

April - June 2024



**Wholesale
Pricelist**

New Products

Available from Michaels Wholefoods

Celestial Seasonings



Celestial Bengal Spice Tea
6x20 Bag - £17.95/Case - RSP £3.99
Order Code: 55330



Celestial Lemon Zinger Tea
6x20 Bag - £16.60/Case - RSP £3.69
Order Code: 55332



Celestial Mandarin Orange Spice Tea
6x20 Bag - £16.60/Case - RSP £3.69
Order Code: 55334



Celestial Sleepytime Extra
6x20 Bag - £17.95/Case - RSP £3.99
Order Code: 55336



Celestial Sleepytime Tea
6x20 Bag - £16.60/Case - RSP £3.69
Order Code: 55338



Celestial Tension Tamer Tea
6x20 Bag - £16.60/Case - RSP £3.69
Order Code: 55340



Celestial Org. Ginger & Turmeric Tea
6x20 Bag - £16.60/Case - RSP £3.69
Order Code: 55330





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 April - June 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				
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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

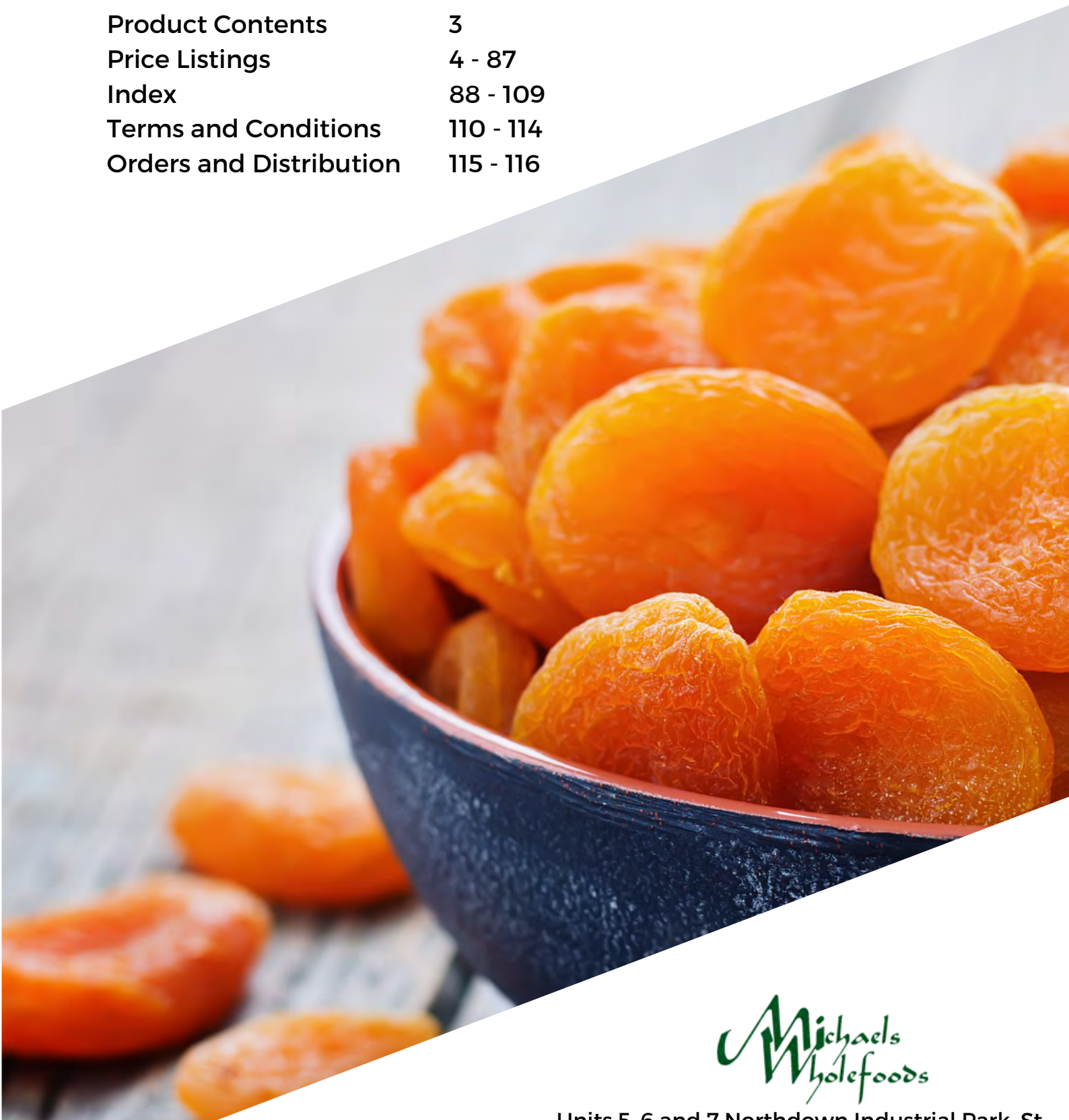
Star - New Product ★

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.

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Fax: 01843 604 603

or 0845 1 306 307 (local rate call)

Product Listings

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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	£135.64		£10.85	15711												
Turkey	1x5kg	£67.61		£13.52	15712												
	1x3kg	£42.00		£14.00	15713												
	1x1kg	£14.40		RSP £20.16	15716												
	10x500g	£78.51		RSP £10.99	15717												
	10x250g	£44.75		RSP £6.27	15718												
APRICOTS CHOPPED	12.5kg	£138.23		£11.06	15721												
Turkey	1x5kg	£63.12		£12.62	15722												
	1x3kg	£39.31		£13.10	15723												
	10x500g	£74.02		RSP £10.36	15727												
BANANA CHIPS	6.8kg	£33.44		£4.92	15791												
Philippines	1x3kg	£19.65		£6.55	15793												
	10x250g	£25.13		RSP £3.52	15798												
	10x125g	£16.56		RSP £2.32	15799												
CRANBERRIES SLICED	11.34kg	£88.42		£7.80	13381												
Various	1x3kg	£28.89		£9.63	13382												
	10x200g	£28.66		RSP £4.01	13387												
CURRANTS	12.5kg	£66.12	↓	£5.29	15731												
Greece	1x5kg	£32.46	↓	£6.49	15732												
	1x3kg	£20.96	↓	£6.99	15733												
	10x500g	£43.26	↓	RSP £6.06	15738												
DATES PITTED DEGLET NOIR	10kg	£56.63		£5.66	15741												
Tunisia	1x3kg	£21.69		£7.23	15742												
	1x1kg	£7.53		RSP £10.54	15746												
	10x500g	£43.65		RSP £6.11	15747												
	10x250g	£24.82		RSP £3.48	15748												
DATES CHOPPED	1x10kg	£49.55		£4.96	15751												
Pakistan	1x3kg	£19.76		£6.59	15753												
	10x500g	£41.45		RSP £5.80	15757												
FIGS LARGE	10kg	£127.60		£12.76	15761												
Turkey	1x5kg	£72.19		£14.44	15762												
	1x3kg	£44.75		£14.92	15763												
	10x500g	£83.09		RSP £11.63	15767												
	10x250g	£47.04		RSP £6.59	15768												
GINGER CRYSTALLISED [Raw Cane Sugar]	1x20kg	£131.88	v	£6.59	15881												
China	1x5kg	£39.34	v	£7.87	15882												
	1x3kg	£25.05	v	£8.35	15883												
	10x250g	£30.62	v	RSP £5.14	15887												
MANGO SLICES	1x16kg	£202.86		£12.68	15601												
Burkina Faso	1x1kg	£15.15		RSP £21.20	15603												
	10x100g	£23.55		RSP £3.30	15609												
MIXED VINE FRUIT	1x10kg	£54.11	↑	£5.41	15781												
Various	1x5kg	£31.25	↑	£6.25	15782												
	1x3kg	£20.23	↑	£6.74	15783												
	10x500g	£42.05	↑	RSP £5.89	15787												
PRUNES PITTED	11kg	£114.24	↓	£10.39	15771												
Various	1x3kg	£36.23	↓	£12.08	15772												
	10x500g	£68.71	↓	RSP £9.62	15777												
	10x250g	£39.85	↓	RSP £5.58	15778												

ORGANIC DRIED FRUIT (Cont.)

RAISINS	12.5kg	£47.66		£3.81		14611											
Turkey	1x5kg	£23.16		£4.63		14612											
	1x3kg	£15.34		£5.11		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	£66.82	↑	£5.35		15631											
Turkey	1x5kg	£30.93	↑	£6.19		15632											
	1x3kg	£20.04	↑	£6.68		15634											
	1x1kg	£7.15	↑	RSP	£10.00	15636											
	10x500g	£41.73	↑	RSP	£5.84	15638											
	10x250g	£26.36	↑	RSP	£3.69	15639											
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SUN DRIED TOMATO HALVES	10kg	£109.58		£10.96		21191											
Turkey	1x5kg	£61.53		£12.31		21192											
	1x3kg	£38.36		£12.79		21193											
	10x200g	£35.97		RSP	£5.04	21198											
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ORGANIC NUTS

ALMONDS WHOLE	10kg	£126.13		£12.61		16091											
Italy	1x5kg	£71.48		£14.30		16093											
	1x3kg	£44.33		£14.78		16092											
	1x1kg	£15.18		RSP	£21.25	16096											
	10x500g	£82.38		RSP	£11.53	16097											
	10x250g	£46.69		RSP	£6.54	16098											
	10x150g	£31.21		RSP	£4.37	16099											
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ALMONDS BLANCHED	10kg	£154.82		£15.48		16011											
Spain	1x5kg	£86.84		£17.37		16012											
	1x3kg	£53.54		£17.85		16013											
	10x250g	£53.37		RSP	£7.47	16018											
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ALMONDS FLAKED	10kg	£152.05		£15.21		16021											
Spain	1x5kg	£85.34		£17.07		16022											
	1x3kg	£52.65		£17.55		16023											
	1x1kg	£17.95		RSP	£25.13	16026											
	10x250g	£53.62		RSP	£7.51	16028											
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ALMONDS GROUND	10kg	£133.98		£13.40		16031											
Spain	1x5kg	£75.69		£15.14		16032											
	1x3kg	£46.85		£15.62		16033											
	10x250g	£48.79		RSP	£6.83	16038											
	10x125g	£28.89		RSP	£4.05	16039											
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BRAZILS WHOLE	20kg	£224.49	↑	£11.22		16041											
Various	1x5kg	£64.16	↑	£12.83		16042											
	1x3kg	£39.98	↑	£13.33		16043											
	1x1kg	£13.69	↑	RSP	£19.17	16046											
	10x500g	£74.96	↑	RSP	£10.49	16047											
	10x250g	£42.98	↑	RSP	£6.02	16048											
	10x125g	£25.99	↑	RSP	£3.64	16049											
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CASHEWS WHOLE	22.68kg	£284.27	↑	£12.53		16051											
Various	1x5kg	£71.16	↑	£14.23		16052											
	1x3kg	£44.17	↑	£14.72		16053											
	1x1kg	£15.09	↑	RSP	£21.13	16056											
	10x500g	£81.96	↑	RSP	£11.47	16057											
	10x250g	£46.48	↑	RSP	£6.51	16058											
	10x125g	£27.74	↑	RSP	£3.88	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	£242.33		£10.68		16061											
Various	1x5kg	£61.17		£12.23		16062											
	1x3kg	£38.14		£12.71		16063											
	10x250g	£41.54		RSP	£5.81	16068											
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COCONUT DESICCATED	25kg	£71.55		£2.86		16071											
Sri Lanka / Philippines	1x5kg	£19.38		£3.88		16072											
	1x3kg	£13.07		£4.36		16073											
	1x1kg	£4.66		RSP	£6.52	16076											
	10x500g	£29.28		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	11.34kg	£51.92		£4.58		16871											
Sri Lanka / Philippines	1x5kg	£28.51		£5.70		16872											
	1x3kg	£18.55		£6.18		16873											
	10x500g	£38.41		RSP	£5.38	16877											
	10x250g	£24.21		RSP	£3.39	16878											
	10x125g	£16.10		RSP	£2.25	16879											
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COCONUT CHIP TOASTED	10kg	£56.66		£5.67		16951											
Philippines	1x5kg	£34.32		£6.86		16952											
	1x3kg	£22.03		£7.34		16953											
	10x250g	£27.11		RSP	£3.80	16958											
	10x125g	£17.55		RSP	£2.46	16959											
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HAZELNUTS	25kg	£389.87	↑	£15.59		16261											
Turkey	1x5kg	£87.54	↓	£17.51		16263											
	1x3kg	£54.00	↓	£18.00		16262											
	1x1kg	£18.37	↓	RSP	£25.71	16266											
	10x250g	£54.67	↓	RSP	£7.65	16268											
	10x150g	£36.00	↓	RSP	£5.04	16269											
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MIXED NUTS DELUXE	1x10kg	£131.31	↓	£13.13		16731											
Various	1x5kg	£69.86	↓	£13.97		16732											
	1x3kg	£43.39	↓	£14.46		16733											
	10x500g	£80.66	↓	RSP	£11.29	16737											
	10x250g	£45.83	↑	RSP	£6.42	16738											
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MIXED NUTS DELUXE & RAISINS	1x10kg	£93.04	↓	£9.30		16741											
Various	1x5kg	£50.72	↓	£10.14		16742											
	1x3kg	£31.91	↓	£10.64		16743											
	10x500g	£61.52	↑	RSP	£8.61	16745											
	10x250g	£36.26	↑	RSP	£5.08	16748											
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PINENUTS	25kg	£904.81		£36.19		16941											
Various	1x5kg	£185.06		£37.01		16942											
	1x3kg	£112.48		£37.49		16943											
	10x125g	£57.24		RSP	£8.01	16949											
	10x50g	£28.10		RSP	£3.93	16945											
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WALNUT PIECES	10kg	£90.89		£9.09		16501											
Moldova	1x3kg	£33.04		£11.01		16503											
	1x1kg	£11.31		RSP	£15.84	16506											
	10x500g	£62.58		RSP	£8.76	16507											
	10x250g	£36.29		RSP	£5.08	16508											
	10x125g	£22.14		RSP	£3.10	16509											
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ORGANIC SEEDS

HEMP SEEDS Various	25kg	£128.03		£5.12		18521											
	1x5kg	£33.66		£6.73		18522											
	1x3kg	£21.64		£7.21		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	£65.91		£6.59		18534											
	1x5kg	£34.91		£6.98		18532											
	1x3kg	£10.06		£3.35		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	£61.34		£2.45		16851											
	1x5kg	£17.18		£3.44		16852											
	1x3kg	£11.75		£3.92		16853											
	1x1kg	£4.32		RSP	£6.04	16856											
	10x500g	£28.08		RSP	£3.93	16857											
	10x250g	£19.54		RSP	£2.74	16858											
LINSEED GOLDEN - Flax Seed Various	25kg	£68.10		£2.72		16581											
	1x5kg	£18.59		£3.72		16582											
	1x3kg	£12.60		£4.20		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	£51.22	↓	£5.12		18561											
	1x5kg	£29.81	↓	£5.96		18562											
	1x3kg	£19.37	↓	£6.46		18563											
	1x1kg	£6.82	↓	RSP	£9.55	18565											
	10x500g	£40.61	↓	RSP	£5.69	18566											
	10x250g	£25.81	↓	RSP	£3.61	18567											
OMEGA 4-SEED BLEND (No Hemp Seed) Various	1x10kg	£48.60	↓	£4.86		18581											
	1x5kg	£28.50	↓	£5.70		18582											
	1x3kg	£18.58	↓	£6.19		18583											
	10x500g	£39.30	↓	RSP	£5.50	18586											
	10x250g	£25.15	↓	RSP	£3.52	18587											
POPPY SEED Turkey	25kg	£193.33		£7.73		18591											
	1x5kg	£45.41		£9.08		18592											
	1x3kg	£28.69		£9.56		18593											
	5x250g	£16.33		RSP	£4.57	18597											
	6x100g	£10.96		RSP	£2.56	18598											
PUMPKIN SEED China	25kg	£188.98		£7.56		16591											
	1x5kg	£44.43		£8.89		16592											
	1x3kg	£28.10		£9.37		16593											
	1x1kg	£9.67		RSP	£13.53	16596											
	10x500g	£54.33		RSP	£7.61	16597											
	10x250g	£32.16		RSP	£4.50	16598											
	10x125g	£20.08		RSP	£2.81	16599											
SALAD SPRINKLE [Sunflower Seeds, Pumpkin Seeds, Pinenuts]	1x10kg	£79.60	↓	£7.96		18101											
	1x5kg	£44.00	↓	£8.80		18102											
	1x3kg	£27.88	↓	£9.29		18103											
	10x250g	£32.90	↓	RSP	£4.61	18107											

ORGANIC SEEDS (Cont.)

SESAME SEED NATURAL	25kg	£138.48	↑	£5.54		16641											
Bolivia	1x5kg	£33.56	↑	£6.71		16642											
	1x3kg	£21.61	↑	£7.20		16643											
	1x1kg	£7.57	↑	RSP	£10.60	16646											
	10x500g	£44.36	↑	RSP	£6.21	16647											
	10x250g	£27.68	↑	RSP	£3.87	16648											
	10x125g	£18.34	↑	RSP	£2.57	16649											
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SUNFLOWER SEEDS	25kg	£88.50		£3.54		81481											
Ukraine/Turkey	1x5kg	£22.95		£4.59		81482											
	1x3kg	£15.21		£5.07		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

AJUKI	25 kg	£135.67		£5.43		17181											
China	1x10kg	£62.18		£6.22		17182											
	1x5kg	£33.04		£6.61		17183											
	1x3kg	£21.26		£7.09		17184											
	10x500g	£42.94		RSP	£6.01	17188											
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BLACK TURTLE	25 kg	£84.33		£3.37		17191											
Ethiopia	1x10kg	£40.31		£4.03		17192											
	1x5kg	£22.10		£4.42		17193											
	1x3kg	£14.70		£4.90		17194											
	10x500g	£33.00		RSP	£4.62	17198											
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CANELLINI	25 kg	£104.21		£4.17		17981											
China	1x10kg	£48.76		£4.88		17982											
	1x5kg	£26.33		£5.27		17983											
	1x3kg	£17.24		£5.75		17984											
	10x500g	£36.23		RSP	£5.07	17988											
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HARICOT	25 kg	£102.47		£4.10		17261											
China	1x10kg	£48.06		£4.81		17262											
	1x5kg	£25.98		£5.20		17263											
	1x3kg	£17.03		£5.68		17264											
	10x500g	£35.88		RSP	£5.02	17268											
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MUNG	25 kg	£107.85		£4.31		17271											
Uzbekistan	1x10kg	£50.35		£5.03		17272											
	1x5kg	£27.12		£5.42		17273											
	1x3kg	£17.71		£5.90		17274											
	10x500g	£37.02		RSP	£5.18	17278											
	<hr/>																
PINTO [Borlotti]	25 kg	£98.40		£3.94		17281											
China	1x10kg	£46.28		£4.63		17282											
	1x5kg	£25.09		£5.02		17283											
	1x3kg	£16.50		£5.50		17284											
	10x500g	£35.99		RSP	£5.04	17288											
	<hr/>																
RED KIDNEY	25 kg	£106.28		£4.25		17291											
China	1x10kg	£49.67		£4.97		17292											
	1x5kg	£26.79		£5.36		17293											
	1x3kg	£17.51		£5.84		17294											
	10x500g	£37.69		RSP	£5.28	17298											

ORGANIC BEANS (Cont.)

SOYA	25 kg	£65.77	↑	£2.63		17251											
Various	1x10kg	£32.33	↑	£3.23		17252											
	1x5kg	£18.12	↑	£3.62		17253											
	1x3kg	£12.31	↑	£4.10		17254											
	10x500g	£28.02	↑	RSP	£3.92	17258											
BEAN MIX	1x10kg	£49.25	↓	£4.92		16791											
Various	1x5kg	£28.82	↓	£5.76		16792											
	1x3kg	£18.77	↓	£6.26		16793											
	10x500g	£39.63	↑	RSP	£5.55	16798											

LENTILS ORGANIC

BROWN	25 kg	£56.14		£2.25		17841											
Turkey	1x10kg	£28.25		£2.82		17842											
	1x5kg	£16.07		£3.21		17843											
	1x3kg	£11.08		£3.69		17844											
	10x500g	£25.97		RSP	£3.64	17848											
	GREEN SPECKLED [PUY TYPE]	25 kg	£165.42		£6.62		17851										
Canada	1x10kg	£74.89		£7.49		17852											
	1x5kg	£39.40		£7.88		17853											
	1x3kg	£25.08		£8.36		17854											
	10x500g	£50.30		RSP	£7.04	17858											
	GREEN LENTILS	25 kg	£71.20		£2.85		17351										
Turkey	1x10kg	£34.67		£3.47		17352											
	1x5kg	£19.28		£3.86		17353											
	1x3kg	£13.01		£4.34		17354											
	10x500g	£29.18		RSP	£4.09	17358											
	RED SPLIT	25 kg	£57.91		£2.32		17361										
Turkey	1x10kg	£29.75		£2.97		17362											
	1x5kg	£16.82		£3.36		17363											
	1x3kg	£11.53		£3.84		17364											
	1x1kg	£4.14		RSP	£5.80	17367											
	10x500g	£26.72		RSP	£3.74	17368											
	10x250g	£18.36		RSP	£2.57	17369											
	SOUP MIX	1x10kg	£30.03	↓	£3.00		17941										
Various	1x5kg	£19.21	↓	£3.84		17942											
	1x3kg	£13.01	↓	£4.34		17943											
	10x500g	£30.01	↑	RSP	£4.20	17948											

PEAS ORGANIC

CHICK	25 kg	£64.11		£2.56		17371											
Italy	1x10kg	£31.72		£3.17		17372											
	1x5kg	£17.81		£3.56		17373											
	1x3kg	£12.12		£4.04		17374											
	1x1kg	£4.34		RSP	£6.08	17377											
	10x500g	£27.71		RSP	£3.88	17378											
	GREEN SPLIT	25 kg	£73.59		£2.94		16751										
Various	1x10kg	£35.68		£3.57		16752											
	1x5kg	£19.79		£3.96		16753											
	1x3kg	£13.31		£4.44		16754											
	1x1kg	£4.84		RSP	£6.77	16757											
	10x500g	£30.69		RSP	£4.30	16758											

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
PEAS ORGANIC (Cont.)																	
YELLOW SPLIT	25 kg	£77.83		£3.11		17381											
Various	1x10kg	£37.49		£3.75		17382											
	1x5kg	£20.69		£4.14		17383											
	1x3kg	£13.85		£4.62		17384											
	1x1kg	£5.02		RSP	£7.03	17387											
	10x500g	£31.59		RSP	£4.42	17388											
GRAINS ORGANIC																	
BUCKWHEAT RAW	25 kg	£63.06		£2.52		17731											
Poland	1x10kg	£31.20		£3.12		17732											
	1x5kg	£17.55		£3.51		17733											
	1x3kg	£11.97		£3.99		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	£73.07		£7.31		17792											
	1x5kg	£38.49		£7.70		17793											
	1x3kg	£24.53		£8.18		17795											
	10x500g	£48.39		RSP	£6.77	17798											
BULGAR COARSE	25 kg	£57.18		£2.29		17741											
Turkey	1x10kg	£28.67		£2.87		17742											
	1x5kg	£16.29		£3.26		17743											
	1x3kg	£11.21		£3.74		17744											
	10x500g	£26.19		RSP	£3.67	17748											
COUSCOUS WHOLEWHEAT	20 kg	£52.59		£2.63		17751											
Italy	1x10kg	£31.46		£3.15		17752											
	1x5kg	£17.68		£3.54		17753											
	1x3kg	£12.05		£4.02		17754											
	1x1kg	£4.32		RSP	£6.04	17757											
	10x500g	£27.58		RSP	£3.86	17758											
COUSCOUS WHITE	20 kg	£52.59		£2.63		17951											
Italy	1x10kg	£31.46		£3.15		17952											
	1x5kg	£17.68		£3.54		17953											
	1x3kg	£12.05		£4.02		17954											
	10x500g	£27.58		RSP	£3.86	17958											
MILLET HULLED	25 kg	£60.62		£2.42		17761											
Various	1x10kg	£30.16		£3.02		17762											
	1x5kg	£17.03		£3.41		17763											
	1x3kg	£11.66		£3.89		17765											
	1x1kg	£4.29		RSP	£6.00	17767											
	10x500g	£27.93		RSP	£3.91	17768											
PEARL BARLEY	20 kg	£40.55		£2.03		17721											
UK	1x10kg	£25.97		£2.60		17722											
	1x5kg	£14.94		£2.99		17723											
	1x3kg	£10.40		£3.47		17724											
	10x500g	£24.84		RSP	£3.48	17728											
POPPING CORN	25 kg	£59.68		£2.39		17781											
Turkey	1x10kg	£29.75		£2.97		17782											
	1x5kg	£16.82		£3.36		17783											
	1x3kg	£11.53		£3.84		17784											
	10x500g	£26.72		RSP	£3.74	17788											

GRAINS ORGANIC (Cont.)

QUINOA	25 kg	£126.98		£5.08		17691											
Various	1x10kg	£58.53		£5.85		17692											
	1x5kg	£31.21		£6.24		17693											
	1x3kg	£20.17		£6.72		17694											
	1x1kg	£7.02		RSP	£9.83	17697											
	10x500g	£41.11		RSP	£5.76	17698											
	10x250g	£25.56		RSP	£3.58	17699											
	<hr/>																
RYE GRAIN	25 kg	£43.32		£1.73		17891											
U.K.	1x10kg	£22.72		£2.27		17892											
	1x5kg	£13.31		£2.66		17893											
	1x3kg	£9.42		£3.14		17894											
	1x1kg	£3.44		RSP	£4.82	17897											
	10x500g	£23.21		RSP	£3.25	17898											
	<hr/>																
SPELT GRAIN	25 kg	£79.48		£3.18		18551											
U.K. / EU	1x10kg	£38.13		£3.81		18552											
	1x5kg	£21.01		£4.20		18553											
	1x3kg	£14.05		£4.68		18554											
	1x1kg	£4.98		RSP	£6.98	18557											
	10x500g	£30.91		RSP	£4.33	18558											
	<hr/>																
WHEAT GRAIN	25 kg	£34.61		£1.38		17771											
Various	1x10kg	£19.10		£1.91		17772											
	1x5kg	£11.50		£2.30		17773											
	1x3kg	£8.34		£2.78		17774											
	1x1kg	£3.08		RSP	£4.31	17777											
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RICE ORGANIC

BASMATI BROWN	25 kg	£104.38	↑	£4.18		16771											
India/Pakistan	1x10kg	£48.93	↑	£4.89		16772											
	1x5kg	£27.95	↑	£5.59		16773											
	1x3kg	£19.20	↑	£6.40		16774											
	1x1kg	£7.10	↑	RSP	£9.94	16777											
	10x500g	£43.82	↑	RSP	£6.13	16778											
	<hr/>																
BASMATI WHITE	25 kg	£93.66	↓	£3.75		17961											
Pakistan	1x10kg	£44.41	↓	£4.44		17962											
	1x5kg	£25.57	↑	£5.11		17963											
	1x3kg	£17.69	↑	£5.90		17964											
	1x1kg	£6.57	↑	RSP	£9.20	17968											
	10x500g	£41.03	↑	RSP	£5.74	17969											
	<hr/>																
LONG GRAIN BROWN	20 kg	£74.67		£3.73		18791											
Italy	1x10kg	£43.40		£4.34		18792											
	1x5kg	£23.65		£4.73		18793											
	1x3kg	£15.63		£5.21		18795											
	1x1.5kg	£7.66		RSP	£10.73	18797											
	1x1kg	£5.61		RSP	£7.85	18798											
	10x500g	£34.55		RSP	£4.84	18799											
	<hr/>																
RISOTTO WHITE [Arborio]	20 kg	£149.29	↑	£7.46		18851											
Italy	1x10kg	£84.20	↑	£8.42		18852											
	1x5kg	£44.10	↑	£8.82		18853											
	1x3kg	£27.94	↑	£9.31		18855											
	1x1kg	£9.68	↑	RSP	£13.55	18857											
	10x500g	£54.90	↑	RSP	£7.69	18858											
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RICE ORGANIC (Cont.)

SHORT GRAIN BROWN	20 kg	£67.91 ↓	£3.40		18811												
Italy	1x10kg	£40.70 ↓	£4.07		18812												
	1x5kg	£22.35 ↓	£4.47		18813												
	1x3kg	£14.89 ↓	£4.96		18815												
	1x1.5kg	£7.24 ↓	RSP	£10.14	18818												
	1x1kg	£5.33 ↓	RSP	£7.46	18817												
	10x500g	£33.15 ↓	RSP	£4.64	18819												

ORGANIC FLAKES & CEREALS

BARLEY FLAKES	20 kg	£37.61 ↓	£1.88		20191												
U.K.	1x5kg	£14.19 ↓	£2.84		20192												
	1x3kg	£10.00 ↓	£3.33		20193												
	1x1kg	£3.70 ↓	RSP	£5.18	20198												
	10x500g	£24.99 ↓	RSP	£3.50	20199												
BRAN FLAKES MALTED	10 kg	£56.70	£5.67		20161												
Denmark	1x5kg	£34.23	£6.85		20162												
	1x3kg	£21.98	£7.33		20163												
	10x500g	£44.13	RSP	£6.18	20168												
BUCKWHEAT FLAKES	15 kg	£74.40	£4.96		17881												
China	1x5kg	£30.56	£6.11		17882												
	1x3kg	£19.78	£6.59		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												
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												
PORRIDGE OATS	25 kg	£35.35	£1.41		20021												
U.K.	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												
RYE FLAKES	20 kg	£35.91 ↓	£1.80		20441												
U.K.	1x5kg	£13.79 ↓	£2.76		20442												
	1x3kg	£9.75 ↓	£3.25		20443												
	10x500g	£24.59 ↓	RSP	£3.44	20449												
WHEAT FLAKES	20 kg	£36.21 ↓	£1.81		20421												
U.K.	1x5kg	£13.81 ↓	£2.76		20422												
	1x3kg	£9.76 ↓	£3.25		20423												
	10x500g	£24.61 ↓	RSP	£3.44	20429												

ORGANIC FLAKES & CEREALS (Cont.)

WHEAT FLAKES TOASTED	12.5 kg	£49.45		£3.96		19911											
U.K.	1x5kg	£25.24		£5.05		19912											
	1x3kg	£16.58		£5.53		19913											
	10x500g	£36.14		RSP	£5.06	19919											

ORGANIC BRAN & WHEATGERM

OATBRAN	25 kg	£42.63		£1.71		19921											
U.K.	1x5kg	£13.21		£2.64		19922											
	1x3kg	£9.37		£3.12		19923											
	1x1kg	£3.42		RSP	£4.79	19928											
	10x500g	£23.11		RSP	£3.24	19929											

WHEATBRAN	10 kg	£17.05		£1.70		20451											
Various	1x5kg	£12.99		£2.60		20452											
	1x3kg	£9.23		£3.08		20456											
	10x500g	£22.89		RSP	£3.20	20458											

WHEATGERM [Shipton Mill]	20 kg	£34.20		£1.71		20581											
Various	1x5kg	£13.22		£2.64		20582											
	1x3kg	£9.37		£3.12		20583											
	10x500g	£23.12		RSP	£3.24	20588											
	10x250g	£16.56		RSP	£2.32	20589											

ORGANIC MUESLI

APRICOT & ALMOND MUESLI	1x10kg	£55.64	↑	£5.56		37401											
25% Fruit & Nut	1x5kg	£32.02	↑	£6.40		37402											
	1x3kg	£20.69	↑	£6.90		37403											
	10x500g	£42.82	↑	RSP	£5.99	37408											

DELUXE MUESLI	1x10kg	£32.83	↑	£3.28		20381											
25% Fruit & Nut	1x5kg	£20.62	↑	£4.12		20382											
	1x3kg	£13.85	↑	£4.62		20385											
	1x2kg	£9.77	↑	RSP	£13.67	20386											
	1x1kg	£4.98	↑	RSP	£6.98	20388											

LUXURY SPECIALITY MUESLI	1x10kg	£59.08	↑	£5.91		25021											
50% Fruit And Nuts	1x5kg	£33.74	↑	£6.75		25022											
	1x3kg	£21.72	↑	£7.24		25023											
	1x1kg	£7.61	↑	RSP	£10.65	25027											

MUESLI BASE	1x10kg	£20.81	↑	£2.08		20431											
	1x5kg	£14.61	↑	£2.92		20432											
	1x3kg	£10.24	↑	£3.41		20433											
	1x1kg	£3.78	↑	RSP	£5.29	20438											

SUPER RICH MUESLI	1x10kg	£42.54	↑	£4.25		24041											
50% Fruit & Nut	1x5kg	£25.47	↑	£5.09		24042											
	1x3kg	£16.76	↑	£5.59		24043											
	1x1kg	£5.95	↑	RSP	£8.33	24048											

WHEAT FREE FRUIT & NUT MUESLI	1x10kg	£43.00	↑	£4.30		20491											
44% Fruit & Nut	1x5kg	£25.70	↑	£5.14		20492											
	1x3kg	£16.90	↑	£5.63		20493											
	1x1kg	£6.00	↑	RSP	£8.40	20498											
	10x500g	£36.50	↑	RSP	£5.11	20499											

WHEAT FREE FRUITY MUESLI	1x10kg	£37.33	↑	£3.73		37531											
40% Fruit	1x5kg	£22.87	↑	£4.57		37532											
	1x3kg	£15.20	↑	£5.07		37533											
	1x1kg	£5.43	↑	RSP	£7.61	37538											

ORGANIC FLOUR-See also Doves Farm & Shipton Mill

BUCKWHEAT FLOUR China	25 kg	£143.56	£5.74		20731											
	1x5kg	£34.15	£6.83		20732											
	1x3kg	£21.93	£7.31		20733											
	10x500g	£45.05	RSP	£6.31	20739											
CAROB POWDER Italy	25 kg	£148.74	£5.95		27451											
	1x3kg	£22.61	£7.54		27453											
	10x500g	£46.16	RSP	£6.46	27457											
	10x250g	£28.57	RSP	£4.00	27458											
COCOA POWDER 10/12% Fat Netherlands	25 kg	£223.38	£8.94		18151											
	1x5kg	£50.90	£10.18		18152											
	1x3kg	£31.98	£10.66		18153											
	10x250g	£36.40	RSP	£5.10	18158											
	10x125g	£22.70	RSP	£3.18	18159											
CORNFLOUR SIFTED Italy	25 kg	£88.17	£3.53		27111											
	1x5kg	£22.94	£4.59		27112											
	1x3kg	£15.20	£5.07		27113											
	1x1kg	£5.47	RSP	£7.66	27117											
	10x500g	£33.84	RSP	£4.74	27118											
POLENTA COARSE [Yellow Cornmeal] France	25 kg	£67.32	£2.69		19961											
	1x5kg	£18.49	£3.70		19962											
	1x3kg	£12.54	£4.18		19963											
	10x500g	£28.39	RSP	£3.97	19968											
SEMOLINA BROWN Various	25 kg	£47.28	£1.89		20751											
	1x5kg	£14.21	£2.84		20752											
	1x3kg	£9.97	£3.32		20753											
	10x500g	£25.11	RSP	£3.52	20758											

ORGANIC SUGAR

CANE SUGAR LIGHT Fine Granulated	25kg	£107.69	£4.31		21151											
	1x10kg	£50.05	£5.00		21152											
	1x5kg	£26.97	£5.39		21153											
	1x3kg	£17.62	£5.87		21154											
	10x500g	£37.87	RSP	£5.30	21158											

ORGANIC TEXTURED SOYA PROTEIN

PLAIN SOYA MINCE France	10kg	£95.19	£9.52		17861											
	1x3kg	£33.79	£11.26		17862											
	10x250g	£36.90	RSP	£5.17	17869											

ORGANIC PASTA

WHITE FUSILLI Italy	10kg	£26.68	£2.67		18200											
	10x500g	£18.34	RSP	£2.43	18208											
WHITE ORZO	10kg	£30.00	£3.00		18240											
WHITE PENNE Italy	10kg	£24.95	£2.50		18210											
	10x500g	£18.48	RSP	£2.45	18218											
WHITE SPAGHETTI	10kg	£23.12	£2.31		18242											
WHOLEWHEAT FUSILLI Italy	10kg	£28.35	£2.83		18220											
	10x500g	£20.18	RSP	£2.71	18228											
WHOLEWHEAT PENNE Italy	10kg	£27.34	£2.73		18230											
	10x500g	£18.67	RSP	£2.42	18238											



Organic

Branded

BRANDED GOODS ALPHABETICALLY BY SUPPLIER

"ALPRO"

SOYA ALTERNATIVE TO MILK

ORGANIC SOYA DRINK	8x1lt	£12.34	RSP	£2.06	55611														
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"ASPALL"

APPLE CYDER VINEGAR WITH THE MOTHER	6x500ml	£14.27	RSP	£3.17	38508														
BALSAMIC VINEGAR	6x350ml	£19.10	RSP	£4.24	38502														
CYDER VINEGAR	6x500ml	£10.99	RSP	£2.44	38505														
RED WINE VINEGAR	6x350ml	£9.50	RSP	£2.11	38515														
WHITE WINE VINEGAR	6x350ml	£9.50	RSP	£2.11	38517														

"BILLINGTONS"

CASTER SUGAR	10x500g	£20.12	RSP	£2.68	76101														
GRANULATED SUGAR	10x500g	£18.84	RSP	£2.51	76102														

"BIONA"

CONVENIENCE FOODS

ADUKI BEANS	6x400g	£7.61	RSP	£1.69	13201														
BAKED BEANS IN TOMATO SAUCE	12x400g	£15.21	RSP	£1.69	30883														
GIANT BAKED BEANS IN TOMATO SAUCE	6x230g	£10.31	RSP	£2.29	30850														
BLACK BEANS	6x400g	£6.26	RSP	£1.39	30884														
BLACK BEAN CHILLI	6x400g	£7.61	RSP	£1.69	30891														
BLACK CHICK PEAS	6x400g	£6.26	RSP	£1.39	30842														
BUTTER BEANS	6x400g	£7.61 ↑	RSP	£1.69	30885														
CHICK PEAS	6x400g	£6.71	RSP	£1.49	30881														
CHILLI BEANS	6x395g	£7.61	RSP	£1.69	30888														
EDAMAME BEANS	12x200g	£19.71	RSP	£2.19	30844														
GREEN LENTILS	6x400g	£6.26	RSP	£1.39	30887														
MIXED BEANS	6x400g	£6.71	RSP	£1.49	30889														
RED KIDNEY BEANS	6x400g	£6.71 ↑	RSP	£1.49	30882														
SWEETCORN	6x340g	£11.21	RSP	£2.49	30821														
WORCESTER SAUCE	6x140ml	£19.31	RSP	£4.29	30890														
COCONUT PRODUCTS			☼																
COCONUT OIL CUISINE - Deodorised	6x470ml	£22.01	RSP	£4.89	30893														
COCONUT OIL CUISINE - Deodorised	6x610ml	£26.96	RSP	£5.99	30895														

PASTA SAUCES

ARRABBIATA PASTA SAUCE	6x350g	£13.46	RSP	£2.99	30817														
BASILICO PASTA SAUCE	6x350g	£13.46	RSP	£2.99	30819														

"CELESTIAL SEASONING TEAS"

GINGER & TURMERIC	6x20Bag	£16.60 ☼	RSP	£3.69	55342														
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"CLIPPER"

INFUSIONS - TEA BAGS

CHAMOMILE	6x20Bags	£11.66	RSP	£2.59	56441														
LEMON & GINGER	6x20Bags	£11.66	RSP	£2.59	56445														
NETTLE	6x20Bags	£11.66	RSP	£2.59	56447														
PEPPERMINT	6x20Bags	£11.66	RSP	£2.59	56449														
SLEEP EASY	6x20Bag	£11.66	RSP	£2.59	56373														
SNORE & PEACE	4x20Bags	£8.76	RSP	£2.92	56419														

SPECIALITY TEA - BAGS

EARL GREY FAIRTRADE	6x40Bag	£14.52	RSP	£3.23	56406														
ENGLISH BREAKFAST FAIRTRADE	6x40Bag	£14.71	RSP	£3.27	56455														
EVERYDAY BLEND TEA BAGS	4x80Bag	£13.08	RSP	£4.36	56467														

"CLIPPER" (Cont.)

DETOX TEA BAGS	6x20Bag	£11.66		RSP	£2.59	56165											
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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	£31.58		RSP	£7.02	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											
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"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	£36.00		RSP	£5.99	74116											
ETHIOPIAN YIRACHEFFE ROAST GROUND	8x200g	£38.50	↓	RSP	£6.41	74118											
ITALIAN BLEND ROAST GROUND COFFEE	8x200g	£36.00	↓	RSP	£6.00	74122											
COFFEE FROM WOMEN FARMERS	8x200g	£36.00	↓	RSP	£6.00	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	£12.55		RSP	£1.39	54016											
TINNED CHERRY TOMATOES WHOLE	12x400g	£17.13		RSP	£1.90	54036											
TINNED TOMATOES CHOPPED	12x400g	£12.19		RSP	£1.35	54017											
TOMATO PUREE TUBES	12x130g	£14.35		RSP	£1.59	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	£5.40		RSP	£1.20	67312											
BORLOTTI BEANS	6x400g	£6.27		RSP	£1.39	67313											
BUTTER BEANS	6x400g	£6.30	↓	RSP	£1.40	67181											

"ESSENTIAL TRADING" (Cont.)

CANNELLINI BEANS	6x400g	£5.64 ↓	RSP	£1.25	13209												
CHICK PEAS	6x400g	£5.40	RSP	£1.20	67182												
DARK SPECKLED PUY-TYPE LENTILS	6x400g	£5.65 ↑	RSP	£1.26	67183												
MIXED BEANS	6x400g	£5.63 ↓	RSP	£1.25	67118												
RED KIDNEY BEANS	6x400g	£5.87	RSP	£1.30	67184												

"FREE & EASY"

SOUP

BROCCOLI & KALE	6x400g	£10.75	RSP	£2.39	13208												
BUTTERNUT SQUASH & GINGER	6x400g	£10.75	RSP	£2.39	13212												
CARROT & COCONUT	6x400g	£10.75	RSP	£2.39	13215												
LENTIL & RED PEPPER	6x400g	£10.75	RSP	£2.39	13216												
PEA & MINT	6x400g	£10.75	RSP	£2.39	13217												
TOMATO	6x400g	£10.75	RSP	£2.39	13226												

TINNED READY MEALS

BEAN CASSOULET	6x400g	£14.10	RSP	£3.13	13227												
CHICK PEA & BEAN TAGINE	6x400g	£14.35	RSP	£3.19	13206												
CHICK PEA & VEGETABLE CURRY	6x400g	£14.35	RSP	£3.19	13229												
MID-EAST CHICK PEA CASSEROLE	6x400g	£14.35	RSP	£3.19	13218												
THREE BEAN CHILLI	6x400g	£14.35	RSP	£3.19	13222												
VEGETABLE HOTPOT	6x400g	£14.35	RSP	£3.19	13202												

"GREEN & BLACK'S"

DRINKS

FAIRTRADE COCOA POWDER	6x125g	£16.19	RSP	£3.60	56523												
HOT CHOCOLATE	6x250g	£29.74	RSP	£6.61	56525												

"JOYA"

JOYA ORGANIC	10x1lt	£16.11	RSP	£2.15	55665												
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"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												
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"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
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"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	20kg	£345.04	£17.25		79231												
Germany	1x1kg	£18.85	RSP	£26.39	79235												
	10x250g	£55.13	RSP	£7.72	79238												
	10x100g	£27.25	RSP	£3.82	79239												
CACAO NIBS	20kg	£196.47	£9.82		79211												
Peru	1x5kg	£53.22	RSP	£74.50	79212												
	1x1kg	£11.52	RSP	£16.13	79215												
	10x500g	£64.12	RSP	£8.98	79217												
	10x250g	£37.56	RSP	£5.26	79218												
	10x125g	£23.28	RSP	£3.26	79219												
COCONUT FLOUR	20kg	£46.48	£2.32		79401												
Sri Lanka	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	20kg	£132.16	£6.61		79411												
Indonesia	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	20kg	£238.80	£11.94		79281												
E.U.	1x1kg	£12.94	RSP	£18.12	79286												
	6x500g	£41.82	RSP	£9.76	79287												
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												
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"OPIES"

CAPERS	6x180g	£10.64	RSP	£2.36	68201												
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"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	£22.09	RSP	£2.45	37452												
PENNE	12x500g	£20.25	RSP	£2.25	37458												
SPAGHETTI	12x500g	£22.09	RSP	£2.45	37461												

"ORGANICO" (Cont.)

WHOLEWHEAT PASTA

FUSILLI	12x500g	£22.09	RSP	£2.45	37451												
PENNE	12x500g	£22.09	RSP	£2.45	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												
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											

"SHIPTON MILL" ORGANIC FLOUR (Cont.)

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"

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												

"TICK TOCK"

GREEN TEA BAGS	4x40bag	£8.55		RSP £2.85	82671												
ROOIBOS TEA BAGS	4x40bag	£8.09		RSP £2.70	82670												

"WAINWRIGHTS"

ZAMBIAN FOREST HONEY CLEAR	6x380g	£22.40		RSP £4.98	42227												
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"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	£12.42	↑	£24.84	88102												
Egypt	6x20g	£8.98	↑	RSP	£0.45 88109												
155ml Spice Tub	10x20g	£15.97	↑	RSP	£2.25 88105												

BAY LEAVES	1x250g	£8.98	↑	£17.95	88112												
Turkey	6x20g	£8.15	↑	RSP	£1.90 88119												

BLACK ONION SEEDS	1x500g	£8.44	↑	£16.88	88522												
Turkey	6x25g	£8.53	↑	RSP	£1.99 88529												
155ml Spice Tub	10x50g	£19.44	↑	RSP	£2.74 88525												

CARAWAY SEED	1x500g	£8.15	↑	£16.30	88122												
Various	6x25g	£8.44	↑	RSP	£1.97 88129												
155ml Spice Tub	10x50g	£19.15	↑	RSP	£2.70 88125												

CARDAMOM PODS GREEN	1x500g	£54.70	↑	£109.40	88532												
Various	6x25g	£22.41	↑	RSP	£5.23 88539												
155ml Spice Tub	10x30g	£43.82	↑	RSP	£6.17 88535												

CARDAMOM GROUND	1x500g	£56.57	↑	£113.14	88302												
Various	6x25g	£22.97	↑	RSP	£5.36 88309												
155ml Spice Tub	10x50g	£67.57	↑	RSP	£9.52 88305												

CHILLI POWDER	1x500g	£12.81	↑	£25.62	88132												
Various	6x25g	£9.84	↑	RSP	£2.30 88139												
155ml Spice Tub	10x50g	£23.81	↑	RSP	£3.35 88135												

CINNAMON GROUND	1x500g	£8.30	↓	£16.60	88142												
Various	1x250g	£5.55	↓	RSP	£7.77 88143												
	6x100g	£17.16	↑	RSP	£4.00 88148												
	6x25g	£8.49	↑	RSP	£1.98 88149												
155ml Spice Tub	10x50g	£19.30	↑	RSP	£2.72 88144												

CLOVES WHOLE	1x500g	£45.50	↑	£91.00	88152												
Various	6x25g	£19.65	↑	RSP	£4.58 88159												
155ml Spice Tub	10x30g	£38.30	↑	RSP	£5.39 88155												

CORIANDER SEED	1x500g	£6.60	↑	£13.21	88162												
Various	6x25g	£7.98	↑	RSP	£1.86 88169												
155ml Spice Tub	10x40g	£16.28	↑	RSP	£2.29 88165												

CORIANDER GROUND	1x500g	£7.98	↑	£15.96	88702												
Various	6x100g	£16.78	↑	RSP	£3.91 88708												
	6x25g	£8.39	↑	RSP	£1.96 88709												
155ml Spice Tub	10x50g	£18.98	↑	RSP	£2.67 88705												

CUMIN SEED	1x500g	£15.40	↑	£30.80	88182												
Various	6x25g	£10.62	↑	RSP	£2.48 88189												
155ml Spice Tub	10x50g	£26.40	↑	RSP	£3.72 88185												

CUMIN GROUND	1x500g	£18.38	↑	£36.77	88192												
Various	6x25g	£11.51	↑	RSP	£2.69 88199												
155ml Spice Tub	10x50g	£29.38	↑	RSP	£4.14 88195												

CURRY POWDER	1x500g	£11.23	↑	£22.46	88572												
Various	1x250g	£7.02	↑	RSP	£9.82 88573												
	6x25g	£9.37	↑	RSP	£2.19 88579												
155ml Spice Tub	10x50g	£22.23	↑	RSP	£3.13 88575												

ORGANIC HERBS & SPICES (Cont.)

FENNEL SEED	1x500g	£8.26	↑	£16.52	88202												
Egypt	6x25g	£8.48	↑	RSP	£1.98 88209												
155ml Spice Tub	10x50g	£19.26	↑	RSP	£2.71 88205												

GARAM MASALA	1x500g	£11.74	↑	£23.48	88212												
Various	6x25g	£9.52	↑	RSP	£2.22 88219												
155ml Spice Tub	10x50g	£22.74	↑	RSP	£3.20 88215												

GINGER GROUND	1x500g	£9.76	↓	£19.52	88242												
Guatemala	6x100g	£18.91	↑	RSP	£4.41 88248												
	6x25g	£8.93	↑	RSP	£2.08 88249												
155ml Spice Tub	10x40g	£18.81	↑	RSP	£2.65 88245												

KELP POWDER - Natural			⊛														
See Non-Organic Herbs & Spices			⊛														

MARJORAM	1x500g	£14.02	↑	£28.04	88262												
Egypt	6x20g	£9.36	↑	RSP	£2.19 88269												
155ml Spice Tub	10x10g	£13.80	↑	RSP	£1.94 88265												

MINT	1x500g	£10.45	↑	£20.89	88612												
Egypt	6x25g	£9.13	↑	RSP	£2.13 88619												
155ml Spice Tub	10x15g	£14.13	↑	RSP	£1.99 88615												

MIXED HERBS	1x500g	£14.30	↑	£28.60	88272												
Various	6x20g	£9.43	↑	RSP	£2.20 88279												
155ml Spice Tub	10x20g	£16.72	↑	RSP	£2.35 88275												

MIXED SPICE	1x500g	£9.28	↑	£18.56	88282												
Various	6x100g	£18.34	↑	RSP	£4.28 88288												
	6x25g	£8.78	↑	RSP	£2.05 88289												
155ml Spice Tub	10x50g	£20.28	↑	RSP	£2.86 88285												

MUSTARD POWDER	1x500g	£7.00	↓	£14.00	88292												
India/ Germany	6x25g	£8.10	↑	RSP	£1.89 88299												
155ml Spice Tub	10x50g	£18.00	↑	RSP	£2.54 88295												

MUSTARD SEED BROWN	1x500g	£6.79	↑	£13.58	88312												
India	6x40g	£9.26	↑	RSP	£2.16 88319												
155ml Spice Tub	10x60g	£19.15	↑	RSP	£2.70 88315												

MUSTARD SEED YELLOW	1x500g	£7.36	↑	£14.72	88322												
India	6x40g	£9.53	↑	RSP	£2.22 88329												
155ml Spice Tub	10x60g	£19.83	↑	RSP	£2.79 88325												

NUTMEG WHOLE	1x500g	£44.30	↑	£88.60	88622												
Various	6x20g	£16.63	↑	RSP	£3.88 88629												
155ml Spice Tub	10x20g	£28.72	↑	RSP	£4.05 88625												

OREGANO	1x500g	£12.00	↓	£24.00	88342												
Various	6x20g	£8.88	↑	RSP	£2.07 88349												
155ml Spice Tub	10x20g	£15.80	↑	RSP	£2.23 88345												

PAPRIKA	1x500g	£11.96	↑	£23.93	88362												
Spain	6x25g	£9.59	↑	RSP	£2.24 88369												
155ml Spice Tub	10x50g	£22.96	↑	RSP	£3.23 88365												

ORGANIC HERBS & SPICES (Cont.)

PARSLEY	1x500g	£23.77	↑	£47.54		88352												
Various	6x20g	£11.71	↑	RSP	£2.73	88359												
155ml Spice Tub	10x15g	£18.13	↑	RSP	£2.55	88355												

PEPPERCORNS BLACK	1x500g	£10.43	↓	£20.85		88372												
Various	6x100g	£19.71	↓	RSP	£4.60	88378												
	6x25g	£9.13	↑	RSP	£2.13	88379												
155ml Spice Tub	10x50g	£21.43	↑	RSP	£3.02	88375												

ROSEMARY	1x500g	£5.22	↑	£10.44		88412												
Spain	6x20g	£7.25	↑	RSP	£1.69	88419												
155ml Spice Tub	10x30g	£14.13	↑	RSP	£1.99	88415												

SAGE	1x500g	£16.12	↑	£32.23		88422												
Turkey	6x20g	£9.87	↑	RSP	£2.30	88429												
155ml Spice Tub	10x20g	£17.45	↑	RSP	£2.46	88425												

STAR ANISE	1x500g	£19.62	↓	£39.25		88672												
China/Vietnam	1x250g	£11.21	↓	RSP	£15.70	88673												
	6x25g	£11.89	↑	RSP	£2.77	88679												
155ml Spice Tub	10x20g	£18.85	↑	RSP	£2.65	88675												

THYME	1x500g	£8.27	↑	£16.53		88442												
Various	6x20g	£7.98	↑	RSP	£1.86	88449												
155ml Spice Tub	10x20g	£14.31	↑	RSP	£2.01	88445												

TURMERIC	1x500g	£7.80	↓	£15.60		88452												
India/Nigeria	1x250g	£5.30	↓	RSP	£7.42	88453												
	6x100g	£16.56	↓	RSP	£3.86	88458												
	6x30g	£8.81	↑	RSP	£2.06	88459												
155ml Spice Tub	10x50g	£18.80	↑	RSP	£2.65	88455												



Conventional

Fruits, nuts, cereals
& beans

DOCUMENTS

PRICELIST	1x1				10000												
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DRIED AND CRYSTALLISED FRUIT

ANGELICA	1x1kg	£28.21			15101												
France	10x100g	£39.92		RSP	£5.59 15108												
APPLE RINGS	10 kg	£102.75		£10.28	15111												
China	1x5kg	£59.03		£11.81	15112												
	1x3kg	£36.86		£12.29	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	£31.31		£10.44	15922												
APRICOTS LARGE Size 1/2	12.5kg	£137.47		£11.00	15121												
Turkey	1x5kg	£59.09		£11.82	15122												
	1x3kg	£36.89		£12.30	15123												
	10x500g	£68.99		RSP	£9.66 15127												
	10x250g	£39.49		RSP	£5.53 15128												
APRICOTS Size 4/5	12.5kg	£121.88		£9.75	15131												
Turkey	1x5kg	£52.85		£10.57	15132												
	1x3kg	£33.15		£11.05	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	£129.93		£10.39	15141												
Turkey	1x5kg	£59.58		£11.92	15142												
	1x3kg	£37.19		£12.40	15143												
	10x500g	£70.48		RSP	£9.87 15148												
	10x250g	£40.74		RSP	£5.70 15149												
APRICOTS CHOPPED 6-10mm	12.5kg	£80.44		£6.43	15151												
Turkey	1x5kg	£36.27		£7.25	15152												
	10x250g	£28.09		RSP	£3.94 15159												
BANANA CHIPS	6.8kg	£26.94		£3.96	15191												
Phillipines	1x3kg	£16.80		£5.60	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	£170.81		£18.83	14061												
Various	1x3kg	£64.43		£21.48	14062												
	1x1kg	£21.88		RSP	£30.63 14065												
	10x100g	£31.18		RSP	£4.36 14069												
CHERRIES RED WHOLE No1	10kg	£68.73		£6.87	15201												
Spain	1x5kg	£38.47		£7.69	15202												
	1x3kg	£24.52		£8.17	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.)

CHERRIES RED WHOLE & BROKEN 70%/30%	10kg	£62.40		£6.24		14161											
Spain	1x5kg	£35.30		£7.06		14162											
	1x3kg	£22.62		£7.54		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											
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CHERRIES GOLD	1x10kg	£67.59		£6.76		15641											
Spain	1x5kg	£37.89		£7.58		15642											
	1x3kg	£24.18		£8.06		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										
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CHERRIES GREEN	1x10kg	£73.82		£7.38		15651											
Spain	1x5kg	£41.01		£8.20		15652											
	1x3kg	£26.05		£8.68		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										
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CHERRIES MIXED - Four Colours	1x10kg	£81.87	↑	£8.19		15661											
Spain	1x5kg	£45.13	↑	£9.03		15662											
	1x3kg	£28.56	↑	£9.52		15663											
	1x1kg	£9.89	↑	RSP	£13.84	15666											
	10x500g	£55.94	↑	RSP	£7.83	15667											
	10x250g	£33.47	↑	RSP	£4.69	15668											
	10x125g	£21.23	↑	RSP	£2.97	15669											
Clear PET Tub	6x750g	£46.44	↑	RSP	£10.84	15664											
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CHERRIES NATURAL COLOUR	10kg	£74.63		£7.46		15211											
[Dark Burgundy Colour, From Grape Skins]	1x5kg	£41.41		£8.28		15212											
	1x3kg	£26.29		£8.76		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										
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CHERRIES NATURAL COLOUR	10kg	£73.23		£7.32		14011											
[Red Colour, From Fruit & Veg. Juice]	1x3kg	£25.87		£8.62		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										
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CHERRIES DRIED SOUR W.S.	9.07kg	£167.57		£18.47		14201											
USA	1x3kg	£63.29		£21.10		14204											
	1x1kg	£21.40		RSP	£29.95	14202											
	10x100g	£29.80		RSP	£4.17	14209											
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CRANBERRIES - Sugar Sweetened	11.34kg	£63.09	↓	£5.56		14111											
USA/Canada	1x5kg	£34.40	↓	£6.88		14113											
	1x3kg	£22.12	↓	£7.37		14114											
	1x1kg	£7.74	↓	RSP	£10.84	14112											
	10x500g	£45.20	↓	RSP	£6.33	14117											
	10x250g	£28.10	↑	RSP	£3.93	14118											
	10x100g	£17.04	↑	RSP	£2.39	14119											
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DRIED AND CRYSTALLISED FRUIT (Cont.)

CURRANTS Greece	12.5kg	£33.91		£2.71		15221											
	1x5kg	£18.83		£3.77		15222											
	1x3kg	£12.74		£4.25		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	£15.59		£3.12		15232											
	1x3kg	£10.79		£3.60		15233											
	10x500g	£25.49		RSP	£3.57	15238											
	10x250g	£17.75		RSP	£2.48	15239											
DATES PITTED Pakistan/UAE	12.5kg	£20.36		£1.63		15671											
	1x5kg	£12.81		£2.56		15672											
	1x3kg	£9.13		£3.04		15673											
	10x500g	£22.71		RSP	£3.18	15678											
	10x250g	£16.36		RSP	£2.29	15679											
FIGS LERIDA CROP Turkey	12.5kg	£102.93	↑	£8.23		14021											
	1x5kg	£48.22	↑	£9.64		14022											
	1x3kg	£30.37	↑	£10.12		14023											
	1x1kg	£10.42	↑	RSP	£14.59	14025											
	10x500g	£58.12	↑	RSP	£8.14	14027											
	10x250g	£34.06	↑	RSP	£4.77	14028											
FRUIT SALAD Original Recipe No Added Sugar	1x10kg	£99.00	↑	£9.90		15271											
	1x5kg	£53.70	↑	£10.74		15272											
	1x3kg	£33.70	↑	£11.23		15273											
	1x1kg	£11.60	↑	RSP	£16.24	15276											
	10x500g	£64.50	↑	RSP	£9.03	15277											
	10x250g	£37.75	↑	RSP	£5.28	15278											
GINGER CRYSTALLISED China	4x5kg	£100.50	v	£5.03		15291											
	1x5kg	£27.46	v	£5.49		15292											
	1x3kg	£20.02	v	£6.67		15293											
	1x1kg	£6.97	v	RSP	£11.71	15296											
	10x500g	£40.86	v	RSP	£6.86	15297											
	10x250g	£25.43	v	RSP	£4.27	15298											
	10x125g	£16.71	v	RSP	£2.81	15299											
GOJI BERRIES China	10kg	£100.75		£10.07		75501											
	1x3kg	£36.71		£12.24		75502											
	1x1kg	£12.54		RSP	£17.55	75505											
	10x500g	£68.68		RSP	£9.62	75506											
	10x250g	£39.34		RSP	£5.51	75507											
	10x100g	£20.94		RSP	£2.93	75508											
MIXED VINE FRUIT COMPETITION GRADE [Raisins, Sultanas, Currants]	1x10kg	£40.30	↑	£4.03		75001											
	1x5kg	£24.35	↑	£4.87		75002											
MIXED VINE FRUIT [Raisins, Thompson Raisins, Turkish Sultanas, Currants]	1x10kg	£45.20	↑	£4.52		14901											
	1x5kg	£26.80	↑	£5.36		14902											
	1x3kg	£17.56	↑	£5.85		14903											
	1x1kg	£6.22	↑	RSP	£8.71	14906											
	10x500g	£37.60	↑	RSP	£5.26	14907											
MIXED VINE FRUIT WITH PEEL U.K.	1x10kg	£45.96	↑	£4.60		15311											
	1x5kg	£27.18	↑	£5.44		15312											
	1x3kg	£17.79	↑	£5.93		15313											

DRIED AND CRYSTALLISED FRUIT (Cont.)

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	£106.76	↑	£8.54		15331											
	1x5kg	£49.55	↑	£9.91		15332											
	1x3kg	£31.21	↑	£10.40		15333											
	10x250g	£35.68	↑	RSP	£4.99	15338											
PEAR HALVES N.A.S. South Africa	12.5kg	£108.33	↑	£8.67		15341											
	1x5kg	£50.22	↑	£10.04		15342											
	1x3kg	£31.61	↑	£10.54		15343											
	10x250g	£36.01	↑	RSP	£5.04	15348											
PEEL MIXED SINGLE CUT Netherlands	10kg	£41.72		£4.17		15351											
	1x5kg	£26.38		£5.28		15352											
	1x3kg	£17.27		£5.76		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	£43.31	↑	£12.37		15511											
	1x1kg	£14.07	↑	RSP	£19.70	15513											
	10x250g	£43.93	↑	RSP	£6.15	15518											
	10x125g	£26.47	↑	RSP	£3.71	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	£98.00	↓	£7.84		15411											
	1x5kg	£46.20	↓	£9.24		15412											
	1x3kg	£29.20	↓	£9.73		15413											
	1x1kg	£10.10	↓	RSP	£14.14	15417											
	10x500g	£57.00	↑	RSP	£7.98	15418											
	10x250g	£34.00	↑	RSP	£4.76	15419											
PRUNES PITTED Chile	10kg	£61.25				15421											
	1x5kg	£37.36		£7.47		15422											
	1x3kg	£23.84		£7.95		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.)

PRUNES AGEN 30/40 UNSORBATED UNPITTED France	12.5kg	£102.00	↑	£8.16		15401											
	1x5kg	£47.92	↑	£9.58		15402											
	1x3kg	£30.23	↑	£10.08		15403											
	1x1kg	£10.44	↑	RSP	£14.62	15407											
	10x500g	£58.72	↑	RSP	£8.22	15408											
	10x250g	£34.86	↑	RSP	£4.88	15409											
RAISINS BLACK FLAME LARGE Chile	10kg	£33.91	↑	£3.39		15041											
	1x5kg	£22.85	↑	£4.57		15042											
	1x3kg	£15.19	↑	£5.06		15043											
	1x1kg	£5.43	↑	RSP	£7.60	15045											
	10x500g	£33.65	↑	RSP	£4.71	15046											
	10x250g	£22.33	↑	RSP	£3.13	15048											
RAISINS GOLDEN South Africa	10kg	£51.15		£5.12		15981											
	1x5kg	£31.48		£6.30		15982											
	1x3kg	£20.33		£6.78		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	£18.02		£3.60		15432											
	1x3kg	£12.25		£4.08		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	£50.54	↑	£4.04		15451											
	1x5kg	£26.03	↑	£5.21		15452											
	1x3kg	£17.10	↑	£5.70		15455											
	1x1kg	£6.07	↑	RSP	£8.49	15457											
	10x500g	£36.83	↑	RSP	£5.16	15458											
	10x250g	£23.92	↑	RSP	£3.35	15459											
SULTANAS Turkey	12.5kg	£49.85	↑	£3.99		15491											
	1x5kg	£26.13	↑	£5.23		15492											
	1x3kg	£17.16	↑	£5.72		15493											
	1x1kg	£6.01	↑	RSP	£8.41	15497											
	10x500g	£36.53	↑	RSP	£5.11	15498											
	10x250g	£23.77	↑	RSP	£3.33	15499											
10x125g	£16.92	↑	RSP	£2.37	15496												

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

STRAWBERRY (1-6mm) U.K.	1kg	£57.30		£57.30		69271											
	10x100g	£67.30		RSP	£9.39	69278											
	10x50g	£37.65		RSP	£5.15	69279											

NUTS

ALMONDS WHOLE U.S.A.	22.68kg	£170.56		£7.52		16101											
	1x10kg	£84.87		£8.49		16102											
	1x5kg	£44.39		£8.88		16103											
	1x3kg	£28.07		£9.36		16104											
	1x1kg	£9.66		RSP	£13.52	16106											
	10x500g	£54.29		RSP	£7.60	16107											
	10x250g	£32.14		RSP	£4.50	16108											
	10x125g	£20.07		RSP	£2.81	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	£50.83		£10.17	16112												
	1x3kg	£31.94		£10.65	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	£75.84	↓	£7.58	16121												
Various	1x5kg	£44.67	↓	£8.93	16122												
	1x3kg	£28.24	↓	£9.41	16123												
	1x1kg	£9.71	↓	RSP £13.60	16126												
	10x250g	£32.28	↓	RSP £4.52	16128												
	10x125g	£20.14	↓	RSP £2.82	16129												
ALMONDS GROUND	10kg	£71.32		£7.13	16131												
Various	1x5kg	£42.78		£8.56	16132												
	1x3kg	£27.11		£9.04	16133												
	1x1kg	£9.34		RSP £13.07	16136												
	10x500g	£52.68		RSP £7.38	16137												
	10x250g	£31.34		RSP £4.39	16138												
10x125g	£19.67		RSP £2.75	16139													
ALMONDS NIBBED	10kg	£86.25		£8.63	16471												
Spain	1x5kg	£50.93		£10.19	16472												
	1x3kg	£32.00		£10.67	16473												
	1x1kg	£10.97		RSP £15.35	16476												
	10x125g	£21.71		RSP £3.04	16479												
ALMONDS ROASTED & SALTED	1x12.5kg	£125.01	v	£10.00	16141												
Various	1x5kg	£57.68	v	£11.54	16142												
	1x3kg	£36.05	v	£12.02	16143												
	1x1kg	£12.42	v	RSP £20.86	16146												
	10x125g	£26.39	v	RSP £4.43	16149												
	ALMONDS SMOKED	1x12.5kg	£134.46	v	£10.76	74033											
Various	1x5kg	£57.88	v	£11.58	74031												
	1x2.5kg	£30.79	v	£12.32	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	£114.30		£11.43	16152												
	1x5kg	£59.10		£11.82	16153												
	1x3kg	£36.90		£12.30	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	£169.87	↓	£7.49	16173												
Vietnam/India	1x11.34k	£89.33	↓	£7.88	16171												
	1x5kg	£41.65	↓	£8.33	16172												
	1x3kg	£26.47	↓	£8.82	16175												
	1x1kg	£9.19	↓	RSP £12.87	16176												
	10x500g	£52.45	↓	RSP £7.34	16177												
	10x250g	£31.72	↓	RSP £4.44	16178												
	10x125g	£20.36	↓	RSP £2.85	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	£62.58		£5.52		16183													
	1x5kg	£29.80		£5.96		16182													
	1x3kg	£19.32		£6.44		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													
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CASHEWS WHOLE ROASTED & SALTED	25kg	£264.00	v	£10.56		16194													
Various	1x12.5kg	£141.02	v	£11.28		16191													
	1x5kg	£58.79	v	£11.76		16192													
	1x3kg	£36.71	v	£12.24		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	£63.00	v	£12.60		22411													
	1x2.5kg	£33.35	v	£13.34		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	£84.89	↑	£3.40		16211													
Various	1x5kg	£22.35	↑	£4.47		16212													
	1x3kg	£14.89	↑	£4.96		16213													
	1x2kg	£10.96	↑	RSP	£15.34	16215													
	1x1kg	£5.33	↑	RSP	£7.46	16216													
	10x250g	£22.07	↑	RSP	£3.09	16218													
	10x125g	£15.54	↑	RSP	£2.18	16219													
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COCONUT CHIP RAW	10kg	£41.60	↑	£4.16		16231													
Sri Lanka	1x5kg	£27.08	↑	£5.42		16232													
	1x3kg	£17.73	↑	£5.91		16233													
	1x1kg	£6.28	↑	RSP	£8.79	16236													
	10x250g	£24.44	↑	RSP	£3.42	16238													
	10x125g	£16.72	↑	RSP	£2.34	16239													
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COCONUT CHIP TOASTED	10kg	£49.15		£4.92		16481													
Various	1x3kg	£18.65		£6.22		16483													
	1x1kg	£6.52		RSP	£9.12	16486													
	10x125g	£16.14		RSP	£2.26	16489													
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HAZELNUTS WHOLE RAW	25kg	£251.88		£10.07		16241													
Turkey	1x10kg	£117.28		£11.73		16242													
	1x5kg	£60.59		£12.12		16243													
	1x3kg	£37.79		£12.60		16244													
	1x1kg	£12.90		RSP	£18.06	16246													
	10x250g	£40.25		RSP	£5.63	16248													
	10x125g	£24.12		RSP	£3.38	16249													
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HAZELNUTS ROASTED BLANCHED WHOLE	25kg	£321.20	↑ v	£12.85		16251													
Various	1x5kg	£73.95	↑ v	£14.79		16252													
	1x3kg	£45.85	↑ v	£15.28		16254													
	1x1kg	£15.65	↑ v	RSP	£26.29	16256													
	10x125g	£28.44	↑ v	RSP	£4.78	16259													

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
NUTS (Cont.)																	
MIXED NUTS CHOPPED	12.5kg	£91.53		£7.32	16271												
[Peanuts, Almonds, Walnuts]	1x5kg	£40.71		£8.14	16272												
Various	1x3kg	£25.87		£8.62	16273												
	1x1kg	£8.92		RSP £12.49	16276												
	10x500g	£50.61		RSP £7.09	16277												
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MIXED NUTS	1x10kg	£63.99	↑	£6.40	16281												
Various	1x5kg	£36.20	↑	£7.24	16282												
	1x3kg	£23.20	↑	£7.73	16283												
	1x1kg	£8.10	↑	RSP £11.34	16286												
	10x500g	£47.00	↑	RSP £6.58	16287												
	10x250g	£29.00	↑	RSP £4.06	16288												
	10x100g	£17.40	↑	RSP £2.44	16285												
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MIXED NUTS AND RAISINS	1x10kg	£54.18	↑	£5.42	16301												
Various	1x5kg	£31.29	↑	£6.26	16302												
	1x3kg	£20.25	↑	£6.75	16303												
	1x1kg	£7.12	↑	RSP £9.97	16306												
	10x250g	£26.55	↑	RSP £3.72	16308												
	10x125g	£17.77	↑	RSP £2.49	16309												
	10x100g	£16.42	↑	RSP £2.30	16305												
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VALUE FRUIT & NUT MIX	1x10kg	£47.54	↑	£4.75	70221												
Various	1x5kg	£27.97	↑	£5.59	70222												
	1x3kg	£18.26	↑	£6.09	70223												
	1x1kg	£6.45	↑	RSP £9.04	70226												
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MIXED NUTS DELUXE - No Peanuts	1x10kg	£110.26	↑	£11.03	16291												
Various	1x5kg	£59.33	↑	£11.87	16292												
	1x3kg	£37.08	↑	£12.36	16293												
	1x1kg	£12.73	↑	RSP £17.82	16296												
	10x500g	£70.13	↑	RSP £9.82	16297												
	10x250g	£40.56	↑	RSP £5.68	16298												
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MIXED NUTS DELUXE & RAISINS	1x10kg	£84.24	↑	£8.42	16311												
Various	1x5kg	£46.32	↑	£9.26	16312												
	1x3kg	£29.27	↑	£9.76	16313												
	1x1kg	£10.12	↑	RSP £14.17	16316												
	10x500g	£57.12	↑	RSP £8.00	16317												
	10x250g	£34.06	↑	RSP £4.77	16318												
	10x125g	£21.53	↑	RSP £3.01	16319												
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LUXURY FRUIT & NUT SELECTION	1x10kg	£95.98	↑	£9.60	19021												
Various	1x5kg	£52.19	↑	£10.44	19022												
	1x3kg	£32.79	↑	£10.93	19023												
	1x1kg	£11.30	↑	RSP £15.82	19026												
	10x500g	£62.99	↑	RSP £8.82	19027												
	10x250g	£36.99	↑	RSP £5.18	19028												
	10x125g	£23.00	↑	RSP £3.22	19029												
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MIXED NUTS RST. & SALTED DELUXE	1x10kg	£73.84	↑ v	£7.38	28111												
Peanuts, Cashews, Almonds,	1x5kg	£41.12	↑ v	£8.22	28112												
Hazels.	1x3kg	£26.15	↑ v	£8.72	28113												
Various	1x1kg	£9.08	↑ v	RSP £15.26	28116												
	10x500g	£51.92	↑ v	RSP £8.72	28117												
	10x250g	£31.46	↑ v	RSP £5.29	28118												

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
NUTS (Cont.)																	
PEANUTS BLANCHED	25kg	£92.22		£3.69		16353											
Argentina	1x10kg	£45.14		£4.51		16351											
	1x5kg	£24.52		£4.90		16352											
	1x3kg	£16.15		£5.38		16354											
	1x1kg	£5.68		RSP	£7.96	16356											
	10x500g	£34.42		RSP	£4.82	16357											
	10x250g	£22.22		RSP	£3.11	16358											
PEANUTS PALESKIN	25kg	£92.13		£3.69		16521											
Various	1x10kg	£42.96		£4.30		16522											
	1x5kg	£23.43		£4.69		16523											
	1x3kg	£15.50		RSP	£21.69	16525											
	1x1kg	£5.47		RSP	£7.65	16527											
	10x500g	£33.33		RSP	£4.67	16528											
PEANUTS REDSKIN	25kg	£91.99	↓	£3.68		16611											
China/USA	1x10kg	£43.00	↓	£4.30		16612											
	1x5kg	£23.50	↓	£4.70		16613											
	1x3kg	£15.58	↓	£5.19		16614											
	1x1kg	£5.56	↓	RSP	£7.78	16616											
	10x500g	£34.30	↓	RSP	£4.80	16618											
PEANUTS & RAISINS	1x10kg	£45.16	↑	£4.52		16621											
Various	1x5kg	£26.78	↑	£5.36		16622											
	1x3kg	£17.55	↑	£5.85		16623											
	1x1kg	£6.22	↑	RSP	£8.70	16626											
	10x250g	£24.29	↑	RSP	£3.40	16629											
PEANUTS ROASTED & SALTED	25kg	£111.60	v	£4.46		16371											
Various	1x10kg	£52.13	v	£5.21		16372											
	1x5kg	£28.02	v	£5.60		16373											
	1x3kg	£18.25	v	£6.08		16374											
	1x2kg	£12.17	v	£6.08		16375											
	1x1kg	£6.38	v	RSP	£10.72	16376											
	10x500g	£37.92	v	RSP	£6.37	16377											
	10x250g	£23.96	v	RSP	£4.02	16378											
	10x125g	£15.98	v	RSP	£2.68	16379											
PEANUTS ROASTED IN SHELL	5kg	£21.55		£4.31		16381											
China	1x3kg	£16.83		£5.61		16383											
	1x1kg	£5.91		RSP	£8.27	16386											
	10x250g	£22.77		RSP	£3.19	16388											
PEANUTS DRY ROASTED	25kg	£115.20	v	£4.61		16632											
Argentina	1x10kg	£53.67	v	£5.37		16631											
	1x5kg	£28.79	v	£5.76		16630											
	1x3kg	£18.71	v	£6.24		16634											
	1x2kg	£12.47	v	£6.24		16633											
	1x1kg	£6.54	v	RSP	£10.98	16636											
	10x250g	£24.34	v	RSP	£4.09	16638											
	10x125g	£16.17	v	RSP	£2.72	16639											
PEANUTS HONEY COATED	12.5kg	£92.61	v	£7.41		22423											
U.K.	1x5kg	£41.15	v	£8.23		22421											
	1x2.5kg	£22.42	v	£8.97		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
NUTS (Cont.)																	
PECAN HALVES	13.68kg	£225.72		£16.50		16391											
USA/Mexico	1x5kg	£92.28		£18.46		16392											
	1x3kg	£56.81		£18.94		16393											
	1x1kg	£19.24		RSP	£26.93	16394											
	10x250g	£56.10		RSP	£7.85	16398											
	10x125g	£32.05		RSP	£4.49	16399											
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PINENUTS	12.5kg	£348.75		£27.90		16401											
China	1x5kg	£153.23		£30.65		16402											
	1x3kg	£93.38		£31.13		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	£73.85		£14.77		16412											
	1x3kg	£45.75		£15.25		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	£431.77	↑	£31.27		16421											
Iran	1x5kg	£171.29	↑	£34.26		16422											
	1x3kg	£104.25	↑	£34.75		16423											
	1x1kg	£35.12	↑	RSP	£49.16	16424											
	10x250g	£96.54	↑	RSP	£13.52	16428											
	10x125g	£52.77	↑	RSP	£7.39	16429											
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WALNUTS NIBBED	10kg	£69.44		£6.94		16561											
USA	1x5kg	£40.02		£8.00		16563											
	1x3kg	£25.45		£8.48		16564											
	1x1kg	£8.78		RSP	£12.30	16566											
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WALNUT HALVES & PIECES	10kg	£76.79	↓	£7.68		16461											
Min 15% Halves, 85% Pieces	1x5kg	£46.17	↓	£9.23		16462											
USA	1x3kg	£29.18	↓	£9.73		16463											
	1x1kg	£10.09	↓	RSP	£14.13	16466											
	10x250g	£33.49	↓	RSP	£4.69	16468											
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CHINESE WALNUTS LIGHT AMBER HALVES	10kg	£87.50	↓	£8.75		16443											
60% Halves, 40% Pieces	1x5kg	£52.03	↓	£10.41		16444											
	1x3kg	£32.70	↓	£10.90		16445											
	1x1kg	£11.27	↓	RSP	£15.77	16446											
	10x500g	£62.83	↓	RSP	£8.80	16447											
	10x250g	£36.91	↓	RSP	£5.17	16448											
	10x125g	£22.96	↓	RSP	£3.21	16449											
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WALNUTS CALIFORNIAN HALVES	10kg	£96.43	↓	£9.64		70211											
80% Halves, 20% Pieces	1x5kg	£56.91	↓	£11.38		70212											
	1x3kg	£35.63	↓	£11.88		70213											
	1x1kg	£12.24	↓	RSP	£17.14	70216											
	10x250g	£39.36	↓	RSP	£5.51	70218											
	10x125g	£24.18	↓	RSP	£3.38	70219											

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

ALMONDS IN SHELL	25kg	£186.88		£7.48		34801											
HAZELNUTS IN SHELL	25kg	£189.80		£7.59		34811											

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

MIXED NUTS IN SHELL	1x5kg	£56.11		£11.22		34831											
	1x3kg	£37.56		£12.52		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

HEMP - See Organic Section																		
LINSEED BROWN - Flax Seed	25kg	£41.81		£1.67		31735												
Various	1x5kg	£13.29		£2.66		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	25kg	£53.98		£2.16		82995												
Various	1x5kg	£15.63		£3.13		82991												
	1x1kg	£3.91		£3.91		82993												
	10x500g	£25.53		RSP	£3.60	82998												
	10x250g	£17.77		RSP	£2.50	82999												
POPPY SEEDS BLUE	25kg	£115.92		£4.64		32045												
Various	1x5kg	£28.94		£5.79		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	25kg	£136.06	↓	£5.44		16811												
China	1x5kg	£35.30	↓	£7.06		16812												
	1x3kg	£22.66	↓	£7.55		16813												
	1x1kg	£7.92	↓	RSP	£11.09	16816												
	10x500g	£46.10	↓	RSP	£6.45	16817												
	10x250g	£28.55	↑	RSP	£4.00	16818												
SAGO SEEDS MEDIUM	25 kg	£44.17		£1.77		83031												
India	1x10kg	£23.17		£2.32		83032												
	1x5kg	£13.54		£2.71		83033												
	1x3kg	£9.56		£3.19		83034												
	1x1kg	£3.49		RSP	£4.88	83037												
	10x500g	£23.44		RSP	£3.28	83038												
SESAME SEEDS NATURAL																		
See Organic Section																		
SUNFLOWER SEEDS	25kg	£74.50	↑	£2.98		16841												
(Confectionery Grade)	1x10kg	£36.69	↑	£3.67		16842												
Turkey	1x5kg	£20.35	↑	£4.07		16843												
	1x3kg	£13.69	↑	£4.56		16845												
	1x1kg	£4.93	↑	RSP	£6.90	16846												
	10x500g	£31.15	↑	RSP	£4.36	16847												
	10x250g	£21.07	↑	RSP	£2.95	16848												

SEEDS (Cont.)

SUNFLOWER SEEDS	25kg	£49.80		£1.99		75381											
(Bakery Grade)	1x10kg	£25.59		£2.56		75382											
Various	1x5kg	£14.75		£2.95		75383											
	1x3kg	£10.29		£3.43		75384											
	1x1kg	£3.73		RSP	£5.22	75386											
	10x500g	£24.65		RSP	£3.45	75387											
	10x250g	£17.32		RSP	£2.43	75388											
	10x125g	£12.66		RSP	£1.77	75389											
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SALAD SPRINKLE	1x10kg	£72.38	↑	£7.24		55551											
[Sunflower Seeds,	1x5kg	£40.39	↑	£8.08		55552											
Pumpkin Seeds, Pinenuts]	1x3kg	£25.71	↑	£8.57		55553											
	1x1kg	£8.94	↑	RSP	£12.51	55556											
	10x250g	£31.09	↑	RSP	£4.35	55558											
	10x125g	£20.05	↑	RSP	£2.81	55559											

BEANS

BLACKEYE	25 kg	£60.96		£2.44		17021											
Various	1x10kg	£29.87		£2.99		17022											
	1x5kg	£16.88		£3.38		17023											
	1x3kg	£11.57		£3.86		17024											
	1x1kg	£4.16		RSP	£5.82	17027											
	10x500g	£26.78		RSP	£3.75	17028											
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BLACK [Turtle] BEANS	25 kg	£63.06		£2.52		17991											
Various	1x10kg	£30.71		£3.07		17992											
	1x5kg	£17.31		£3.46		17993											
	1x3kg	£11.82		£3.94		17994											
	1x1kg	£4.14		RSP	£5.80	17997											
	10x500g	£26.21		RSP	£3.67	17998											
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BORLOTTI	25 kg	£78.79		£3.15		17151											
Various	1x10kg	£37.30		£3.73		17152											
	1x5kg	£20.60		£4.12		17153											
	1x3kg	£13.80		£4.60		17154											
	1x1kg	£4.90		RSP	£6.86	17157											
	10x500g	£30.50		RSP	£4.27	17158											
	<hr/>																
BUTTER	25 kg	£87.80		£3.51		17041											
Poland	1x10kg	£41.84		£4.18		17042											
	1x5kg	£22.87		£4.57		17043											
	1x3kg	£15.16		£5.05		17044											
	1x1kg	£5.35		RSP	£7.50	17047											
	10x500g	£32.77		RSP	£4.59	17048											
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CANNELINI	25 kg	£80.32	↑	£3.21		17051											
Various	1x10kg	£38.73	↑	£3.87		17052											
	1x5kg	£21.37	↑	£4.27		17053											
	1x3kg	£14.30	↑	£4.77		17054											
	1x1kg	£5.13	↑	RSP	£7.19	17057											
	10x500g	£32.17	↑	RSP	£4.50	17058											
	<hr/>																
FLAGEOLET	25 kg	£101.53		£4.06		17061											
France	1x10kg	£47.70		£4.77		17062											
	1x5kg	£25.80		£5.16		17063											
	1x3kg	£16.92		£5.64		17064											
	1x1kg	£5.94		RSP	£8.32	17067											
	10x500g	£35.70		RSP	£5.00	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	£29.52		£2.95		17072											
	1x5kg	£16.71		£3.34		17073											
	1x3kg	£11.46		£3.82		17074											
	1x1kg	£4.12		RSP	£5.77	17077											
	10x500g	£26.61		RSP	£3.73	17078											
MIXED BEANS	1x10kg	£33.06	↑	£3.31		17121											
Various	1x5kg	£20.73	↑	£4.15		17123											
	1x3kg	£13.92	↑	£4.64		17124											
	1x1kg	£5.01	↑	RSP	£7.01	17127											
	10x500g	£31.53	↑	RSP	£4.41	17128											
MOTH BEANS	25 kg	£64.48		£2.58		17301											
INDIA	1x10kg	£31.85		£3.18		17302											
	1x5kg	£17.87		£3.57		17303											
	1x3kg	£12.16		£4.05		17304											
	1x1kg	£4.35		RSP	£6.10	17307											
	10x500g	£27.77		RSP	£3.89	17308											
MUNG	25 kg	£55.70		£2.23		17081											
Myanmar	1x10kg	£27.64		£2.76		17082											
	1x5kg	£15.77		£3.15		17083											
	1x3kg	£10.90		£3.63		17084											
	1x1kg	£3.93		RSP	£5.51	17087											
	10x500g	£25.67		RSP	£3.59	17088											
MUNG DAL YELLOW	25 kg	£45.85	↓	£1.83		17161											
TANZANIA/MYANMAR	1x10kg	£23.99	↓	£2.40		17162											
	1x5kg	£13.99	↓	£2.80		17163											
	1x3kg	£9.88	↓	£3.29		17164											
	1x1kg	£3.66	↓	RSP	£5.12	17167											
	10x500g	£24.79	↓	RSP	£3.47	17168											
PINTO	25 kg	£57.40		£2.30		17091											
Canada	1x10kg	£28.83		£2.88		17092											
	1x5kg	£16.36		£3.27		17093											
	1x3kg	£11.26		£3.75		17094											
	1x1kg	£4.05		RSP	£5.67	17097											
	10x500g	£26.26		RSP	£3.68	17098											
RED KIDNEY	25 kg	£73.00		£2.92		17101											
Various	1x10kg	£35.52		£3.55		17102											
	1x5kg	£19.71		£3.94		17103											
	1x3kg	£13.26		£4.42		17104											
	1x1kg	£4.72		RSP	£6.61	17107											
	10x500g	£29.61		RSP	£4.14	17108											
LENTILS																	
BROWN	25 kg	£50.10	↓	£2.00		17211											
Various	1x10kg	£26.43	↓	£0.78		17212											
	1x5kg	£15.22	↓	£3.04		17213											
	1x3kg	£10.61	↓	£3.54		17214											
	1x1kg	£3.90	↓	RSP	£5.46	17217											
	10x500g	£26.02	↓	RSP	£3.64	17218											

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
LENTILS (Cont.)																	
GREEN	25 kg	£59.00		£2.36		17221											
Various	1x10kg	£30.21		£3.02		17222											
	1x5kg	£17.06		£3.41		17223											
	1x3kg	£11.67		£3.89		17224											
	1x1kg	£4.19		RSP	£5.87	17227											
	10x500g	£26.96		RSP	£3.77	17228											
	10x250g	£18.48		RSP	£2.59	17229											
	<hr/>																
RED SPLIT	25 kg	£44.60	↑	£1.78		17231											
Canada/USA	1x10kg	£23.68	↑	£2.37		17232											
	1x5kg	£13.84	↑	£2.77		17233											
	1x3kg	£9.78	↑	£3.26		17235											
	1x1kg	£3.63	↑	RSP	£5.08	17237											
	10x500g	£24.64	↑	RSP	£3.45	17238											
	10x250g	£17.82	↑	RSP	£2.49	17239											
	<hr/>																
DARK GREEN SPECKLED	25 kg	£92.50		£3.70		17241											
[Puy Type] Canada	1x10kg	£45.00		£4.50		17242											
	1x5kg	£24.45		£4.89		17243											
	1x3kg	£16.11		£5.37		17246											
	1x1kg	£5.67		RSP	£7.94	17247											
	10x500g	£34.35		RSP	£4.81	17248											
	<hr/>																
TOOR DAL PLAIN	25 kg	£54.45		£2.18		17531											
MALAWI	1x10kg	£27.56		£2.76		17532											
	1x5kg	£15.73		£3.15		17533											
	1x3kg	£10.88		£3.63		17534											
	1x1kg	£3.93		RSP	£5.50	17537											
	10x500g	£25.63		RSP	£3.59	17538											
	<hr/>																
URID DAL WHITE	25 kg	£63.99	↓	£2.56		17541											
INDIA/MYANMAR	1x10kg	£31.73	↑	£3.17		17542											
	1x5kg	£17.87	↑	£3.57		17543											
	1x3kg	£12.20	↑	£4.07		17544											
	1x1kg	£4.43	↑	RSP	£6.21	17547											
	10x500g	£28.67	↑	RSP	£4.01	17548											
	<hr/>																
PEAS																	
CHANA DAL POLISHED	25 kg	£46.50		£1.86		17421											
AUSTRALIA/INDIA	1x10kg	£24.16		£2.42		17422											
	1x5kg	£14.03		£2.81		17423											
	1x3kg	£9.86		£3.29		17424											
	1x1kg	£3.59		RSP	£5.02	17427											
	10x500g	£23.93		RSP	£3.35	17428											
	<hr/>																
CHICK	25 kg	£57.35		£2.29		17311											
Turkey	1x10kg	£29.21		£2.92		17312											
	1x5kg	£16.56		£3.31		17313											
	1x3kg	£11.37		£3.79		17314											
	1x1kg	£4.09		RSP	£5.73	17317											
	10x500g	£26.46		RSP	£3.70	17318											
	<hr/>																
GREEN SPLIT	25 kg	£42.99		£1.72		17321											
U.K./Canada	1x5kg	£13.48		£2.70		17323											
	1x3kg	£9.61		£3.20		17325											
	1x1kg	£3.44		RSP	£4.81	17327											
	10x500g	£23.18		RSP	£3.25	17328											

PEAS (Cont.)

GUNGO PEAS	25 kg	£53.77		£2.15		17431											
MYANMAR	1x10kg	£27.27		£2.73		17432											
	1x5kg	£15.59		£3.12		17433											
	1x3kg	£10.79		£3.60		17434											
	1x1kg	£3.90		RSP	£5.46	17437											
	10x500g	£25.49		RSP	£3.57	17438											

YELLOW SPLIT	25 kg	£37.28		£1.49		17331											
U.K.	1x10kg	£20.22		£2.02		17332											
	1x5kg	£12.06		£2.41		17333											
	1x3kg	£8.68		£2.89		17334											
	1x1kg	£3.19		RSP	£4.47	17337											
	10x500g	£21.96		RSP	£3.07	17338											

SOUP MIX

SOUP MIX [BROTH MIX]	1x10kg	£20.10	↑	£2.01		17411											
Various	1x5kg	£14.25	↑	£2.85		17413											
	1x3kg	£10.03	↑	£3.34		17414											
	1x1kg	£3.71	↑	RSP	£5.19	17417											
	10x500g	£25.05	↑	RSP	£3.51	17419											

GRAINS

BULGAR WHEAT	25 kg	£52.60		£2.10		17631											
Turkey	1x10kg	£26.78		£2.68		17632											
	1x5kg	£15.34		£3.07		17633											
	1x3kg	£10.64		£3.55		17634											
	1x1kg	£3.85		RSP	£5.39	17637											
	10x500g	£25.24		RSP	£3.53	17638											

COUSCOUS WHITE	25 kg	£52.70		£2.11		17641											
Various	1x10kg	£26.89		£2.69		17642											
	1x5kg	£15.39		£3.08		17643											
	1x3kg	£10.68		£3.56		17646											
	1x1kg	£3.86		RSP	£5.40	17647											
	10x500g	£25.29		RSP	£3.54	17648											
	10x250g	£17.65		RSP	£2.47	17649											

COUSCOUS WHOLEWHEAT	20 kg	£48.65		£2.43		17711											
Italy	1x10kg	£30.37		£3.04		17712											
	1x5kg	£17.13		£3.43		17713											
	1x3kg	£11.72		£3.91		17714											
	1x1kg	£4.21		RSP	£5.89	17717											
	10x500g	£27.03		RSP	£3.78	17718											

COUSCOUS GIANT	10 kg	£34.24		£3.42		17681											
Various	1x5kg	£22.44		£4.49		17683											
	1x3kg	£14.91		£4.97		17686											
	1x1kg	£5.37		£5.37		17687											
	10x500g	£33.34		RSP	£4.67	17688											
	10x250g	£22.17		RSP	£3.10	17689											

MILLET GRAIN	25 kg	£41.47		£1.66		17651											
Various	1x10kg	£22.07		£2.21		17652											
	1x5kg	£12.99		£2.60		17653											
	1x3kg	£9.23		£3.08		17654											
	1x1kg	£3.38		RSP	£4.73	17657											
	10x500g	£22.89		RSP	£3.20	17658											

GRAINS (Cont.)

PEARL BARLEY	25 kg	£29.74		£1.19		17581											
U.K	1x10kg	£17.00		£1.70		17582											
	1x5kg	£10.45		£2.09		17583											
	1x3kg	£7.71		£2.57		17585											
	1x1kg	£2.87		RSP	£4.02	17587											
	10x500g	£20.35		RSP	£2.85	17588											

POPPING CORN	25 kg	£41.28	↑	£1.65		17661											
Argentina	1x10kg	£21.98	↑	£2.20		17662											
	1x5kg	£12.99	↑	£2.60		17663											
	1x3kg	£9.27	↑	£3.09		17664											
	1x1kg	£3.46	↑	RSP	£4.84	17666											
	10x500g	£23.79	↑	RSP	£3.33	17667											
	10x250g	£17.40	↑	RSP	£2.44	17668											

QUINOA WHITE	25 kg	£95.73		£3.83		18951											
Various	1x10kg	£45.25		£4.52		18952											
	1x5kg	£24.57		£4.91		18953											
	1x3kg	£16.18		£5.39		18955											
	1x1kg	£5.69		RSP	£7.97	18956											
	10x250g	£22.24		RSP	£3.11	18958											

QUINOA RED	25 kg	£102.15		£4.09		18971											
Various	1x10kg	£48.00		£4.80		18972											
	1x5kg	£25.95		£5.19		18973											
	1x3kg	£17.01		£5.67		18975											
	1x1kg	£5.97		RSP	£8.36	18976											
	10x250g	£22.92		RSP	£3.21	18978											

QUINOA BLACK	25 kg	£110.00		£4.40		18991											
Various	1x10kg	£51.36		£5.14		18992											
	1x5kg	£27.63		£5.53		18993											
	1x3kg	£18.02		£6.01		18995											
	1x1kg	£6.31		RSP	£8.83	18996											
	10x250g	£23.77		RSP	£3.33	18998											

RICE

ARBORIO WHITE	25 kg	£72.61		£2.90		18681											
Italy	1x10kg	£35.42		£3.54		18682											
	1x5kg	£19.66		£3.93		18683											
	1x3kg	£13.24		£4.41		18685											
	1x1kg	£4.71		RSP	£6.60	18687											
	10x500g	£29.56		RSP	£4.14	18688											

BASMATI BROWN	20 kg	£43.01		£2.15		18711											
India / Pakistan	1x10kg	£27.34		£2.73		18712											
	1x5kg	£15.62		£3.12		18713											
	1x3kg	£10.81		£3.60		18715											
	1x1kg	£3.90		RSP	£5.47	18718											
	10x500g	£25.52		RSP	£3.57	18719											

BASMATI WHITE T.Q.	20 kg	£48.29	↓	£2.41		18722											
India / Pakistan	1x5kg	£17.24	↓	£3.45		18723											
	1x3kg	£11.86	↓	£3.95		18725											
	1x1kg	£4.19	↓	RSP	£5.86	18727											
	10x500g	£26.94	↓	RSP	£3.77	18728											

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
RICE (Cont.)																	
EASY COOK-Pre Fluffed	20 kg	£32.44 ↓		£1.62	18761												
Various	1x10kg	£21.68 ↓		£2.17	18762												
	1x5kg	£12.79 ↓		£2.56	18763												
	1x3kg	£9.11 ↓		£3.04	18765												
	1x1kg	£3.34 ↓		RSP	£4.67	18768											
	10x500g	£22.69 ↓		RSP	£3.18	18769											
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GLUTINOUS RICE	20kg	£45.67		£2.28	18661												
Thailand	1x10kg	£29.58		£2.96	18662												
	1x5kg	£16.74		£3.35	18663												
	1x3kg	£11.48		£3.83	18664												
	1x1kg	£4.13		RSP	£5.78	18668											
	10x500g	£26.64		RSP	£3.73	18669											
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JASMINE FRAGRANT RICE	20kg	£42.63		£2.13	18631												
Cambodia	1x5kg	£15.52		£3.10	18632												
	1x3kg	£10.75		£3.58	18633												
	1x1kg	£3.88		RSP	£5.44	18637											
	10x500g	£25.42		RSP	£3.56	18638											
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LONG GRAIN WHITE PATNA	10 kg	£20.48		£2.05	18751												
Various	1x10kg	£26.24		£2.62	18752												
	1x5kg	£15.07		£3.01	18753												
	1x3kg	£10.48		£3.49	18755												
	1x1kg	£3.79		RSP	£5.31	18757											
	10x500g	£24.97		RSP	£3.50	18759											
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LONG GRAIN BROWN	25 kg	£56.48		£2.26	18781												
Italy	1x10kg	£26.89		£2.69	18782												
	1x5kg	£15.39		£3.08	18783												
	1x3kg	£10.68		£3.56	18785												
	1x1kg	£3.86		RSP	£5.40	18787											
	10x500g	£25.30		RSP	£3.54	18789											
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RED CARMARGUE	25 kg	£81.22		£3.25	18691												
France	1x5kg	£20.34		£4.07	18692												
	1x3kg	£13.65		£4.55	18693												
	1x1kg	£4.85		RSP	£6.79	18697											
	10x500g	£30.24		RSP	£4.23	18698											
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SHORT GRAIN BROWN	25 kg	£52.99		£2.12	18801												
Italy	1x10kg	£26.92		£2.69	18802												
	1x5kg	£15.41		£3.08	18803												
	1x3kg	£10.68		£3.56	18805												
	1x1kg	£3.86		RSP	£5.41	18806											
	10x500g	£25.31		RSP	£3.54	18809											
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SHORT GRAIN WHITE	25kg	£59.71		£2.39	18771												
Pudding Rice	1x10kg	£29.81		£2.98	18772												
	1x5kg	£16.85		£3.37	18773												
	1x3kg	£11.55		£3.85	18774												
	1x1kg	£4.15		RSP	£5.81	18777											
	10x500g	£26.75		RSP	£3.75	18779											
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WILD RICE [20 min cook]	22.68 kg	£270.73		£11.94	18922												
USA	1x10kg	£132.12		£13.21	18923												
	1x5kg	£68.01		£13.60	18925												
	1x3kg	£42.25		£14.08	18921												
	1x1kg	£14.38		RSP	£20.13	18926											
	10x125g	£25.98		RSP	£3.64	18929											

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
CEREAL FLAKES & BRAN																	
BARLEY FLAKES	25 kg	£24.00		£0.96		20091											
U.K.	1x5kg	£9.24		£1.85		20092											
	1x3kg	£6.98		£2.33		20093											
	1x1kg	£2.63		RSP	£3.68	20098											
	10x500g	£19.14		RSP	£2.68	20099											
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BRAN STICKS	15 kg	£69.56		£4.64		20171											
Germany	1x5kg	£27.29		£5.46		20172											
	1x3kg	£17.81		£5.94		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	£8.41		£1.68		20052											
	1x3kg	£6.12		£2.04		20053											
	1x1kg	£2.44		RSP	£3.42	20057											
	10x500g	£15.21		RSP	£2.13	20058											
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OATMEAL FINE	25 kg	£24.00		£0.96		20061											
U.K.	1x5kg	£8.00		£1.60		20062											
	1x3kg	£5.88		£1.96		20063											
	1x1kg	£2.36		RSP	£3.30	20068											
	10x500g	£14.80		RSP	£2.07	20069											
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OATMEAL MEDIUM	25 kg	£24.00		£0.96		20071											
U.K.	1x5kg	£8.00		£1.60		20072											
	1x3kg	£5.88		£1.96		20073											
	1x1kg	£2.36		RSP	£3.30	20078											
	10x500g	£14.80		RSP	£2.07	20079											
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OATMEAL PINHEAD	25 kg	£24.00		£0.96		20081											
U.K.	1x5kg	£8.00		£1.60		20082											
	1x3kg	£5.88		£1.96		20083											
	1x1kg	£2.36		RSP	£3.30	20088											
	10x500g	£14.80		RSP	£2.07	20089											
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PORRIDGE OATS	25 kg	£24.00		£0.96		20011											
U.K.	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											
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WHEATBRAN COARSE	20 kg	£20.43		£1.02		20151											
Various	1x5kg	£9.21		£1.84		20152											
	1x3kg	£6.96		£2.32		20153											
	1x1kg	£2.62		RSP	£3.67	20157											
	10x500g	£19.11		RSP	£2.67	20158											

CEREAL FLAKES & BRAN (Cont.)

WHEAT FLAKES	25 kg	£24.00		£0.96		20121											
U.K.	1x5kg	£8.34		£1.67		20122											
	1x3kg	£6.08		£2.03		20123											
	1x1kg	£2.43		RSP	£3.40	20128											
	10x500g	£15.14		RSP	£2.12	20129											
WHEAT FLAKES TOASTED MALTED	12.5 kg	£19.50		£1.56		20131											
U.K.	1x5kg	£11.56		£2.31		20132											
	1x3kg	£8.01		£2.67		20133											
	1x1kg	£3.07		RSP	£4.30	20137											
	10x500g	£18.36		RSP	£2.57	20138											
	10x250g	£13.18		RSP	£1.85	20139											

CRUNCHY GRANOLA TYPE CEREALS

CRANBERRY & APRICOT CRUNCH	1x10kg	£39.28	↑	£3.93		24281											
VARIOUS	1x5kg	£23.84	↑	£4.77		24283											
	1x3kg	£15.78	↑	£5.26		24282											
	1x1kg	£5.63	↑	RSP	£7.88	24287											
	10x500g	£34.64	↑	RSP	£4.85	24288											
HONEY TOASTED OATS Type B	16 kg	£18.85	↓	£1.18		21351											
U.K.	1x10kg	£15.18	↑	£1.52		21352											
	1x5kg	£9.09	↑	£1.82		21353											
	1x3kg	£6.53	↑	£2.18		21354											
	1x1kg	£2.38	↑	RSP	£3.33	21358											
	10x500g	£15.89	↑	RSP	£2.22	21359											
MALTED TOASTED OATS	25 kg	£29.00		£1.16		24101											
U.K.	1x10kg	£15.00		£1.50		24102											
	1x5kg	£9.00		£1.80		24103											
	1x3kg	£6.48		£2.16		24104											
	1x1kg	£2.36		RSP	£3.30	24108											
	10x500g	£15.80		RSP	£2.21	24109											
PECAN & MAPLE GRANOLA	1x10kg	£35.25	↑	£3.53		24291											
U.K.	1x5kg	£21.83	↑	£4.37		24293											
	1x3kg	£14.58	↑	£4.86		24292											
	1x1kg	£5.23	↑	RSP	£7.31	24297											
	10x500g	£32.63	↑	RSP	£4.57	24298											
RAISIN, HONEY, HAZEL & ALMOND CRUNCHY	12.5 kg	£40.80	↑	£3.26		21381											
New Recipe!!	1x10kg	£37.04	↑	£3.70		21382											
U.K.	1x5kg	£20.52	↑	£4.10		21383											
	1x3kg	£13.79	↑	£4.60		21384											
	1x1kg	£4.76	↑	RSP	£6.67	21388											
	10x500g	£29.32	↑	RSP	£4.10	21389											
STRAWBERRY & BANANA CRUNCH	1x10kg	£39.39	↑	£3.94		24241											
VARIOUS	1x5kg	£23.89	↑	£4.78		24243											
	1x3kg	£15.82	↑	£5.27		24242											
	1x1kg	£5.64	↑	RSP	£7.89	24247											
	10x500g	£34.69	↑	RSP	£4.86	24248											
TOASTED OAT CLUSTERS Type A	25 kg	£29.73		£1.19		24071											
U.K.	1x3kg	£7.72		£2.57		24073											
	10x500g	£20.37		RSP	£2.85	24079											

MICHAELS WHOLEFOODS MUESLI

CITY OF CANTERBURY DELUXE MUESLI [32% Fruit, Nuts & Seeds]	1x10kg	£25.09	↑	£2.51	43221												
	1x5kg	£16.75	↑	£3.35	43222												
	1x3kg	£11.53	↑	£3.84	43223												
	1x1kg	£4.21	↑	RSP	£5.89	43228											
	10x500g	£27.55	↑	RSP	£3.86	43229											
CRANBERRY CRUNCH [33% Fruit, Nuts & Seeds]	1x10kg	£26.41	↑	£2.64	19801												
	1x5kg	£17.40	↑	£3.48	19802												
	1x3kg	£11.92	↑	£3.97	19803												
	1x1kg	£4.34	↑	RSP	£6.08	19808											
	10x500g	£28.20	↑	RSP	£3.95	19809											
CRISPI MUESLI [28% Fruit & Nuts]	1x10kg	£26.03	↑	£2.60	24051												
	1x5kg	£17.21	↑	£3.44	24052												
	1x3kg	£11.81	↑	£3.94	24053												
	1x1kg	£4.30	↑	RSP	£6.02	24057											
	10x500g	£28.02	↑	RSP	£3.92	24058											
CRUNCHIE MUNCHIE [55% Fruit, Nuts & Seeds] New Recipe!!	1x10kg	£31.14	↑	£3.11	20481												
	1x5kg	£19.77	↑	£3.95	20482												
	1x3kg	£13.34	↑	£4.45	20483												
	1x1kg	£4.81	↑	RSP	£6.74	20488											
	10x500g	£30.57	↑	RSP	£4.28	20489											
DATE & PECAN MUESLI [32% Fruit & Nuts]	1x10kg	£25.80	↑	£2.58	22491												
	1x5kg	£17.10	↑	£3.42	22492												
	1x3kg	£11.74	↑	£3.91	22493												
	1x1kg	£4.28	↑	RSP	£5.99	22498											
	10x500g	£27.90	↑	RSP	£3.91	22499											
DELUXE MUESLI [33% Fruit, Nuts & Seeds]	1x10kg	£22.63	↑	£2.26	20331												
	1x5kg	£15.51	↑	£3.10	20332												
	1x3kg	£10.79	↑	£3.60	20333												
	1x1.5kg	£5.29	↑	RSP	£7.41	20337											
	1x1kg	£3.96	↑	RSP	£5.55	20338											
	10x500g	£26.31	↑	RSP	£3.68	20339											
EIGHT FRUIT MUESLI [40% Fruit]	1x10kg	£33.14	↑	£3.31	22511												
	1x5kg	£20.77	↑	£4.15	22512												
	1x3kg	£13.94	↑	£4.65	22513												
	1x1.5kg	£6.87	↑	RSP	£9.62	22517											
	1x1kg	£5.01	↑	RSP	£7.02	22518											
FRUIT MUESLI [50% Fruit]	1x10kg	£26.16	↑	£2.62	20351												
	1x5kg	£17.28	↑	£3.46	20352												
	1x3kg	£11.85	↑	£3.95	20353												
	1x1kg	£4.32	↑	RSP	£6.08	20358											
HIGH FIBRE MUESLI [47% Fruit, Nuts & Seeds]	1x10kg	£35.30	↑	£3.53	20361												
	1x5kg	£21.85	↑	£4.37	20363												
	1x3kg	£14.59	↑	£4.86	20362												
	1x1kg	£5.23	↑	RSP	£7.32	20368											
	10x500g	£32.65	↑	RSP	£4.57	20369											
ISLE OF PURBECK DELUXE MUESLI [38% Fruit, Nuts & Seeds]	1x10kg	£26.80	↑	£2.68	43231												
	1x5kg	£17.60	↑	£3.52	43232												
	1x3kg	£12.04	↑	£4.01	43233												
	1x1kg	£4.38	↑	RSP	£6.13	43238											
	10x500g	£28.40	↑	RSP	£3.98	43239											
ISLE OF PURBECK ORIGINAL MUESLI	1x10kg	£22.02	↑	£2.20	43241												

MICHAELS WHOLEFOODS MUESLI (Cont.)

MUESLI 15 [36% Fruit, Nuts & Seeds]	1x10kg	£26.30	↑	£2.63		24061											
	1x3kg	£11.89	↑	£3.96		24063											
	1x1kg	£4.33	↑	RSP	£6.06	24068											
MUESLI BASE	1x10kg	£13.52	↑	£1.35		20311											
	1x5kg	£10.96	↑	£2.19		20312											
	1x3kg	£8.06	↑	£2.69		20313											
	1x1.5kg	£3.93	↑	RSP	£5.50	20317											
	1x1kg	£3.05	↑	RSP	£4.27	20318											
MUESLI BASE DELUXE	1x10kg	£14.17	↑	£1.42		20941											
	1x5kg	£11.28	↑	£2.26		20942											
	1x3kg	£8.25	↑	RSP	£11.55	20943											
	1x1kg	£3.12	↑	RSP	£4.36	20948											
MUESLI BASE WHEAT FREE	1x10kg	£13.52	↑	£1.35		24031											
	1x5kg	£10.96	↑	£2.19		24032											
	1x3kg	£8.06	↑	£2.69		24033											
	1x1kg	£3.05	↑	RSP	£4.27	24038											
	10x500g	£21.76	↑	RSP	£3.05	24039											
MUESLI WITHOUT PEANUT [50% Fruit, Nuts & Seeds]	1x10kg	£28.10	↑	£2.81		24111											
	1x5kg	£18.25	↑	£3.65		24112											
	1x3kg	£12.43	↑	£4.14		24113											
	1x1kg	£4.51	↑	RSP	£6.31	24118											
REGULAR MUESLI [20% Fruit, Nuts & Seeds]	1x10kg	£18.07	↑	£1.81		20321											
	1x5kg	£13.24	↑	£2.65		20322											
	1x3kg	£9.42	↑	£3.14		20323											
	1x1.5kg	£4.61	↑	RSP	£6.46	20327											
	1x1kg	£3.51	↑	RSP	£4.91	20328											
	10x500g	£24.04	↑	RSP	£3.37	20329											
SPECIALITY MUESLI	1x10kg	£49.74	↑	£4.97		20391											
STRAWBERRY MUESLI [50% Fruit & Seeds]	1x10kg	£38.59	↑	£3.86		19811											
	1x5kg	£23.50	↑	£4.70		19812											
	1x3kg	£15.58	↑	£5.19		19813											
	1x1kg	£5.56	↑	RSP	£7.78	19818											
SUPER DELUXE MUESLI [50% Fruit, Nuts & Seeds]	1x10kg	£27.20	↑	£2.72		20341											
	1x5kg	£17.80	↑	£3.56		20342											
	1x3kg	£12.16	↑	£4.05		20343											
	1x1.5kg	£5.98	↑	RSP	£8.37	20347											
	1x1kg	£4.42	↑	RSP	£6.19	20348											
	10x500g	£28.60	↑	RSP	£4.00	20349											
WHEAT FREE FRUIT & NUT MUESLI [45% Fruit, Nuts & Seeds]	1x10kg	£29.78	↑	£2.98		24131											
	1x5kg	£19.09	↑	£3.82		24132											
	1x3kg	£12.93	↑	£4.31		24133											
	1x1.5kg	£6.37	↑	RSP	£8.91	24137											
	1x1kg	£4.68	↑	RSP	£6.55	24138											
10x500g	£29.89	↑	RSP	£4.18	24139												

BULK & MWF PACKED FLOUR

CORN FLOUR [Cornstarch] Various	25 kg	£42.20		£1.69		20541											
	1x5kg	£13.14		£2.63		20542											
	1x3kg	£9.33		£3.11		20543											
	1x1kg	£3.51		RSP	£4.91	20548											
	10x500g	£24.04		RSP	£3.37	20549											

BULK & MWF PACKED FLOUR (Cont.)

GRAM FLOUR - Chick Pea Flour	25 kg	£52.70	£2.11		20551												
Various	1x5kg	£15.78	£3.16		20552												
	1x3kg	£10.91	£3.64		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 Cornmeal	25kg	£25.96	£1.04		20602												
France	1x5kg	£9.66	£1.93		20603												
	1x3kg	£7.24	£2.41		20604												
	1x1kg	£2.71	RSP	£3.80	20608												
	10x500g	£19.56	RSP	£2.74	20609												
	<hr/>																
POTATO STARCH	25 kg	£56.80	£2.27		20571												
Denmark	1x5kg	£16.27	£3.25		20572												
	1x3kg	£11.20	£3.73		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	£40.36	£2.02		20631												
Various	1x5kg	£14.91	£2.98		20632												
	1x3kg	£10.39	£3.46		20634												
	1x1kg	£3.86	RSP	£5.41	20638												
	10x500g	£25.81	RSP	£3.61	20639												
	<hr/>																
SOYA FLOUR	25 kg	£54.56	£2.18		20591												
[Full Fat, Heat Treated]	1x5kg	£15.74	£3.15		20592												
Various	1x3kg	£10.88	£3.63		20593												
	1x1kg	£3.93	RSP	£5.50	20597												
	10x500g	£25.64	RSP	£3.59	20598												

TRADITIONAL DESSERTS

CUSTARD POWDER	12.5kg	£39.36	£3.15		21821												
U.K.	1x5kg	£20.97	£4.19		21822												
	1x3kg	£14.02	£4.67		21823												
	10x250g	£20.44	RSP	£2.86	21829												
	<hr/>																
SEMOLINA	25kg	£38.75	£1.55		21861												
E.U.	1x5kg	£12.40	£2.48		21863												
	1x3kg	£8.88	£2.96		21864												
	1x1kg	£3.26	RSP	£4.57	21868												
	10x500g	£22.30	RSP	£3.12	21869												

SALT

COARSE SEA SALT	20kg	£16.27	£0.81		20911												
Additive Free Israel	1x10kg	£8.74	£0.87		20912												
	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 Israel	1x10kg	£10.04	£1.00		20922												
	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												

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
SUGAR																	
CASTER Various	25kg	£49.88		£2.00		21051											
	1x10kg	£24.15		£2.42		21052											
	1x5kg	£13.88		£2.77		21053											
	1x3kg	£9.69		£3.23		21054											
	1x1kg	£3.60		RSP	£5.03	21058											
	10x500g	£23.98		RSP	£3.36	21059											
DEMERARA Various	25kg	£49.94		£2.00		21011											
	1x10kg	£24.17		£2.42		21012											
	1x5kg	£13.89		£2.78		21013											
	1x3kg	£9.69		£3.23		21014											
	1x1kg	£3.60		RSP	£5.04	21018											
	10x500g	£23.99		RSP	£3.36	21019											
GRANULATED Various	25kg	£28.95		£1.16		21071											
	1x10kg	£15.78		£1.58		21072											
	1x5kg	£9.69		£1.94		21073											
	1x3kg	£7.17		£2.39		21074											
	1x1kg	£2.76		RSP	£3.86	21076											
	10x500g	£19.79		RSP	£2.77	21079											
ICING	25kg	£52.00		£2.08		21061											
	1x10kg	£25.00		£2.50		21062											
	1x5kg	£14.30		£2.86		21063											
	1x3kg	£9.94		£3.31		21064											
	1x1kg	£3.68		£3.68		21065											
	10x500g	£24.40		RSP	£3.42	21069											
SOFT DARK BROWN Various	25kg	£59.95		£2.40		21021											
	1x10kg	£28.18		£2.82		21022											
	1x5kg	£15.89		£3.18		21023											
	1x3kg	£10.89		£3.63		21024											
	1x1kg	£4.00		RSP	£5.60	21028											
	10x500g	£25.99		RSP	£3.64	21029											
SOFT LIGHT BROWN Various	25kg	£53.56		£2.14		21031											
	1x10kg	£25.63		£2.56		21032											
	1x5kg	£14.61		£2.92		21033											
	1x3kg	£10.13		£3.38		21034											
	1x1kg	£3.74		RSP	£5.24	21038											
	10x500g	£24.71		RSP	£3.46	21039											
FRUCTOSE Israel	25kg	£144.15		£5.77		21111											
	1x10kg	£61.96		£6.20		21112											
	1x5kg	£32.93		£6.59		21113											
	1x3kg	£21.20		£7.07		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																	
PLAIN MINCE India	20kg	£69.67		£3.48		17901											
	1x5kg	£21.52		£4.30		17902											
	1x3kg	£14.35		£4.78		17903											
	1x1kg	£5.08		RSP	£7.12	17907											
	10x500g	£31.42		RSP	£4.40	17908											
	10x250g	£20.71		RSP	£2.90	17909											

TEXTURED SOYA PROTEIN - GMO FREE (Cont.)

PLAIN CHUNKS	12kg	£50.29		£4.19		17911											
UK	1x5kg	£25.06		£5.01		17912											
	1x3kg	£16.47		£5.49		17913											
	1x1kg	£5.79		RSP	£8.11	17917											
	10x500g	£34.96		RSP	£4.89	17918											
	10x250g	£22.48		RSP	£3.15	17919											

DARK MINCE	15kg	£75.12		£5.01		17921											
Various	1x5kg	£29.14		£5.83		17922											
	1x3kg	£18.92		£6.31		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	£67.50		£4.50		21241											
Egypt	1x5kg	£26.60		£5.32		21242											
	1x3kg	£17.40		£5.80		21243											
	1x1kg	£6.10		RSP	£8.54	21246											
	10x250g	£23.25		RSP	£3.25	21248											
	10x125g	£15.63		RSP	£2.19	21249											

ONION FRIED CRISPY	10kg	£66.10		£6.61		21251											
Various	1x5kg	£37.15		£7.43		21252											
	1x3kg	£23.73		£7.91		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.

BEEF BOUILLON	1x5kg	£35.48		£7.10		38901											
U.K.	1x1kg	£8.70		RSP	£12.17	38907											
	10x250g	£29.74		RSP	£4.16	38908											

CHICKEN BOUILLON	1x5kg	£49.36		£9.87		38911											
U.K.	1x1kg	£11.47		RSP	£16.06	38917											
	10x250g	£36.68		RSP	£5.14	38919											

VEGETABLE BOUILLON	1x5kg	£33.09		£6.62		38921											
U.K.	1x1kg	£8.22		RSP	£11.50	38927											
	10x250g	£28.54		RSP	£4.00	38928											

BREADCRUMBS

GOLDEN BREADCRUMBS	5kg	£14.22		£2.84		81412											
U.K.	1x1kg	£4.44		RSP	£6.22	81416											
	10x250g	£19.11		RSP	£2.68	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	£62.61		£2.50		70501											
U.K.	1x5kg	£16.62		£3.32		70502											
	1x3kg	£11.41		£3.80		70503											
	1x1kg	£4.20		RSP	£5.89	70506											
	10x250g	£19.26		RSP	£2.70	70508											
	10x125g	£14.13		RSP	£1.98	70509											

Product Description	Size	Price		Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12	
BAKING AIDS - Also See Nutrifare																			
BAKING POWDER	25kg	£84.63		£3.38		55091													
U.K.	1x3.5kg	£15.75		£4.50		55092													
	1x1kg	£4.99		RSP	£6.98	55093													
	10x250g	£20.46		RSP	£2.86	55099													
	10x100g	£13.38		RSP	£1.87	55098													
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BICARBONATE OF SODA	25kg	£32.13	v	£1.28		55101													
U.K.	1x3.5kg	£8.40	v	£2.40		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													
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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													
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CHOCOLATE COOKIE NIBS MILK	12.5kg	£125.86		£10.07		54091													
U.K.	1x5kg	£54.44		£10.89		54092													
	1x1kg	£11.67		RSP	£16.34	54099													
	10x250g	£37.17		RSP	£5.20	54098													
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CHOCOLATE COOKIE NIBS PLAIN	12.5kg	£109.28		£8.74		55061													
U.K.	1x5kg	£47.81		£9.56		55062													
	1x1kg	£10.44		RSP	£14.62	55069													
	10x250g	£34.85		RSP	£4.88	55068													
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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													
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GLUTEN	25kg	£137.38	↑	£5.50		41771													
Italy	1x5kg	£31.68	↑	£6.33		41772													
	1x1kg	£7.20	↑	RSP	£10.07	41773													
	10x500g	£42.48	↑	RSP	£5.95	41777													
	10x250g	£26.74	↑	RSP	£3.74	41778													
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MARZIPAN NEUTRAL	1x6kg	£45.92		£7.65		55025													
U.K.	6x1kg	£56.12		RSP	£13.09	55028													
	12x500g	£63.92		RSP	£7.46	55029													
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MINCEMEAT VEGETARIAN	12.5kg	£41.80		£3.34		55011													
U.K.	1x2.5kg	£12.06		£4.82		55012													
Available from Sept only.	6x1kg	£29.67		RSP	£6.92	55017													
	6x700g	£21.25		RSP	£4.96	55018													
	6x300g	£12.02		RSP	£2.80	55019													
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REAL MILK CHOCOLATE DROPS	10kg	£98.86		£9.89		28001													
Belgium	1x3kg	£33.56		£11.19		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	£32.98		£10.99		28025													
Belgium	1x1kg	£11.29		RSP	£15.81	28026													
	10x250g	£36.23		RSP	£5.07	28028													
	10x100g	£19.69		RSP	£2.76	28029													

BAKING AIDS - Also See Nutrifare (Cont.)

REAL WHITE CHOCOLATE DROPS	10kg	£101.96	£10.20		28041												
Belgium	1x3kg	£34.49	£11.50		28045												
	1x1kg	£11.80	RSP	£16.51	28046												
	10x250g	£37.49	RSP	£5.25	28048												
	10x100g	£20.20	RSP	£2.83	28049												

VEGETABLE SUET	10kg	£45.88	£4.59		55371												
Non Hydrogenated	1x3kg	£17.66	£5.89		55372												
Various	1x1kg	£6.19	RSP	£8.66	55376												
	10x500g	£36.94	RSP	£5.17	55377												
	10x250g	£23.47	RSP	£3.29	55378												

COCOA

COCOA POWDER - Full Fat	25kg	£179.78	£7.19		55161												
Netherlands	1x5kg	£40.06	£8.01		55162												
	1x3kg	£25.47	£8.49		55163												
	1x1kg	£8.79	RSP	£12.31	55166												
	10x500g	£49.96	RSP	£6.99	55168												
	10x250g	£29.98	RSP	£4.20	55169												

COCOA POWDER-10/12% Fat	25kg	£169.28	£6.77		55321												
Netherlands	1x5kg	£37.96	£7.59		55322												
	1x3kg	£24.21	£8.07		55324												
	1x1kg	£8.37	RSP	£11.72	55323												
	10x500g	£47.86	RSP	£6.70	55328												
	10x250g	£28.93	RSP	£4.05	55329												

MILK POWDER

SKIMMED MILK POWDER	25kg	£150.93	£6.04		55301												
E.U.	1x5kg	£34.29	£6.86		55302												
	1x1kg	£7.64	RSP	£10.69	55303												
	10x250g	£27.09	RSP	£3.79	55309												



Conventional

Snacks and Sweets

MICHAELS WHOLEFOODS SNACK MIXES

TRAIL MIX	1x10kg	£56.58	↑	£5.66	22011												
U.K.	1x5kg	£32.49	↑	£6.50	22012												
	1x3kg	£20.97	↑	£6.99	22013												
	1x1kg	£7.36	↑	RSP	£10.30	22015											
	10x500g	£43.29	↑	RSP	£6.06	22017											
	10x250g	£27.14	↑	RSP	£3.80	22018											
	10x200g	£23.32	↑	RSP	£3.26	22016											
	10x125g	£18.07	↑	RSP	£2.53	22019											

TROPICAL MIX	1x10kg	£60.98	↑	£6.10	22031												
U.K.	1x5kg	£34.69	↑	£6.94	22032												
	1x3kg	£22.29	↑	£7.43	22033												
	1x1kg	£7.80	↑	RSP	£10.92	22036											
	10x500g	£45.49	↑	RSP	£6.37	22037											
	10x250g	£28.25	↑	RSP	£3.95	22038											
	10x200g	£24.20	↑	RSP	£3.39	22035											
	10x125g	£18.62	↑	RSP	£2.61	22039											

HIKERS MIX	1x10kg	£58.30	↑	£5.83	28151												
U.K.	1x5kg	£33.35	↑	£6.67	28152												
	1x3kg	£21.49	↑	£7.16	28153												
	1x1kg	£7.53	↑	RSP	£10.54	28156											
	10x500g	£44.15	↑	RSP	£6.18	28157											
	10x250g	£27.58	↑	RSP	£3.86	28158											
	10x125g	£18.29	↑	RSP	£2.56	28159											

SAVOURY SNACKS

BOMBAY MIX - MILD	1x5kg	£21.70		£4.34	22222												
U.K.	1x3kg	£16.92		£5.64	22223												
	1x1kg	£5.94		RSP	£8.32	22225											
	10x500g	£35.70		RSP	£5.00	22227											
	10x250g	£22.85		RSP	£3.20	22228											
	10x125g	£15.43		RSP	£2.16	22229											

BOMBAY MIX - HOT	1x5kg	£21.70		£4.34	28201												
U.K.	1x3kg	£16.92		£5.64	28203												
	1x1kg	£5.94		RSP	£8.32	28205											
	10x500g	£35.70		RSP	£5.00	28206											
	10x250g	£22.85		RSP	£3.20	28207											
	10x125g	£15.43		RSP	£2.16	28208											

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											

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.)

GATHIA	1x5kg	£21.70		£4.34		22241											
U.K.	1x3kg	£16.92		£5.64		22243											
	1x1kg	£5.94		RSP	£8.32	22245											
	10x500g	£35.70		RSP	£5.00	22247											
	10x250g	£22.85		RSP	£3.20	22248											
	10x125g	£15.43		RSP	£2.16	22249											
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JAPANESE (STYLE) RICE CRACKER MIX	1x7.5kg	£64.69		£8.63		37211											
Various	1x3kg	£29.78		£9.93		37212											
	1x1kg	£10.23		RSP	£14.32	37215											
	10x500g	£57.13		RSP	£8.00	37217											
	10x200g	£29.25		RSP	£4.10	37218											
	10x100g	£18.63		RSP	£2.61	37219											
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SEAWEED PEANUTS	1x10kg	£55.20	↑ v	£5.52		22311											
Various	1x3kg	£20.56	↑ v	£6.85		22312											
	1x1kg	£7.22	↑ v	RSP	£12.13	22315											
	10x200g	£24.04	↑ v	RSP	£4.04	22318											
	10x100g	£16.52	↑ v	RSP	£2.78	22319											
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WASABI COATED PEANUTS	1x10kg	£66.50	v	£6.65		37271											
China	1x5kg	£37.35	v	£7.47		37275											
	1x3kg	£23.85	v	£7.95		37273											
	1x1kg	£8.25	v	RSP	£13.86	37276											
	10x500g	£47.25	v	RSP	£7.94	37277											
	10x200g	£25.30	v	RSP	£4.25	37278											
	10x100g	£16.65	v	RSP	£2.80	37279											
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WASABI GREEN PEAS	1x10kg	£75.17		£7.52		77461											
Various	1x3kg	£26.45		£8.82		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

CAROB BRAZILS	4x3kg	£71.39	v	£5.95		22702											
U.K.	3 kg	£18.45	v	£6.15		22701											
	10x250g	£26.87	v	RSP	£4.51	22708											
	10x100g	£15.95	v	RSP	£2.68	22709											
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CAROB GINGER	4x3kg	£63.44	v	£5.29		22712											
U.K.	3 kg	£16.46	v	£5.49		22711											
	10x250g	£25.22	v	RSP	£4.24	22718											
	10x100g	£15.29	v	RSP	£2.57	22719											
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CAROB PEANUTS	4x3kg	£59.52	v	£4.96		22722											
U.K.	3 kg	£15.48	v	£5.16		22721											
	10x250g	£24.40	v	RSP	£4.10	22728											
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CAROB RAISINS	4x3kg	£58.23	v	£4.85		22732											
U.K.	3 kg	£15.16	v	£5.05		22731											
	10x250g	£24.13	v	RSP	£4.05	22738											

"CAROL ANNE" MILK CHOCOLATE COATED

MILK CHOCOLATE BRAZILS	24x150g	£31.53	↑ v	RSP	£2.21	22871											
MILK CHOCOLATE PEANUTS	24x150g	£26.47	↑ v	RSP	£1.85	22872											
MILK CHOCOLATE RAISINS	24x150g	£26.77	↑ v	RSP	£1.87	22873											

"CAROL ANNE" MILK CHOCOLATE COATED (Cont.)

MILK CHOCOLATE ALMONDS	4x3kg	£93.31	v	£7.78	22851												
U.K.	3kg	£23.93	v	£7.98	22852												
	10x250g	£31.44	v	RSP	£5.28 22858												
MILK CHOCOLATE BANANA	4x3kg	£76.28	v	£6.36	22741												
Philippines/UK	3kg	£19.67	v	£6.56	22742												
	10x250g	£27.89	v	RSP	£4.69 22748												
MILK CHOCOLATE BRAZILS	4x3kg	£90.81	v	£7.57	22751												
U.K.	3kg	£23.30	v	£7.77	22752												
	1x1kg	£9.17	v	RSP	£15.40 22756												
	10x250g	£30.92	v	RSP	£5.19 22758												
	10x100g	£17.57	v	RSP	£2.95 22759												
MILK CHOCOLATE CASHEWS	4x3kg	£97.71	v	£8.14	22881												
U.K.	3kg	£25.03	v	£8.34	22882												
	10x250g	£32.36	v	RSP	£5.44 22888												
MILK CHOCOLATE GINGER	4x3kg	£81.30	v	£6.77	22971												
U.K.	3kg	£20.92	v	£6.97	22972												
	10x250g	£28.94	v	RSP	£4.86 22978												
	10x100g	£16.77	v	RSP	£2.82 22979												
MILK CHOCOLATE HONEYCOMB BITES	4x2.5kg	£72.52	v	£7.25	25251												
U.K.	2.5kg	£18.73	v	£7.49	25252												
	10x250g	£30.13	v	RSP	£5.06 25258												
	10x100g	£17.25	v	RSP	£2.90 25259												
MILK CHOCOLATE PEANUTS	4x3kg	£74.17	v	£6.18	22771												
USA/UK	3kg	£19.14	v	£6.38	22772												
	10x250g	£27.45	v	RSP	£4.61 22778												
	10x100g	£16.18	v	RSP	£2.72 22779												
MILK CHOCOLATE PEANUTS & RAISINS	4x3kg	£77.18	v	£6.43	22811												
U.K.	1x3kg	£19.90	v	£19.90	22812												
	10x250g	£28.08	v	RSP	£4.72 22818												
	10x100g	£16.43	v	RSP	£2.76 22819												
MILK CHOCOLATE RAISINS	4x3kg	£75.16	v	£6.26	22781												
Turkey/UK	3kg	£19.39	v	£6.46	22782												
	10x250g	£27.66	v	RSP	£4.65 22788												
	10x100g	£16.26	v	RSP	£2.73 22789												
MILK CHOCOLATE WALNUTS	4x2.5kg	£72.03	v	£7.20	25111												
U.K.	2.5 kg	£18.61	v	£7.44	25112												
	10x100g	£17.20	v	RSP	£2.89 25119												

"CAROL ANNE" DARK CHOCOLATE COATED

DARK CHOCOLATE ALMONDS	4x3kg	£93.62	v	£7.80	25341												
U.K.	3 kg	£24.00	v	£8.00	25342												
	10x100g	£17.80	v	RSP	£2.99 25349												
DARK CHOCOLATE BRAZILS	4x3kg	£91.36	v	£7.61	25161												
U.K.	3 kg	£23.44	v	£7.81	25162												
	10x250g	£31.03	v	RSP	£5.21 25168												
	10x100g	£17.61	v	RSP	£2.96 25169												
DARK CHOCOLATE CRANBERRIES	4x3kg	£86.30	v	£7.19	25141												
U.K.	3 kg	£22.18	v	£7.39	25142												
	10x250g	£29.98	v	RSP	£5.04 25148												
DARK CHOCOLATE COFFEE BEANS	4x3kg	£89.16	v	£7.43	25181												
U.K.	3 kg	£22.89	v	£7.63	25182												
	10x250g	£30.57	v	RSP	£5.14 25188												
	10x100g	£17.43	v	RSP	£2.93 25189												

"CAROL ANNE" DARK CHOCOLATE COATED (Cont.)

DARK CHOCOLATE GINGER	4x3kg	£82.26	v	£6.85	25121												
U.K.	3 kg	£21.16	v	£7.05	25122												
	10x250g	£29.14	v	RSP	£4.89	25128											
	10x100g	£16.85	v	RSP	£2.83	25129											
DARK CHOCOLATE HAZELS	4x3kg	£104.04	v	£8.67	25361												
U.K.	3 kg	£26.61	v	£8.87	25362												
	10x250g	£33.67	v	RSP	£5.66	25368											
DARK CHOCOLATE HONEYCOMB	4x2.5kg	£73.47	v	£6.12	25371												
U.K.	2.5 kg	£15.91	v	£6.36	25372												
	10x250g	£27.31	v	RSP	£4.59	25378											
DARK CHOCOLATE ORANGE PEEL	4x3kg	£93.00	v	£7.75	25381												
U.K.	3 kg	£23.85	v	£7.95	25382												
	10x250g	£31.38	v	RSP	£5.27	25388											
DARK CHOCOLATE PEANUTS	4x3kg	£74.37	v	£6.20	25391												
U.K.	3kg	£19.19	v	£6.40	25392												
	10x250g	£27.49	v	RSP	£4.62	25398											
DARK CHOCOLATE RAISINS	4x3kg	£75.98	v	£6.33	25211												
U.K.	3 kg	£19.60	v	£6.53	25212												
	10x250g	£27.83	v	RSP	£4.68	25218											
	10x100g	£16.33	v	RSP	£2.74	25219											

"CAROL ANNE" YOGURT COATED

YOGURT ALMONDS	4x3kg	£73.86	v	£6.15	22562												
U.K.	3 kg	£19.06	v	£6.35	22561												
	10x250g	£27.39	v	RSP	£4.60	22568											
YOGURT BANANA CHIPS	4x3kg	£56.17	v	£4.68	22572												
U.K.	3 kg	£14.64	v	£4.88	22571												
	10x250g	£23.70	v	RSP	£3.98	22578											
	10x100g	£14.68	v	RSP	£2.47	22579											
YOGURT BRAZILS	4x3kg	£70.97	v	£5.91	22582												
U.K.	3 kg	£18.34	v	£6.11	22581												
	10x250g	£26.79	v	RSP	£4.50	22588											
	10x100g	£15.91	v	RSP	£2.67	22589											
YOGURT CASHEWS	4x3kg	£78.82	v	£6.57	22822												
U.K.	3 kg	£20.30	v	£6.77	22821												
	10x250g	£28.42	v	RSP	£4.77	22828											
YOGURT CRANBERRIES	4x3kg	£67.81	v	£5.65	22832												
U.K.	3 kg	£17.55	v	£5.85	22831												
	10x250g	£26.13	v	RSP	£4.39	22838											
YOGURT FRUIT & NUT MIX	4x3kg	£67.58	v	£5.63	22681												
U.K.	1x3kg	£17.50	v	£5.83	22682												
[Alm, Braz, Cash, Pea. & Raisins]	10x250g	£26.08	v	RSP	£4.38	22688											
YOGURT GINGER	4x3kg	£63.72	v	£5.31	22592												
U.K.	3 kg	£16.53	v	£5.51	22591												
	10x250g	£25.28	v	RSP	£4.25	22598											
	10x100g	£15.31	v	RSP	£2.57	22599											
YOGURT HONEYCOMB	4x2.5kg	£55.13	v	£5.51	22651												
U.K.	2.5kg	£14.38	v	£5.75	22652												
	10x100g	£15.51	v	RSP	£2.61	22659											

"CAROL ANNE" YOGURT COATED (Cont.)

YOGURT PEANUTS & RAISINS	4x3kg	£60.86	v	£5.07	22642												
U.K.	1x3kg	£15.82	v	£5.27	22641												
	10x250g	£24.68	v	RSP	£4.15 22648												
	10x100g	£15.07	v	RSP	£2.53 22649												
YOGURT PEANUTS	4x3kg	£59.75	v	£4.98	22611												
U.K.	3 kg	£15.54	v	£5.18	22612												
	10x250g	£24.45	v	RSP	£4.11 22618												
	10x100g	£14.98	v	RSP	£2.52 22619												
YOGURT RAISINS	4x3kg	£58.30	v	£4.86	22631												
U.K.	3 kg	£15.17	v	£5.06	22632												
	5x500g	£19.14	v	RSP	£6.43 22637												
	10x250g	£24.14	v	RSP	£4.06 22638												
	10x100g	£14.86	v	RSP	£2.50 22639												

"CAROL ANNE" WHITE CHOCOLATE COATED

WHITE CHOCOLATE RAISINS	3Kg	£18.75	v	£6.25	25271												
U.K.	10x250g	£27.63	v	RSP	£4.64 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												
CLOVE SATINS - Stockleys	3kg	£15.39	v	£5.13	91781												
	10x250g	£17.82	v	RSP	£2.99 91789												
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 - Stockleys	3kg	£18.89	v	£6.30	91961												
	10x250g	£20.74	v	RSP	£3.48 91969												

CONFECTIONERY UNWRAPPED

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												

BON BONS (Cont.)

	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

MINI FOAM BANANAS - Barratt	2kg	£11.19	↑ v		£5.59	92951												
	10x250g	£18.98	↑ v	RSP	£3.19	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	£15.81	v		£5.27	91671												
	10x250g	£18.67	v	RSP	£3.14	91679												
MILK BOTTLES - Candyland	2kg	£12.59	↑ v		£6.29	92221												
	10x250g	£20.73	↑ v	RSP	£3.48	92229												
MILK GUMS - Barratt	2kg	£18.89	v		£9.44	95291												
	10x250g	£28.61	v	RSP	£4.81	93406												

FUDGE

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												

JELLIES

AMERICAN HARD GUMS - Candy Crave	3kg	£13.99	↑ v		£4.66	92341												
	10x250g	£16.66	↑ v	RSP	£2.80	92349												
	10x100g	£9.16	↑ v	RSP	£1.54	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												

Product Description	Size	Price		Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12	
JELLIES (Cont.)																			
FIZZY COLA BOTTLES - Vidal	3kg	£13.99	↑	v	£4.66	92244													
	10x250g	£16.66	↑	v	RSP £2.80	92356													
FIZZY DUMMIES - Barratt	2kg	£10.49	↑	v	£5.24	92231													
	10x250g	£18.11	↑	v	RSP £3.04	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	£13.99	↑	v	£4.66	92382													
	10x250g	£16.66	↑	v	RSP £2.80	92389													
	10x100g	£9.16	↑	v	RSP £1.54	92387													
GIANT STRAWBS - Kingsway	3kg	£15.67		v	£5.22	91231													
	10x250g	£18.05		v	RSP £3.03	91239													
JELLY BABIES - Barratt	3kg	£13.99	↑	v	£4.66	92261													
	10x250g	£16.66	↑	v	RSP £2.80	92269													
JELLY BEANS - Barratt	3kg	£13.99	↑	v	£4.66	92301													
	10x250g	£16.66	↑	v	RSP £2.80	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	£17.49		v	£5.83	91261													
	10x250g	£19.57		v	RSP £3.29	91269													
TWIN CHERRIES - Kingsway	3kg	£17.49		v	£5.83	90621													
	10x250g	£19.57		v	RSP £3.29	92407													
WINE GUMS - Taveners	3kg	£13.99	↑	v	£4.66	92281													
	10x250g	£16.66	↑	v	RSP £2.80	92289													
YELLOW BELLIES - ICA	3kg	£17.49		v	£5.83	91386													

LIQUORICE

LIQUORICE ALLSORTS - Taveners	3kg	£13.99	↑	v	£4.66	90771												
	10x250g	£16.66	↑	v	RSP £2.80	90779												
LIQUORICE CREAM ROCK - ICA	3kg	£16.79		v	£5.60	91381												
	10x250g	£18.99		v	RSP £3.19	91388												
PONTEFRAC TCAKES - Taveners	3kg	£14.69		v	£4.90	91441												
	10x250g	£17.24		v	RSP £2.90	91449												

OTHER UNWRAPPED CONFECTIONERY

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	£13.04		v	RSP £0.22	93395												
CANDY STICKS WHITE - Barratt	2.5kg	£14.69		v	£5.87	93471												
	10x250g	£19.69		v	RSP £3.31	90253												

OTHER UNWRAPPED CONFECTIONERY (Cont.)

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	£13.99	↑ v	£4.66		90521											
	10x250g	£16.66	↑ v	RSP	£2.80	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	£23.09	↑ v	£7.70		94003											
	10x250g	£24.24	↑ v	RSP	£4.07	94008											
MINT IMPERIALS	3kg	£15.39	↑ v	£5.13		91421											
	10x250g	£17.82	↑ v	RSP	£2.99	91429											
	10x100g	£9.63	↑ v	RSP	£1.60	91427											

CONFECTIONERY IN BAGS

HONEYCOMB PLAIN IN BAGS	24x100g	£19.82	v	RSP	£1.32	93065											
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COUNT LINES

FLYING SAUCERS - Kingsway	500x2p	£15.25	v	RSP	£0.05	93153											
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OTHER UNWRAPPED CONFECTIONERY IN JARS

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

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"

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	£14.69	↑	RSP	£3.26	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	£99.99		£4.00		21101													
Mauritius	1x10kg	£44.30		£4.43		21102													
	1x3kg	£15.90		£5.30		21104													
	5x1kg	£28.00		RSP	£7.84	21108													
	10x500g	£34.00		RSP	£4.76	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	£100.56		£4.02		21091													
Mauritius	1x10kg	£44.52		£4.45		21092													
	1x3kg	£15.97		£5.32		21094													
	5x1kg	£28.11		RSP	£7.87	21098													
	10x500g	£34.11		RSP	£4.78	21099													

BILLINGTONS PACKS

DARK MUSCOVADO SUGAR	10x500g	£16.67		RSP	£2.22	21135													
DEMERARA SUGAR	10x500g	£16.96		RSP	£2.26	21131													
GOLDEN CASTER SUGAR	10x1kg	£31.66		RSP	£4.22	21134													
LIGHT MUSCOVADO SUGAR	10x500g	£16.67		RSP	£2.22	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	6x170g	£12.38	↑	RSP	£2.58	41643													
THAI RED CURRY PASTE	6x170g	£12.38	↑	RSP	£2.58	41642													
THAI FISH SAUCE	12x150ml	£17.39		RSP	£1.81	50724													

CANNED GOODS

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	8x250g	£13.14		RSP	£2.05	37828											
WHOLEWHEAT NOODLE NESTS	8x250g	£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"

SOYA NON-DAIRY ALT TO MILK	6x1lt	£15.97		RSP	£3.55	55299											
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"CELESTIAL SEASONING TEAS"

BENGAL SPICE	6x20Bag	£17.95	♻️	RSP	£3.99	55330											
LEMON ZINGER	6x20Bag	£16.60	♻️	RSP	£3.69	55332											
MANDARIN ORANGE SPICE	6x20Bag	£16.60	♻️	RSP	£3.69	55334											
SLEEPYTIME EXTRA	6x20Bag	£17.95	♻️	RSP	£3.99	55336											
SLEEPYTIME	6x20Bag	£16.60	♻️	RSP	£3.69	55338											
TENSION TAMER	6x20Bag	£16.60	♻️	RSP	£3.69	55340											

"CERTO"

APPLE PECTIN	6x250ml	£13.73		RSP	£2.86	38183											
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"COOK BRAND"

CHINESE CURRY SAUCE	12x405g	£36.03		RSP	£4.00	41752											
SPICY CURRY SAUCE	12x405g	£36.03		RSP	£4.00	41754											

"CYPRESSA"

OLIVES BLACK PITTED - Jars	6x340g	£9.39	↑	RSP	£2.09	39202											
OLIVES GREEN PITTED - Jars	6x340g	£9.28	↑	RSP	£2.06	39204											
ROASTED & SALTED BROAD BEANS	12x150g	£17.53	↑ v	RSP	£2.34	38469											
VINE LEAVES STUFFED - Tins	6x280g	£9.13	↑	RSP	£2.03	39301											

"DEER ROSE"

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

"DOVES FARM"

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"

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

"ECOLEAF"

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											

DISHWASHING

DISHWASHER TABLETS [20g]	6x25	£29.45	v	RSP	£7.85	36365											
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WASHING

WASHING UP LIQUID	1x5lt	£11.39	v	RSP	£18.22	36392											
Camomile + Clementine	8x0.95lt	£20.59	v	RSP	£4.13	36393											
Lily & Lotus	8x450ml	£11.35	v	RSP	£2.40	36395											
Pomegranate & Fig	8x450ml	£11.35	v	RSP	£2.40	36397											
WASHING UP LIQUID VEGAN	1x5lt	£11.39	v	RSP	£18.22	36466											
Lemon + Aloe Vera	8x0.95lt	£20.59	v	RSP	£4.12	36465											
	8x450ml	£11.35	v	RSP	£2.27	36467											

GENERAL HOUSEHOLD CLEANING

ALL PURPOSE CLEANER	6x1lt	£13.39	v	RSP	£3.57	36422											
FLOOR CLEANER	12x1lt	£28.11	v	RSP	£3.75	36413											
MULTI SURFACE SPRAY	6x500ml	£10.91	v	RSP	£2.92	36427											
WINDOW & GLASS CLEANER	6x500ml	£16.15	v	RSP	£4.31	36442											

PERSONAL CARE

LIQUID HAND SOAP - Lavender & Aloe Vera	1x5lt	£20.15	v	RSP	£32.24	36402											
	6x250ml	£14.84	v	RSP	£3.96	36301											
LIQUID HAND SOAP - Citrus & Orange Blossom	6x250ml	£14.84	v	RSP	£3.96	36452											

LAUNDRY

CONCENTRATED BIOLOGICAL WASHING	6x750g	£22.01	v	RSP	£5.88	36315											
NON BIOLOGICAL WASHING POWDER	6x750g	£20.44	v	RSP	£5.45	36312											
DELICATE	6x750ml	£20.39	v	RSP	£5.44	36401											
FABRIC CONDITIONER	1x5lt	£9.07	v	RSP	£14.51	36352											
Soft Apple	6x750ml	£9.77	v	RSP	£2.61	36353											
LAUNDRY BLEACH POWDER	6x400g	£8.50	v	RSP	£2.27	36321											
NON BIO. LAUNDRY LIQUID - Lav & Eucalyptus	1x5lt	£13.93	v	RSP	£23.88	36332											
NON BIO. LAUNDRY LIQUID - Non Concentrated	6x1.5ltr	£32.64	v	RSP	£10.36	36329											

BAG IN BOX REFILL UNITS

FABRIC CONDITIONER - SOFT APPLE	1x15lt	£24.35	v	£1.62		36491											
WASHING UP LIQUID, CAMOMILE &	1x15lt	£29.17	v	£1.94		36493											
WASHING UP LIQUID, LEMON & ALOE VERA -	1x15lt	£29.17	v	£1.94		36494											
LAUNDRY LIQUID NON BIO.	1x15lt	£66.04	v	£4.40		36492											
TAP FOR 15LT REFILL	1x1	£4.99	v	£4.99		36496											

ZERO FRAGRANCE FREE RANGE

FABRIC CONDITIONER	6x1.5ltr	£16.33	v	RSP	£4.30	36368											
LAUNDRY LIQUID	6x1.5ltr	£46.90	v	RSP	£12.52	36372											
WASHING POWDER	1x7.5kg	£25.91	v	RSP	£41.51	36377											
WASHING UP LIQUID	8x450ml	£11.35	v	RSP	£2.32	36388											

"FERMIPAN"

DRIED YEAST	20x500g	£95.77		RSP	£6.38	81391											
	1x500g	£5.29		RSP	£7.05	81392											

"FERNS"

CURRY PASTE HOT	6x380g	£13.55		RSP	£3.01	83002											
CURRY PASTE MILD	6x380g	£13.55		RSP	£3.01	83003											
GREEN MASALA PASTE	6x380g	£14.69		RSP	£3.26	83004											

"FERNS" (Cont.)

VINDALOO PASTE	6x380g	£14.69		RSP	£3.26	83008											
HOT MANGO CHUTNEY	6x440g	£13.55		RSP	£3.01	83009											
SWEET MANGO CHUTNEY	6x440g	£13.55		RSP	£3.01	83011											
BRINJAL PICKLE	6x380g	£13.55		RSP	£3.01	83013											
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"

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	10x120g	£20.60		RSP	£2.75	37929											
SKIPJACK TUNA CHUNKS IN BRINE	15x160g	£26.40		RSP	£2.35	37941											

"HELLENIC"

OLIVE OIL EXTRA VIRGIN PRESSED	1x3lt	£44.90		RSP	£44.90	39144											
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"HEYGATES"

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"

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"

COCONUT MILK	12x400ml	£10.08	↑	RSP	£1.12	33825											
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"JOYA"

JOYA CALCIUM ENRICHED	8x1lt	£12.37		RSP	£2.06	55668											
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"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"

COCO POPS	1x7kg	£55.65		£7.95		52021											
CORNFLAKES	1x4.8kg	£26.46	↓	£5.51		52001											
RICE KRISPIES	1x7kg	£44.37		£6.34		52011											

"KINGFISHER" Toothpaste

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											

"KINGFISHER" Toothpaste (Cont.)

MINT, FLOURIDE FREE	12x100ml	£25.16	v	RSP	£3.35	41826											
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"KOKA"

CHICKEN FLAVOUR	30x85g	£14.40		RSP	£0.64	77702											
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											
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"LINGHAMS"

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"

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"

SWEET CHILLI SAUCE WITH SEEDS	12x730ml	£29.79	↓	RSP	£3.31	41769											
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"MALDON"

SEA SALT FLAKES	12x250g	£30.73		RSP	£3.41	20935											
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"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											

"MERIDIAN" (Cont.)

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											
TAMARI SOYA SAUCE	6x500ml	£31.00		RSP	£6.89	35618											

"MINOR FIGURES"

OAT MILK FOAMABLE	6x1lt	£10.21		RSP	£2.27	55680											
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"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											
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"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 400/500 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	£18.31	↓ v			82148											
300x375mm-[12x 15"]	250	£21.99	v			82151											
305x457mm-[12x 18"]	250	£17.06	v			82147											
375x500mm-[15x 20"]	200	£29.31	↓ v			82161											
450x600mm-[18x 24"]	100	£19.55	↑ 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											

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
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"MWF" PACKAGING MATERIALS (Cont.)

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												

BLACK REFUSE SACKS

HEAVY DUTY 18x29x39"-[180Gauge]	1x200	£31.68	v		82621												
LIGHT DUTY 457x725x850mm-[80 Gauge]	20x10	£27.33	↑ 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

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



Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
"NATCO" (Cont.)																	
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											
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	£27.32 ↓		RSP	£1.82	17132											
GROUND RICE	20x500g	£20.07		RSP	£1.34	20623											
RICE FLOUR	20x500g	£20.07		RSP	£1.34	20633											
BUTTER GHEE [Tins]	6x500g	£35.25 ↓		RSP	£7.83	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]	500Bags	£65.87 ↓	v			33201											
6 x 8 x 12 45mu [1.5kg]	500Bags	£72.42 ↓	v			33211											
6 x 8 x 14 45mu [2.25kg]	500Bags	£81.01 ↓	v			33221											
6 x 8 x 16 45mu	500Bags	£89.58 ↓	v			33222											

"NUTRIFARE"

CHIA SEEDS	25kg	£160.76		£6.43		79451											
Various	1x1kg	£8.03		RSP	£11.24	79455											
	10x250g	£28.08		RSP	£3.93	79457											
	10x100g	£16.43		RSP	£2.30	79458											
	10x50g	£12.22		RSP	£1.71	79459											
CREAM OF TARTAR - NATURAL	25kg	£294.40	v	£11.78		55153											
CREAM OF TARTAR Spain	1x3.5kg	£45.12	v	£12.89		55151											
	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											

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
"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												
"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	£15.31	v	RSP	£0.68 56761												
RASPBERRY BARS	36x32g	£15.31	v	RSP	£0.68 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												

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

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

"SANCHI"

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	£5.91	↑	v	RSP	£0.39	22091										
	12x24x30	£69.66	↑	v	RSP	£0.39	22093										
SESAME SNAPS MULTI PACK	6x4x30g	£5.95	↑	v	RSP	£1.59	22092										
	30x4x30g	£29.23	↑	v	RSP	£1.17	22094										
SESAME SNAPS CHOCOLATE COATED	24x30g	£7.62	↑	v	RSP	£0.51	22095										
	12x24x30	£89.78	↑	v	RSP	£0.50	22097										
SESAME SNAPS WITH COCONUT	24x30g	£6.03	↑	v	RSP	£0.40	22098										
	12x24x30	£71.01	↑	v	RSP	£0.39	22099										
SESAME SNAPS YOGURT COATED	24x40g	£7.62	↑	v	RSP	£0.51	22192										
	12x24x40	£89.78	↑	v	RSP	£0.50	22191										

"SHIPTON MILL"

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											

"SQUID BRAND"

FISH SAUCE	12x725ml	£36.97		RSP	£4.11	41741											
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"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.)

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"

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

"SUNITA"

TAHINI LIGHT	12x280g	£29.60		RSP	£3.29	39491											
	1x3kg	£26.38		RSP	£35.13	39492											
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	£48.95	↑	£48.95		88991											
Spain	1x250g	£13.54	↑	RSP	£18.95	88993											
	10x20g	£19.79	↑	RSP	£2.77	88999											
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AJWAIN SEEDS [Lovage]	1 kg	£9.16		£9.16		69011											
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ALL PURPOSE SEASONING	1 kg	£6.54	↑	£6.54		32181											
Various	1x250g	£2.93	↑	RSP	£4.11	32183											
	155ml Spice Tub	10x50g	£10.37	↑	RSP	£1.57	32187										
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ALLSPICE GROUND [Pimento]	1 kg	£20.66	↑	£20.66		31121											
Mexico	1x250g	£6.47	↑	RSP	£9.05	31123											
	10x20g	£13.13	↑	RSP	£1.84	31129											
155ml Spice Tub	10x50g	£19.48	↑	RSP	£2.95	36801											
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ALLSPICE WHOLE [Pimento]	1 kg	£23.23	↑	£23.23		31111											
Mexico	1x250g	£7.11	↑	RSP	£9.95	31113											
	10x20g	£13.64	↑	RSP	£1.91	31119											
155ml Spice Tub	10x50g	£20.76	↑	RSP	£3.15	36802											
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ARROWROOT	1 kg	£5.70	↑	£5.70		31151											
Brazil	1x250g	£2.72	↑	RSP	£3.81	31153											
	10x125g	£18.12	↑	RSP	£2.54	31158											
10x20g	£10.14	↑	RSP	£1.42	31159												
155ml Spice Tub	10x50g	£12.00	↑	RSP	£1.82	36805											
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BASIL	1 kg	£8.52	↑	£8.52		31171											
Egypt	1x500g	£5.76	↑	£11.52		31172											
	10x75g	£18.39	↑	RSP	£2.57	31178											
10x25g	£12.13	↑	RSP	£1.70	31179												
155ml Spice Tub	10x20g	£11.36	↑	RSP	£1.72	36806											
1lt Spice Jar	6x150g	£15.73	↑	RSP	£3.67	36512											
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BAY LEAVES	1 kg	£11.87	↑	£11.87		31181											
Turkey	10x75g	£19.90	↑	RSP	£2.79	31188											
	10x15g	£10.78	↑	RSP	£1.51	31189											
1lt Spice Jar	6x45g	£12.35	↑	RSP	£2.88	36513											
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BEETROOT POWDER	1 kg	£9.86	↑	£9.86		88981											
Poland	1x500g	£6.43	↑	£12.86		88982											
	10x25g	£11.46	↑	RSP	£1.61	88989											
155ml Spice Tub	10x70g	£15.71	↑	RSP	£2.38	88987											
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BOMBAY POTATO MIX	1 kg	£8.80	↑	£8.80		81711											
Various	10x25g	£11.20	↑	RSP	£1.57	81719											
	155ml Spice Tub	10x70g	£14.97	↑	RSP	£2.27	81717										
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CAJUN SEASONING	1 kg	£8.86	↑	£8.86		81451											
Various	1x500g	£5.93	↑	£11.86		81452											
	10x25g	£11.21	↑	RSP	£1.57	81459											
155ml Spice Tub	10x50g	£13.58	↑	RSP	£2.06	36809											
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CARAWAY SEED	1 kg	£9.37	↑	£9.37		31221											
Various	1x500g	£6.18	↑	£12.37		31222											
	1x250g	£3.64	↑	RSP	£5.10	31223											
10x30g	£11.81	↑	RSP	£1.65	31229												
155ml Spice Tub	10x50g	£13.83	↑	RSP	£2.10	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	£35.52	↑	£35.52	32711												
India	1x250g	£10.18	↑	RSP £14.25	32713												
	10x20g	£16.11	↑	RSP £2.25	32719												
155ml Spice Tub	10x30g	£20.15	↑	RSP £3.05	36811												
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CARDAMOMS GREEN	1 kg	£63.70	↑	£63.70	31241												
Various	1x250g	£17.23	↑	RSP £24.11	31243												
	10x20g	£21.74	↑	RSP £3.04	31249												
155ml Spice Tub	10x30g	£28.60	↑	RSP £4.33	36812												
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CARDAMOM GREEN GROUND	1 kg	£29.60	↑	£29.60	31251												
Guatamala	1x500g	£16.30	↑	£32.60	31252												
	10x20g	£14.92	↑	RSP £2.09	31259												
155ml Spice Tub	10x20g	£15.58	↑	RSP £2.36	36813												
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CARDAMOM SEEDS	1 kg	£32.10	↑	£32.10	32721												
Various	1x250g	£9.32	↑	RSP £13.05	32723												
	10x20g	£15.42	↑	RSP £2.16	32729												
155ml Spice Tub	10x80g	£34.32	↑	RSP £5.20	32727												
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CAYENNE PEPPER	1 kg	£9.57	↑	£9.57	31261												
India	1x250g	£3.69	↑	RSP £5.17	31263												
	10x30g	£11.87	↑	RSP £1.66	31269												
155ml Spice Tub	10x50g	£14.69	↑	RSP £2.23	36814												
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CELERY SALT	1 kg	£6.20	↑	£6.20	31281												
Various	1x500g	£4.60	↑	£9.20	31282												
	10x40g	£11.48	↑	RSP £1.61	31289												
155ml Spice Tub	10x100g	£14.50	↑	RSP £2.20	36815												
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CELERY SEED	1 kg	£7.62	↑	£7.62	31271												
India	1x500g	£5.31	↑	£10.62	31272												
	10x30g	£11.28	↑	RSP £1.58	31279												
155ml Spice Tub	10x50g	£12.96	↑	RSP £1.96	36816												
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CHILLI POWDER	1 kg	£9.82	↑	£9.82	31311												
India/Uganda	1x500g	£6.41	↑	£12.82	31312												
	10x30g	£11.95	↑	RSP £1.67	31319												
155ml Spice Tub	10x50g	£14.06	↑	RSP £2.13	36818												
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CHILLIES CRUSHED	1x500g	£6.69	↓	£13.38	81742												
India	10x50g	£12.34	↑	RSP £1.73	81748												
155ml Spice Tub	10x40g	£14.15	↑	RSP £2.14	36819												
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CHILLIES WHOLE	0.5kg	£8.31	↑	£16.61	31322												
India	10x50g	£17.31	↑	RSP £2.42	31328												
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CHINESE 5 SPICE	1 kg	£20.60	↑	£20.60	31341												
U.K.	1x500g	£11.80	↑	£23.60	31342												
	10x25g	£14.15	↑	RSP £1.98	31349												
155ml Spice Tub	10x50g	£19.45	↑	RSP £2.95	36821												
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CINNAMON GROUND (ZEYLANICUM)	1 kg	£11.05	↑	£11.05	31361												
Indonesia/Sri Lanka	1x500g	£7.03	↑	£14.05	31362												
	1x250g	£4.06	↑	RSP £5.69	31363												
	10x30g	£12.31	↑	RSP £1.72	31369												
155ml Spice Tub	10x50g	£14.68	↑	RSP £2.22	36823												

HERBS & SPICES (Cont.)

CINNAMON QUILLS 6" Sri Lanka	0.5kg	£18.29	↑	£36.58		31371											
	10x50g	£27.29	↑	RSP	£3.82	31378											
	10x20g	£15.32	↑	RSP	£2.14	31379											
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CLOVES GROUND Indonesia/Madagascar	1 kg	£16.89	↑	£16.89		31391											
	1x250g	£5.52	↑	RSP	£7.73	31393											
	10x20g	£12.38	↑	RSP	£1.73	31399											
	155ml Spice Tub	10x40g	£16.07	↑	RSP	£2.44	36824										
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CLOVES WHOLE Various	1 kg	£22.61	↑	£22.61		31401											
	1x250g	£6.95	↑	RSP	£9.73	31403											
	10x20g	£13.52	↑	RSP	£1.89	31409											
	155ml Spice Tub	10x30g	£16.27	↑	RSP	£2.47	36825										
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CORIANDER GROUND Various	1 kg	£9.26	↑	£9.26		31411											
	1x500g	£6.13	↑	£12.26		31412											
	1x250g	£3.62	↑	RSP	£5.06	31413											
	10x40g	£12.70	↑	RSP	£1.78	31419											
	155ml Spice Tub	10x50g	£13.78	↑	RSP	£2.09	36826										
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CORIANDER SEED - Heat Treated India	1 kg	£7.72	↑	£7.72		31421											
	1x250g	£3.23	↑	RSP	£4.52	31423											
	10x30g	£11.32	↑	RSP	£1.58	31429											
	155ml Spice Tub	10x40g	£12.41	↑	RSP	£1.88	36827										
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CUMIN GROUND India	1 kg	£13.00	↑	£13.00		31431											
	1x500g	£8.00	↑	£16.00		31432											
	1x250g	£4.55	↑	RSP	£6.37	31433											
	10x100g	£24.00	↑	RSP	£3.36	31438											
	10x25g	£12.25	↑	RSP	£1.71	31439											
	155ml Spice Tub	10x50g	£15.65	↑	RSP	£2.37	36828										
1lt Spice Jar	6x500g	£43.50	↑	RSP	£10.15	36524											
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CUMIN SEED India	1 kg	£13.87	↑	£13.87		31441											
	1x500g	£8.43	↑	£16.87		31442											
	1x250g	£4.77	↑	RSP	£6.67	31447											
	10x100g	£24.87	↑	RSP	£3.48	31448											
	10x25g	£12.47	↑	RSP	£1.75	31449											
	155ml Spice Tub	10x50g	£16.08	↑	RSP	£2.44	36829										
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CURRY LEAVES India	0.5 kg	£33.00	↑	£66.00		31462											
	1x250g	£17.80	↑	RSP	£24.92	31463											
	10x10g	£15.60	↑	RSP	£2.18	31469											
	155ml Spice Tub	10x5g	£13.15	↑	RSP	£1.99	36830										
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CURRY POWDER MADRAS Various	1kg	£6.40	↑	£6.40		31481											
	1x500g	£4.70	↑	£9.40		31482											
	10x40g	£11.56	↑	RSP	£1.62	31489											
	155ml Spice Tub	10x50g	£12.35	↑	RSP	£1.87	36832										
	1lt Spice Jar	6x500g	£23.70	↑	RSP	£5.53	36527										
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CURRY POWDER MEDIUM Various	1 kg	£6.40	↑	£6.40		31491											
	1x500g	£4.70	↑	£9.40		31492											
	10x100g	£17.40	↑	RSP	£2.44	31498											
	10x40g	£11.56	↑	RSP	£1.62	31499											
	155ml Spice Tub	10x50g	£12.35	↑	RSP	£1.87	36833										

HERBS & SPICES (Cont.)

CURRY POWDER MILD	1 kg	£6.40	↑	£6.40		31501											
Various	1x250g	£2.90	↑	RSP	£4.06	31503											
	10x40g	£11.56	↑	RSP	£1.62	31509											
	155ml Spice Tub	10x50g	£12.35	↑	RSP	£1.87	36834										
1lt Spice Jar	6x500g	£23.70	↑	RSP	£5.53	36575											
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CURRY POWDER TIKKA MASALA	1 kg	£9.38	↑	£9.38		31691											
Various	1x500g	£6.19	↑	£12.38		31692											
	10x40g	£12.75	↑	RSP	£1.79	31699											
	155ml Spice Tub	10x50g	£13.84	↑	RSP	£2.10	36835										
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DILL WEED	0.5 kg	£16.99	↑	£33.98		31521											
Egypt	1x250g	£9.79	↑	RSP	£13.71	31523											
	10x15g	£14.10	↑	RSP	£1.97	31529											
	155ml Spice Tub	10x20g	£17.89	↑	RSP	£2.71	36838										
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FAJITA SPICE MIX	1 kg	£15.12	↑	£15.12		32491											
Various	1x500g	£9.06	↑	£18.12		32492											
	10x35g	£14.29	↑	RSP	£2.00	32499											
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FENNEL SEED	1 kg	£10.70	↑	£10.70		31551											
India / Egypt	1x500g	£6.85	↑	£13.70		31552											
	10x30g	£13.21	↑	RSP	£1.85	31559											
	155ml Spice Tub	10x50g	£14.50	↑	RSP	£2.20	36840										
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FENUGREEK GROUND	1 kg	£5.14	↑	£5.14		31561											
India	1x250g	£2.59	↑	RSP	£3.62	31563											
	10x40g	£11.06	↑	RSP	£1.55	31569											
	155ml Spice Tub	10x50g	£11.72	↑	RSP	£1.78	36841										
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FENUGREEK LEAVES [Methi]	1 kg	£5.85		£5.85		31581											
Pakistan	1x250g	£2.76	↑	RSP	£3.87	31584											
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FENUGREEK SEED	1 kg	£4.24	↑	£4.24		31571											
India	1x250g	£2.36	↑	RSP	£3.30	31573											
	10x40g	£10.70	↑	RSP	£1.50	31579											
	155ml Spice Tub	10x70g	£11.78	↑	RSP	£1.78	36843										
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GALANGAL CUT	1 kg	£37.89	↑	£37.89		80151											
Various	1x500g	£20.45	↑	£40.89		80152											
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GARAM MASALA	1 kg	£11.05	↑	£11.05		31591											
Various	1x500g	£7.03	↑	£14.05		31592											
	1x250g	£4.06	↑	RSP	£5.69	31593											
	10x100g	£22.05	↑	RSP	£3.09	31598											
	10x30g	£12.31	↑	RSP	£1.72	31599											
	155ml Spice Tub	10x50g	£13.42	↑	RSP	£2.03	36885										
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GARLIC MINCED	1 kg	£16.52	↑	£16.52		31621											
China	1x500g	£9.76	↑	£19.52		31622											
	10x30g	£13.96	↑	RSP	£1.95	31629											
	155ml Spice Tub	10x50g	£17.41	↑	RSP	£2.64	36844										
1lt Spice Jar	6x650g	£67.40	↑	RSP	£15.73	36532											
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GARLIC POWDER	1 kg	£10.68	↑	£10.68		31611											
China	1x250g	£3.97	↑	RSP	£5.56	31614											
	10x100g	£21.68	↑	RSP	£3.03	31618											
	10x40g	£13.27	↑	RSP	£1.86	31619											
	155ml Spice Tub	10x50g	£16.17	↑	RSP	£2.45	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	£9.45	↓	£9.45		31631													
U.K.	1x250g	£3.86	↓	RSP	£5.41	31633													
	10x40g	£12.78	↑	RSP	£1.79	31639													
155ml Spice Tub	10x100g	£17.75	↓	RSP	£2.69	36846													
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GINGER GROUND	1 kg	£8.10	↓	£8.10		31641													
Nigeria	1x250g	£3.32	↓	RSP	£4.65	31643													
	10x100g	£19.10	↑	RSP	£2.67	31648													
	10x35g	£11.83	↑	RSP	£1.66	31649													
155ml Spice Tub	10x40g	£12.56	↑	RSP	£1.90	36847													
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HARISSA	1 kg	£11.38	↑	£11.38		32691													
Various	10x30g	£12.41	↑	RSP	£1.74	32699													
155ml Spice Tub	10x50g	£14.84	↑	RSP	£2.25	32697													
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HERBS DE PROVENCE	1 kg	£10.80	↑	£10.80		31681													
Various	1x250g	£4.00	↑	RSP	£5.60	31683													
	10x20g	£11.16	↑	RSP	£1.56	31689													
155ml Spice Tub	10x20g	£11.82	↑	RSP	£1.79	36848													
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ITALIAN SEASONING	1 kg	£11.85	↑	£11.85		31711													
Various	1x500g	£7.42	↑	£14.85		31712													
	10x25g	£11.96	↑	RSP	£1.67	31719													
155ml Spice Tub	10x40g	£14.06	↑	RSP	£2.13	36849													
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JERK SEASONING	1 kg	£10.20	↑	£10.20		81461													
Various	1x250g	£3.85	↑	RSP	£5.39	81463													
155ml Spice Tub	10x80g	£16.80	↑	RSP	£2.55	81467													
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JUNIPER BERRIES	1 kg	£28.01	↑	£28.01		32771													
Various	1x500g	£15.51	↑	£31.01		32772													
	10x20g	£14.60	↑	RSP	£2.04	32779													
155ml Spice Tub	10x30g	£17.89	↑	RSP	£2.71	36850													
1lt Spice Jar	6x300g	£56.96	↑	RSP	£13.29	36540													
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KAFFIR LIME LEAVES	1x500g	£38.65	↑	£77.30		83711													
Thailand	10x10g	£16.73	↑	RSP	£1.67	18319													
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KELP POWDER - Natural	1 kg	£14.08	↑	£14.08		31721													
Canada	1x250g	£4.82	↑	RSP	£6.75	31723													
	10x100g	£25.08	↑	RSP	£3.51	31728													
	10x40g	£14.63	↑	RSP	£2.05	31729													
155ml Spice Tub	10x90g	£21.15	↑	RSP	£3.20	31727													
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LEMON PEPPER	1 kg	£17.74	↓	£17.74		81991													
Various	1x500g	£10.37	↓	£20.74		81992													
	10x30g	£14.32	↑	RSP	£2.01	81999													
155ml Spice Tub	10x80g	£22.83	↓	RSP	£3.46	36851													
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LIQUORICE ROOT	1 kg	£23.08	↑	£23.08		31741													
Various	1x500g	£13.04	↑	£26.08		31742													
	10x75g	£27.31	↑	RSP	£3.82	31748													
	10x25g	£14.77	↑	RSP	£2.07	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	£9.07	↓	£9.07	32781												
India	1x250g	£3.57	↓	RSP	£5.00 32784												
	10x25g	£11.27	↑	RSP	£1.58 32789												
155ml Spice Tub	10x60g	£14.43	↑	RSP	£2.19 36853												
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MARJORAM	1 kg	£8.88	↑	£8.88	31801												
Egypt	1x250g	£3.52	↑	RSP	£4.93 31803												
	10x20g	£10.78	↑	RSP	£1.51 31809												
155ml Spice Tub	10x10g	£10.72	↑	RSP	£1.62 36854												
1lt Spice Jar	6x110g	£14.34	↑	RSP	£3.34 36537												
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MINT	1 kg	£12.10	↑	£12.10	31811												
Egypt	1x250g	£4.33	↑	RSP	£6.05 31813												
	10x20g	£11.42	↑	RSP	£1.60 31819												
155ml Spice Tub	10x20g	£12.08	↑	RSP	£1.83 36855												
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MIXED HERBS	1 kg	£9.50	↑	£9.50	31821												
Various	1x250g	£3.67	↑	RSP	£5.14 31823												
	10x100g	£20.50	↑	RSP	£2.87 31828												
	10x20g	£10.90	↑	RSP	£1.53 31829												
155ml Spice Tub	10x20g	£11.56	↑	RSP	£1.75 36856												
1lt Spice Jar	6x160g	£17.09	↑	RSP	£3.99 36539												
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MIXED SPICE	1 kg	£12.39	↑	£12.39	31832												
Various	1x500g	£7.70	↑	£15.39	31833												
	10x35g	£13.34	↑	RSP	£1.87 31839												
155ml Spice Tub	10x50g	£15.35	↑	RSP	£2.33 36857												
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MULLED WINE SPICE	1 kg	£21.20	↑	£21.20	69001												
U.K.	1x500g	£12.10	↑	£24.20	69002												
	1x250g	£6.60	↑	RSP	£9.24 69003												
	10x100g	£32.20	↑	RSP	£4.51 69008												
	10x35g	£16.42	↑	RSP	£2.30 69009												
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MUSTARD POWDER	1 kg	£10.76	↑	£10.76	31841												
USA	1x500g	£6.88	↑	£13.76	31842												
	10x35g	£12.77	↑	RSP	£1.79 31849												
155ml Spice Tub	10x50g	£15.38	↑	RSP	£2.33 36858												
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MUSTARD SEED BROWN	1 kg	£4.90	↑	£4.90	31851												
India	1x500g	£3.95	↑	£7.90	31852												
	10x100g	£15.90	↑	RSP	£2.23 31858												
	10x40g	£10.96	↑	RSP	£1.53 31859												
155ml Spice Tub	10x60g	£11.92	↑	RSP	£1.81 36859												
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MUSTARD SEED YELLOW	1 kg	£4.90	↑	£4.90	31861												
India	1x500g	£3.95	↑	£7.90	31862												
	10x40g	£10.96	↑	RSP	£1.53 31869												
155ml Spice Tub	10x60g	£11.92	↑	RSP	£1.81 36860												
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NUTMEG GROUND	1 kg	£20.54	↑	£20.54	31871												
Indonesia/India	1x250g	£6.43	↑	RSP	£9.01 31873												
	10x20g	£13.11	↑	RSP	£1.84 31879												
155ml Spice Tub	10x40g	£17.54	↑	RSP	£2.66 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	£36.74	↑	£36.74	31881												
Indonesia	1x250g	£10.48	↑	RSP £14.68	31883												
	10x20g	£16.35	↑	RSP £2.29	31889												
155ml Spice Tub	10x20g	£17.01	↑	RSP £2.58	36862												
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ONION POWDER	1 kg	£8.06	↑	£8.06	32791												
India	1x250g	£3.31	↑	RSP £4.64	32793												
	10x30g	£11.42	↑	RSP £1.60	32799												
155ml Spice Tub	10x50g	£13.18	↑	RSP £2.00	36863												
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ONION SEED BLACK (Nigella)	1 kg	£10.24	↑	£10.24	31901												
India	1x250g	£3.86	↑	RSP £5.40	31903												
	10x25g	£11.56	↑	RSP £1.62	31909												
155ml Spice Tub	10x50g	£14.27	↑	RSP £2.16	36864												
1lt Spice Jar	6x500g	£35.23	↑	RSP £8.22	31906												
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OREGANO	1 kg	£10.60	↑	£10.60	31911												
Greece	1x250g	£3.95	↑	RSP £5.53	31913												
	10x20g	£11.12	↑	RSP £1.56	31919												
155ml Spice Tub	10x20g	£11.78	↑	RSP £1.78	36865												
1lt Spice Jar	6x150g	£17.61	↑	RSP £4.11	36544												
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PAPRIKA NOBLE SWEET	1 kg	£9.00	↓	£9.00	31931												
Spain	1x500g	£6.00	↑	£12.00	31932												
	10x30g	£11.70	↑	RSP £1.64	31939												
155ml Spice Tub	10x50g	£13.65	↑	RSP £2.07	36866												
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PAPRIKA SMOKED	1 kg	£10.59	↑	£10.59	31891												
Spain	1x500g	£6.79	↑	£13.59	31892												
	1x250g	£3.95	↑	RSP £5.53	31893												
	10x100g	£21.59	↑	RSP £3.02	31898												
	10x30g	£12.18	↑	RSP £1.70	31899												
155ml Spice Tub	10x50g	£14.44	↑	RSP £2.19	36867												
1lt Spice Jar	6x500g	£36.26	↑	RSP £8.46	36547												
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PAPRIKA	1 kg	£7.30	↑	£7.30	31941												
Spain/Peru	1x500g	£5.15	↑	£10.30	31942												
	10x30g	£11.19	↑	RSP £1.57	31949												
155ml Spice Tub	10x50g	£12.45	↑	RSP £1.89	36868												
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PARSLEY	1 kg	£8.58	↑	£8.58	31951												
U.K.	1x500g	£5.79	↑	£11.58	31952												
	10x20g	£10.72	↑	RSP £1.50	31959												
155ml Spice Tub	10x15g	£11.03	↑	RSP £1.67	36869												
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PEPPER BLACK COARSE GROUND - 0.6-1.2mm	1 kg	£13.28	↑	£13.28	81731												
Vietnam	1x500g	£8.14	↑	£16.28	81732												
	10x25g	£12.32	↑	RSP £1.72	81739												
155ml Spice Tub	10x40g	£14.63	↑	RSP £2.22	36870												
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PEPPER BLACK CRACKED - 2mm	1 kg	£13.28	↑	£13.28	82031												
Vietnam	1x500g	£8.14	↑	£16.28	82032												
	10x25g	£12.32	↑	RSP £1.72	82039												
155ml Spice Tub	10x40g	£14.63	↑	RSP £2.22	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	£10.41	↑	£10.41	31961												
Vietnam	1x500g	£6.71	↑	£13.41	31962												
	10x25g	£11.60	↑	RSP	£1.62 31969												
155ml Spice Tub	10x60g	£15.23	↑	RSP	£2.31 36871												
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PEPPER WHITE GROUND	1 kg	£16.36	↑	£16.36	31971												
Vietnam	1x500g	£9.68	↑	£19.36	31972												
	10x25g	£13.09	↑	RSP	£1.83 31979												
155ml Spice Tub	10x50g	£17.33	↑	RSP	£2.63 36872												
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PEPPERCORNS BLACK	5 kg	£58.00	↑	£11.60	31981												
Various	1kg	£13.30	↑	£13.30	31982												
	1x500g	£8.15	↑	£16.30	31983												
	10x250g	£42.00	↑	RSP	£5.88 31986												
	10x100g	£22.60	↑	RSP	£3.16 31988												
	10x50g	£14.80	↑	RSP	£2.07 31987												
	10x25g	£11.90	↑	RSP	£1.67 31989												
155ml Spice Tub	10x50g	£15.60	↑	RSP	£2.36 36873												
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PEPPERCORNS GREEN	0.5 kg	£19.07	↑	£38.15	32001												
India	10x25g	£18.54	↑	RSP	£2.60 32009												
155ml Spice Tub	10x50g	£27.37	↑	RSP	£4.15 36874												
1lt Spice Jar	6x325g	£77.36	↑	RSP	£18.05 32006												
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PEPPERCORNS PINK	0.25 kg	£7.06	↑	£28.24	32011												
Brazil	10x10g	£11.82	↑	RSP	£1.66 32019												
155ml Spice Tub	10x30g	£17.03	↑	RSP	£2.58 36875												
1lt Spice Jar	6x250g	£44.76	↑	RSP	£10.44 36554												
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PEPPERCORNS SICHUAN	1 kg	£45.80	↑	£45.80	32531												
China	1x250g	£12.75	↑	RSP	£17.85 32533												
	10x30g	£22.74	↑	RSP	£3.18 32539												
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PEPPERCORNS WHITE	1 kg	£19.07	↑	£19.07	31991												
Indonesia	1x250g	£6.07	↑	RSP	£8.50 31993												
	10x25g	£13.77	↑	RSP	£1.93 31999												
155ml Spice Tub	10x50g	£18.69	↑	RSP	£2.83 36876												
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PEPPERCORN MIX - FOUR	1 kg	£16.46	↑	£16.46	32022												
Black, Green, Pink & White.	1x250g	£5.41	↑	RSP	£7.58 32023												
	10x25g	£13.11	↑	RSP	£1.84 32029												
155ml Spice Tub	10x25g	£13.69	↑	RSP	£2.07 36877												
1lt Spice Jar	6x500g	£53.88	↑	RSP	£12.57 36552												
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PEPPERCORN MIX - FIVE	1 kg	£16.83	↑	£16.83	32191												
Black, Green, Pimento, Pink & White.	1x250g	£5.51	↑	RSP	£7.71 32193												
	10x25g	£13.21	↑	RSP	£1.85 32199												
155ml Spice Tub	10x25g	£13.78	↑	RSP	£2.09 32196												
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PICKLING SPICE	5 kg	£40.25	↑	£8.05	32035												
Various	1 kg	£9.75	↑	£9.75	32031												
	1x500g	£5.53	↑	£11.05	32032												
	1x250g	£3.31	↑	RSP	£4.64 32033												
	10x30g	£11.41	↑	RSP	£1.60 32039												
155ml Spice Tub	10x50g	£13.80	↑	RSP	£2.09 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	£10.41	↑	£10.41	80101												
Various	1x250g	£3.90	↑	RSP	£5.46 80103												
	10x30g	£12.12	↑	RSP	£1.70 80109												
155ml Spice Tub	10x60g	£15.23	↑	RSP	£2.31 80107												
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POPPY SEEDS BLUE	25kg	£115.92		£4.64	32045												
Various	1x5kg	£29.04	↑	£5.81	32041												
	1x1kg	£6.67	↑	£6.67	32042												
	5x500g	£19.92	↑	RSP	£5.61 32043												
	10x250g	£25.42	↑	RSP	£3.58 32047												
	10x125g	£17.21	↑	RSP	£2.42 32048												
	10x50g	£11.48		RSP	£1.62 32049												
155ml Spice Tub	10x80g	£16.03	↑	RSP	£2.43 32044												
1lt Spice Jar	6x585g	£36.04	↑	RSP	£8.41 36559												
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RAS EL HANOUT	1 kg	£16.97	↑	£16.97	32631												
Various	1x500g	£9.99	↑	£19.97	32632												
	10x20g	£12.39	↑	RSP	£1.74 32639												
155ml Spice Tub	10x60g	£19.16	↑	RSP	£2.90 32637												
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ROSEMARY	1 kg	£8.16	↑	£8.16	32061												
Spain	1x500g	£5.58	↑	£11.16	32062												
	10x30g	£11.45	↑	RSP	£1.60 32069												
155ml Spice Tub	10x30g	£11.94	↑	RSP	£1.81 36879												
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SAFFRON STRANDS BOXED	10x1g	£37.49		RSP	£5.25 32081												
MWF Pack - Box In Bag	10x1g	£46.49	↑	RSP	£6.51 32089												
155ml Spice Tub	10x1g	£47.49	↑	RSP	£6.65 32087												
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SAGE	1 kg	£9.60	↑	£9.60	32091												
Morocco	1x500g	£6.30	↑	£12.60	32092												
	10x20g	£10.92	↑	RSP	£1.53 32099												
155ml Spice Tub	10x20g	£11.58	↑	RSP	£1.75 36880												
1lt Spice Jar	6x150g	£16.71	↑	RSP	£3.90 36562												
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STAR ANISE	0.5 kg	£18.41	↑	£36.83	31141												
China/India	1x250g	£10.51	↑	RSP	£14.71 31143												
	10x20g	£16.36	↑	RSP	£2.29 31149												
155ml Spice Tub	10x20g	£16.77	↑	RSP	£2.54 36881												
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SUMAC - WITHOUT SALT	1 kg	£9.60	↑	£9.60	32231												
Turkey	1x500g	£6.40	↑	£12.80	32232												
	10x40g	£12.84	↑	RSP	£1.80 32239												
155ml Spice Tub	10x70g	£19.68	↑	RSP	£2.98 32237												
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TAMARIND CONCENTRATE	6x400g	£28.70		RSP	£6.70 32111												
	6x150g	£19.10		RSP	£4.46 32119												
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TARRAGON LEAVES	0.5 kg	£16.66	↑	£33.32	32131												
France/UK	1x250g	£9.63	↑	RSP	£13.48 32133												
	10x10g	£12.33	↑	RSP	£1.73 32139												
155ml Spice Tub	10x20g	£16.06	↑	RSP	£2.43 36882												
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THAI 7 SPICE	1 kg	£11.05	↑	£11.05	80111												
Various	1x500g	£7.03	↑	£14.05	80112												
	10x30g	£12.32	↑	RSP	£1.72 80119												
155ml Spice Tub	10x70g	£16.55	↑	RSP	£2.51 80117												

HERBS & SPICES (Cont.)

THYME	1 kg	£10.41	↑	£10.41		32141											
Various	1x250g	£3.90	↑	RSP	£5.46	32143											
	10x20g	£11.08	↑	RSP	£1.55	32149											
155ml Spice Tub	10x20g	£11.74	↑	RSP	£1.78	36883											
1lt Spice Jar	6x200g	£20.05	↑	RSP	£4.68	36565											

TURMERIC	1 kg	£5.64	↑	£5.64		32151											
India	1x500g	£4.32	↑	£8.64		32152											
	10x100g	£16.64	↑	RSP	£2.33	32158											
	10x40g	£11.25	↑	RSP	£1.58	32159											
155ml Spice Tub	10x50g	£11.97	↑	RSP	£1.81	36884											

VANILLA PODS	1kg	£371.00		£371.00		32164											
Madagascar	1x500g	£187.50		£375.00		32163											
	1x40	£45.97				32161											
	1x10	£12.04	↑	RSP	£1.69	32162											
	10x1	£17.24	↑	RSP	£2.41	32169											

BAKING AIDS IN TAMPER EVIDENT JARS, WITH FLAPPER CAPS

ARROWROOT	6x500g	£17.16	↑	RSP	£4.00	36571											
BAKING POWDER	6x1000g	£29.21	↑	RSP	£6.82	36572											
BICARBONATE OF SODA	6x1000g	£16.25	↑ v	RSP	£4.55	36573											

HERBS & SPICES IN BULK PACKS

CARAWAY SEED	25kg	£136.88		£5.47		36923											
CAYENNE PEPPER	25kg	£140.63		£5.63		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	£88.13	↑	£3.52		36928											
GARLIC MINCED	25kg	£277.88		£11.12		36901											
GARLIC POWDER	25kg	£210.38	↑	£8.41		36918											
GINGER GROUND	25kg	£117.00	↓	£4.68		36902											
LIQUORICE ROOT STICKS	16kg	£213.84		£13.37		36916											
MARJORAM	7kg	£43.05		£6.15		36927											
MIXED HERBS	10kg	£58.50	↓	£5.85		36903											
MIXED SPICE	25kg	£222.75		£8.91		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	£136.88	↓	£5.47		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	£168.00		£6.72		36909											
PEPPERCORNS PINK	10kg	£219.75		£21.98		36929											
5 PEPPERCORNS MIX	12.5kg	£150.77	↓	£12.06		36917											
PICKLING SPICE	12.5kg	£60.80	↑	£4.86		36911											
ROSEMARY	25kg	£121.13	↑	£4.84		36912											
SAGE	10kg	£59.25		£5.92		36913											
THYME	10kg	£63.75		£6.38		36914											
TURMERIC	25kg	£72.00		£2.88		36915											

Product Description	Size	Price		Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12	
MEDICINAL / BOTANICAL HERBS & SPICES																			
BEE POLLEN GRAINS	1 kg	£35.36	↑	£35.36		81801													
Spain	1x500g	£19.18	↑	£38.36		81802													
	1x250g	£10.14	↑	RSP	£14.20	81803													
	10x100g	£46.36	↑	RSP	£6.49	81808													
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CHAMOMILE FLOWERS	1 kg	£33.76	↑	£33.76		32301													
Various	1x500g	£18.38	↑	£36.76		32302													
	10x100g	£44.76	↑	RSP	£6.27	32308													
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HENNA POWDER RED	1 kg	£8.62	↑ v	£8.62		31661													
Egypt	1x250g	£3.46	↑ v	RSP	£5.80	31663													
	10x100g	£19.62	↑ v	RSP	£3.30	31669													
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LAVENDER	1 kg	£26.26	↓ v	£26.26		32561													
Albania	1x250g	£7.87	↓ v	RSP	£13.21	32563													
	10x100g	£37.26	↑ v	RSP	£6.26	32568													
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NETTLE	1 kg	£29.33	↑	£29.33		32421													
Eastern Europe/Germany	1x500g	£16.17	↑	£32.33		32422													
	10x100g	£40.33	↑	RSP	£5.65	32428													
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PEPPERMINT	1 kg	£22.80	↑	£22.80		32441													
Various	1x500g	£12.90	↑	£25.80		32442													
	10x100g	£33.80	↑	RSP	£4.73	32448													
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PSYLLIUM HUSKS	1 kg	£36.48	↑ v	£36.48		81721													
	1x250g	£10.42	↑ v	RSP	£17.51	81723													
	10x100g	£47.48	↑ v	RSP	£7.98	81728													
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PSYLLIUM HUSK POWDER	1 kg	£36.48	↑ v	£36.48		32281													
India	1x250g	£10.42	↑ v	RSP	£17.51	32283													
	10x100g	£47.48	↑ v	RSP	£7.98	32288													
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RASPBERRY LEAF	1 kg	£21.73	↓	£21.73		32461													
Poland	1x500g	£12.37	↑	£24.73		32462													
	10x100g	£32.73	↑	RSP	£4.58	32468													
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ROSE PETALS RED	1 kg	£23.23	↑ v	£23.23		32641													
Pakistan	1x250g	£7.11	↑ v	RSP	£11.94	32643													
	10x100g	£34.23	↑ v	RSP	£5.75	32648													
	10x25g	£14.81	↑ v	RSP	£2.49	32649													
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SLIPPERY ELM POWDER	1x500g	£46.25	↑ v	£92.50		32511													
USA/China	1x250g	£24.43	↑ v	RSP	£41.03	32512													
	10x100g	£103.50	↑ v	RSP	£17.39	32518													
	10x20g	£27.50	↑ v	RSP	£4.62	32519													

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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

<p>Monday -order Thursday by 3pm</p>	<p>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</p>
<p>Tuesday - order Friday by 1pm</p>	<p>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</p>
<p>Wednesday - order Monday by 3p</p>	<p>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</p>
<p>Thursday - Order Tuesday by 3pm</p>	<p>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,</p>
<p>Friday - Order Wednesday by 3pm</p>	<p>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</p>

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 - £150
minimum order

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

Area B - £200
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

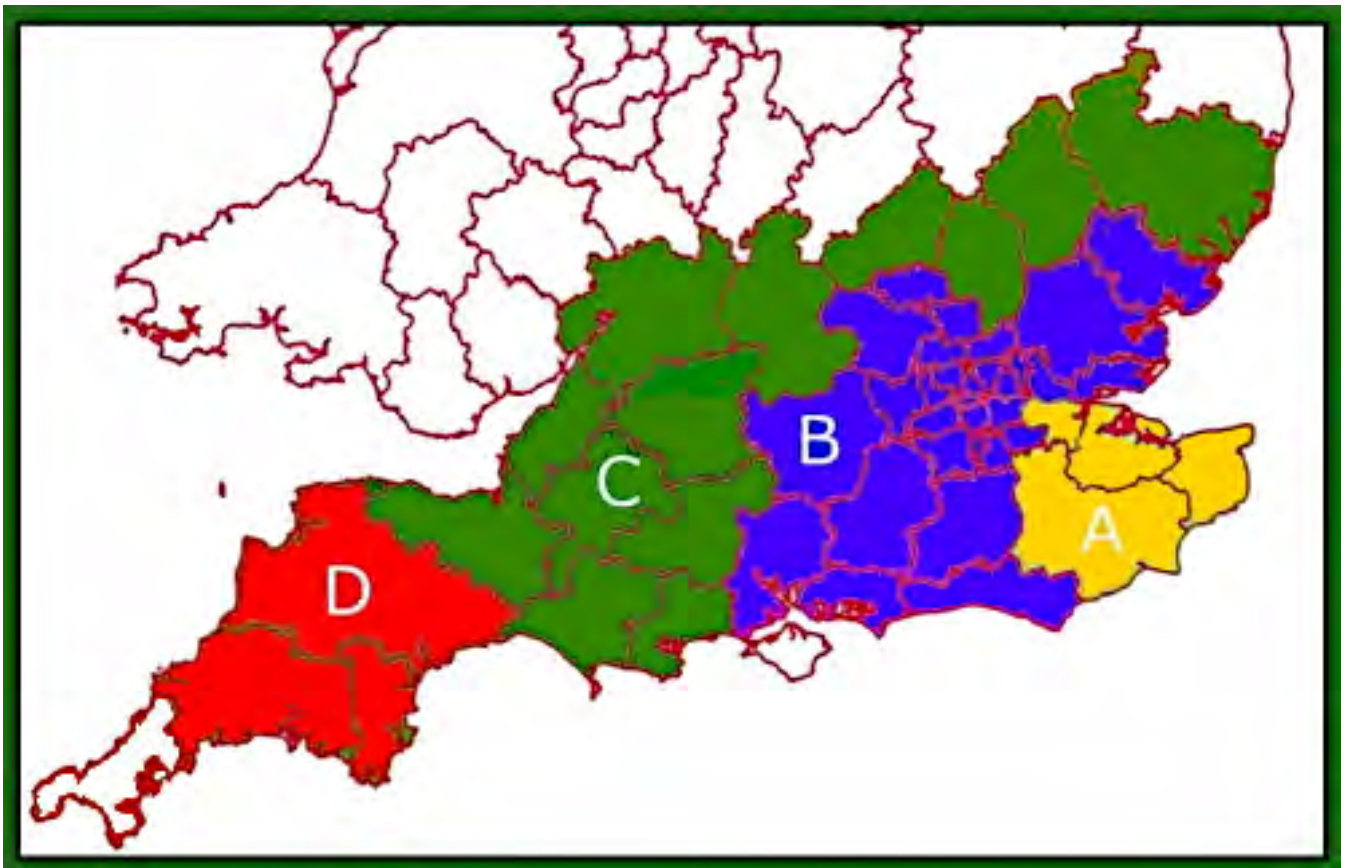
Area C - £250
minimum order

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

Area D - £300
(+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