| U.K. | 1x5kg | £32.28 | ↓ | £6.46 | | 22032 | | | | | | | | | | | |
| | 1x3kg | £20.73 | ↓ | £6.91 | | 22033 | | | | | | | | | | | |
| | 1x1kg | £7.28 | ↓ | RSP | £10.19 | 22036 | | | | | | | | | | | |
| | 10x500g | £41.38 | ↓ | RSP | £5.79 | 22037 | | | | | | | | | | | |
| | 10x250g | £26.19 | ↑ | RSP | £3.67 | 22038 | | | | | | | | | | | |
| | 10x200g | £22.35 | ↓ | RSP | £3.13 | 22035 | | | | | | | | | | | |
| | 10x125g | £17.09 | ↑ | RSP | £2.39 | 22039 | | | | | | | | | | | |
| ----- | | | | | | | | | | | | | | | | | |
| HIKERS MIX | 1x10kg | £54.14 | ↑ | £5.41 | | 28151 | | | | | | | | | | | |
| U.K. | 1x5kg | £30.97 | ↑ | £6.19 | | 28152 | | | | | | | | | | | |
| | 1x3kg | £19.94 | ↑ | £6.65 | | 28153 | | | | | | | | | | | |
| | 1x1kg | £7.01 | ↑ | RSP | £9.82 | 28156 | | | | | | | | | | | |
| | 10x500g | £40.07 | ↑ | RSP | £5.61 | 28157 | | | | | | | | | | | |
| | 10x250g | £25.54 | ↑ | RSP | £3.57 | 28158 | | | | | | | | | | | |
| | 10x125g | £16.77 | ↑ | RSP | £2.35 | 28159 | | | | | | | | | | | |

SAVOURY SNACKS

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|----------------------------|---------|--------|---|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BOMBAY MIX - MILD | 1x5kg | £21.30 | | £4.26 | | 22222 | | | | | | | | | | | |
| U.K. | 1x3kg | £16.28 | | £5.43 | | 22223 | | | | | | | | | | | |
| | 1x1kg | £5.86 | | RSP | £8.20 | 22225 | | | | | | | | | | | |
| | 10x500g | £35.30 | | RSP | £4.94 | 22227 | | | | | | | | | | | |
| | 10x250g | £22.65 | | RSP | £3.17 | 22228 | | | | | | | | | | | |
| | 10x125g | £15.32 | | RSP | £2.15 | 22229 | | | | | | | | | | | |
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| BOMBAY MIX - HOT | 1x5kg | £21.30 | | £4.26 | | 28201 | | | | | | | | | | | |
| U.K. | 1x3kg | £16.28 | | £5.43 | | 28203 | | | | | | | | | | | |
| | 1x1kg | £5.86 | | RSP | £8.20 | 28205 | | | | | | | | | | | |
| | 10x500g | £35.30 | | RSP | £4.94 | 28206 | | | | | | | | | | | |
| | 10x250g | £22.65 | | RSP | £3.17 | 28207 | | | | | | | | | | | |
| | 10x125g | £15.32 | | RSP | £2.15 | 28208 | | | | | | | | | | | |
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| CHILLI NUTS | 4x2.5kg | £57.35 | v | £5.74 | | 38791 | | | | | | | | | | | |
| UK | 1x2.5kg | £14.94 | v | £5.97 | | 38792 | | | | | | | | | | | |
| | 1x1kg | £7.33 | v | RSP | £12.32 | 38796 | | | | | | | | | | | |
| | 10x500g | £42.67 | v | RSP | £7.17 | 38797 | | | | | | | | | | | |
| | 10x250g | £26.34 | v | RSP | £4.42 | 38798 | | | | | | | | | | | |
| | 10x125g | £17.17 | v | RSP | £2.88 | 38799 | | | | | | | | | | | |
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| CHILLI RICE CRACKERS LARGE | 1x5kg | £43.23 | | £8.65 | | 22251 | | | | | | | | | | | |
| Taiwan | 1x2.5kg | £22.21 | | £8.89 | | 22252 | | | | | | | | | | | |
| | 1x1kg | £10.25 | | RSP | £14.34 | 22256 | | | | | | | | | | | |
| | 10x500g | £57.23 | | RSP | £8.01 | 22257 | | | | | | | | | | | |
| | 10x250g | £33.62 | | RSP | £4.71 | 22258 | | | | | | | | | | | |
| | 10x125g | £20.81 | | RSP | £2.91 | 22259 | | | | | | | | | | | |

SAVOURY SNACKS (Cont.)

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|--|---------|--------|---|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| GARLIC GATHIA U.K. | 1x5kg | £21.30 | | £4.26 | | 81221 | | | | | | | | | | | |
| | 1x3kg | £16.28 | | £5.43 | | 81222 | | | | | | | | | | | |
| | 1x1kg | £5.86 | | RSP | £8.20 | 81223 | | | | | | | | | | | |
| | 10x500g | £35.30 | | RSP | £4.94 | 81227 | | | | | | | | | | | |
| | 10x250g | £22.65 | | RSP | £3.17 | 81228 | | | | | | | | | | | |
| | 10x125g | £15.32 | | RSP | £2.15 | 81229 | | | | | | | | | | | |
| GATHIA U.K. | 1x5kg | £21.30 | | £4.26 | | 22241 | | | | | | | | | | | |
| | 1x3kg | £16.28 | | £5.43 | | 22243 | | | | | | | | | | | |
| | 1x1kg | £5.86 | | RSP | £8.20 | 22245 | | | | | | | | | | | |
| | 10x500g | £35.30 | | RSP | £4.94 | 22247 | | | | | | | | | | | |
| | 10x250g | £22.65 | | RSP | £3.17 | 22248 | | | | | | | | | | | |
| | 10x125g | £15.32 | | RSP | £2.15 | 22249 | | | | | | | | | | | |
| JAPANESE (STYLE) RICE CRACKER MIX Various | 1x7.5kg | £64.69 | | £8.63 | | 37211 | | | | | | | | | | | |
| | 1x3kg | £28.98 | | £9.66 | | 37212 | | | | | | | | | | | |
| | 1x1kg | £9.93 | | RSP | £13.90 | 37215 | | | | | | | | | | | |
| | 10x500g | £53.13 | | RSP | £7.44 | 37217 | | | | | | | | | | | |
| | 10x200g | £26.25 | | RSP | £3.68 | 37218 | | | | | | | | | | | |
| | 10x100g | £16.63 | | RSP | £2.33 | 37219 | | | | | | | | | | | |
| SEAWEED PEANUTS Various | 1x9kg | £46.80 | v | £5.20 | | 22311 | | | | | | | | | | | |
| | 1x3kg | £18.70 | v | £6.23 | | 22312 | | | | | | | | | | | |
| | 1x1kg | £6.50 | v | RSP | £10.92 | 22315 | | | | | | | | | | | |
| | 10x200g | £19.40 | v | RSP | £3.26 | 22318 | | | | | | | | | | | |
| | 10x100g | £13.20 | v | RSP | £2.22 | 22319 | | | | | | | | | | | |
| SPICY CHICK PEAS U.K. | 1x5kg | £22.50 | | £4.50 | | 37221 | | | | | | | | | | | |
| | 1x3kg | £17.00 | | £5.67 | | 37222 | | | | | | | | | | | |
| | 1x1kg | £6.10 | | RSP | £8.54 | 37223 | | | | | | | | | | | |
| | 10x500g | £36.50 | | RSP | £5.11 | 37226 | | | | | | | | | | | |
| | 10x250g | £23.25 | | RSP | £3.25 | 37227 | | | | | | | | | | | |
| | 10x125g | £15.63 | | RSP | £2.19 | 37228 | | | | | | | | | | | |
| WASABI COATED PEANUTS China | 1x10kg | £56.98 | v | £5.70 | | 37271 | | | | | | | | | | | |
| | 1x5kg | £31.49 | v | £6.30 | | 37275 | | | | | | | | | | | |
| | 1x3kg | £19.89 | v | £6.63 | | 37273 | | | | | | | | | | | |
| | 1x1kg | £6.90 | v | RSP | £11.59 | 37276 | | | | | | | | | | | |
| | 10x500g | £37.49 | v | RSP | £6.30 | 37277 | | | | | | | | | | | |
| | 10x200g | £19.40 | v | RSP | £3.26 | 37278 | | | | | | | | | | | |
| WASABI GREEN PEAS Various | 1x10kg | £75.17 | | £7.52 | | 77461 | | | | | | | | | | | |
| | 1x3kg | £26.25 | | £8.75 | | 77462 | | | | | | | | | | | |
| | 1x1kg | £9.12 | | RSP | £12.76 | 77466 | | | | | | | | | | | |
| | 10x500g | £51.59 | | RSP | £7.22 | 77467 | | | | | | | | | | | |
| | 10x200g | £27.04 | | RSP | £3.78 | 77468 | | | | | | | | | | | |
| | 10x100g | £17.52 | | RSP | £2.45 | 77469 | | | | | | | | | | | |

CAROB, CHOCOLATE & YOGURT COATED CONFECTIONERY

"CAROL ANNE" CAROB COATED

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|-----------------------|---------|--------|-----|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CAROB BRAZILS U.K. | 4x3kg | £79.11 | ↓ v | £6.59 | | 22702 | | | | | | | | | | | |
| | 3 kg | £20.38 | ↓ v | £6.79 | | 22701 | | | | | | | | | | | |
| | 10x250g | £28.48 | ↓ v | RSP | £4.78 | 22708 | | | | | | | | | | | |
| | 10x100g | £16.59 | ↓ v | RSP | £2.79 | 22709 | | | | | | | | | | | |
| CAROB GINGER U.K. | 4x3kg | £62.77 | ↑ v | £5.23 | | 22712 | | | | | | | | | | | |
| | 3 kg | £16.29 | ↑ v | £5.43 | | 22711 | | | | | | | | | | | |
| | 10x250g | £25.08 | ↑ v | RSP | £4.21 | 22718 | | | | | | | | | | | |
| | 10x100g | £15.23 | ↑ v | RSP | £2.56 | 22719 | | | | | | | | | | | |

"CAROL ANNE" CAROB COATED (Cont.)

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|---------------|---------|--------|---|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CAROB PEANUTS | 4x3kg | £53.80 | v | £4.48 | | 22722 | | | | | | | | | | | | |
| U.K. | 3 kg | £14.05 | v | £4.68 | | 22721 | | | | | | | | | | | | |
| | 10x250g | £23.21 | v | RSP | £3.90 | 22728 | | | | | | | | | | | | |
| CAROB RAISINS | 4x3kg | £53.46 | ↑ | v | £4.45 | 22732 | | | | | | | | | | | | |
| U.K. | 3 kg | £13.96 | ↑ | v | £4.65 | 22731 | | | | | | | | | | | | |
| | 10x250g | £23.14 | ↑ | v | RSP | £3.89 | 22738 | | | | | | | | | | | |

"CAROL ANNE" MILK CHOCOLATE COATED

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|----------------------------------|---------|--------|---|-------|--------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| MILK CHOCOLATE BRAZILS | 24x150g | £31.46 | ↓ | v | RSP | £2.20 | 22871 | | | | | | | | | | | |
| MILK CHOCOLATE PEANUTS | 24x150g | £23.00 | v | RSP | £1.61 | 22872 | | | | | | | | | | | | |
| MILK CHOCOLATE RAISINS | 24x150g | £22.97 | ↑ | v | RSP | £1.61 | 22873 | | | | | | | | | | | |
| MILK CHOCOLATE ALMONDS | 4x3kg | £82.66 | ↓ | v | £6.89 | | 22851 | | | | | | | | | | | |
| U.K. | 3kg | £21.27 | ↓ | v | £7.09 | | 22852 | | | | | | | | | | | |
| | 10x250g | £29.22 | ↓ | v | RSP | £4.91 | 22858 | | | | | | | | | | | |
| MILK CHOCOLATE BANANA | 4x3kg | £70.06 | ↑ | v | £5.84 | | 22741 | | | | | | | | | | | |
| Philippines/UK | 3kg | £18.11 | ↑ | v | £6.04 | | 22742 | | | | | | | | | | | |
| | 10x250g | £26.60 | ↑ | v | RSP | £4.47 | 22748 | | | | | | | | | | | |
| MILK CHOCOLATE BRAZILS | 4x3kg | £91.16 | ↓ | v | £7.60 | | 22751 | | | | | | | | | | | |
| U.K. | 3kg | £23.39 | ↓ | v | £7.80 | | 22752 | | | | | | | | | | | |
| | 1x1kg | £9.20 | ↓ | v | RSP | £15.45 | 22756 | | | | | | | | | | | |
| | 10x250g | £30.99 | ↓ | v | RSP | £5.21 | 22758 | | | | | | | | | | | |
| | 10x100g | £17.60 | ↓ | v | RSP | £2.96 | 22759 | | | | | | | | | | | |
| MILK CHOCOLATE CASHEWS | 4x3kg | £92.07 | v | £7.67 | | | 22881 | | | | | | | | | | | |
| U.K. | 3kg | £23.62 | v | £7.87 | | | 22882 | | | | | | | | | | | |
| | 10x250g | £31.18 | v | RSP | £5.24 | | 22888 | | | | | | | | | | | |
| MILK CHOCOLATE GINGER | 4x3kg | £73.53 | v | £6.13 | | | 22971 | | | | | | | | | | | |
| U.K. | 3kg | £18.98 | v | £6.33 | | | 22972 | | | | | | | | | | | |
| | 10x250g | £27.32 | v | RSP | £4.59 | | 22978 | | | | | | | | | | | |
| | 10x100g | £16.13 | v | RSP | £2.71 | | 22979 | | | | | | | | | | | |
| MILK CHOCOLATE HONEYCOMB BITES | 4x2.5kg | £65.75 | ↑ | v | £6.58 | | 25251 | | | | | | | | | | | |
| U.K. | 2.5kg | £17.04 | ↑ | v | £6.82 | | 25252 | | | | | | | | | | | |
| | 10x250g | £28.44 | ↑ | v | RSP | £4.78 | 25258 | | | | | | | | | | | |
| | 10x100g | £16.58 | ↑ | v | RSP | £2.78 | 25259 | | | | | | | | | | | |
| MILK CHOCOLATE PEANUTS | 4x3kg | £63.60 | ↑ | v | £5.30 | | 22771 | | | | | | | | | | | |
| USA/UK | 3kg | £16.50 | ↑ | v | £5.50 | | 22772 | | | | | | | | | | | |
| | 10x250g | £25.25 | ↑ | v | RSP | £4.24 | 22778 | | | | | | | | | | | |
| | 10x100g | £15.30 | ↑ | v | RSP | £2.57 | 22779 | | | | | | | | | | | |
| MILK CHOCOLATE PEANUTS & RAISINS | 4x3kg | £65.38 | ↑ | v | £5.45 | | 22811 | | | | | | | | | | | |
| U.K. | 1x3kg | £16.94 | ↑ | v | £16.94 | | 22812 | | | | | | | | | | | |
| | 10x250g | £25.62 | ↑ | v | RSP | £4.30 | 22818 | | | | | | | | | | | |
| | 10x100g | £15.45 | ↑ | v | RSP | £2.60 | 22819 | | | | | | | | | | | |
| MILK CHOCOLATE RAISINS | 4x3kg | £63.13 | ↑ | v | £5.26 | | 22781 | | | | | | | | | | | |
| Turkey/UK | 3kg | £16.38 | ↑ | v | £5.46 | | 22782 | | | | | | | | | | | |
| | 10x250g | £25.15 | ↑ | v | RSP | £4.23 | 22788 | | | | | | | | | | | |
| | 10x100g | £15.26 | ↑ | v | RSP | £2.56 | 22789 | | | | | | | | | | | |
| MILK CHOCOLATE WALNUTS | 4x2.5kg | £68.31 | ↑ | v | £6.83 | | 25111 | | | | | | | | | | | |
| U.K. | 2.5 kg | £17.68 | ↑ | v | £7.07 | | 25112 | | | | | | | | | | | |
| | 10x100g | £16.83 | ↑ | v | RSP | £2.83 | 25119 | | | | | | | | | | | |

"CAROL ANNE" DARK CHOCOLATE COATED

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|------------------------|---------|--------|---|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| DARK CHOCOLATE ALMONDS | 4x3kg | £79.13 | ↑ | v | £6.59 | | 25341 | | | | | | | | | | | |
| U.K. | 3 kg | £20.38 | ↑ | v | £6.79 | | 25342 | | | | | | | | | | | |
| | 10x100g | £16.59 | ↑ | v | RSP | £2.79 | 25349 | | | | | | | | | | | |

"CAROL ANNE" DARK CHOCOLATE COATED (Cont.)

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|-----------------------------|---------|--------|---|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| DARK CHOCOLATE BRAZILS | 4x3kg | £87.11 | ↓ | v | £7.26 | 25161 | | | | | | | | | | | | |
| U.K. | 3 kg | £22.38 | ↓ | v | £7.46 | 25162 | | | | | | | | | | | | |
| | 10x250g | £30.15 | ↓ | v | RSP | £5.06 | 25168 | | | | | | | | | | | |
| | 10x100g | £17.26 | ↓ | v | RSP | £2.90 | 25169 | | | | | | | | | | | |
| DARK CHOCOLATE CRANBERRIES | 4x3kg | £77.83 | ↑ | v | £6.49 | 25141 | | | | | | | | | | | | |
| U.K. | 3 kg | £20.06 | ↑ | v | £6.69 | 25142 | | | | | | | | | | | | |
| | 10x250g | £28.21 | ↑ | v | RSP | £4.74 | 25148 | | | | | | | | | | | |
| DARK CHOCOLATE COFFEE BEANS | 4x3kg | £78.12 | ↑ | v | £6.51 | 25181 | | | | | | | | | | | | |
| U.K. | 3 kg | £20.13 | ↑ | v | £6.71 | 25182 | | | | | | | | | | | | |
| | 10x250g | £28.27 | ↑ | v | RSP | £4.75 | 25188 | | | | | | | | | | | |
| | 10x100g | £16.51 | ↑ | v | RSP | £2.77 | 25189 | | | | | | | | | | | |
| DARK CHOCOLATE GINGER | 4x3kg | £70.73 | ↑ | v | £5.89 | 25121 | | | | | | | | | | | | |
| U.K. | 3 kg | £18.28 | ↑ | v | £6.09 | 25122 | | | | | | | | | | | | |
| | 10x250g | £26.73 | ↑ | v | RSP | £4.49 | 25128 | | | | | | | | | | | |
| | 10x100g | £15.89 | ↑ | v | RSP | £2.67 | 25129 | | | | | | | | | | | |
| DARK CHOCOLATE HAZELS | 4x3kg | £84.34 | ↑ | v | £7.03 | 25361 | | | | | | | | | | | | |
| U.K. | 3 kg | £21.68 | ↑ | v | £7.23 | 25362 | | | | | | | | | | | | |
| | 10x250g | £29.57 | ↑ | v | RSP | £4.97 | 25368 | | | | | | | | | | | |
| DARK CHOCOLATE HONEYCOMB | 4x2.5kg | £62.96 | ↑ | v | £5.25 | 25371 | | | | | | | | | | | | |
| U.K. | 2.5 kg | £13.72 | ↑ | v | £5.49 | 25372 | | | | | | | | | | | | |
| | 10x250g | £25.12 | ↑ | v | RSP | £4.22 | 25378 | | | | | | | | | | | |
| DARK CHOCOLATE ORANGE PEEL | 4x3kg | £80.79 | ↑ | v | £6.73 | 25381 | | | | | | | | | | | | |
| U.K. | 3 kg | £20.80 | ↑ | v | £6.93 | 25382 | | | | | | | | | | | | |
| | 10x250g | £28.83 | ↑ | v | RSP | £4.84 | 25388 | | | | | | | | | | | |
| DARK CHOCOLATE PEANUTS | 4x3kg | £61.02 | ↑ | v | £5.09 | 25391 | | | | | | | | | | | | |
| U.K. | 3kg | £15.86 | ↑ | v | £5.29 | 25392 | | | | | | | | | | | | |
| | 10x250g | £24.71 | ↑ | v | RSP | £4.15 | 25398 | | | | | | | | | | | |
| DARK CHOCOLATE RAISINS | 4x3kg | £60.60 | ↑ | v | £5.05 | 25211 | | | | | | | | | | | | |
| U.K. | 3 kg | £15.75 | ↑ | v | £5.25 | 25212 | | | | | | | | | | | | |
| | 10x250g | £24.63 | ↑ | v | RSP | £4.14 | 25218 | | | | | | | | | | | |
| | 10x100g | £15.05 | ↑ | v | RSP | £2.53 | 25219 | | | | | | | | | | | |

"CAROL ANNE" YOGURT COATED

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|---------------------|---------|--------|---|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| YOGURT ALMONDS | 4x3kg | £71.63 | | v | £5.97 | 22562 | | | | | | | | | | | | |
| U.K. | 3 kg | £18.51 | | v | £6.17 | 22561 | | | | | | | | | | | | |
| | 10x250g | £26.92 | | v | RSP | £4.52 | 22568 | | | | | | | | | | | |
| YOGURT BANANA CHIPS | 4x3kg | £58.42 | ↑ | v | £4.87 | 22572 | | | | | | | | | | | | |
| U.K. | 3 kg | £15.20 | ↑ | v | £5.07 | 22571 | | | | | | | | | | | | |
| | 10x250g | £24.17 | ↑ | v | RSP | £4.06 | 22578 | | | | | | | | | | | |
| | 10x100g | £14.87 | ↑ | v | RSP | £2.50 | 22579 | | | | | | | | | | | |
| YOGURT BRAZILS | 4x3kg | £78.80 | ↓ | v | £6.57 | 22582 | | | | | | | | | | | | |
| U.K. | 3 kg | £20.30 | ↓ | v | £6.77 | 22581 | | | | | | | | | | | | |
| | 10x250g | £28.42 | ↓ | v | RSP | £4.77 | 22588 | | | | | | | | | | | |
| | 10x100g | £16.57 | ↓ | v | RSP | £2.78 | 22589 | | | | | | | | | | | |
| YOGURT CASHEWS | 4x3kg | £81.11 | ↑ | v | £6.76 | 22822 | | | | | | | | | | | | |
| U.K. | 3 kg | £20.88 | ↑ | v | £6.96 | 22821 | | | | | | | | | | | | |
| | 10x250g | £28.90 | ↑ | v | RSP | £4.85 | 22828 | | | | | | | | | | | |
| YOGURT CRANBERRIES | 4x3kg | £70.49 | ↑ | v | £5.87 | 22832 | | | | | | | | | | | | |
| U.K. | 3 kg | £18.22 | ↑ | v | £6.07 | 22831 | | | | | | | | | | | | |
| | 10x250g | £26.69 | ↑ | v | RSP | £4.48 | 22838 | | | | | | | | | | | |

"CAROL ANNE" YOGURT COATED (Cont.)

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|-----------------------------------|---------|--------|-----|-------|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| YOGURT FRUIT & NUT MIX | 4x3kg | £69.02 | ↑ v | £5.75 | 22681 | | | | | | | | | | | | |
| U.K. | 1x3kg | £17.86 | ↑ v | £5.95 | 22682 | | | | | | | | | | | | |
| [Alm, Braz, Cash, Pea. & Raisins] | 10x250g | £26.38 | ↑ v | RSP | £4.43 22688 | | | | | | | | | | | | |
| YOGURT GINGER | 4x3kg | £63.38 | ↑ v | £5.28 | 22592 | | | | | | | | | | | | |
| U.K. | 3 kg | £16.44 | ↑ v | £5.48 | 22591 | | | | | | | | | | | | |
| | 10x250g | £25.20 | ↑ v | RSP | £4.23 22598 | | | | | | | | | | | | |
| | 10x100g | £15.28 | ↑ v | RSP | £2.57 22599 | | | | | | | | | | | | |
| YOGURT HONEYCOMB | 4x2.5kg | £55.71 | ↑ v | £5.57 | 22651 | | | | | | | | | | | | |
| U.K. | 2.5kg | £14.53 | ↑ v | £5.81 | 22652 | | | | | | | | | | | | |
| | 10x100g | £15.57 | ↑ v | RSP | £2.62 22659 | | | | | | | | | | | | |
| YOGURT PEANUTS & RAISINS | 4x3kg | £56.54 | ↑ v | £4.71 | 22642 | | | | | | | | | | | | |
| U.K. | 1x3kg | £14.74 | ↑ v | £4.91 | 22641 | | | | | | | | | | | | |
| | 10x250g | £23.78 | ↑ v | RSP | £3.99 22648 | | | | | | | | | | | | |
| | 10x100g | £14.71 | ↑ v | RSP | £2.47 22649 | | | | | | | | | | | | |
| YOGURT PEANUTS | 4x3kg | £55.46 | ↑ v | £4.62 | 22611 | | | | | | | | | | | | |
| U.K. | 3 kg | £14.46 | ↑ v | £4.82 | 22612 | | | | | | | | | | | | |
| | 10x250g | £23.55 | ↑ v | RSP | £3.96 22618 | | | | | | | | | | | | |
| | 10x100g | £14.62 | ↑ v | RSP | £2.46 22619 | | | | | | | | | | | | |
| YOGURT RAISINS | 4x3kg | £54.05 | ↑ v | £4.50 | 22631 | | | | | | | | | | | | |
| U.K. | 3 kg | £14.11 | ↑ v | £4.70 | 22632 | | | | | | | | | | | | |
| | 5x500g | £18.26 | ↑ v | RSP | £6.14 22637 | | | | | | | | | | | | |
| | 10x250g | £23.26 | ↑ v | RSP | £3.91 22638 | | | | | | | | | | | | |
| | 10x100g | £14.50 | ↑ v | RSP | £2.44 22639 | | | | | | | | | | | | |

"CAROL ANNE" WHITE CHOCOLATE COATED

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|-------------------------|---------|--------|-----|-------|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| WHITE CHOCOLATE RAISINS | 3Kg | £15.65 | ↑ v | £5.22 | 25271 | | | | | | | | | | | | |
| U.K. | 10x250g | £25.05 | ↑ v | RSP | £4.21 25278 | | | | | | | | | | | | |

CONFECTIONERY

BOILED SWEETS WRAPPED

| | | | | | | | | | | | | | | | | | |
|--------------------------------------|---------|--------|-----|-------|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| ANISEED TWIST - Stockleys | 3kg | £13.99 | ↑ v | £4.66 | 91741 | | | | | | | | | | | | |
| | 10x250g | £16.66 | ↑ v | RSP | £2.80 91749 | | | | | | | | | | | | |
| BLACKCURRANT & LIQUORICE - Stockleys | 3kg | £13.99 | ↑ v | £4.66 | 91981 | | | | | | | | | | | | |
| | 10x250g | £16.66 | ↑ v | RSP | £2.80 91989 | | | | | | | | | | | | |
| BUTTERMINTS - Stockleys | 3kg | £18.89 | ↑ v | £6.30 | 91011 | | | | | | | | | | | | |
| | 10x250g | £20.74 | ↑ v | RSP | £3.48 91019 | | | | | | | | | | | | |
| CHOCOLATE LIMES - Pells | 3kg | £13.99 | ↑ v | £4.66 | 91881 | | | | | | | | | | | | |
| | 10x250g | £16.66 | ↑ v | RSP | £2.80 91889 | | | | | | | | | | | | |
| | 10x100g | £9.16 | ↑ v | RSP | £1.54 91887 | | | | | | | | | | | | |
| COUGH CANDY - Pells | 3kg | £13.99 | ↑ v | £4.66 | 91721 | | | | | | | | | | | | |
| | 10x250g | £16.66 | ↑ v | RSP | £2.80 91729 | | | | | | | | | | | | |
| | 10x100g | £9.16 | ↑ v | RSP | £1.54 91727 | | | | | | | | | | | | |
| RHUBARB & CUSTARD - Pells | 3kg | £13.99 | ↑ v | £4.66 | 91701 | | | | | | | | | | | | |
| | 10x250g | £16.66 | ↑ v | RSP | £2.80 91709 | | | | | | | | | | | | |
| | 10x100g | £9.16 | ↑ v | RSP | £1.54 91707 | | | | | | | | | | | | |
| SHERBET LEMONS - Pells | 3kg | £13.99 | ↑ v | £4.66 | 90981 | | | | | | | | | | | | |
| | 10x250g | £16.66 | ↑ v | RSP | £2.80 90989 | | | | | | | | | | | | |
| | 10x100g | £9.16 | ↑ v | RSP | £1.54 90987 | | | | | | | | | | | | |
| WINTER MIXTURE - Pells | 3kg | £13.99 | v | £4.66 | 91961 | | | | | | | | | | | | |
| | 10x250g | £16.66 | v | RSP | £2.80 91969 | | | | | | | | | | | | |

CONFECTIONERY UNWRAPPED

| Product Description | Size | Price | | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
|--|---------|--------|---|--------|-------|-------|---|---|---|---|---|---|---|---|---|----|----|----|--|
| BON BONS | | | | | | | | | | | | | | | | | | | |
| BLUE RASPBERRY - Bristows Toffee Centred | 3kg | £15.39 | v | £5.13 | | 93341 | | | | | | | | | | | | | |
| | 10x250g | £17.82 | v | RSP | £2.99 | 93343 | | | | | | | | | | | | | |
| LEMON - Bristows Toffee Centred | 3kg | £15.39 | v | £5.13 | | 93384 | | | | | | | | | | | | | |
| | 10x250g | £17.82 | v | RSP | £2.99 | 93345 | | | | | | | | | | | | | |
| STRAWBERRY - Bristows Toffee Centred | 3kg | £15.39 | v | £5.13 | | 93385 | | | | | | | | | | | | | |
| | 10x250g | £17.82 | v | RSP | £2.99 | 93347 | | | | | | | | | | | | | |
| TOFFEE - Bristows Toffee Centred | 3kg | £15.39 | v | £5.13 | | 93386 | | | | | | | | | | | | | |
| | 10x250g | £17.82 | v | RSP | £2.99 | 93349 | | | | | | | | | | | | | |
| APPLE - Kingsway | 3kg | £16.93 | v | £5.64 | | 83621 | | | | | | | | | | | | | |
| | 10x250g | £19.11 | v | RSP | £3.21 | 83634 | | | | | | | | | | | | | |
| BLACKCURRANT - Kingsway | 3kg | £16.93 | v | £5.64 | | 83626 | | | | | | | | | | | | | |
| | 10x250g | £19.11 | v | RSP | £3.21 | 83635 | | | | | | | | | | | | | |
| CHERRY - Kingsway | 3kg | £16.93 | v | £5.64 | | 83627 | | | | | | | | | | | | | |
| | 10x250g | £19.11 | v | RSP | £3.21 | 83636 | | | | | | | | | | | | | |
| LEMON - Kingsway | 3kg | £16.93 | v | £5.64 | | 83622 | | | | | | | | | | | | | |
| | 10x250g | £19.11 | v | RSP | £3.21 | 93388 | | | | | | | | | | | | | |
| SOUR BLUE RASPBERRY - Kingsway | 3kg | £16.93 | v | £5.64 | | 83625 | | | | | | | | | | | | | |
| | 10x250g | £19.11 | v | RSP | £3.21 | 83638 | | | | | | | | | | | | | |
| STRAWBERRY - Kingsway | 3kg | £16.93 | v | £5.64 | | 83623 | | | | | | | | | | | | | |
| | 10x250g | £19.11 | v | RSP | £3.21 | 93389 | | | | | | | | | | | | | |
| | 10x100g | £10.64 | v | RSP | £1.60 | 93390 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |
| TOFFEE - Kingsway | 3kg | £16.93 | v | £5.64 | | 83624 | | | | | | | | | | | | | |
| | 10x250g | £19.11 | v | RSP | £3.21 | 93387 | | | | | | | | | | | | | |

FOAMS

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|------------------------------|---------|--------|---|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| MINI FOAM BANANAS - Barratt | 2kg | £10.49 | ↓ | v | £5.24 | 92951 | | | | | | | | | | | | |
| | 10x250g | £18.11 | ↓ | v | RSP | £3.04 | 92959 | | | | | | | | | | | |
| FOAM MUSHROOMS - Kingsway | 3kg | £17.49 | v | £5.83 | | 95234 | | | | | | | | | | | | |
| | 10x250g | £19.57 | v | RSP | £3.29 | 93404 | | | | | | | | | | | | |
| FOAM SHRIMPS - Kingsway | 2kg | £13.99 | ↑ | v | £6.99 | 92931 | | | | | | | | | | | | |
| | 10x250g | £22.48 | ↑ | v | RSP | £3.78 | 92938 | | | | | | | | | | | |
| FOAM STRAWBERRIES - Kingsway | 2kg | £12.45 | v | £6.22 | | 93403 | | | | | | | | | | | | |
| | 10x250g | £20.06 | v | RSP | £3.37 | 93405 | | | | | | | | | | | | |
| FRIED EGGS - Kingsway | 3kg | £17.47 | ↑ | v | £5.82 | 91671 | | | | | | | | | | | | |
| | 10x250g | £19.56 | ↑ | v | RSP | £3.29 | 91679 | | | | | | | | | | | |
| MILK BOTTLES - Candyland | 2kg | £11.89 | v | £5.94 | | 92221 | | | | | | | | | | | | |
| | 10x250g | £19.86 | v | RSP | £3.34 | 92229 | | | | | | | | | | | | |
| MILK GUMS - Barratt | 2kg | £18.89 | ↑ | v | £9.44 | 95291 | | | | | | | | | | | | |
| | 10x250g | £28.61 | ↑ | v | RSP | £4.81 | 93406 | | | | | | | | | | | |

FUDGE

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|-----------------------------------|---------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| FUDGE CLOTTED CREAM - Candy Bros. | 2kg | £11.19 | v | £5.59 | | 83221 | | | | | | | | | | | | |
| | 10x250g | £17.48 | v | RSP | £2.94 | 83229 | | | | | | | | | | | | |
| CHOCOLATE - Countys | 2kg | £11.19 | v | | | 90412 | | | | | | | | | | | | |
| | 10x250g | £17.48 | v | RSP | £2.94 | 90418 | | | | | | | | | | | | |
| RUM & RAISIN - Countys | 2kg | £11.19 | v | | | 90411 | | | | | | | | | | | | |
| | 10x250g | £17.48 | v | RSP | £2.94 | 90419 | | | | | | | | | | | | |
| | 10x100g | £8.89 | v | RSP | £1.33 | 90410 | | | | | | | | | | | | |
| VANILLA - Countys | 2kg | £11.19 | v | | | 90431 | | | | | | | | | | | | |
| | 10x250g | £17.48 | v | RSP | £2.94 | 90439 | | | | | | | | | | | | |
| | 10x100g | £8.89 | v | RSP | £1.33 | 90437 | | | | | | | | | | | | |

| Product Description | Size | Price | | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
|---------------------------------------|---------|--------|---|--------|-----------|-------|---|---|---|---|---|---|---|---|---|----|----|----|--|
| JELLIES | | | | | | | | | | | | | | | | | | | |
| AMERICAN HARD GUMS - Candy Crave | 3kg | £13.29 | ↑ | v | £4.43 | 92341 | | | | | | | | | | | | | |
| | 10x250g | £16.07 | ↑ | v | RSP £2.70 | 92349 | | | | | | | | | | | | | |
| | 10x100g | £8.93 | ↑ | v | RSP £1.50 | 92347 | | | | | | | | | | | | | |
| BABY DOLPHINS - Kingsway | 3kg | £15.81 | | v | £5.27 | 91601 | | | | | | | | | | | | | |
| | 10x250g | £18.17 | | v | RSP £3.05 | 92350 | | | | | | | | | | | | | |
| BLACKBERRIES & RASPBERRIES - Kingsway | 3kg | £15.81 | | v | £5.27 | 91621 | | | | | | | | | | | | | |
| | 10x250g | £18.17 | | v | RSP £3.05 | 91629 | | | | | | | | | | | | | |
| COLA BOTTLES - Vidal | 3kg | £13.99 | ↑ | v | £4.66 | 92243 | | | | | | | | | | | | | |
| | 10x250g | £16.66 | ↑ | v | RSP £2.80 | 92249 | | | | | | | | | | | | | |
| FIZZY BUBBLEGUM BOTTLES - Kingsway | 3kg | £17.49 | | v | £5.83 | 90365 | | | | | | | | | | | | | |
| | 10x250g | £19.57 | | v | RSP £3.29 | 92353 | | | | | | | | | | | | | |
| FIZZY COLA BOTTLES - Vidal | 3kg | £13.29 | ↑ | v | £4.43 | 92244 | | | | | | | | | | | | | |
| | 10x250g | £16.07 | ↑ | v | RSP £2.70 | 92356 | | | | | | | | | | | | | |
| FIZZY DUMMIES - Barratt | 2kg | £9.79 | ↓ | v | £4.89 | 92231 | | | | | | | | | | | | | |
| | 10x250g | £17.23 | ↓ | v | RSP £2.90 | 92357 | | | | | | | | | | | | | |
| FIZZY GIANT STRAWBERRIES - Kingsway | 3kg | £17.07 | ↑ | v | £5.69 | 95232 | | | | | | | | | | | | | |
| | 10x250g | £19.22 | ↑ | v | RSP £3.23 | 92358 | | | | | | | | | | | | | |
| FIZZY PEACHES - Kingsway | 3kg | £14.41 | | v | £4.80 | 90341 | | | | | | | | | | | | | |
| | 10x250g | £16.50 | | v | RSP £2.77 | 92359 | | | | | | | | | | | | | |
| FIZZY TWIN CHERRIES - Kingsway | 3kg | £17.07 | ↑ | v | £5.69 | 95233 | | | | | | | | | | | | | |
| | 10x250g | £19.22 | ↑ | v | RSP £3.23 | 92391 | | | | | | | | | | | | | |
| FRUIT JELLIES - Taveners | 3kg | £13.29 | ↑ | v | £4.43 | 92382 | | | | | | | | | | | | | |
| | 10x250g | £16.07 | ↑ | v | RSP £2.70 | 92389 | | | | | | | | | | | | | |
| | 10x100g | £8.93 | ↑ | v | RSP £1.50 | 92387 | | | | | | | | | | | | | |
| GIANT STRAWBS - Kingsway | 3kg | £15.67 | | v | £5.22 | 91231 | | | | | | | | | | | | | |
| | 10x250g | £18.05 | | v | RSP £3.03 | 91239 | | | | | | | | | | | | | |
| JELLY BABIES - Barratt | 3kg | £13.29 | ↑ | v | £4.43 | 92261 | | | | | | | | | | | | | |
| | 10x250g | £16.07 | ↑ | v | RSP £2.70 | 92269 | | | | | | | | | | | | | |
| JELLY BEANS - Barratt | 3kg | £13.29 | ↑ | v | £4.43 | 92301 | | | | | | | | | | | | | |
| | 10x250g | £16.07 | ↑ | v | RSP £2.70 | 92309 | | | | | | | | | | | | | |
| JELLY MEERKATS - Kingsway | 3kg | £17.07 | | v | £5.69 | 90362 | | | | | | | | | | | | | |
| | 10x250g | £19.22 | | v | RSP £3.23 | 92395 | | | | | | | | | | | | | |
| JELLY SNAKES - Kingsway | 3kg | £17.49 | ↑ | v | £5.83 | 90361 | | | | | | | | | | | | | |
| | 10x250g | £19.57 | ↑ | v | RSP £3.29 | 92398 | | | | | | | | | | | | | |
| MILK SHAKES STRAWBERRY - Kingsway | 3kg | £16.93 | ↑ | v | £5.64 | 95201 | | | | | | | | | | | | | |
| | 10x250g | £19.11 | ↑ | v | RSP £3.21 | 92400 | | | | | | | | | | | | | |
| PINT POTS - Kingsway | 3kg | £17.07 | | v | £5.69 | 91411 | | | | | | | | | | | | | |
| | 10x250g | £19.22 | | v | RSP £3.23 | 92403 | | | | | | | | | | | | | |
| SOUR APPLES - ICA | 3kg | £17.07 | ↑ | v | £5.69 | 90581 | | | | | | | | | | | | | |
| SOUR WATER MELON SLICES - Kingsway | 3kg | £15.81 | ↓ | v | £5.27 | 92441 | | | | | | | | | | | | | |
| | 10x250g | £18.17 | ↓ | v | RSP £3.05 | 92405 | | | | | | | | | | | | | |
| TEDDY BEARS - Kingsway | 3kg | £13.29 | | v | £4.43 | 91261 | | | | | | | | | | | | | |
| | 10x250g | £15.57 | | v | RSP £2.62 | 91269 | | | | | | | | | | | | | |
| TWIN CHERRIES - Kingsway | 3kg | £17.49 | ↑ | v | £5.83 | 90621 | | | | | | | | | | | | | |
| | 10x250g | £19.57 | ↑ | v | RSP £3.29 | 92407 | | | | | | | | | | | | | |
| WINE GUMS - Taveners | 3kg | £13.29 | ↑ | v | £4.43 | 92281 | | | | | | | | | | | | | |
| | 10x250g | £16.07 | ↑ | v | RSP £2.70 | 92289 | | | | | | | | | | | | | |
| YELLOW BELLIES - ICA | 3kg | £17.49 | ↑ | v | £5.83 | 91386 | | | | | | | | | | | | | |

| Product Description | Size | Price | | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---------------------|------|-------|--|--------|-----|------|---|---|---|---|---|---|---|---|---|----|----|----|
|---------------------|------|-------|--|--------|-----|------|---|---|---|---|---|---|---|---|---|----|----|----|

LIQUORICE

| | | | | | | | | | | | | | | | | | | |
|-------------------------------|---------|--------|---|---|-------|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| LIQUORICE ALLSORTS - Taveners | 3kg | £13.29 | ↑ | v | £4.43 | 90771 | | | | | | | | | | | | |
| | 10x250g | £16.07 | ↑ | v | RSP | £2.70 90779 | | | | | | | | | | | | |
| LIQUORICE CREAM ROCK - ICA | 3kg | £16.79 | ↓ | v | £5.60 | 91381 | | | | | | | | | | | | |
| | 10x250g | £18.99 | ↓ | v | RSP | £3.19 91388 | | | | | | | | | | | | |
| PONTEFRAC TACKES - Haribo | 3kg | £15.39 | | v | £5.13 | 91441 | | | | | | | | | | | | |
| | 10x250g | £17.82 | | v | RSP | £2.99 91449 | | | | | | | | | | | | |

OTHER UNWRAPPED CONFECTIONERY

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|---------------------------------------|---------|--------|---|---|-------|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| ANISEED BALLS | 3kg | £15.39 | ↓ | v | £5.13 | 92645 | | | | | | | | | | | | |
| | 10x250g | £17.82 | ↓ | v | RSP | £2.99 92646 | | | | | | | | | | | | |
| CANDY ABC LETTERS - Kingsway | 2.5kg | £13.99 | | v | £5.59 | 93211 | | | | | | | | | | | | |
| | 10x250g | £19.99 | | v | RSP | £3.36 93219 | | | | | | | | | | | | |
| CANDY NECKLACES - Look-O-Look | 100x10p | £13.29 | ↑ | v | RSP | £0.23 93395 | | | | | | | | | | | | |
| CANDY STICKS WHITE - Barratt | 2.5kg | £14.69 | | v | £5.87 | 93471 | | | | | | | | | | | | |
| | 10x250g | £19.69 | | v | RSP | £3.31 90253 | | | | | | | | | | | | |
| CINDER TOFFEE [Choc.Coated Honeycomb] | 3kg | £19.59 | | v | £6.53 | 93061 | | | | | | | | | | | | |
| COCONUT MUSHROOMS - Taveners | 3kg | £23.79 | ↑ | v | £7.93 | 90561 | | | | | | | | | | | | |
| | 10x250g | £24.82 | ↑ | v | RSP | £4.17 90569 | | | | | | | | | | | | |
| DOLLY MIXTURES - Barratt | 3kg | £13.29 | ↑ | v | £4.43 | 90521 | | | | | | | | | | | | |
| | 10x250g | £16.07 | ↑ | v | RSP | £2.70 90529 | | | | | | | | | | | | |
| EXTRA STRONG MINTS - Kingsway | 2kg | £9.59 | ↓ | v | £4.79 | 91241 | | | | | | | | | | | | |
| | 10x250g | £16.99 | ↓ | v | RSP | £2.85 91249 | | | | | | | | | | | | |
| MILK CHOCOLATE BEANS - Glisten | 3kg | £18.89 | ↓ | v | £6.30 | 93083 | | | | | | | | | | | | |
| | 10x250g | £20.74 | ↓ | v | RSP | £3.48 90255 | | | | | | | | | | | | |
| MILK CHOCOLATE MINI EGGS - Glisten | 3kg | £22.39 | ↓ | v | £7.46 | 94003 | | | | | | | | | | | | |
| | 10x250g | £23.66 | ↓ | v | RSP | £3.97 94008 | | | | | | | | | | | | |
| MINT IMPERIALS | 3kg | £12.59 | | v | £4.20 | 91421 | | | | | | | | | | | | |
| | 10x250g | £15.49 | | v | RSP | £2.60 91429 | | | | | | | | | | | | |
| | 10x100g | £8.70 | | v | RSP | £1.45 91427 | | | | | | | | | | | | |

CONFECTIONERY IN BAGS

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|-------------------------|---------|--------|--|---|-----|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| HONEYCOMB PLAIN IN BAGS | 24x100g | £19.82 | | v | RSP | £1.32 93065 | | | | | | | | | | | | |
|-------------------------|---------|--------|--|---|-----|-------------|--|--|--|--|--|--|--|--|--|--|--|--|

COUNT LINES

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|---------------------------|--------|--------|--|---|-----|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| FLYING SAUCERS - Kingsway | 500x2p | £15.25 | | v | RSP | £0.05 93153 | | | | | | | | | | | | |
|---------------------------|--------|--------|--|---|-----|-------------|--|--|--|--|--|--|--|--|--|--|--|--|

OTHER UNWRAPPED CONFECTIONERY IN JARS

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|-------------------------------|---------|--------|--|---|--------|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| CHERRY LIPS - Squirrel | 2.25kg | £23.09 | | v | £10.26 | 92012 | | | | | | | | | | | | |
| | 10x250g | £30.65 | | v | RSP | £5.15 92013 | | | | | | | | | | | | |
| FLORAL GUMS - Squirrel | 2.25kg | £23.09 | | v | £10.26 | 92011 | | | | | | | | | | | | |
| | 10x250g | £30.65 | | v | RSP | £5.15 92010 | | | | | | | | | | | | |
| TOFFEE CRUMBLE - Sweet Dreams | 2.7kg | £15.39 | | v | £5.70 | 93705 | | | | | | | | | | | | |

SUGAR FREE GUMS

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|----------------------|-------|--------|--|---|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| COLA BOTTLES - Astra | 1.5kg | £13.58 | | v | £9.05 | 97071 | | | | | | | | | | | | |
| FRUIT SALAD - Astra | 1.5kg | £13.58 | | v | £9.05 | 97081 | | | | | | | | | | | | |
| TEDDY BEARS - Astra | 1.5kg | £13.58 | | v | £9.05 | 97091 | | | | | | | | | | | | |



Conventional

Branded

BRANDED GOODS - ALPHABETICALLY BY SUPPLIER

"AL FEZ"

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|---------------|---------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| FALAFEL MIX | 12x150g | £14.85 | ↑ | RSP | £1.65 | 71041 | | | | | | | | | | | | | |
| HARISSA PASTE | 6x180g | £15.46 | | RSP | £3.44 | 71062 | | | | | | | | | | | | | |

"AQUA OLEUM" ESSENTIAL OILS

| | | | | | | | | | | | | | | | | | | | |
|----------|--------|-------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| LAVENDER | 3x10ml | £9.88 | v | RSP | £5.27 | 82461 | | | | | | | | | | | | | |
| TEA-TREE | 3x10ml | £7.98 | v | RSP | £4.26 | 82941 | | | | | | | | | | | | | |

"ARTISAN GRAINS"

| | | | | | | | | | | | | | | | | | | | |
|------------------------------------|--------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| NUT ROAST - COUNTRY VEG & CASHEW | 6x200g | £14.69 | ↑ | RSP | £3.26 | 71091 | | | | | | | | | | | | | |
| NUT ROAST - MEDITERRANEAN SUNDRIED | 6x200g | £13.00 | | RSP | £2.89 | 71092 | | | | | | | | | | | | | |

"ASPALL"

| | | | | | | | | | | | | | | | | | | | |
|------------------------|---------|--------|--|-----|--------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| APPLE BALSAMIC VINEGAR | 6x350ml | £19.10 | | RSP | £4.24 | 38509 | | | | | | | | | | | | | |
| CYDER VINEGAR | 1x5lt | £12.69 | | RSP | £16.92 | 38501 | | | | | | | | | | | | | |
| RED WINE VINEGAR | 1x5lt | £12.69 | | RSP | £16.92 | 38522 | | | | | | | | | | | | | |
| WHITE WINE VINEGAR | 1x5lt | £12.69 | | RSP | £16.92 | 38532 | | | | | | | | | | | | | |

"BARLEYCUP"

| | | | | | | | | | | | | | | | | | | | |
|----------------------------|--------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| BARLEYCUP NATURAL POWDER | 6x200g | £32.58 | ↑ | RSP | £7.24 | 55281 | | | | | | | | | | | | | |
| BARLEYCUP NATURAL GRANULES | 6x200g | £36.15 | | RSP | £8.20 | 55296 | | | | | | | | | | | | | |

"BILLINGTONS" UNREFINED SUGARS

| | | | | | | | | | | | | | | | | | | | |
|-----------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| DARK MUSCOVADO | 25kg | £94.23 | | | £3.77 | 21101 | | | | | | | | | | | | | |
| Mauritius | 1x10kg | £41.39 | | | £4.14 | 21102 | | | | | | | | | | | | | |
| | 1x3kg | £14.61 | | | £4.87 | 21104 | | | | | | | | | | | | | |
| | 5x1kg | £26.35 | | RSP | £7.38 | 21108 | | | | | | | | | | | | | |
| | 10x500g | £31.85 | | RSP | £4.46 | 21109 | | | | | | | | | | | | | |
| DEMERARA | 25kg | £89.38 | | | £3.58 | 21081 | | | | | | | | | | | | | |
| Various | 1x10kg | £39.45 | | | £3.95 | 21082 | | | | | | | | | | | | | |
| | 1x3kg | £14.03 | | | £4.68 | 21084 | | | | | | | | | | | | | |
| | 5x1kg | £25.38 | | RSP | £7.10 | 21088 | | | | | | | | | | | | | |
| | 10x500g | £30.88 | | RSP | £4.32 | 21089 | | | | | | | | | | | | | |
| LIGHT MUSCOVADO | 25kg | £94.38 | | | £3.78 | 21091 | | | | | | | | | | | | | |
| Mauritius | 1x10kg | £41.45 | | | £4.15 | 21092 | | | | | | | | | | | | | |
| | 1x3kg | £14.63 | | | £4.88 | 21094 | | | | | | | | | | | | | |
| | 5x1kg | £26.38 | | RSP | £7.39 | 21098 | | | | | | | | | | | | | |
| | 10x500g | £31.88 | | RSP | £4.46 | 21099 | | | | | | | | | | | | | |

BILLINGTONS PACKS

| | | | | | | | | | | | | | | | | | | | |
|-----------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| DARK MUSCOVADO SUGAR | 10x500g | £15.74 | | RSP | £2.10 | 21135 | | | | | | | | | | | | | |
| DEMERARA SUGAR | 10x500g | £15.47 | | RSP | £2.06 | 21131 | | | | | | | | | | | | | |
| GOLDEN CASTER SUGAR | 10x1kg | £29.79 | | RSP | £3.97 | 21134 | | | | | | | | | | | | | |
| LIGHT MUSCOVADO SUGAR | 10x500g | £15.74 | | RSP | £2.10 | 21137 | | | | | | | | | | | | | |

"BLUE DRAGON"

BOTTLED SAUCES

| | | | | | | | | | | | | | | | | | | | |
|----------------------------|----------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| RICH HOI SIN SAUCE | 6x190ml | £9.30 | ↑ | RSP | £1.94 | 50797 | | | | | | | | | | | | | |
| SWEET CHILLI DIPPING SAUCE | 12x190ml | £18.10 | ↑ | RSP | £1.89 | 50719 | | | | | | | | | | | | | |
| THAI GREEN CURRY PASTE | 6x285g | £10.76 | | RSP | £2.24 | 41643 | | | | | | | | | | | | | |
| THAI RED CURRY PASTE | 6x285g | £10.76 | | RSP | £2.24 | 41642 | | | | | | | | | | | | | |
| THAI FISH SAUCE | 12x150ml | £17.39 | ↑ | RSP | £1.81 | 50724 | | | | | | | | | | | | | |

CANNED GOODS

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|--------------------|----------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| COCONUT MILK | 12x400ml | £20.31 | | RSP | £2.12 | 50631 | | | | | | | | | | | | | |
| COCONUT MILK LIGHT | 12x400ml | £20.31 | | RSP | £2.12 | 50633 | | | | | | | | | | | | | |

"BLUE DRAGON" (Cont.)

OTHER "BLUE DRAGON" PRODUCTS

| | | | | | | | | | | | | | | | | | |
|-------------------------|----------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| FIRM SILKEN TOFU | 12x349g | £21.64 | ↑ | RSP | £2.25 | 39011 | | | | | | | | | | | |
| MEDIUM EGG NOODLE NESTS | 8x300g | £13.14 | | RSP | £2.05 | 37828 | | | | | | | | | | | |
| WHOLEWHEAT NOODLE NESTS | 8x300g | £13.14 | | RSP | £2.05 | 39091 | | | | | | | | | | | |
| TEMPURA BATTER MIX | 12x150g | £13.25 | ↑ | RSP | £1.38 | 50727 | | | | | | | | | | | |
| SESAME OIL | 12x150ml | £30.84 | | RSP | £3.21 | 39006 | | | | | | | | | | | |

"BONSOY"

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|----------------------------|-------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| SOYA NON-DAIRY ALT TO MILK | 6x1lt | £15.97 | | RSP | £3.55 | 55299 | | | | | | | | | | | |
|----------------------------|-------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"CERTO"

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|--------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| APPLE PECTIN | 6x250ml | £13.73 | | RSP | £2.86 | 38183 | | | | | | | | | | | |
|--------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"COOK BRAND"

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|---------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CHINESE CURRY SAUCE | 12x405g | £36.03 | | RSP | £4.00 | 41752 | | | | | | | | | | | |
| SPICY CURRY SAUCE | 12x405g | £33.96 | | RSP | £3.77 | 41754 | | | | | | | | | | | |

"CYPRESSA"

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|------------------------------|---------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| OLIVES BLACK PITTED - Jars | 6x340g | £7.78 | | RSP | £1.73 | 39202 | | | | | | | | | | | |
| OLIVES GREEN PITTED - Jars | 6x340g | £8.97 | | RSP | £1.99 | 39204 | | | | | | | | | | | |
| ROASTED & SALTED BROAD BEANS | 12x150g | £12.70 | v | RSP | £1.69 | 38469 | | | | | | | | | | | |
| VINE LEAVES STUFFED - Tins | 6x280g | £8.84 | | RSP | £1.96 | 39301 | | | | | | | | | | | |

"DEER ROSE"

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|----------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| FLAT RICE STICKS 5mm | 30x400g | £65.22 | | RSP | £2.90 | 21404 | | | | | | | | | | | |
| | 10x400g | £22.24 | | RSP | £2.97 | 21405 | | | | | | | | | | | |

"DOVES FARM"

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|-------------------------------|--------|--------|----|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| QUICK YEAST | 8x125g | £11.10 | | RSP | £1.85 | 81989 | | | | | | | | | | | |
| GLUTEN FREE FLOUR | | | ♻️ | | | | | | | | | | | | | | |
| G.F. PLAIN WHITE FLOUR | 5x1kg | £12.80 | ↑ | RSP | £3.41 | 20791 | | | | | | | | | | | |
| G.F. BROWN BREAD FLOUR | 5x1kg | £13.42 | ↑ | RSP | £3.58 | 20793 | | | | | | | | | | | |
| G.F. WHITE BREAD FLOUR | 5x1kg | £12.80 | ↑ | RSP | £3.41 | 20795 | | | | | | | | | | | |
| G.F. SELF RAISING WHITE FLOUR | 5x1kg | £12.80 | ↑ | RSP | £3.41 | 20794 | | | | | | | | | | | |

"DRAGONFLY"

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|---------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| LYCHEES IN SYRUP | 24x565g | £59.59 | | RSP | £3.31 | 51052 | | | | | | | | | | | |
| Drained Weight 255g | 12x565g | £30.05 | | RSP | £3.34 | 51051 | | | | | | | | | | | |

"ECOLEAF"

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|--------------------------------------|--------|--------|---|-----|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| SOFT KITCHEN TOWELS - Compostable & | 12x2 | £20.54 | v | RSP | £2.74 | 57201 | | | | | | | | | | | |
| JUMBO KITCHEN TOWELS - Compostable & | 12x1 | £23.99 | v | RSP | £3.20 | 57203 | | | | | | | | | | | |
| TOILET ROLLS | 10x4 | £21.20 | v | RSP | £3.39 | 57191 | | | | | | | | | | | |
| LAUNDRY LIQUID - Summer Rain | 1x20lt | £51.89 | v | RSP | £83.02 | 57205 | | | | | | | | | | | |
| 20LT REFILL TAP | 1x1tap | £3.12 | v | RSP | £4.99 | 57211 | | | | | | | | | | | |

"ECOVER" - Please See Ecover Website for Instructions on how to Decant Safely

BATHROOM CLEANING

| | | | | | | | | | | | | | | | | | |
|----------------------------|---------|--------|-----|-----|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BATHROOM CLEANER | 6x500ml | £10.91 | v | RSP | £2.91 | 36391 | | | | | | | | | | | |
| LIMESCALE REMOVER | 6x500ml | £15.34 | v | RSP | £4.09 | 36305 | | | | | | | | | | | |
| TOILET CLEANER SEA BREEZE | 6x750ml | £10.21 | ↑ v | RSP | £2.73 | 36418 | | | | | | | | | | | |
| TOILET CLEANER PINE & MINT | 6x750ml | £10.21 | ↑ v | RSP | £2.73 | 36436 | | | | | | | | | | | |
| TOILET CLEANER PINE & MINT | 1x5lt | £9.99 | ↑ v | RSP | £15.98 | 36409 | | | | | | | | | | | |

"FERNS" (Cont.)

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|---------------------|--------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CHILLI PICKLE | 6x380g | £13.55 | | RSP | £3.01 | 83014 | | | | | | | | | | | |
| GARLIC PICKLE | 6x380g | £14.69 | | RSP | £3.26 | 83022 | | | | | | | | | | | |
| LIME PICKLE HOT | 6x380g | £13.55 | | RSP | £3.01 | 83015 | | | | | | | | | | | |
| LIME PICKLE MILD | 6x380g | £13.55 | | RSP | £3.01 | 83016 | | | | | | | | | | | |
| MANGO & LIME PICKLE | 6x380g | £13.55 | | RSP | £3.01 | 83021 | | | | | | | | | | | |

"FISH 4 EVER"

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|---------------------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| MACKEREL FILLET IN ORG. SUN OIL | 10x125g | £20.60 | | RSP | £2.75 | 37925 | | | | | | | | | | | |
| SARDINE FILLETS IN ORG. SUM OIL | 10x90g | £20.60 | | RSP | £2.75 | 37927 | | | | | | | | | | | |
| SARDINES WHOLE IN ORG. SUN. OIL | 10x125g | £16.13 | | RSP | £2.15 | 37929 | | | | | | | | | | | |
| SKIPJACK TUNA CHUNKS IN BRINE | 15x160g | £26.40 | | RSP | £2.35 | 37941 | | | | | | | | | | | |

"HELLENIC"

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|--------------------------------|-------|--------|---|-----|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| OLIVE OIL EXTRA VIRGIN PRESSED | 1x3lt | £26.66 | ↑ | RSP | £26.66 | 39144 | | | | | | | | | | | |
|--------------------------------|-------|--------|---|-----|--------|-------|--|--|--|--|--|--|--|--|--|--|--|

"HEYGATES"

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|--------------------|-------|--------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| PLAIN WHITE FLOUR | 16 kg | £17.98 | | £1.12 | | 20651 | | | | | | | | | | | |
| | 5x1kg | £10.00 | | RSP | £2.80 | 20653 | | | | | | | | | | | |
| SELF RAISING FLOUR | 16 kg | £20.63 | | £1.29 | | 20641 | | | | | | | | | | | |
| | 5x1kg | £10.00 | | RSP | £2.80 | 20643 | | | | | | | | | | | |

"HONG MEI"

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|----------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| PRAWN CRACKERS | 60x227g | £45.65 | | RSP | £1.01 | 41187 | | | | | | | | | | | |
| | 10x227g | £8.01 | | RSP | £1.07 | 41188 | | | | | | | | | | | |

"HUMBLE CO."

| | | | | | | | | | | | | | | | | | |
|----------------------------------|----------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BAMBOO TOOTHBRUSH - ADULT MEDIUM | 10x1brus | £24.90 | v | RSP | £3.98 | 41190 | | | | | | | | | | | |
| | 5x1brush | £12.70 | v | RSP | £3.98 | 41192 | | | | | | | | | | | |
| BAMBOO COTTON SWABS/BUDS | 10x100s | £12.44 | v | RSP | £1.99 | 41194 | | | | | | | | | | | |

"ISLAND SUN"

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|--------------|----------|-------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| COCONUT MILK | 12x400ml | £7.65 | ↓ | RSP | £0.85 | 33825 | | | | | | | | | | | |
|--------------|----------|-------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"JOYA"

| | | | | | | | | | | | | | | | | | |
|-----------------------|-------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| JOYA CALCIUM ENRICHED | 8x1lt | £12.37 | ↑ | RSP | £2.06 | 55668 | | | | | | | | | | | |
|-----------------------|-------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"KAI" GINGER - In Leakproof Plastic Tubs

| | | | | | | | | | | | | | | | | | |
|-------------------------------|----------|--------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| STEM GINGER SHAVINGS IN SYRUP | 1x12.5kg | £59.00 | | £4.72 | | 41955 | | | | | | | | | | | |
| China | 6x1kg | £37.32 | | RSP | £8.71 | 41953 | | | | | | | | | | | |
| | 6x750g | £29.04 | | RSP | £6.78 | 41952 | | | | | | | | | | | |
| | 6x250g | £13.68 | | RSP | £3.19 | 41951 | | | | | | | | | | | |

"KELLOGS"

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|---------------|-------|--------|---|-------|--|-------|--|--|--|--|--|--|--|--|--|--|--|
| COCO POPS | 1x7kg | £55.65 | ↑ | £7.95 | | 52021 | | | | | | | | | | | |
| CORNFLAKES | 1x7kg | £38.57 | ↑ | £5.51 | | 52001 | | | | | | | | | | | |
| RICE KRISPIES | 1x7kg | £44.37 | ↓ | £6.34 | | 52011 | | | | | | | | | | | |

"KINGFISHER" Toothpaste

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|-----------------------------------|----------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| ALOE VERA, T.TREE & MINT FL. FREE | 12x100ml | £25.16 | v | RSP | £3.35 | 41822 | | | | | | | | | | | |
| BAKING SODA, FLUORIDE FREE | 12x100ml | £25.16 | v | RSP | £3.35 | 41828 | | | | | | | | | | | |
| FENNEL WITH FLOURIDE | 12x100ml | £25.16 | v | RSP | £3.35 | 41823 | | | | | | | | | | | |
| FENNEL FLOURIDE FREE | 12x100ml | £25.16 | v | RSP | £3.35 | 41824 | | | | | | | | | | | |
| MINT WITH FLOURIDE | 12x100ml | £25.16 | v | RSP | £3.35 | 41825 | | | | | | | | | | | |
| MINT, FLOURIDE FREE | 12x100ml | £25.16 | v | RSP | £3.35 | 41826 | | | | | | | | | | | |

"KOKA"

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|-----------------|--------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CHICKEN FLAVOUR | 30x85g | £14.40 | | RSP | £0.64 | 77702 | | | | | | | | | | | |
|-----------------|--------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"KOKA" (Cont.)

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|--------------------|--------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CURRY FLAVOUR | 30x85g | £14.40 | | RSP | £0.64 | 77704 | | | | | | | | | | | |
| PRAWN FLAVOUR | 30x85g | £14.40 | | RSP | £0.64 | 77707 | | | | | | | | | | | |
| STIR FRIED FLAVOUR | 30x85g | £14.40 | | RSP | £0.64 | 77708 | | | | | | | | | | | |

"LEE KUM KEE"

| | | | | | | | | | | | | | | | | | |
|------------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| OYSTER FLAVOURED SAUCE | 12x510g | £37.15 | | RSP | £4.13 | 41721 | | | | | | | | | | | |
|------------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"LINGHAMS"

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|-------------------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CHILLI SAUCE | 6x280ml | £11.50 | | RSP | £2.56 | 41744 | | | | | | | | | | | |
| CHILLI & GARLIC SAUCE | 6x280ml | £11.50 | | RSP | £2.56 | 41711 | | | | | | | | | | | |
| GINGER & CHILLI SAUCE | 6x280ml | £11.50 | | RSP | £2.56 | 41712 | | | | | | | | | | | |
| GINGER, GARLIC & CHILLI SAUCE | 6x280ml | £11.50 | | RSP | £2.56 | 41714 | | | | | | | | | | | |

"MA BAKER"

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|------------------------------|---------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| ASSORTED GIANT BERRY BARS | 20x90g | £13.80 | ↑ | RSP | £0.99 | 38227 | | | | | | | | | | | |
| ASSORTED GIANT FRUIT BARS | 20x90g | £13.80 | ↑ | RSP | £0.99 | 38225 | | | | | | | | | | | |
| ASSORTED GIANT NUT BARS | 20x90g | £13.80 | ↑ | RSP | £0.99 | 38223 | | | | | | | | | | | |
| ASSORTED GIANT TROPICAL BARS | 20x90g | £13.80 | | RSP | £0.99 | 38221 | | | | | | | | | | | |
| ASSORTED SMOOTHIE BARS | 20x100g | £16.03 | | RSP | £1.15 | 38229 | | | | | | | | | | | |

"MAE PLOY"

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|-------------------------------|----------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| SWEET CHILLI SAUCE WITH SEEDS | 12x730ml | £38.73 | ↑ | RSP | £4.30 | 41769 | | | | | | | | | | | |
|-------------------------------|----------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"MALDON"

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|-----------------|---------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| SEA SALT FLAKES | 12x250g | £30.73 | ↓ | RSP | £3.41 | 20935 | | | | | | | | | | | |
|-----------------|---------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"MARIGOLD"

| | | | | | | | | | | | | | | | | | |
|-----------------------------------|---------|--------|--|-----|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BRAISED TOFU | 12x225g | £33.75 | | RSP | £3.75 | 60151 | | | | | | | | | | | |
| ENGEVITA NUTRITIONAL YEAST FLAKES | 6x100g | £16.60 | | RSP | £3.69 | 38838 | | | | | | | | | | | |
| ENGEVITA YEAST FLAKES PLUS B12 | 6x100g | £18.86 | | RSP | £4.19 | 38840 | | | | | | | | | | | |
| POMEGRANATE MOLASSES | 6x150ml | £18.85 | | RSP | £4.19 | 54049 | | | | | | | | | | | |
| SWISS VEGETABLE BOUILLON | 1x2kg | £16.31 | | RSP | £21.77 | 38741 | | | | | | | | | | | |
| Green | 6x150g | £10.76 | | RSP | £2.39 | 38761 | | | | | | | | | | | |
| REDUCED SALT BOUILLON VEGAN | 1x2kg | £16.88 | | RSP | £22.53 | 38772 | | | | | | | | | | | |
| Purple | 6x150g | £11.03 | | RSP | £2.45 | 38771 | | | | | | | | | | | |

"MERIDIAN"

SWEETENERS

| | | | | | | | | | | | | | | | | | |
|-------------------------|--------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BARLEY MALT EXTRACT | 6x370g | £12.55 | | RSP | £2.79 | 37001 | | | | | | | | | | | |
| NATURAL MOLASSES | 6x740g | £13.45 | | RSP | £2.99 | 37022 | | | | | | | | | | | |
| YEAST EXTRACT WITH SALT | 6x340g | £22.45 | | RSP | £4.99 | 35949 | | | | | | | | | | | |

SPREADS SAVOURY

| | | | | | | | | | | | | | | | | | |
|--------------------------------|--------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| ALMOND BUTTER SMOOTH 100% | 6x170g | £14.80 | | RSP | £3.29 | 35805 | | | | | | | | | | | |
| ALMOND BUTTER SMOOTH WITH SALT | 6x170g | £16.60 | | RSP | £3.69 | 35801 | | | | | | | | | | | |
| ALMOND BUTTER CRUNCHY 100% | 6x170g | £14.80 | | RSP | £3.29 | 36184 | | | | | | | | | | | |
| CASHEW BUTTER SMOOTH 100% | 6x170g | £17.32 | | RSP | £3.85 | 35841 | | | | | | | | | | | |
| PEANUT BUTTER CRUNCHY 100% | 6x280g | £14.16 | | RSP | £3.15 | 36061 | | | | | | | | | | | |
| TAHINI LIGHT | 6x270g | £14.62 | | RSP | £3.25 | 35901 | | | | | | | | | | | |
| TAHINI DARK | 6x270g | £14.62 | | RSP | £3.25 | 35921 | | | | | | | | | | | |

PEANUT BUTTER 6X1KG TUBS

| | | | | | | | | | | | | | | | | | |
|---------------------------------|-------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CRUNCHY PEANUT BUTTER WITH SALT | 6x1kg | £38.22 | | RSP | £8.49 | 36021 | | | | | | | | | | | |
| SMOOTH PEANUT BUTTER WITH SALT | 6x1kg | £38.22 | | RSP | £8.49 | 36141 | | | | | | | | | | | |
| CRUNCHY PEANUT BUTTER 100% | 6x1kg | £38.22 | | RSP | £8.49 | 36081 | | | | | | | | | | | |
| SMOOTH PEANUT BUTTER 100% | 6x1kg | £38.22 | | RSP | £8.49 | 36182 | | | | | | | | | | | |

SOYA SAUCES

| | | | | | | | | | | | | | | | | | |
|------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| SHOYU SOYA SAUCE | 6x500ml | £20.20 | | RSP | £4.49 | 35602 | | | | | | | | | | | |
|------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"MERIDIAN" (Cont.)

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|-------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| TAMARI SOYA SAUCE | 6x500ml | £31.00 | | RSP | £6.89 | 35618 | | | | | | | | | | | |
|-------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"MINOR FIGURES"

| | | | | | | | | | | | | | | | | | |
|-------------------|-------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| OAT MILK FOAMABLE | 6x1lt | £10.21 | | RSP | £2.27 | 55680 | | | | | | | | | | | |
|-------------------|-------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"MORNING FOODS"

| | | | | | | | | | | | | | | | | | |
|--------------------------|---------|--------|--|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|
| BRAN FLAKES [With Sugar] | 10 kg | £23.20 | | | £2.32 | 20221 | | | | | | | | | | | |
| U.K. | 1x5kg | £12.60 | | | £2.52 | 20222 | | | | | | | | | | | |
| | 1x3kg | £7.76 | | | £2.59 | 20223 | | | | | | | | | | | |
| | 1x1kg | £2.64 | | | RSP | £3.70 | 20228 | | | | | | | | | | |
| | 10x500g | £14.60 | | | RSP | £2.04 | 20229 | | | | | | | | | | |

"MRS CRIMBLES"

| | | | | | | | | | | | | | | | | | |
|---------------------------|---------|--------|--|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|
| CHOCOLATE MACAROONS LARGE | 12x195g | £19.44 | | | RSP | £2.16 | 23112 | | | | | | | | | | |
|---------------------------|---------|--------|--|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|

"MWF" PACKAGING MATERIALS

POLY BAGS THIN 100/150 GAUGE

| | | | | | | | | | | | | | | | | | |
|--------------------------|------|--------|---|---|--|-------|--|--|--|--|--|--|--|--|--|--|--|
| 150x205mm-[6x 8"]-100g | 1000 | £5.92 | v | | | 82114 | | | | | | | | | | | |
| 175x225mm-[7x 9"]-120g | 1000 | £8.14 | v | | | 82111 | | | | | | | | | | | |
| 200x250mm-[8x10"]-120g | 1000 | £14.31 | ↑ | v | | 82121 | | | | | | | | | | | |
| 254x305mm-[10x 12"]-120g | 1000 | £19.84 | ↑ | v | | 82131 | | | | | | | | | | | |
| 254x381mm-[10x 15"]-120g | 1000 | £24.86 | v | | | 82141 | | | | | | | | | | | |
| 305x381mm-[12x 15"]-120g | 1000 | £25.87 | ↑ | v | | 82143 | | | | | | | | | | | |

POLY BAGS MEDIUM 200/250 GAUGE

| | | | | | | | | | | | | | | | | | |
|--|------|--------|---|---|--|-------|--|--|--|--|--|--|--|--|--|--|--|
| 100x150mm-[4x 6"]-200g | 1000 | £8.35 | ↓ | v | | 82133 | | | | | | | | | | | |
| 150x200mm-[6x 8"]-200g | 1000 | £13.77 | v | | | 82134 | | | | | | | | | | | |
| 177x228mm-[7x 9"]-200g | 1000 | £18.96 | ↓ | v | | 82137 | | | | | | | | | | | |
| 200x250mm-[8x 10"]-200g | 1000 | £28.13 | v | | | 82626 | | | | | | | | | | | |
| 250x300mm-[10x 12"]-200g | 1000 | £32.67 | ↑ | v | | 82136 | | | | | | | | | | | |
| 305x381mm-[12x 15"]-200g | 1000 | £45.26 | v | | | 82155 | | | | | | | | | | | |
| 600x900mm-[24x 36"] Barrel Liners-200g | 125 | £25.50 | v | | | 82144 | | | | | | | | | | | |

POLY BAGS THICK 500 GAUGE

| | | | | | | | | | | | | | | | | | |
|---------------------|-----|--------|---|---|--|-------|--|--|--|--|--|--|--|--|--|--|--|
| 175x225mm-[7x 9"] | 500 | £18.38 | v | | | 82123 | | | | | | | | | | | |
| 200x260mm-[8x 10"] | 500 | £23.05 | v | | | 82145 | | | | | | | | | | | |
| 200x300mm-[8x 12"] | 250 | £10.88 | v | | | 82125 | | | | | | | | | | | |
| 250x308mm-[10x 12"] | 250 | £19.02 | ↑ | v | | 82189 | | | | | | | | | | | |
| 254x381mm-[10x 15"] | 250 | £21.60 | v | | | 82148 | | | | | | | | | | | |
| 300x375mm-[12x 15"] | 250 | £28.38 | ↓ | v | | 82151 | | | | | | | | | | | |
| 305x457mm-[12x 18"] | 250 | £31.74 | ↓ | v | | 82147 | | | | | | | | | | | |
| 375x500mm-[15x 20"] | 200 | £40.69 | ↓ | v | | 82161 | | | | | | | | | | | |
| 450x600mm-[18x 24"] | 250 | £72.46 | ↓ | v | | 82171 | | | | | | | | | | | |

CARRIER BAGS

| | | | | | | | | | | | | | | | | | |
|-------------------------------|--------|--------|---|--|--|-------|--|--|--|--|--|--|--|--|--|--|--|
| SMALL WHITE | 1x100 | £1.47 | v | | | 33341 | | | | | | | | | | | |
| 25x38x45cm [10x15x18"] | 20x100 | £27.30 | v | | | 33342 | | | | | | | | | | | |
| LARGE WHITE | 1x100 | £1.17 | v | | | 33351 | | | | | | | | | | | |
| 28x43x53.5cm [11x17x21"] | 20x100 | £21.70 | v | | | 33352 | | | | | | | | | | | |
| LARGE BLUE/WHITE EXTRA STRONG | 1x100 | £4.84 | v | | | 33361 | | | | | | | | | | | |
| 30x45x60cm [12x18x24"] | 10x100 | £48.36 | v | | | 33362 | | | | | | | | | | | |

KRAFT BROWN PAPER BAGS STRUNG

| | | | | | | | | | | | | | | | | | |
|--------------------|------|--------|---|---|--|-------|--|--|--|--|--|--|--|--|--|--|--|
| 175x175mm [7x7"] | 1000 | £9.46 | ↑ | v | | 82594 | | | | | | | | | | | |
| 251x251mm [10x10"] | 1000 | £14.80 | v | | | 82595 | | | | | | | | | | | |
| 312x300mm [12x12"] | 500 | £12.10 | v | | | 82596 | | | | | | | | | | | |

"MWF" PACKAGING MATERIALS (Cont.)

BLACK REFUSE SACKS

| | | | | | | | | | | | | | | | | | |
|-------------------------------------|-------|--------|-----|--|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| HEAVY DUTY 18x29x39"-[180Gauge] | 1x200 | £31.68 | ↓ v | | 82621 | | | | | | | | | | | | |
| LIGHT DUTY 457x725x850mm-[80 Gauge] | 20x10 | £14.47 | v | | 82197 | | | | | | | | | | | | |

SCREW TOP PLASTIC STORAGE JARS

| | | | | | | | | | | | | | | | | | |
|--------------------------------------|----------|---------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| HERB/SPICE JAR 1lt P.E.T | 792Jars | £740.25 | v | RSP | £1.50 | 33551 | | | | | | | | | | | |
| With Green Pressure Seal Flapper Cap | 25Jars | £23.97 | v | RSP | £1.53 | 33552 | | | | | | | | | | | |
| HERB/SPICE JAR 500ml P.E.T | 1568Jars | £1237.1 | v | RSP | £1.26 | 33571 | | | | | | | | | | | |
| With Green Pressure Seal Flapper Cap | 25Jars | £20.33 | v | RSP | £1.30 | 33572 | | | | | | | | | | | |

ATLAS SWEET JARS & LIDS - 110mm

| | | | | | | | | | | | | | | | | | |
|------------------------------------|--------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| ATLAS 7 P.E.T. SWEET JAR | 27Jars | £33.62 | v | RSP | £1.99 | 33441 | | | | | | | | | | | |
| [12" High] | 12Jars | £15.44 | v | RSP | £2.06 | 33442 | | | | | | | | | | | |
| LARGE JAR LIDS BLUE FOR ATLAS JARS | 12Lids | £2.10 | v | RSP | £0.28 | 33445 | | | | | | | | | | | |

OTHER PACKAGING MATERIALS

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|--|----------|--------|-----|--------|------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BAG NECK SEALER TAPE 9mmx66m | 6Roll | £6.48 | ↓ v | £1.08 | each | 33271 | | | | | | | | | | | |
| BAG NECK SEALER | 1 | £16.17 | v | £16.17 | each | 33272 | | | | | | | | | | | |
| BROWN CARDBOARD BOXES 384x290x185mm | 10x1Box | £12.60 | v | £1.26 | each | 82601 | | | | | | | | | | | |
| BROWN CARDBOARD BOXES 600x400x280mm | 10x1Box | £23.25 | v | £2.33 | each | 82610 | | | | | | | | | | | |
| CARTON SEALING TAPE BROWN [50mm x 66m] | 6Rolls | £20.93 | v | £3.49 | each | 33281 | | | | | | | | | | | |
| CARTON SEALING TAPE CLEAR [50mm x 66m] | 6Rolls | £19.62 | v | £3.27 | each | 33282 | | | | | | | | | | | |
| CARTON SEALING GUN FOR 50mm TAPE | 1 | £24.97 | v | £24.97 | each | 33284 | | | | | | | | | | | |
| FOIL LINED [NAAN BREAD] BAGS | 500Bags | £28.84 | v | £0.06 | each | 33276 | | | | | | | | | | | |
| PALLET WRAP BLACK [250m x 500mm] | 1Roll | £12.15 | v | | | 33286 | | | | | | | | | | | |
| PALLET WRAP CLEAR [400m x 300mm] | 1Roll | £10.50 | v | | | 33285 | | | | | | | | | | | |
| PLAIN BROWN PAPER FLOUR BAGS 7lb | 236Bags | £39.93 | v | £0.17 | each | 82629 | | | | | | | | | | | |
| ROLL BAGS 225x350mm[Grannie Bags] | 20x500 | £58.45 | v | | | 82185 | | | | | | | | | | | |
| SELLOTAPE [25mm wide] | 6Rolls | £3.81 | ↓ v | £0.64 | each | 33261 | | | | | | | | | | | |
| CLEAR PET POT AND LEAKPROOF LID 280ml | 10x280ml | £4.50 | v | £0.45 | each | 82651 | | | | | | | | | | | |
| CLEAR PET POT AND LEAKPROOF LID 365ml | 10x365ml | £4.78 | v | £0.48 | each | 82654 | | | | | | | | | | | |
| CLEAR PET POT AND LEAKPROOF LID 520ml | 10x520ml | £4.20 | v | £0.42 | each | 82655 | | | | | | | | | | | |
| CLEAR PET POT AND LEAKPROOF LID 850ml | 10x850ml | £6.49 | ↑ v | £0.65 | each | 82652 | | | | | | | | | | | |
| CLEAR PET POT AND LEAKPROOF LID 1000ml | 10x1000 | £6.81 | ↑ v | £0.68 | each | 82653 | | | | | | | | | | | |

LATEX GLOVES FOR PACKING FRUIT ETC.

| | | | | | | | | | | | | | | | | | |
|-------------------------------------|---------|--------|---|--|--|-------|--|--|--|--|--|--|--|--|--|--|--|
| BLUE LATEX GLOVES SMALL SIZE 6-6.5 | 100 | £12.45 | v | | | 81115 | | | | | | | | | | | |
| BLUE LATEX GLOVES MEDIUM SIZE 7-7.5 | 100 | £12.45 | v | | | 81116 | | | | | | | | | | | |
| BLUE LATEX GLOVES LARGE SIZE 8-8.5 | 100 | £12.45 | v | | | 81117 | | | | | | | | | | | |
| BLUE HAIRNETS | 100 | £13.48 | v | | | 81119 | | | | | | | | | | | |
| BLUE PAPER TOWEL - Centerfeed Rolls | 6x1Roll | £20.32 | v | | | 66090 | | | | | | | | | | | |

"NAIRNS" WHEAT FREE

BISCUITS

| | | | | | | | | | | | | | | | | | |
|------------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| MIXED BERRIES BISCUITS | 10x200g | £15.53 | | RSP | £2.07 | 50302 | | | | | | | | | | | |
| STEM GINGER BISCUITS | 10x200g | £15.53 | | RSP | £2.07 | 50303 | | | | | | | | | | | |

"NATCO"

| | | | | | | | | | | | | | | | | | |
|--------------|---------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| POPADOMS | | | ⊛ | | | | | | | | | | | | | | |
| BLACK PEPPER | 20x200g | £25.54 | | RSP | £1.70 | 41121 | | | | | | | | | | | |
| | 10x200g | £13.37 | | RSP | £1.78 | 41122 | | | | | | | | | | | |
| CUMIN | 20x200g | £27.48 | | RSP | £1.83 | 41021 | | | | | | | | | | | |
| | 10x200g | £14.34 | | RSP | £1.91 | 41022 | | | | | | | | | | | |
| GARLIC | 20x200g | £25.54 | | RSP | £1.70 | 41041 | | | | | | | | | | | |
| | 10x200g | £13.37 | | RSP | £1.78 | 41042 | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---------------------|------|-------|--------|-----|------|---|---|---|---|---|---|---|---|---|----|----|----|
|---------------------|------|-------|--------|-----|------|---|---|---|---|---|---|---|---|---|----|----|----|

"NATCO" (Cont.)

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|--------------------|---------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| GREEN CHILLI | 20x200g | £25.54 | | RSP | £1.70 | 41061 | | | | | | | | | | | |
| | 10x200g | £13.37 | | RSP | £1.78 | 41062 | | | | | | | | | | | |
| PLAIN | 20x200g | £24.77 | | RSP | £1.65 | 41101 | | | | | | | | | | | |
| | 10x200g | £12.98 | | RSP | £1.73 | 41102 | | | | | | | | | | | |
| PUNJABI | 20x200g | £29.42 | | RSP | £1.96 | 41081 | | | | | | | | | | | |
| | 10x200g | £15.31 | | RSP | £2.04 | 41082 | | | | | | | | | | | |
| CHANA DAL POLISHED | 20x500g | £26.66 | | RSP | £1.78 | 17141 | | | | | | | | | | | |
| CORNMEAL FINE | 20x500g | £14.65 | | RSP | £0.98 | 20611 | | | | | | | | | | | |
| CORNMEAL MEDIUM | 20x500g | £14.65 | | RSP | £0.98 | 20601 | | | | | | | | | | | |
| MUNG DAL YELLOW | 20x500g | £30.15 | | RSP | £2.01 | 17132 | | | | | | | | | | | |
| GROUND RICE | 20x500g | £19.76 | ↑ | RSP | £1.32 | 20623 | | | | | | | | | | | |
| RICE FLOUR | 20x500g | £20.07 | ↑ | RSP | £1.34 | 20633 | | | | | | | | | | | |
| BUTTER GHEE [Tins] | 6x500g | £37.12 | | RSP | £8.25 | 39083 | | | | | | | | | | | |
| COCONUT MILK CREAM | 6x400ml | £8.76 | ↑ | RSP | £1.95 | 33821 | | | | | | | | | | | |
| ROSE WATER | 6x310ml | £9.69 | | RSP | £2.15 | 33738 | | | | | | | | | | | |

"NATUREFLEX" BAGS

| | | | | | | | | | | | | | | | | | |
|--------------------------|----------|---------|---|--|--|-------|--|--|--|--|--|--|--|--|--|--|--|
| 3 x 4.5 x 5 30mu [Herbs] | 1000Bags | £44.62 | v | | | 33081 | | | | | | | | | | | |
| 3 x 4.5 x 6 30mu | 1000Bags | £48.29 | v | | | 33031 | | | | | | | | | | | |
| 3 x 4.5 x 7 30mu [250g] | 1000Bags | £51.94 | v | | | 33101 | | | | | | | | | | | |
| 3 x 4.5 x 8 30mu [250g] | 1000Bags | £55.60 | v | | | 33121 | | | | | | | | | | | |
| 3 x 5 x 9 30mu [450g] | 1000Bags | £64.11 | v | | | 33141 | | | | | | | | | | | |
| 3 x 5 x 10 30mu [500g] | 1000Bags | £68.19 | v | | | 33161 | | | | | | | | | | | |
| 3.5 x 6 x 11 30mu [900g] | 1000Bags | £81.25 | v | | | 33181 | | | | | | | | | | | |
| 4.75 x 7 x 12 45mu [1kg] | 1000Bags | £131.73 | v | | | 33201 | | | | | | | | | | | |
| 6 x 8 x 12 45mu [1.5kg] | 1000Bags | £144.82 | v | | | 33211 | | | | | | | | | | | |
| 6 x 8 x 14 45mu [2.25kg] | 1000Bags | £162.00 | v | | | 33221 | | | | | | | | | | | |
| 6 x 8 x 16 45mu | 1000Bags | £179.15 | v | | | 33222 | | | | | | | | | | | |

"NUTRIFARE"

| | | | | | | | | | | | | | | | | | |
|--|---------|---------|---|---|--------|--------|-------|--|--|--|--|--|--|--|--|--|--|
| CHIA SEEDS | 25kg | £160.50 | ↓ | | £6.42 | 79451 | | | | | | | | | | | |
| Various | 1x1kg | £8.02 | ↓ | | RSP | £11.23 | 79455 | | | | | | | | | | |
| | 10x250g | £28.05 | ↓ | | RSP | £3.93 | 79457 | | | | | | | | | | |
| | 10x100g | £16.42 | ↓ | | RSP | £2.30 | 79458 | | | | | | | | | | |
| | 10x50g | £12.21 | ↓ | | RSP | £1.71 | 79459 | | | | | | | | | | |
| CREAM OF TARTAR - NATURAL | 25kg | £294.40 | ↓ | v | £11.78 | 55153 | | | | | | | | | | | |
| CREAM OF TARTAR | 1x3.5kg | £45.12 | ↓ | v | £12.89 | 55151 | | | | | | | | | | | |
| Spain | 1x1kg | £13.38 | ↓ | v | RSP | £22.47 | 57557 | | | | | | | | | | |
| | 6x100g | £13.07 | ↑ | v | RSP | £3.66 | 57559 | | | | | | | | | | |
| VITAMIN C POWDER [Ascorbic Acid B.P.] | 1x1kg | £13.38 | v | | £13.38 | 57561 | | | | | | | | | | | |
| | 6x200g | £23.25 | v | | RSP | £6.51 | 57568 | | | | | | | | | | |
| | 6x100g | £14.03 | v | | RSP | £3.93 | 57569 | | | | | | | | | | |
| XANTHAN GUM Austria | 25kg | £571.88 | v | | £22.88 | | | | | | | | | | | | |
| | 1x3.5kg | £83.56 | v | | £23.88 | 57521 | | | | | | | | | | | |
| | 1x750g | £18.76 | v | | RSP | £31.51 | 57527 | | | | | | | | | | |
| | 6x200g | £35.85 | v | | RSP | £10.04 | 57528 | | | | | | | | | | |
| | 6x100g | £22.13 | v | | RSP | £6.19 | 57529 | | | | | | | | | | |

"OATLY"

| | | | | | | | | | | | | | | | | | |
|----------------------------|-------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BARISTA FOAMABLE OAT DRINK | 6x1lt | £10.43 | | RSP | £2.29 | 55677 | | | | | | | | | | | |
| CHOCOLATE OAT DRINK | 6x1lt | £9.60 | | RSP | £2.11 | 55673 | | | | | | | | | | | |
| ENRICHED OAT DRINK | 6x1lt | £9.07 | | RSP | £1.99 | 55675 | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|----------|--------|--------|-----|-------|-------|---|---|---|---|---|---|---|---|----|----|----|
| "OPIES" | | | | | | | | | | | | | | | | | |
| CAPERS | 6x120g | £6.64 | | RSP | £1.48 | 41921 | | | | | | | | | | | |
| GREEN PEPPERCORNS IN BRINE | 6x115g | £6.88 | | RSP | £1.51 | 68301 | | | | | | | | | | | |
| GINGER PRODUCTS | | | | | | | | | | | | | | | | | |
| GINGER SYRUP | 6x350g | £21.83 | | RSP | £4.85 | 41924 | | | | | | | | | | | |
| STEM GINGER BALLS IN SYRUP | 6x560g | £25.81 | | RSP | £5.73 | 41909 | | | | | | | | | | | |
| | 6x280g | £13.76 | | RSP | £3.06 | 41901 | | | | | | | | | | | |
| PICKLED PRODUCTS | | | | | | | | | | | | | | | | | |
| PICKLED WALNUTS | 6x390g | £19.68 | | RSP | £4.35 | 41945 | | | | | | | | | | | |
| "PALANQUIN" TEAS | | | | | | | | | | | | | | | | | |
| SPEARMINT | 6x40bag | £15.55 | | RSP | £3.70 | 58202 | | | | | | | | | | | |
| CARDAMOM | 6x40bag | £15.55 | | RSP | £3.70 | 58205 | | | | | | | | | | | |
| REDBUSH SPICED | 6x40bag | £15.55 | | RSP | £3.70 | 58206 | | | | | | | | | | | |
| SPICED | 6x40bag | £15.55 | | RSP | £3.70 | 58207 | | | | | | | | | | | |
| "PANDA" | | | | | | | | | | | | | | | | | |
| LICORICE BAR | 36x32g | £14.51 | v | RSP | £0.64 | 56761 | | | | | | | | | | | |
| RASPBERRY BARS | 36x32g | £14.51 | v | RSP | £0.64 | 56762 | | | | | | | | | | | |
| "PATAKS" | | | | | | | | | | | | | | | | | |
| CURRY PASTES | | | | | | | | | | | | | | | | | |
| BALTI PASTE | 6x283g | £15.63 | | RSP | £3.26 | 40311 | | | | | | | | | | | |
| BIRYANI PASTE | 6x283g | £15.63 | | RSP | £3.26 | 39601 | | | | | | | | | | | |
| GARAM MASALA PASTE | 6x283g | £15.63 | | RSP | £3.26 | 39641 | | | | | | | | | | | |
| JALFREZI PASTE | 6x283g | £15.63 | | RSP | £3.26 | 39645 | | | | | | | | | | | |
| KORMA PASTE | 6x290g | £15.63 | | RSP | £3.26 | 40291 | | | | | | | | | | | |
| MADRAS PASTE | 6x283g | £15.63 | | RSP | £3.26 | 39721 | | | | | | | | | | | |
| MILD PASTE | 6x283g | £15.63 | | RSP | £3.26 | 39741 | | | | | | | | | | | |
| ROGAN JOSH PASTE | 6x283g | £15.63 | | RSP | £3.26 | 40301 | | | | | | | | | | | |
| TANDOORI PASTE | 6x312g | £15.63 | | RSP | £3.26 | 39761 | | | | | | | | | | | |
| TIKKA MASALA PASTE | 6x283g | £15.63 | | RSP | £3.26 | 39901 | | | | | | | | | | | |
| VINDALOO PASTE | 6x283g | £15.63 | | RSP | £3.26 | 39801 | | | | | | | | | | | |
| PICKLES | | | | | | | | | | | | | | | | | |
| BRINJAL PICKLE | 6x312g | £13.44 | | RSP | £2.80 | 39821 | | | | | | | | | | | |
| CHILLI PICKLE | 6x283g | £13.44 | | RSP | £2.80 | 39841 | | | | | | | | | | | |
| GARLIC PICKLE | 6x283g | £13.44 | | RSP | £2.80 | 39861 | | | | | | | | | | | |
| LIME PICKLE EX HOT | 6x283g | £13.44 | | RSP | £2.80 | 39941 | | | | | | | | | | | |
| LIME PICKLE | 6x283g | £13.44 | | RSP | £2.80 | 39961 | | | | | | | | | | | |
| MANGO PICKLE EX HOT | 6x283g | £13.44 | | RSP | £2.80 | 40081 | | | | | | | | | | | |
| MANGO PICKLE | 6x283g | £13.44 | | RSP | £2.80 | 40101 | | | | | | | | | | | |
| MIXED PICKLE | 6x283g | £13.44 | | RSP | £2.80 | 40181 | | | | | | | | | | | |
| CHUTNEYS | | | | | | | | | | | | | | | | | |
| MANGO CHUTNEY HOT | 6x340g | £11.18 | ↑ | RSP | £2.33 | 40022 | | | | | | | | | | | |
| MANGO CHUTNEY SWEET | 6x340g | £11.18 | ↑ | RSP | £2.33 | 40042 | | | | | | | | | | | |
| "PEARL RIVER BRIDGE" | | | | | | | | | | | | | | | | | |
| LIGHT SOY SAUCE | 12x500ml | £30.10 | | RSP | £3.34 | 41402 | | | | | | | | | | | |
| DARK SOY SAUCE | 12x500ml | £30.10 | | RSP | £3.34 | 41422 | | | | | | | | | | | |
| "PROFUSION" | | | | | | | | | | | | | | | | | |
| HIMALAYAN ROSE PINK CRYSTAL SALT - | 8x500g | £23.94 | | RSP | £3.99 | 20901 | | | | | | | | | | | |
| HIMALAYAN ROSE PINK CRYSTAL SALT - FINE | 8x500g | £23.94 | | RSP | £3.99 | 20903 | | | | | | | | | | | |

"ROCHESTER GINGER - ORIGINAL DRINKS CO"

| | | | | | | | | | | | | | | | | | |
|--------------|----------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| GINGER GREEN | 12x725ml | £31.41 | v | RSP | £4.49 | 56911 | | | | | | | | | | | |
| DARK GINGER | 12x725ml | £31.41 | v | RSP | £4.49 | 56915 | | | | | | | | | | | |

"ROLIN BRAND"

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|------------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| BEAN THREAD VERMICELLI | 50x250g | £95.24 | | RSP | £2.54 | 21407 | | | | | | | | | | | |
| [Funsee] | 10x250g | £19.65 | | RSP | £2.62 | 21408 | | | | | | | | | | | |

"SANCHI"

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|--------------------------|---------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| FURIKAKE SEASONING | 6x65g | £16.16 | | RSP | £3.59 | 38823 | | | | | | | | | | | |
| MISO GENMAI [Brown Rice] | 6x345g | £15.71 | | RSP | £3.49 | 38835 | | | | | | | | | | | |
| MISO HATCHO [Soya Bean] | 6x345g | £17.98 | | RSP | £3.99 | 38836 | | | | | | | | | | | |
| MISO MUGI [Barley] | 6x345g | £14.18 | | RSP | £3.15 | 38837 | | | | | | | | | | | |
| MISO SHIRO | 6x345g | £17.96 | | RSP | £3.99 | 38825 | | | | | | | | | | | |
| SHOYU NATURAL SOYA SAUCE | 6x300ml | £16.16 | | RSP | £3.59 | 41706 | | | | | | | | | | | |
| TAMARI SOYA SAUCE | 6x300ml | £17.51 | | RSP | £3.89 | 41705 | | | | | | | | | | | |
| TAMARI - REDUCED SALT | 6x150ml | £12.11 | | RSP | £2.69 | 38821 | | | | | | | | | | | |

SESAME SNAPS

| | | | | | | | | | | | | | | | | | |
|-------------------------------|----------|--------|-----|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| SESAME SNAPS | 24x30g | £5.52 | ↑ v | RSP | £0.37 | 22091 | | | | | | | | | | | |
| | 12x24x30 | £65.07 | ↑ v | RSP | £0.36 | 22093 | | | | | | | | | | | |
| SESAME SNAPS MULTI PACK | 6x4x30g | £5.55 | ↑ v | RSP | £1.48 | 22092 | | | | | | | | | | | |
| | 30x4x30g | £27.27 | ↑ v | RSP | £1.09 | 22094 | | | | | | | | | | | |
| SESAME SNAPS CHOCOLATE COATED | 24x30g | £7.10 | ↑ v | RSP | £0.47 | 22095 | | | | | | | | | | | |
| | 12x24x30 | £83.70 | ↑ v | RSP | £0.47 | 22097 | | | | | | | | | | | |
| SESAME SNAPS WITH COCONUT | 24x30g | £5.64 | ↑ v | RSP | £0.38 | 22098 | | | | | | | | | | | |
| | 12x24x30 | £66.42 | ↑ v | RSP | £0.37 | 22099 | | | | | | | | | | | |
| SESAME SNAPS YOGURT COATED | 24x40g | £7.10 | ↑ v | RSP | £0.47 | 22192 | | | | | | | | | | | |
| | 12x24x40 | £83.70 | ↑ v | RSP | £0.47 | 22191 | | | | | | | | | | | |

"SHIPTON MILL"

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|-----------------------------|---------|--------|--|-------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| FRENCH TYPE 55 FLOUR | 25 kg | £29.95 | | £1.20 | | 27001 | | | | | | | | | | | |
| MWF Pack | 1x3kg | £7.09 | | RSP | £9.93 | 27004 | | | | | | | | | | | |
| " " | 5x1kg | £13.99 | | RSP | £3.92 | 27007 | | | | | | | | | | | |
| " " | 10x500g | £19.99 | | RSP | £2.80 | 27008 | | | | | | | | | | | |
| ITALIAN TYPE 00 PASTA FLOUR | 25 kg | £36.86 | | £1.47 | | 27051 | | | | | | | | | | | |
| MWF Pack | 1x3kg | £7.92 | | RSP | £11.09 | 27054 | | | | | | | | | | | |
| " " | 5x1kg | £15.37 | | RSP | £4.30 | 27057 | | | | | | | | | | | |
| " " | 10x500g | £21.37 | | RSP | £2.99 | 27058 | | | | | | | | | | | |

"SOFCELL"

| | | | | | | | | | | | | | | | | | |
|-------------------------|------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| SOFT WHITE TOILET ROLLS | 10x4 | £13.05 | v | RSP | £2.09 | 58171 | | | | | | | | | | | |
|-------------------------|------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"SQUID BRAND"

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|------------|----------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| FISH SAUCE | 12x725ml | £36.97 | ↑ | RSP | £4.11 | 41741 | | | | | | | | | | | |
|------------|----------|--------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|

"St. DALFOUR" FRUIT SPREADS

| | | | | | | | | | | | | | | | | | |
|-----------------------|--------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| APRICOT | 6x284g | £12.48 | | RSP | £2.77 | 56301 | | | | | | | | | | | |
| BLACKBERRY | 6x284g | £12.48 | | RSP | £2.77 | 56302 | | | | | | | | | | | |
| BLACK CHERRY | 6x284g | £12.48 | | RSP | £2.77 | 56303 | | | | | | | | | | | |
| BLACKCURRANT | 6x284g | £12.48 | | RSP | £2.77 | 56304 | | | | | | | | | | | |
| CRANBERRY & BLUEBERRY | 6x284g | £12.48 | | RSP | £2.77 | 56318 | | | | | | | | | | | |
| FIG ROYALE | 6x284g | £12.48 | | RSP | £2.77 | 56305 | | | | | | | | | | | |

"St. DALFOUR" FRUIT SPREADS (Cont.)

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|---------------------|--------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| FOUR FRUITS | 6x284g | £12.48 | | RSP | £2.77 | 56307 | | | | | | | | | | | |
| GOLDEN PEACH | 6x284g | £12.48 | | RSP | £2.77 | 56308 | | | | | | | | | | | |
| MIRABELLE PLUM | 6x284g | £12.48 | | RSP | £2.77 | 56311 | | | | | | | | | | | |
| ORANGE | 6x284g | £12.48 | | RSP | £2.77 | 56312 | | | | | | | | | | | |
| ORANGE AND GINGER | 6x284g | £12.48 | | RSP | £2.77 | 56313 | | | | | | | | | | | |
| PINEAPPLE AND MANGO | 6x284g | £12.48 | | RSP | £2.77 | 56314 | | | | | | | | | | | |
| RASPBERRY | 6x284g | £12.48 | | RSP | £2.77 | 56315 | | | | | | | | | | | |
| STRAWBERRY | 6x284g | £12.48 | | RSP | £2.77 | 56316 | | | | | | | | | | | |
| WILD BLUEBERRY | 6x284g | £12.48 | | RSP | £2.77 | 56317 | | | | | | | | | | | |

"STERLING"

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|-------------------|-------|-------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| MALT VINEGAR | 1x5lt | £4.72 | ↑ | RSP | £6.30 | 38595 | | | | | | | | | | | |
| DISTILLED VINEGAR | 1x5lt | £4.90 | ↑ | RSP | £6.53 | 38596 | | | | | | | | | | | |

"SUNITA"

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|----------------------------|----------|--------|-----|-----|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| TAHINI LIGHT | 12x280g | £28.70 | ↑ | RSP | £3.21 | 39491 | | | | | | | | | | | |
| | 1x3kg | £26.38 | ↑ | RSP | £35.13 | 39492 | | | | | | | | | | | |
| TAHINI DARK | 12x280g | £28.70 | ↑ | RSP | £3.21 | 39501 | | | | | | | | | | | |
| | 1x3kg | £26.38 | ↑ | RSP | £35.13 | 39502 | | | | | | | | | | | |
| LEMON JUICE | 2x5lt | £29.39 | ↑ | RSP | £19.59 | 39473 | | | | | | | | | | | |
| | 12x200ml | £6.75 | ↑ | RSP | £0.75 | 39471 | | | | | | | | | | | |
| LIME JUICE | 2x5lt | £26.48 | ↑ | RSP | £17.65 | 39477 | | | | | | | | | | | |
| | 12x200ml | £6.75 | ↑ | RSP | £0.75 | 39475 | | | | | | | | | | | |
| PISTACHIO HALVA WITH HONEY | 24x75g | £34.00 | ↑ | RSP | £1.91 | 31032 | | | | | | | | | | | |
| PLAIN HALVA WITH HONEY | 24x75g | £34.00 | ↑ | RSP | £1.92 | 31002 | | | | | | | | | | | |
| OLIVA OLIVE OIL SOAP | 6x125g | £6.90 | ↑ v | RSP | £1.77 | 31049 | | | | | | | | | | | |
| | 6x600g | £14.95 | ↑ v | RSP | £3.99 | 31047 | | | | | | | | | | | |

"TRS"

FOOD COLOURS

| | | | | | | | | | | | | | | | | | |
|--------|--------|-------|---|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| GREEN | 1x500g | £3.63 | v | RSP | £5.80 | 33618 | | | | | | | | | | | |
| ORANGE | 1x500g | £4.55 | v | RSP | £7.28 | 33617 | | | | | | | | | | | |
| YELLOW | 1x500g | £3.78 | v | RSP | £6.05 | 33616 | | | | | | | | | | | |

"ZEST"

| | | | | | | | | | | | | | | | | | |
|-------------------------------------|--------|--------|--|-----|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| PESTO SAUCE VEGAN | 6x165g | £14.49 | | RSP | £3.02 | 50757 | | | | | | | | | | | |
| BASIL AND OREGANO PASTA SAUCE | 6x340g | £13.16 | | RSP | £2.74 | 50745 | | | | | | | | | | | |
| MUSHROOM & GREEN PEPPER PASTA SAUCE | 6x340g | £13.16 | | RSP | £2.74 | 50747 | | | | | | | | | | | |



Conventional

Herbs and Spices

HERBS & SPICES

| | | | | | | | | | | | | | | | | | |
|---------------------------|-----------------|--------|--------|--------|--------|-------|-------|--|--|--|--|--|--|--|--|--|--|
| AGAR AGAR | 1 kg | £57.42 | | £57.42 | | 88991 | | | | | | | | | | | |
| Spain | 1x250g | £15.56 | | RSP | £21.78 | 88993 | | | | | | | | | | | |
| | 10x20g | £19.48 | | RSP | £2.73 | 88999 | | | | | | | | | | | |
| <hr/> | | | | | | | | | | | | | | | | | |
| AJWAIN SEEDS [Lovage] | 1 kg | £9.16 | | £9.16 | | 69011 | | | | | | | | | | | |
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| ALL PURPOSE SEASONING | 1 kg | £6.34 | | £6.34 | | 32181 | | | | | | | | | | | |
| Various | 1x250g | £2.68 | | RSP | £3.76 | 32183 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x50g | £7.37 | | RSP | £1.12 | 32187 | | | | | | | | | | |
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| ALLSPICE GROUND [Pimento] | 1 kg | £20.56 | ↑ | £20.56 | | 31121 | | | | | | | | | | | |
| Mexico | 1x250g | £6.34 | ↑ | RSP | £8.88 | 31123 | | | | | | | | | | | |
| | 10x20g | £12.11 | ↓ | RSP | £1.70 | 31129 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £17.48 | ↓ | RSP | £2.65 | 36801 | | | | | | | | | | | |
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| ALLSPICE WHOLE [Pimento] | 1 kg | £17.80 | | £17.80 | | 31111 | | | | | | | | | | | |
| Mexico | 1x250g | £5.55 | | RSP | £7.77 | 31113 | | | | | | | | | | | |
| | 10x20g | £10.56 | | RSP | £1.48 | 31119 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £15.15 | | RSP | £2.30 | 36802 | | | | | | | | | | | |
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| ARROWROOT | 1 kg | £5.50 | | £5.50 | | 31151 | | | | | | | | | | | |
| Brazil | 1x250g | £2.47 | | RSP | £3.46 | 31153 | | | | | | | | | | | |
| | 10x125g | £16.87 | | RSP | £2.36 | 31158 | | | | | | | | | | | |
| | 10x20g | £8.10 | | RSP | £1.13 | 31159 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £9.00 | | RSP | £1.36 | 36805 | | | | | | | | | | | |
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| BASIL | 1 kg | £10.20 | ↓ | £10.20 | | 31171 | | | | | | | | | | | |
| Egypt | 1x500g | £6.50 | ↓ | £13.00 | | 31172 | | | | | | | | | | | |
| | 10x75g | £19.65 | ↓ | RSP | £2.75 | 31178 | | | | | | | | | | | |
| | 10x25g | £12.55 | ↓ | RSP | £1.76 | 31179 | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £10.72 | ↓ | RSP | £1.62 | 36806 | | | | | | | | | | | |
| 1lt Spice Jar | 6x150g | £16.14 | ↓ | RSP | £3.77 | 36512 | | | | | | | | | | | |
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| BAY LEAVES | 1 kg | £11.77 | | £11.77 | | 31181 | | | | | | | | | | | |
| Turkey | 10x75g | £18.83 | | RSP | £2.64 | 31188 | | | | | | | | | | | |
| | 10x15g | £9.77 | | RSP | £1.37 | 31189 | | | | | | | | | | | |
| 1lt Spice Jar | 6x45g | £9.95 | | RSP | £2.32 | 36513 | | | | | | | | | | | |
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| BEETROOT POWDER | 1 kg | £9.94 | ↑ | £9.94 | | 88981 | | | | | | | | | | | |
| Poland | 1x500g | £6.37 | ↑ | £12.74 | | 88982 | | | | | | | | | | | |
| | 10x25g | £10.48 | ↑ | RSP | £1.47 | 88989 | | | | | | | | | | | |
| 155ml Spice Tub | 10x70g | £13.84 | ↑ | RSP | £2.10 | 88987 | | | | | | | | | | | |
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| BOMBAY POTATO MIX | 1 kg | £8.70 | ↑ | £8.70 | | 81711 | | | | | | | | | | | |
| Various | 10x25g | £10.18 | ↑ | RSP | £1.42 | 81719 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x70g | £12.97 | ↑ | RSP | £1.97 | 81717 | | | | | | | | | | |
| <hr/> | | | | | | | | | | | | | | | | | |
| CAJUN SEASONING | 1 kg | £8.76 | ↑ | £8.76 | | 81451 | | | | | | | | | | | |
| Various | 1x500g | £5.78 | ↑ | £11.56 | | 81452 | | | | | | | | | | | |
| | 10x25g | £10.19 | ↑ | RSP | £1.43 | 81459 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £11.58 | ↑ | RSP | £1.75 | 36809 | | | | | | | | | | | |
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| CARAWAY SEED | 1 kg | £9.27 | ↓ | £9.27 | | 31221 | | | | | | | | | | | |
| Various | 1x500g | £6.03 | ↓ | £12.06 | | 31222 | | | | | | | | | | | |
| | 1x250g | £3.52 | ↓ | RSP | £4.92 | 31223 | | | | | | | | | | | |
| | 10x30g | £10.78 | ↑ | RSP | £1.51 | 31229 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £11.83 | ↑ | RSP | £1.79 | 36810 | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|-----------------------------------|---------|--------|--------|--------|--------------|---|---|---|---|---|---|---|---|---|----|----|----|
| HERBS & SPICES (Cont.) | | | | | | | | | | | | | | | | | |
| CARDAMOMS BLACK | 1 kg | £35.33 | ↑ | £35.33 | 32711 | | | | | | | | | | | | |
| India | 1x250g | £10.03 | ↑ | RSP | £14.04 32713 | | | | | | | | | | | | |
| | 10x20g | £15.06 | ↑ | RSP | £2.11 32719 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x30g | £18.15 | ↑ | RSP | £2.75 36811 | | | | | | | | | | | | |
| CARDAMOMS GREEN | 1 kg | £45.60 | ↓ | £45.60 | 31241 | | | | | | | | | | | | |
| Various | 1x250g | £12.60 | ↓ | RSP | £17.64 31243 | | | | | | | | | | | | |
| | 10x20g | £17.12 | ↓ | RSP | £2.40 31249 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x30g | £21.20 | ↓ | RSP | £3.21 36812 | | | | | | | | | | | | |
| CARDAMOM GREEN GROUND | 1 kg | £29.50 | ↓ | £29.50 | 31251 | | | | | | | | | | | | |
| Guatamala | 1x500g | £16.15 | ↓ | £32.30 | 31252 | | | | | | | | | | | | |
| | 10x20g | £13.90 | ↓ | RSP | £1.95 31259 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £13.58 | ↓ | RSP | £2.06 36813 | | | | | | | | | | | | |
| CARDAMOM SEEDS | 1 kg | £31.90 | ↓ | £31.90 | 32721 | | | | | | | | | | | | |
| Various | 1x250g | £9.18 | ↓ | RSP | £12.84 32723 | | | | | | | | | | | | |
| | 10x20g | £14.38 | ↓ | RSP | £2.01 32729 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x80g | £32.32 | ↓ | RSP | £4.90 32727 | | | | | | | | | | | | |
| CAYENNE PEPPER | 1 kg | £9.27 | | £9.27 | 31261 | | | | | | | | | | | | |
| India | 1x250g | £3.52 | | RSP | £4.92 31263 | | | | | | | | | | | | |
| | 10x30g | £10.78 | | RSP | £1.51 31269 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £12.56 | | RSP | £1.90 36814 | | | | | | | | | | | | |
| CELERY SALT | 1 kg | £6.17 | ↑ | £6.17 | 31281 | | | | | | | | | | | | |
| Various | 1x500g | £4.49 | ↑ | £8.97 | 31282 | | | | | | | | | | | | |
| | 10x40g | £10.47 | ↑ | RSP | £1.47 31289 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x100g | £12.57 | ↑ | RSP | £1.91 36815 | | | | | | | | | | | | |
| CELERY SEED | 1 kg | £8.76 | | £8.76 | 31271 | | | | | | | | | | | | |
| India | 1x500g | £5.78 | | £11.56 | 31272 | | | | | | | | | | | | |
| | 10x30g | £10.63 | | RSP | £1.49 31279 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £11.58 | | RSP | £1.75 36816 | | | | | | | | | | | | |
| CHILLI POWDER | 1 kg | £9.62 | | £9.62 | 31311 | | | | | | | | | | | | |
| India/Uganda | 1x500g | £6.11 | | £12.22 | 31312 | | | | | | | | | | | | |
| | 10x30g | £9.89 | | RSP | £1.38 31319 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £11.06 | | RSP | £1.68 36818 | | | | | | | | | | | | |
| CHILLIES CRUSHED | 1x500g | £6.89 | ↓ | £13.78 | 81742 | | | | | | | | | | | | |
| India | 10x50g | £11.44 | ↓ | RSP | £1.60 81748 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x40g | £12.39 | ↓ | RSP | £1.88 36819 | | | | | | | | | | | | |
| CHILLIES WHOLE | 0.5kg | £8.21 | | £16.41 | 31322 | | | | | | | | | | | | |
| India | 10x50g | £17.21 | | RSP | £2.41 31328 | | | | | | | | | | | | |
| CHINESE 5 SPICE | 1 kg | £18.82 | | £18.82 | 31341 | | | | | | | | | | | | |
| U.K. | 1x500g | £10.81 | | £21.62 | 31342 | | | | | | | | | | | | |
| | 10x25g | £12.71 | | RSP | £1.78 31349 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £16.66 | | RSP | £2.52 36821 | | | | | | | | | | | | |
| CINNAMON GROUND (ZEYLANICUM) | 1 kg | £10.85 | | £10.85 | 31361 | | | | | | | | | | | | |
| Indonesia/Sri Lanka | 1x500g | £6.72 | | £13.45 | 31362 | | | | | | | | | | | | |
| | 1x250g | £3.81 | | RSP | £5.34 31363 | | | | | | | | | | | | |
| | 10x30g | £10.26 | | RSP | £1.44 31369 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £11.68 | | RSP | £1.77 36823 | | | | | | | | | | | | |

HERBS & SPICES (Cont.)

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|--|-----------------|--------|--------|--------|--------|-------|-------|--|--|--|--|--|--|--|--|--|--|
| CINNAMON QUILLS 6" Sri Lanka | 0.5kg | £18.90 | | £37.80 | | 31371 | | | | | | | | | | | |
| | 10x50g | £25.90 | | RSP | £3.63 | 31378 | | | | | | | | | | | |
| | 10x20g | £14.56 | | RSP | £2.04 | 31379 | | | | | | | | | | | |
| <hr/> | | | | | | | | | | | | | | | | | |
| CLOVES GROUND Indonesia/Madagascar | 1 kg | £16.69 | | £16.69 | | 31391 | | | | | | | | | | | |
| | 1x250g | £5.27 | | RSP | £7.38 | 31393 | | | | | | | | | | | |
| | 10x20g | £10.34 | | RSP | £1.45 | 31399 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x40g | £13.07 | | RSP | £1.98 | 36824 | | | | | | | | | | |
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| CLOVES WHOLE Various | 1 kg | £22.51 | ↑ | £22.51 | | 31401 | | | | | | | | | | | |
| | 1x250g | £6.83 | ↑ | RSP | £9.56 | 31403 | | | | | | | | | | | |
| | 10x20g | £12.50 | ↓ | RSP | £1.75 | 31409 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x30g | £14.27 | ↓ | RSP | £2.16 | 36825 | | | | | | | | | | |
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| CORIANDER GROUND Various | 1 kg | £9.06 | | £9.06 | | 31411 | | | | | | | | | | | |
| | 1x500g | £5.83 | | £11.66 | | 31412 | | | | | | | | | | | |
| | 1x250g | £3.37 | | RSP | £4.71 | 31413 | | | | | | | | | | | |
| | 10x40g | £10.62 | | RSP | £1.49 | 31419 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x50g | £10.78 | | RSP | £1.63 | 36826 | | | | | | | | | | |
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| CORIANDER SEED - Heat Treated India | 1 kg | £7.62 | | £7.62 | | 31421 | | | | | | | | | | | |
| | 1x250g | £3.11 | | RSP | £4.35 | 31423 | | | | | | | | | | | |
| | 10x30g | £10.29 | | RSP | £1.44 | 31429 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x40g | £10.41 | | RSP | £1.58 | 36827 | | | | | | | | | | |
| <hr/> | | | | | | | | | | | | | | | | | |
| CUMIN GROUND India | 1 kg | £12.90 | ↑ | £12.90 | | 31431 | | | | | | | | | | | |
| | 1x500g | £7.85 | ↑ | £15.70 | | 31432 | | | | | | | | | | | |
| | 1x250g | £4.42 | ↑ | RSP | £6.19 | 31433 | | | | | | | | | | | |
| | 10x100g | £22.90 | ↑ | RSP | £3.21 | 31438 | | | | | | | | | | | |
| | 10x25g | £12.22 | ↑ | RSP | £1.71 | 31439 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x50g | £14.65 | ↑ | RSP | £2.22 | 36828 | | | | | | | | | | |
| | 1lt Spice Jar | 6x500g | £41.70 | ↑ | RSP | £9.73 | 36524 | | | | | | | | | | |
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| CUMIN SEED India | 1 kg | £12.14 | ↑ | £12.14 | | 31441 | | | | | | | | | | | |
| | 1x500g | £7.47 | ↑ | £14.94 | | 31442 | | | | | | | | | | | |
| | 1x250g | £4.24 | ↑ | RSP | £5.93 | 31447 | | | | | | | | | | | |
| | 10x100g | £22.14 | ↑ | RSP | £3.10 | 31448 | | | | | | | | | | | |
| | 10x25g | £11.04 | ↑ | RSP | £1.54 | 31449 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x50g | £13.27 | ↑ | RSP | £2.01 | 36829 | | | | | | | | | | |
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| CURRY LEAVES Sri Lanka | 0.5 kg | £32.40 | ↑ | £64.80 | | 31462 | | | | | | | | | | | |
| | 1x250g | £17.40 | ↑ | RSP | £24.36 | 31463 | | | | | | | | | | | |
| | 10x10g | £14.48 | ↑ | RSP | £2.03 | 31469 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x5g | £11.10 | ↑ | RSP | £1.68 | 36830 | | | | | | | | | | |
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| CURRY POWDER MADRAS Various | 1kg | £6.00 | ↑ | £6.00 | | 31481 | | | | | | | | | | | |
| | 1x500g | £4.40 | ↑ | £8.80 | | 31482 | | | | | | | | | | | |
| | 10x40g | £10.40 | ↑ | RSP | £1.46 | 31489 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x50g | £10.20 | ↑ | RSP | £1.55 | 36832 | | | | | | | | | | |
| | 1lt Spice Jar | 6x500g | £20.40 | ↑ | RSP | £4.76 | 36527 | | | | | | | | | | |
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| CURRY POWDER MEDIUM Various | 1 kg | £6.00 | ↑ | £6.00 | | 31491 | | | | | | | | | | | |
| | 1x500g | £4.40 | ↑ | £8.80 | | 31492 | | | | | | | | | | | |
| | 10x100g | £16.00 | ↑ | RSP | £2.24 | 31498 | | | | | | | | | | | |
| | 10x40g | £10.40 | ↑ | RSP | £1.46 | 31499 | | | | | | | | | | | |
| | 155ml Spice Tub | 10x50g | £10.20 | ↑ | RSP | £1.55 | 36833 | | | | | | | | | | |

HERBS & SPICES (Cont.)

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|-------------------|--------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CURRY POWDER MILD | 1 kg | £6.00 | ↑ | £6.00 | | 31501 | | | | | | | | | | | |
| Various | 1x250g | £2.70 | ↑ | RSP | £3.78 | 31503 | | | | | | | | | | | |
| | 10x40g | £10.40 | ↑ | RSP | £1.46 | 31509 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £10.20 | ↑ | RSP | £1.55 | 36834 | | | | | | | | | | | |
| 1lt Spice Jar | 6x500g | £20.40 | ↑ | RSP | £4.76 | 36575 | | | | | | | | | | | |

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|---------------------------|--------|-------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| CURRY POWDER TIKKA MASALA | 1 kg | £7.11 | | £7.11 | | 31691 | | | | | | | | | | | |
| Various | 1x500g | £4.86 | | £9.71 | | 31692 | | | | | | | | | | | |
| | 10x40g | £9.84 | | RSP | £1.38 | 31699 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £9.80 | | RSP | £1.49 | 36835 | | | | | | | | | | | |

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|-----------------|--------|--------|--|--------|--------|-------|--|--|--|--|--|--|--|--|--|--|--|
| DILL WEED | 0.5 kg | £15.09 | | £30.18 | | 31521 | | | | | | | | | | | |
| Egypt | 1x250g | £8.64 | | RSP | £12.10 | 31523 | | | | | | | | | | | |
| | 10x15g | £11.53 | | RSP | £1.61 | 31529 | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £12.52 | | RSP | £1.90 | 36838 | | | | | | | | | | | |

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|------------------|--------|--------|---|--------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| FAJITA SPICE MIX | 1 kg | £15.02 | ↑ | £15.02 | | 32491 | | | | | | | | | | | |
| Various | 1x500g | £8.91 | ↑ | £17.82 | | 32492 | | | | | | | | | | | |
| | 10x35g | £13.26 | ↑ | RSP | £1.86 | 32499 | | | | | | | | | | | |

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|-----------------|--------|--------|---|--------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| FENNEL SEED | 1 kg | £8.80 | ↓ | £8.80 | | 31551 | | | | | | | | | | | |
| India / Egypt | 1x500g | £5.80 | ↓ | £11.60 | | 31552 | | | | | | | | | | | |
| | 10x30g | £12.64 | ↓ | RSP | £1.77 | 31559 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £12.60 | ↓ | RSP | £1.91 | 36840 | | | | | | | | | | | |

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|------------------|--------|--------|---|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| FENUGREEK GROUND | 1 kg | £5.04 | ↑ | £5.04 | | 31561 | | | | | | | | | | | |
| India | 1x250g | £2.46 | ↑ | RSP | £3.44 | 31563 | | | | | | | | | | | |
| | 10x40g | £10.02 | ↑ | RSP | £1.40 | 31569 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £9.72 | ↑ | RSP | £1.47 | 36841 | | | | | | | | | | | |

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| FENUGREEK LEAVES [Methi] | 1 kg | £5.85 | ↓ | £5.85 | | 31581 | | | | | | | | | | | |
| Pakistan | 1x250g | £2.56 | ↓ | RSP | £3.59 | 31584 | | | | | | | | | | | |

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|-----------------|--------|-------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| FENUGREEK SEED | 1 kg | £4.04 | | £4.04 | | 31571 | | | | | | | | | | | |
| India | 1x250g | £2.11 | | RSP | £2.95 | 31573 | | | | | | | | | | | |
| | 10x40g | £8.62 | | RSP | £1.21 | 31579 | | | | | | | | | | | |
| 155ml Spice Tub | 10x70g | £8.78 | | RSP | £1.33 | 36843 | | | | | | | | | | | |

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|--------------|--------|--------|--|--------|--|-------|--|--|--|--|--|--|--|--|--|--|--|
| GALANGAL CUT | 1 kg | £37.69 | | £37.69 | | 80151 | | | | | | | | | | | |
| Various | 1x500g | £20.15 | | £40.29 | | 80152 | | | | | | | | | | | |

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|-----------------|---------|--------|--|--------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| GARAM MASALA | 1 kg | £10.85 | | £10.85 | | 31591 | | | | | | | | | | | |
| Various | 1x500g | £5.89 | | £11.79 | | 31592 | | | | | | | | | | | |
| | 1x250g | £3.91 | | RSP | £5.48 | 31593 | | | | | | | | | | | |
| | 10x100g | £20.85 | | RSP | £2.92 | 31598 | | | | | | | | | | | |
| | 10x30g | £11.26 | | RSP | £1.58 | 31599 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £11.42 | | RSP | £1.73 | 36885 | | | | | | | | | | | |

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| GARLIC MINCED | 1 kg | £11.82 | | £11.82 | | 31621 | | | | | | | | | | | |
| China | 1x500g | £7.21 | | £14.42 | | 31622 | | | | | | | | | | | |
| | 10x30g | £10.55 | | RSP | £1.48 | 31629 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £12.16 | | RSP | £1.84 | 36844 | | | | | | | | | | | |
| 1lt Spice Jar | 6x650g | £47.45 | | RSP | £11.07 | 36532 | | | | | | | | | | | |

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|-----------------|---------|--------|--|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| GARLIC POWDER | 1 kg | £7.75 | | £7.75 | | 31611 | | | | | | | | | | | |
| China | 1x250g | £3.14 | | RSP | £4.39 | 31614 | | | | | | | | | | | |
| | 10x100g | £17.75 | | RSP | £2.48 | 31618 | | | | | | | | | | | |
| | 10x40g | £11.10 | | RSP | £1.55 | 31619 | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £11.12 | | RSP | £1.69 | 36845 | | | | | | | | | | | |

| Product Description | Size | Price | | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
|-----------------------------------|---------|--------|---|--------|-------|-------|---|---|---|---|---|---|---|---|---|----|----|----|--|
| HERBS & SPICES (Cont.) | | | | | | | | | | | | | | | | | | | |
| GARLIC SALT | 1 kg | £8.45 | ↓ | £8.45 | | 31631 | | | | | | | | | | | | | |
| U.K. | 1x250g | £3.31 | ↑ | RSP | £4.64 | 31633 | | | | | | | | | | | | | |
| | 10x40g | £11.38 | ↑ | RSP | £1.59 | 31639 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x100g | £14.95 | ↑ | RSP | £2.27 | 36846 | | | | | | | | | | | | | |
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| GINGER GROUND | 1 kg | £8.73 | | £8.73 | | 31641 | | | | | | | | | | | | | |
| Nigeria | 1x250g | £3.38 | | RSP | £4.74 | 31643 | | | | | | | | | | | | | |
| | 10x100g | £18.73 | | RSP | £2.62 | 31648 | | | | | | | | | | | | | |
| | 10x35g | £11.06 | | RSP | £1.55 | 31649 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x40g | £10.85 | | RSP | £1.64 | 36847 | | | | | | | | | | | | | |
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| HARISSA | 1 kg | £11.18 | | £11.18 | | 32691 | | | | | | | | | | | | | |
| Various | 10x30g | £10.35 | | RSP | £1.45 | 32699 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £11.84 | | RSP | £1.79 | 32697 | | | | | | | | | | | | | |
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| HERBS DE PROVENCE | 1 kg | £10.38 | ↑ | £10.38 | | 31681 | | | | | | | | | | | | | |
| Various | 1x250g | £3.79 | ↑ | RSP | £5.31 | 31683 | | | | | | | | | | | | | |
| | 10x20g | £10.08 | ↑ | RSP | £1.41 | 31689 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £9.78 | ↑ | RSP | £1.48 | 36848 | | | | | | | | | | | | | |
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| ITALIAN SEASONING | 1 kg | £11.65 | | £11.65 | | 31711 | | | | | | | | | | | | | |
| Various | 1x500g | £7.12 | | £14.25 | | 31712 | | | | | | | | | | | | | |
| | 10x25g | £9.91 | | RSP | £1.39 | 31719 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x40g | £11.06 | | RSP | £1.68 | 36849 | | | | | | | | | | | | | |
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| JERK SEASONING | 1 kg | £10.10 | ↑ | £10.10 | | 81461 | | | | | | | | | | | | | |
| Various | 1x250g | £3.73 | ↑ | RSP | £5.21 | 81463 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x80g | £14.80 | ↑ | RSP | £2.24 | 81467 | | | | | | | | | | | | | |
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| JUNIPER BERRIES | 1 kg | £18.20 | | £18.20 | | 32771 | | | | | | | | | | | | | |
| Various | 1x500g | £10.40 | | £20.80 | | 32772 | | | | | | | | | | | | | |
| | 10x20g | £10.64 | | RSP | £1.49 | 32779 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x30g | £12.01 | | RSP | £1.82 | 36850 | | | | | | | | | | | | | |
| 1lt Spice Jar | 6x300g | £37.25 | | RSP | £8.69 | 36540 | | | | | | | | | | | | | |
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| KAFFIR LIME LEAVES | 1x500g | £40.50 | | £81.00 | | 83711 | | | | | | | | | | | | | |
| Thailand | 10x10g | £15.10 | | RSP | £1.51 | 18319 | | | | | | | | | | | | | |
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| KELP POWDER - Natural | 1 kg | £13.98 | ↑ | £13.98 | | 31721 | | | | | | | | | | | | | |
| Canada | 1x250g | £4.70 | ↑ | RSP | £6.57 | 31723 | | | | | | | | | | | | | |
| | 10x100g | £23.98 | ↑ | RSP | £3.36 | 31728 | | | | | | | | | | | | | |
| | 10x40g | £13.59 | ↑ | RSP | £1.90 | 31729 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x90g | £19.15 | ↑ | RSP | £2.90 | 31727 | | | | | | | | | | | | | |
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| LEMON PEPPER | 1 kg | £19.16 | ↑ | £19.16 | | 81991 | | | | | | | | | | | | | |
| Various | 1x500g | £10.98 | ↑ | £21.96 | | 81992 | | | | | | | | | | | | | |
| | 10x30g | £13.75 | ↑ | RSP | £1.92 | 81999 | | | | | | | | | | | | | |
| 155ml Spice Tub | 10x80g | £22.05 | ↑ | RSP | £3.34 | 36851 | | | | | | | | | | | | | |
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| LIQUORICE ROOT | 1 kg | £23.94 | | £23.94 | | 31741 | | | | | | | | | | | | | |
| Various | 1x500g | £13.37 | | £26.74 | | 31742 | | | | | | | | | | | | | |
| | 10x75g | £26.96 | | RSP | £3.77 | 31748 | | | | | | | | | | | | | |
| | 10x25g | £14.99 | | RSP | £2.10 | 31749 | | | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|-----------------------------------|---------|--------|--------|------------|-------|---|---|---|---|---|---|---|---|---|----|----|----|
| HERBS & SPICES (Cont.) | | | | | | | | | | | | | | | | | |
| MANGO POWDER | 1 kg | £9.47 | | £9.47 | 32781 | | | | | | | | | | | | |
| India | 1x250g | £3.47 | | RSP £4.86 | 32784 | | | | | | | | | | | | |
| | 10x25g | £9.37 | | RSP £1.31 | 32789 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x60g | £11.79 | | RSP £1.79 | 36853 | | | | | | | | | | | | |
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| MARJORAM | 1 kg | £8.68 | | £8.68 | 31801 | | | | | | | | | | | | |
| Egypt | 1x250g | £3.27 | | RSP £4.58 | 31803 | | | | | | | | | | | | |
| | 10x20g | £8.73 | | RSP £1.22 | 31809 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x10g | £7.72 | | RSP £1.17 | 36854 | | | | | | | | | | | | |
| 1lt Spice Jar | 6x110g | £11.94 | | RSP £2.78 | 36537 | | | | | | | | | | | | |
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| MINT | 1 kg | £12.00 | ↑ | £12.00 | 31811 | | | | | | | | | | | | |
| Egypt | 1x250g | £4.20 | ↑ | RSP £5.88 | 31813 | | | | | | | | | | | | |
| | 10x20g | £10.40 | ↑ | RSP £1.46 | 31819 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £10.08 | ↑ | RSP £1.53 | 36855 | | | | | | | | | | | | |
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| MIXED HERBS | 1 kg | £9.02 | | £9.02 | 31821 | | | | | | | | | | | | |
| Various | 1x250g | £3.36 | | RSP £4.70 | 31823 | | | | | | | | | | | | |
| | 10x100g | £18.02 | | RSP £2.52 | 31828 | | | | | | | | | | | | |
| | 10x20g | £8.80 | | RSP £1.23 | 31829 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £8.50 | | RSP £1.29 | 36856 | | | | | | | | | | | | |
| 1lt Spice Jar | 6x160g | £14.42 | | RSP £3.37 | 36539 | | | | | | | | | | | | |
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| MIXED SPICE | 1 kg | £12.53 | | £12.53 | 31832 | | | | | | | | | | | | |
| Various | 1x500g | £7.57 | | £15.13 | 31833 | | | | | | | | | | | | |
| | 10x35g | £11.39 | | RSP £1.59 | 31839 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £12.52 | | RSP £1.90 | 36857 | | | | | | | | | | | | |
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| MULLED WINE SPICE | 1 kg | £21.00 | | £21.00 | 69001 | | | | | | | | | | | | |
| U.K. | 1x500g | £11.80 | | £23.60 | 69002 | | | | | | | | | | | | |
| | 1x250g | £6.35 | | RSP £8.89 | 69003 | | | | | | | | | | | | |
| | 10x100g | £30.00 | | RSP £4.20 | 69008 | | | | | | | | | | | | |
| | 10x35g | £14.35 | | RSP £2.01 | 69009 | | | | | | | | | | | | |
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| MUSTARD POWDER | 1 kg | £10.56 | | £10.56 | 31841 | | | | | | | | | | | | |
| USA | 1x500g | £6.58 | | £13.16 | 31842 | | | | | | | | | | | | |
| | 10x35g | £10.70 | | RSP £1.50 | 31849 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £12.28 | | RSP £1.86 | 36858 | | | | | | | | | | | | |
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| MUSTARD SEED BROWN | 1 kg | £4.70 | ↓ | £4.70 | 31851 | | | | | | | | | | | | |
| India | 1x500g | £3.75 | ↓ | £7.50 | 31852 | | | | | | | | | | | | |
| | 10x100g | £14.70 | ↑ | RSP £2.06 | 31858 | | | | | | | | | | | | |
| | 10x40g | £9.88 | ↑ | RSP £1.38 | 31859 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x60g | £9.92 | ↑ | RSP £1.50 | 36859 | | | | | | | | | | | | |
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| MUSTARD SEED YELLOW | 1 kg | £4.70 | | £4.70 | 31861 | | | | | | | | | | | | |
| India | 1x500g | £3.65 | | £7.30 | 31862 | | | | | | | | | | | | |
| | 10x40g | £8.88 | | RSP £1.24 | 31869 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x60g | £8.92 | | RSP £1.35 | 36860 | | | | | | | | | | | | |
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| NUTMEG GROUND | 1 kg | £25.15 | ↓ | £25.15 | 31871 | | | | | | | | | | | | |
| Indonesia/India | 1x250g | £7.49 | ↓ | RSP £10.48 | 31873 | | | | | | | | | | | | |
| | 10x20g | £13.03 | ↑ | RSP £1.82 | 31879 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x40g | £17.42 | ↓ | RSP £2.64 | 36861 | | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|--|---------|----------|--------|------------|-------|---|---|---|---|---|---|---|---|---|----|----|----|
| HERBS & SPICES (Cont.) | | | | | | | | | | | | | | | | | |
| NUTMEG WHOLE | 1 kg | £42.67 | | £42.67 | 31881 | | | | | | | | | | | | |
| Indonesia | 1x250g | £11.77 | | RSP £16.47 | 31883 | | | | | | | | | | | | |
| | 10x20g | £15.53 | | RSP £2.17 | 31889 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £15.23 | | RSP £2.31 | 36862 | | | | | | | | | | | | |
| ONION POWDER | 1 kg | £7.96 ↓ | | £7.96 | 32791 | | | | | | | | | | | | |
| India | 1x250g | £3.19 ↓ | | RSP £4.47 | 32793 | | | | | | | | | | | | |
| | 10x30g | £10.39 ↑ | | RSP £1.45 | 32799 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £11.18 ↑ | | RSP £1.69 | 36863 | | | | | | | | | | | | |
| ONION SEED BLACK (Nigella) | 1 kg | £11.34 | | £11.34 | 31901 | | | | | | | | | | | | |
| India | 1x250g | £3.94 | | RSP £5.51 | 31903 | | | | | | | | | | | | |
| | 10x25g | £9.84 | | RSP £1.38 | 31909 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £11.92 | | RSP £1.81 | 36864 | | | | | | | | | | | | |
| 1lt Spice Jar | 6x500g | £36.73 | | RSP £8.57 | 31906 | | | | | | | | | | | | |
| OREGANO | 1 kg | £10.50 ↑ | | £10.50 | 31911 | | | | | | | | | | | | |
| Greece | 1x250g | £3.83 ↑ | | RSP £5.35 | 31913 | | | | | | | | | | | | |
| | 10x20g | £10.10 ↑ | | RSP £1.41 | 31919 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £9.78 ↑ | | RSP £1.48 | 36865 | | | | | | | | | | | | |
| 1lt Spice Jar | 6x150g | £15.21 ↑ | | RSP £3.55 | 36544 | | | | | | | | | | | | |
| PAPRIKA NOBLE SWEET | 1 kg | £9.00 | | £9.00 | 31931 | | | | | | | | | | | | |
| Spain | 1x500g | £5.80 | | £11.60 | 31932 | | | | | | | | | | | | |
| | 10x30g | £9.70 | | RSP £1.36 | 31939 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £10.75 | | RSP £1.63 | 36866 | | | | | | | | | | | | |
| PAPRIKA SMOKED | 1 kg | £10.28 | | £10.28 | 31891 | | | | | | | | | | | | |
| Spain | 1x500g | £6.54 | | £13.07 | 31892 | | | | | | | | | | | | |
| | 1x250g | £3.77 | | RSP £5.28 | 31893 | | | | | | | | | | | | |
| | 10x100g | £20.27 | | RSP £2.84 | 31898 | | | | | | | | | | | | |
| | 10x30g | £11.08 | | RSP £1.55 | 31899 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £12.39 | | RSP £1.88 | 36867 | | | | | | | | | | | | |
| 1lt Spice Jar | 6x500g | £34.13 | | RSP £7.96 | 36547 | | | | | | | | | | | | |
| PAPRIKA | 1 kg | £7.10 ↑ | | £7.10 | 31941 | | | | | | | | | | | | |
| Spain/Peru | 1x500g | £4.95 ↑ | | £9.90 | 31942 | | | | | | | | | | | | |
| | 10x30g | £10.13 ↑ | | RSP £1.42 | 31949 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £10.45 ↑ | | RSP £1.58 | 36868 | | | | | | | | | | | | |
| PARSLEY | 1 kg | £8.38 | | £8.38 | 31951 | | | | | | | | | | | | |
| U.K. | 1x500g | £5.49 | | £10.98 | 31952 | | | | | | | | | | | | |
| | 10x20g | £8.68 | | RSP £1.21 | 31959 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x15g | £8.03 | | RSP £1.22 | 36869 | | | | | | | | | | | | |
| PEPPER BLACK COARSE GROUND - 0.6-1.2mm | 1 kg | £13.08 ↓ | | £13.08 | 81731 | | | | | | | | | | | | |
| Vietnam | 1x500g | £7.94 ↓ | | £15.88 | 81732 | | | | | | | | | | | | |
| | 10x25g | £11.27 ↑ | | RSP £1.58 | 81739 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x40g | £12.63 ↑ | | RSP £1.91 | 36870 | | | | | | | | | | | | |
| PEPPER BLACK CRACKED - 2mm | 1 kg | £13.08 ↓ | | £13.08 | 82031 | | | | | | | | | | | | |
| Vietnam | 1x500g | £7.94 ↓ | | £15.88 | 82032 | | | | | | | | | | | | |
| | 10x25g | £11.27 ↑ | | RSP £1.58 | 82039 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x40g | £12.63 ↑ | | RSP £1.91 | 82037 | | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|--------------------------------------|---------|----------|--------|------------|-------|---|---|---|---|---|---|---|---|---|----|----|----|
| HERBS & SPICES (Cont.) | | | | | | | | | | | | | | | | | |
| PEPPER BLACK GROUND | 1 kg | £10.21 | | £10.21 | 31961 | | | | | | | | | | | | |
| Vietnam | 1x500g | £6.41 | | £12.81 | 31962 | | | | | | | | | | | | |
| | 10x25g | £9.55 | | RSP £1.34 | 31969 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x60g | £12.23 | | RSP £1.85 | 36871 | | | | | | | | | | | | |
| PEPPER WHITE GROUND | 1 kg | £16.16 | | £16.16 | 31971 | | | | | | | | | | | | |
| Vietnam | 1x500g | £9.38 | | £18.76 | 31972 | | | | | | | | | | | | |
| | 10x25g | £11.04 | | RSP £1.55 | 31979 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £14.33 | | RSP £2.17 | 36872 | | | | | | | | | | | | |
| PEPPERCORNS BLACK | 5 kg | £61.88 | | £12.38 | 31981 | | | | | | | | | | | | |
| Various | 1kg | £13.88 | | £13.88 | 31982 | | | | | | | | | | | | |
| | 1x500g | £8.24 | | £16.48 | 31983 | | | | | | | | | | | | |
| | 10x250g | £41.94 | | RSP £5.87 | 31986 | | | | | | | | | | | | |
| | 10x100g | £21.38 | | RSP £2.99 | 31988 | | | | | | | | | | | | |
| | 10x50g | £13.19 | | RSP £1.85 | 31987 | | | | | | | | | | | | |
| | 10x25g | £10.09 | | RSP £1.41 | 31989 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £13.19 | | RSP £2.00 | 36873 | | | | | | | | | | | | |
| PEPPERCORNS GREEN | 0.5 kg | £18.87 | | £37.75 | 32001 | | | | | | | | | | | | |
| India | 10x25g | £16.44 | | RSP £2.30 | 32009 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £24.37 | | RSP £3.69 | 36874 | | | | | | | | | | | | |
| 1lt Spice Jar | 6x325g | £74.96 | | RSP £17.49 | 32006 | | | | | | | | | | | | |
| PEPPERCORNS PINK | 0.25 kg | £6.96 | | £27.84 | 32011 | | | | | | | | | | | | |
| Brazil | 10x10g | £9.78 | | RSP £1.37 | 32019 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x30g | £14.03 | | RSP £2.13 | 36875 | | | | | | | | | | | | |
| 1lt Spice Jar | 6x250g | £42.36 | | RSP £9.88 | 36554 | | | | | | | | | | | | |
| PEPPERCORNS SICHUAN | 1 kg | £45.60 | | £45.60 | 32531 | | | | | | | | | | | | |
| China | 1x250g | £12.50 | | RSP £17.50 | 32533 | | | | | | | | | | | | |
| | 10x30g | £20.68 | | RSP £2.90 | 32539 | | | | | | | | | | | | |
| PEPPERCORNS WHITE | 1 kg | £18.98 ↓ | | £18.98 | 31991 | | | | | | | | | | | | |
| Indonesia | 1x250g | £5.94 ↓ | | RSP £8.32 | 31993 | | | | | | | | | | | | |
| | 10x25g | £12.74 ↑ | | RSP £1.78 | 31999 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £16.69 ↑ | | RSP £2.53 | 36876 | | | | | | | | | | | | |
| PEPPERCORN MIX - FOUR | 1 kg | £16.40 ↑ | | £16.40 | 32022 | | | | | | | | | | | | |
| Black, Green, Pink & White. | 1x250g | £5.30 ↑ | | RSP £7.42 | 32023 | | | | | | | | | | | | |
| | 10x25g | £12.10 ↑ | | RSP £1.69 | 32029 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x25g | £11.70 ↑ | | RSP £1.77 | 36877 | | | | | | | | | | | | |
| 1lt Spice Jar | 6x500g | £52.20 ↑ | | RSP £12.18 | 36552 | | | | | | | | | | | | |
| PEPPERCORN MIX - FIVE | 1 kg | £16.46 ↑ | | £16.46 | 32191 | | | | | | | | | | | | |
| Black, Green, Pimento, Pink & White. | 1x250g | £5.32 ↑ | | RSP £7.44 | 32193 | | | | | | | | | | | | |
| | 10x25g | £12.12 ↑ | | RSP £1.70 | 32199 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x25g | £11.71 ↑ | | RSP £1.77 | 32196 | | | | | | | | | | | | |
| PICKLING SPICE | 5 kg | £37.38 ↑ | | £7.47 | 32035 | | | | | | | | | | | | |
| Various | 1 kg | £9.07 ↑ | | £9.07 | 32031 | | | | | | | | | | | | |
| | 1x500g | £5.14 ↑ | | £10.28 | 32032 | | | | | | | | | | | | |
| | 1x250g | £3.07 ↑ | | RSP £4.30 | 32033 | | | | | | | | | | | | |
| | 10x30g | £10.24 ↑ | | RSP £1.43 | 32039 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £11.71 ↑ | | RSP £1.77 | 36878 | | | | | | | | | | | | |

| Product Description | Size | Price | Per KG | RSP | Code | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|-----------------------------------|-----------------|---------|--------|------------|-----------|-------|---|---|---|---|---|---|---|---|----|----|----|
| HERBS & SPICES (Cont.) | | | | | | | | | | | | | | | | | |
| PIRI PIRI SEASONING | 1 kg | £10.31 | | £10.31 | 80101 | | | | | | | | | | | | |
| Various | 1x250g | £3.78 | | RSP £5.29 | 80103 | | | | | | | | | | | | |
| | 10x30g | £11.09 | | RSP £1.55 | 80109 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x60g | £13.23 | | RSP £2.00 | 80107 | | | | | | | | | | | | |
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| POPPY SEEDS BLUE | 25kg | £115.92 | | £4.64 | 32045 | | | | | | | | | | | | |
| Various | 1x5kg | £28.74 | | £5.75 | 32041 | | | | | | | | | | | | |
| | 1x1kg | £6.57 | | £6.57 | 32042 | | | | | | | | | | | | |
| | 5x500g | £19.42 | | RSP £5.47 | 32043 | | | | | | | | | | | | |
| | 10x250g | £24.42 | | RSP £3.44 | 32047 | | | | | | | | | | | | |
| | 10x125g | £16.21 | | RSP £2.28 | 32048 | | | | | | | | | | | | |
| | 10x50g | £11.48 | | RSP £1.62 | 32049 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x80g | £14.03 | | RSP £2.13 | 32044 | | | | | | | | | | | | |
| 1lt Spice Jar | 6x585g | £34.24 | ↓ | RSP £7.99 | 36559 | | | | | | | | | | | | |
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| RAS EL HANOUT | 1 kg | £16.87 | ↓ | £16.87 | 32631 | | | | | | | | | | | | |
| Various | 1x500g | £9.84 | ↓ | £19.67 | 32632 | | | | | | | | | | | | |
| | 10x20g | £11.37 | ↑ | RSP £1.59 | 32639 | | | | | | | | | | | | |
| | 155ml Spice Tub | 10x60g | £17.16 | ↓ | RSP £2.60 | 32637 | | | | | | | | | | | |
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| ROSEMARY | 1 kg | £7.34 | | £7.34 | 32061 | | | | | | | | | | | | |
| Spain | 1x500g | £4.97 | | £9.94 | 32062 | | | | | | | | | | | | |
| | 10x30g | £9.20 | | RSP £1.29 | 32069 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x30g | £8.75 | | RSP £1.33 | 36879 | | | | | | | | | | | | |
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| SAFFRON STRANDS BOXED | 10x1g | £37.49 | ↑ | RSP £5.25 | 32081 | | | | | | | | | | | | |
| MWF Pack - Box In Bag | 10x1g | £44.49 | ↑ | RSP £6.23 | 32089 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x1g | £44.49 | ↑ | RSP £6.23 | 32087 | | | | | | | | | | | | |
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| SAGE | 1 kg | £13.40 | | £13.40 | 32091 | | | | | | | | | | | | |
| Morocco | 1x500g | £8.00 | | £16.00 | 32092 | | | | | | | | | | | | |
| | 10x20g | £9.68 | | RSP £1.36 | 32099 | | | | | | | | | | | | |
| | 155ml Spice Tub | 10x20g | £9.38 | | RSP £1.42 | 36880 | | | | | | | | | | | |
| 1lt Spice Jar | 6x150g | £17.91 | | RSP £4.18 | 36562 | | | | | | | | | | | | |
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| STAR ANISE | 0.5 kg | £18.21 | | £36.42 | 31141 | | | | | | | | | | | | |
| China/India | 1x250g | £10.21 | | RSP £14.29 | 31143 | | | | | | | | | | | | |
| | 10x20g | £14.29 | | RSP £2.00 | 31149 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £13.77 | | RSP £2.09 | 36881 | | | | | | | | | | | | |
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| SUMAC - WITHOUT SALT | 1 kg | £22.32 | | £22.32 | 32231 | | | | | | | | | | | | |
| Turkey | 1x500g | £12.46 | | £24.93 | 32232 | | | | | | | | | | | | |
| | 10x40g | £15.93 | | RSP £2.23 | 32239 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x70g | £21.58 | | RSP £3.27 | 32237 | | | | | | | | | | | | |
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| TAMARIND CONCENTRATE | 6x400g | £18.72 | | RSP £4.37 | 32111 | | | | | | | | | | | | |
| | 6x150g | £21.98 | ↑ | RSP £5.13 | 32119 | | | | | | | | | | | | |
| TAMARIND [IMLI] | 10x200g | £10.13 | | RSP £1.42 | 32101 | | | | | | | | | | | | |
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| TARRAGON LEAVES | 0.5 kg | £14.86 | | £29.72 | 32131 | | | | | | | | | | | | |
| France/UK | 1x250g | £8.53 | | RSP £11.94 | 32133 | | | | | | | | | | | | |
| | 10x10g | £9.97 | | RSP £1.40 | 32139 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £12.42 | | RSP £1.88 | 36882 | | | | | | | | | | | | |

HERBS & SPICES (Cont.)

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|-----------------|--------|--------|--|-----------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| THAI 7 SPICE | 1 kg | £10.53 | | £10.53 | 80111 | | | | | | | | | | | | |
| Various | 1x500g | £6.57 | | £13.13 | 80112 | | | | | | | | | | | | |
| | 10x30g | £10.16 | | RSP £1.42 | 80119 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x70g | £13.32 | | RSP £2.02 | 80117 | | | | | | | | | | | | |

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|-----------------|--------|--------|---|-----------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| THYME | 1 kg | £10.31 | ↑ | £10.31 | 32141 | | | | | | | | | | | | |
| Various | 1x250g | £3.78 | ↑ | RSP £5.29 | 32143 | | | | | | | | | | | | |
| | 10x20g | £10.06 | ↑ | RSP £1.41 | 32149 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x20g | £9.74 | ↑ | RSP £1.48 | 36883 | | | | | | | | | | | | |
| 1lt Spice Jar | 6x200g | £17.66 | ↑ | RSP £4.12 | 36565 | | | | | | | | | | | | |

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|-----------------|---------|--------|--|-----------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| TURMERIC | 1 kg | £5.44 | | £5.44 | 32151 | | | | | | | | | | | | |
| India | 1x500g | £4.02 | | £8.04 | 32152 | | | | | | | | | | | | |
| | 10x100g | £14.44 | | RSP £2.02 | 32158 | | | | | | | | | | | | |
| | 10x40g | £9.17 | | RSP £1.28 | 32159 | | | | | | | | | | | | |
| 155ml Spice Tub | 10x50g | £8.97 | | RSP £1.36 | 36884 | | | | | | | | | | | | |

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|--------------|--------|---------|---|-----------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| VANILLA PODS | 1kg | £371.00 | ↓ | £371.00 | 32164 | | | | | | | | | | | | |
| Madagascar | 1x500g | £187.50 | ↓ | £375.00 | 32163 | | | | | | | | | | | | |
| | 1x40 | £45.97 | ↓ | | 32161 | | | | | | | | | | | | |
| | 1x10 | £11.94 | ↓ | RSP £1.67 | 32162 | | | | | | | | | | | | |
| | 10x1 | £16.24 | ↓ | RSP £2.27 | 32169 | | | | | | | | | | | | |

BAKING AIDS IN TAMPER EVIDENT JARS, WITH FLAPPER CAPS

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|---------------------|---------|--------|---|-----------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| ARROWROOT | 6x500g | £16.56 | | RSP £3.86 | 36571 | | | | | | | | | | | | |
| BAKING POWDER | 6x1000g | £28.61 | | RSP £6.68 | 36572 | | | | | | | | | | | | |
| BICARBONATE OF SODA | 6x1000g | £15.65 | v | RSP £4.38 | 36573 | | | | | | | | | | | | |

HERBS & SPICES IN BULK PACKS

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|--|------|---------|---|--------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| CARAWAY SEED | 25kg | £136.88 | ↓ | £5.47 | 36923 | | | | | | | | | | | | |
| CAYENNE PEPPER | 25kg | £136.88 | | £5.47 | 36925 | | | | | | | | | | | | |
| CHILLIES CRUSHED/KIBBLED | 20kg | £140.56 | ↓ | £7.03 | 36922 | | | | | | | | | | | | |
| CHILLI POWDER | 25kg | £148.50 | | £5.94 | 36926 | | | | | | | | | | | | |
| CINNAMON GROUND | 25kg | £159.38 | | £6.38 | 36924 | | | | | | | | | | | | |
| CINNAMON QUILLS | 25kg | £410.63 | | £16.43 | 36933 | | | | | | | | | | | | |
| CORIANDER GROUND | 25kg | £63.00 | | £2.52 | 36934 | | | | | | | | | | | | |
| CORIANDER SEED | 16kg | £60.24 | | £3.77 | 36935 | | | | | | | | | | | | |
| CURRY POWDER MADRAS | 25kg | £82.50 | ↑ | £3.30 | 36928 | | | | | | | | | | | | |
| GARLIC MINCED | 25kg | £193.50 | | £7.74 | 36901 | | | | | | | | | | | | |
| GARLIC POWDER | 25kg | £106.50 | | £4.26 | 36918 | | | | | | | | | | | | |
| GINGER GROUND | 25kg | £130.50 | | £5.22 | 36902 | | | | | | | | | | | | |
| LIQUORICE ROOT STICKS | 16kg | £223.44 | | £13.96 | 36916 | | | | | | | | | | | | |
| MARJORAM | 7kg | £43.05 | | £6.15 | 36927 | | | | | | | | | | | | |
| MIXED HERBS | 10kg | £62.70 | | £6.27 | 36903 | | | | | | | | | | | | |
| MIXED SPICE | 25kg | £229.88 | | £9.20 | 36904 | | | | | | | | | | | | |
| MUSTARD POWDER | 25kg | £226.50 | | £9.06 | 36905 | | | | | | | | | | | | |
| MUSTARD SEED BROWN | 25kg | £48.00 | ↓ | £1.92 | 36906 | | | | | | | | | | | | |
| MUSTARD SEED YELLOW | 25kg | £58.50 | | £2.34 | 36907 | | | | | | | | | | | | |
| PAPRIKA HUNGARIAN | 25kg | £140.63 | | £5.63 | 36932 | | | | | | | | | | | | |
| PAPRIKA | 25kg | £105.00 | ↑ | £4.20 | 36908 | | | | | | | | | | | | |
| PEPPER COARSE GROUND BLACK 0.6 - 1.2mm | 25kg | £211.88 | ↓ | £8.47 | 36930 | | | | | | | | | | | | |
| PEPPERCORNS BLACK | 25kg | £185.63 | | £7.42 | 36909 | | | | | | | | | | | | |
| PEPPERCORNS PINK | 10kg | £219.75 | | £21.98 | 36929 | | | | | | | | | | | | |

HERBS & SPICES IN BULK PACKS (Cont.)

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|-------------------|--------|---------|---|--------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| 5 PEPPERCORNS MIX | 12.5kg | £153.24 | ↑ | £12.26 | 36917 | | | | | | | | | | | | |
| PICKLING SPICE | 12.5kg | £59.40 | ↑ | £4.75 | 36911 | | | | | | | | | | | | |
| ROSEMARY | 25kg | £106.88 | | £4.28 | 36912 | | | | | | | | | | | | |
| SAGE | 10kg | £89.25 | | £8.93 | 36913 | | | | | | | | | | | | |
| THYME | 10kg | £63.75 | ↑ | £6.38 | 36914 | | | | | | | | | | | | |
| TURMERIC | 25kg | £72.00 | | £2.88 | 36915 | | | | | | | | | | | | |

MEDICINAL / BOTANICAL HERBS & SPICES

| | | | | | | | | | | | | | | | | | |
|------------------------|---------|---------|-----|------------|-------|--|--|--|--|--|--|--|--|--|--|--|--|
| BEE POLLEN GRAINS | 1 kg | £35.16 | | £35.16 | 81801 | | | | | | | | | | | | |
| Spain | 1x500g | £18.98 | | £37.96 | 81802 | | | | | | | | | | | | |
| | 1x250g | £9.99 | | RSP £13.99 | 81803 | | | | | | | | | | | | |
| | 10x100g | £45.16 | | RSP £6.32 | 81808 | | | | | | | | | | | | |
| CHAMOMILE FLOWERS | 1 kg | £33.56 | | £33.56 | 32301 | | | | | | | | | | | | |
| Various | 1x500g | £18.08 | | £36.16 | 32302 | | | | | | | | | | | | |
| | 10x100g | £42.56 | | RSP £5.96 | 32308 | | | | | | | | | | | | |
| HENNA POWDER RED | 1 kg | £8.52 | ↑ v | £8.52 | 31661 | | | | | | | | | | | | |
| Egypt | 1x250g | £3.33 | ↑ v | RSP £5.59 | 31663 | | | | | | | | | | | | |
| | 10x100g | £18.52 | ↑ v | RSP £3.11 | 31669 | | | | | | | | | | | | |
| LAVENDER | 1 kg | £26.90 | ↑ v | £26.90 | 32561 | | | | | | | | | | | | |
| Albania | 1x250g | £7.92 | ↑ v | RSP £13.31 | 32563 | | | | | | | | | | | | |
| | 10x100g | £36.90 | ↑ v | RSP £6.20 | 32568 | | | | | | | | | | | | |
| NETTLE | 1 kg | £22.79 | | £22.79 | 32421 | | | | | | | | | | | | |
| Eastern Europe/Germany | 1x500g | £12.79 | | £25.59 | 32422 | | | | | | | | | | | | |
| | 10x100g | £32.79 | | RSP £4.59 | 32428 | | | | | | | | | | | | |
| PEPPERMINT | 1 kg | £22.70 | ↑ | £22.70 | 32441 | | | | | | | | | | | | |
| Various | 1x500g | £12.75 | ↑ | £25.50 | 32442 | | | | | | | | | | | | |
| | 10x100g | £32.70 | ↑ | RSP £4.58 | 32448 | | | | | | | | | | | | |
| PSYLLIUM HUSKS | 1 kg | £34.32 | ↑ v | £34.32 | 81721 | | | | | | | | | | | | |
| | 1x250g | £9.78 | ↑ v | RSP £16.43 | 81723 | | | | | | | | | | | | |
| | 10x100g | £44.32 | ↑ v | RSP £7.45 | 81728 | | | | | | | | | | | | |
| PSYLLIUM HUSK POWDER | 1 kg | £34.64 | v | £34.64 | 32281 | | | | | | | | | | | | |
| India | 1x250g | £9.76 | v | RSP £16.40 | 32283 | | | | | | | | | | | | |
| | 10x100g | £43.64 | v | RSP £7.33 | 32288 | | | | | | | | | | | | |
| RASPBERRY LEAF | 1 kg | £21.90 | ↑ | £21.90 | 32461 | | | | | | | | | | | | |
| Poland | 1x500g | £12.35 | ↑ | £24.70 | 32462 | | | | | | | | | | | | |
| | 10x100g | £31.90 | ↑ | RSP £4.47 | 32468 | | | | | | | | | | | | |
| ROSE PETALS RED | 1 kg | £23.02 | v | £23.02 | 32641 | | | | | | | | | | | | |
| Pakistan | 1x250g | £6.86 | v | RSP £11.52 | 32643 | | | | | | | | | | | | |
| | 10x100g | £32.02 | v | RSP £5.38 | 32648 | | | | | | | | | | | | |
| | 10x25g | £12.76 | v | RSP £2.14 | 32649 | | | | | | | | | | | | |
| SLIPPERY ELM POWDER | 1x500g | £45.85 | v | £91.70 | 32511 | | | | | | | | | | | | |
| USA/China | 1x250g | £24.02 | v | RSP £40.36 | 32512 | | | | | | | | | | | | |
| | 10x100g | £100.70 | v | RSP £16.92 | 32518 | | | | | | | | | | | | |
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TERMS OF TRADE

Retention of Title

All goods remain the property of Michaels Wholesale Foods Ltd until paid for in full.

Prices

Prices are correct at time of going to press, but due to market and currency fluctuations all prices are subject to change without notice. Customers placing their orders by 'phone will be informed of price changes (up or down), and any changes since the last published price list will be indicated on the invoice by prefacing the product description with either "UP!" or "DOWN!"

Payment

Payment for goods is due on delivery unless otherwise agreed. No deductions may be made from payment for an invoice unless a credit note has been received. In the event of a cheque being represented, a charge of £10 will be made for each representation. Cheques returned to us will incur a further £10 charge and all future business will be conducted on a strictly CASH basis.

We can now accept only debit card payments. Credit cards are NOT acceptable. Credit account customers' terms are 30 days strict from date of invoice, unless otherwise stated. Should the Customer not remit within the stated credit terms, the Company reserves the right to remove the credit status on the account, rendering all invoices as being due and immediately payable. In the event of the Company having to employ the services of our appointed legal agents, CRS Legal to collect any overdue monies, the Company in addition to its statutory rights, will invoice the customer an amount of 10% of any overdue balance sent for collection. Interest will be charged at 8% over Bank of England Base Rate.

Customers who choose to order goods, take delivery and not be available to sign the delivery note agree to take responsibility for payment in full of the invoice unless any shortages prove to be the fault of Michaels Wholesale Foods Ltd, when a credit note will be issued.

Where delivery is to be made by instalments, each delivery shall be deemed for such purpose to be the subject of a separate contract and any failure whatsoever by the seller in respect of any one delivery shall not entitle the buyer to repudiate the contract or any instalments remaining to be delivered thereunder.

Data Protection Act 2018

The Data Protection Act 2018 supplements the General Data Protection Regulations all rights and privileges relating to processing of personal data remain unchanged in relation to this act.

Michaels Wholesale Foods Ltd identifies the legal basis for processing personal data before any processing operations take place by clearly establishing, defining and documenting:

The specific purpose of processing the personal data and the legal basis to process the data under:

- 1) Consent obtained from the data subject;**
- 2) Performance of a contract where the data subject is a party;**
- 3) Legal obligation that Michaels Wholesale Foods Ltd is required to meet;**
- 4) Protect the vital interests of the data subject, including the protection of rights and freedoms;**
- 5) Official authority of Michaels Wholesale Foods Ltd or to carry out the processing that is in the public interest;**
- 6) Necessary for the legitimate interests of the data controller or third party, unless the processing is overridden by the vital interests, including rights and freedoms;**
- 7) National law.**

Michaels Wholesale Foods Limited does NOT process any data under the special categories sections of the GDPR.

Consent:

Michaels Wholesale Foods Ltd defines consent as “any freely given, specific, informed and unambiguous indication by the data subject’s wishes by which he or she, by a statement or by clear affirmative action, signifies agreement to the processing of personal data relating to him or her”.

You may withdraw your consent at any time.

Your rights as a data subject:

At any point while we are in possession of or processing your personal data, you, the data subject, have the following rights:

- Right of access – you have the right to request a copy of the information that we hold about you.**
- Right of rectification – you have a right to correct data that we hold about you that is inaccurate or incomplete.**
- Right to be forgotten – in certain circumstances you can ask for the data we hold about you to be erased from our records.**
- Right to restriction of processing – where certain conditions apply you have a right to restrict the processing.**
- Right of portability – you have the right to have the data we hold about you transferred to another organisation.**
- Right to object – you have the right to object to certain types of processing such as direct marketing.**
- Right to object to automated processing, including profiling – you also have the right to be subject to the legal effects of automated processing or profiling.**
- Right to judicial review: in the event that Michaels Wholesale Foods Ltd refuses your request under rights of access, we will provide you with a reason as to why. You have the right to complain as outlined below.**

Complaints:

In the event that you wish to make a complaint about how your personal data is being processed by Michaels Wholesale Foods Ltd or how your complaint has been handled, you have the right to lodge a complaint directly with the supervisory authority www.ICO.gov.uk and Michaels Wholesale Foods Ltd data protection representatives.

Third Parties:

Partners and any third parties working with or for Michaels Wholesale Foods Ltd, and who have or may have access to personal data, will be expected to have read, understood and to comply with our policies. No third party may access personal data held by Michaels Wholesale Foods Ltd without having first entered into a data confidentiality agreement, which imposes on the third party obligations no less onerous than those to which Michaels Wholesale Foods Ltd is committed, and which gives Michaels Wholesale Foods Ltd the right to audit compliance with the agreement.

For a full description of your rights and our data protection policies please visit our website www.michaelswholefoods.co.uk.

Discounts

A discount is offered to those customers who exceed the minimum order for their area. Otherwise prices are nett. Discount will not apply to orders falling below the minimum order threshold for your area

3% discount on orders over £125

4% discount on orders over £300

5% discount on orders over £600

6% discount on orders over £1,000

Any five (5) cases of a single bulk item (products that have not been packed down or processed by us) qualifies for 10% discount (nett) Any account that falls into arrears will be put on hold, and discounts on any outstanding invoice(s) will be lost.

London Congestion Charge

Deliveries into the London Congestion Charge area that fall below £250 + v.a.t. will be made by courier, with the delivery charge passed on to the customer at cost.

Fitness For Purpose

It is the customer's responsibility to ensure that the goods being purchased are fit for their intended use - Michaels Wholesale Foods Ltd will accept no responsibility for goods purchased unchecked.

Completion of Customer's Paperwork

Michael's Wholesale Foods Ltd will supply ingredient listings, product specifications and certificates of analysis upon request as required by UK food law. If a customer requires completion of their own documentation then an administration fee of £50.00 per product line will be levied.

Returns

Should there be any problems regarding the quality of goods supplied, please advise our sales office within 3 days of delivery so that we can authorise collection for credit as applicable.

Likewise, any shortages must be advised within 3 days of delivery.

Incorrectly delivered items may be returned with the driver, who will issue a goods returned note as a receipt - No deduction should be made from the invoice as a credit note (that correctly takes into account the appropriate level of discount) will be issued once the goods are received at our warehouse.

Items returned without good cause will be accepted with a handling charge of 10%, and, (if pre-packs), our packing and labelling cost (Circa 25-30p per bag)

We cannot give credits for goods not returned to us. We will not give credit for returned goods that are pricemarked or defaced. Our drivers will not collect goods without authorisation. Special orders are NON-RETURNABLE

Out of Stocks

All orders are accepted subject to availability. We do not notify of goods out of stock unless a specific request is made, with over 10,000 product lines it's difficult (verging on impossible) to keep on top of all of them. If you request to be notified of any shortages, we can phone, once your order is picked and ready for loading. i.e. late afternoon of the day before your delivery. We do not back-order shortages, they must be re-ordered and will be subject to the normal minimum order requirements for free delivery. No liability is accepted for losses incurred due to non-delivery of any item(s) for any reason.

Minimum Orders

We operate a minimum order system for free delivery, by area. Please refer to the map overleaf for details. Orders within our delivery area falling below the threshold will, at our discretion, incur a delivery charge of 10% of the minimum order charge for that area, or be sent by carrier (charged at cost).

TO SIMPLIFY MATTERS REGARDING MINIMUM ORDER LEVELS WE NOW WORK BY POSTCODE, THE FIRST LETTER(S) OF YOUR POSTCODE WILL DETERMINE YOUR MINIMUM ORDER FOR FREE DELIVERY

Split Cases

We will happily split cases at no extra charge, in the following manner only; cases of 20 or more - splits of halves or quarters, cases of 15 - splits of thirds, cases of 10 or 12 - half cases only. Splits of other quantities will be subject to a swinging 20% surcharge. We cannot split cases of special order items.

Carrier Deliveries

We often send orders that fall below free delivery minimum order requirement to customers by carrier. The charge is £8.46+v.a.t. for up to 20kg and 30p per kilo thereafter, up to 100kg. Please allow at least 48 hours from order time to delivery

Office Hours

Our Sales Office is open from 8.30 a.m. to 4.00 p.m. Monday to Thursday, and 8.30 a.m. to 1.00 p.m. Friday. Outside these hours you can fax us on 01843 604603. Sometimes, due to sheer number of calls, we can't answer all of them; you will then get the dreaded machine - only leave your name and number or a brief message. Even with the advances in technology, it's still not clear enough to dictate an order to.

Care & Storage of Food

General rule of thumb for all our products: keep in a cool, dry place, not in direct contact with the floor. Use oldest stock first.

Grains & Grain Products are susceptible to infestation and are best bought regularly, but if stored well can be kept up to a year.

Nuts and Seeds need to be kept cold, as they can suffer from infestation and rancidity. Brazils, Cashews, Coconut, Pinenuts and all roasted nuts should be kept airtight.

Dried Fruit normally stores well for up to 6 months, but the fruit sugars are liable to crystallise, particularly in Figs. The fruit is still perfectly useable when this occurs. Keep fruit dry, as moisture encourages fermentation.

Oil tends to go cloudy when cold, especially Olive Oil. This will clear when returned to normal room temperatures. Honey is the one foodstuff on the planet that does not spoil with age. Stocks should still be rotated, as it crystallises and hardens after a few months.

Infestation If infestation occurs, immediately place the goods in a deep freeze for 7 days. This will kill the infestation and prevent contamination of other goods. Should more general infestation occur on your premises we advise immediate consultation with a specialist pest control agency.

Delivery/Order Days

| | |
|--|---|
| Monday -order Thursday by 3pm | London Postcodes W1-W14, NW1-NW11, N1-N22 Bedfordshire Postcodes MK40-MK45, MK1-MK18, LU1-LU7 Herts Postcodes LU1-LU7, SG1-SG18, HP1-HP27, AL1-AL10,WD1-WD25 Additional Postcodes EN1-EN11, HA0-HA9 |
| Tuesday - order Friday by 1pm | Sussex Postcodes BN7-BN10, BN20-BN27, TN19-TN40 Kent Postcodes TN1-TN30, CT1-CT21, ME1-ME18 Gloucestershire Postcodes BS1-BS9, GL1-GL5, Oxfordshire Postcodes OX10-OX14 Additional Postcodes BA1-BA3, SN1-SN4, RG1-RG10 |
| Wednesday - order Monday by 3p | Kent Postcodes TN1-TN30, CT1-CT21, ME1-ME18, DA1-DA17, BR1-BR8 Sussex Postcodes TN30-TN40 London Postcodes SE1-SE28, SW1-SW20, CR1-CR7, SM1-SM7 Hampshire Postcodes PO1-PO14, GU1-GU27 Surrey Postcodes KT1-KT10, KT17-KT21 |
| Thursday - Order Tuesday by 3pm | London Postcodes W1-W14, NW1-NW11, N1-N22, SW1-SW10, SE1-SE28 London Postcodes WC, WC1-WC2, EC1-EC4, E1-E20 Essex Postcodes CM1-CM24, CO1-CO15, RM1-RM20, IG1-IG11, SS1-SS17 Suffolk Postcodes IP1-IP33, NR15-18, |
| Friday - Order Wednesday by 3pm | Hampshire Postcodes PO1-PO14, SO16-SO51 Dorset Postcodes BH1-BH25, DT1-DT3 Kent Postcodes CT1-CT21, ME1-ME18 Sussex Postcodes BN1-BN8, BN20-BN27 Additional Postcodes RH10-RH13 |

Additional Notations:

Order days may vary subject to vehicle availability and available weights on vehicles.
Orders that do not meet minimum delivery requirements will be delivered by courier at cost.
Orders not meeting minimum order values will not receive discount.
In the event of overloading on a normal scheduled day, customers may receive their order by courier.
Couriers will be used if customers order on a non-scheduled day and may incur charges for delivery.
Please be aware there has been a £5 per pallet increase due to increased charges from pallet couriers.

DISTRIBUTION

Delivery Areas / Costs

These prices are based upon your order being transported by one of our company vans.

Area A - £125
minimum order

Postcodes in Area A:
CT, DA, ME, TN

Area B - £175
minimum order

Postcodes in Area B:
AL, BN, BR, CM, CO, CR, E, EC, EN, GU, HA,
HP, IG, KT, LU, N, SS, SW, TW, UB, W, WC, WD

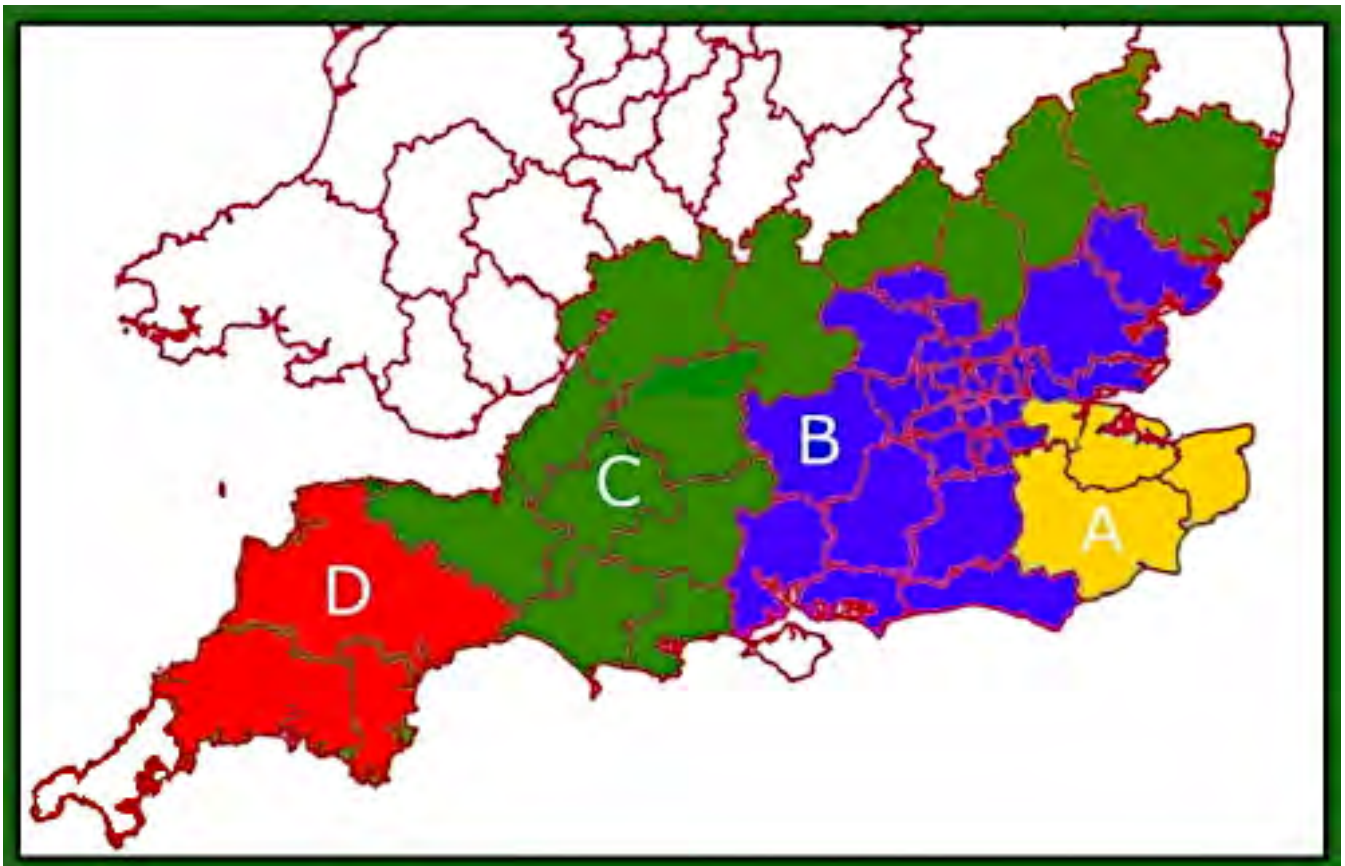
Area C - £225
minimum order

Postcodes in Area C:
BA, BH, BS, CB, DT, GL, IP, MK, TA

Area D - £250 (+London
Congestion Zone)
minimum order

Postcodes in Area D:
EX, PL, TQ,

Couriers will be used if customers order on a non-scheduled day, in this case an additional charge may be incurred, please see below.



Areas outside of A-D (or those that do not meet minimum delivery requirements) will be couriered;

To receive a free pallet delivery a minimum order of £1000 is required.

For amounts ranging £500-£1000 there will be a charge of £30 + VAT

For amounts under £500 full pallet cost will be charged or the order