

Oct-Dec 2024



**Wholesale  
Pricelist**





## Welcome

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

Welcome to our October - December 2024 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](mailto: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
<b>ORGANIC NUTS (Cont.)</b>											
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				
<hr/>											
CASHEWS ROASTED & SALTED		1x12.5kg	£232.80	v	£18.62	17511					
BRAZIL		1x3kg	£57.07	v	£19.02	17512					
		1x1kg	£19.27	v	RSP	£32.38	17516				
		10x500g	£98.12	v	RSP	£16.48	17517				
		10x200g	£41.75	v	RSP	£7.01	17518				
		10x100g	£22.92	v	RSP	£3.85	17519				
<hr/>											
COCONUT DESICCATED		25kg	£85.01	↓	£3.40	16071					
Sri Lanka		1x5kg	£18.40	↓	£3.68	16072					
		1x3kg	£11.40	↓	£3.80	16073					
		1x1kg	£4.05	↓	RSP	£5.67	16076				
		10x500g	£22.00	↓	RSP	£3.08	16077				
		10x250g	£13.00	↓	RSP	£1.82	16078				
		10x125g	£8.55	↓	RSP	£1.20	16079				

Order Boxes

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

## Pricelist Key

Price Increase ↑

Price Decrease ↓

V - Carries VAT

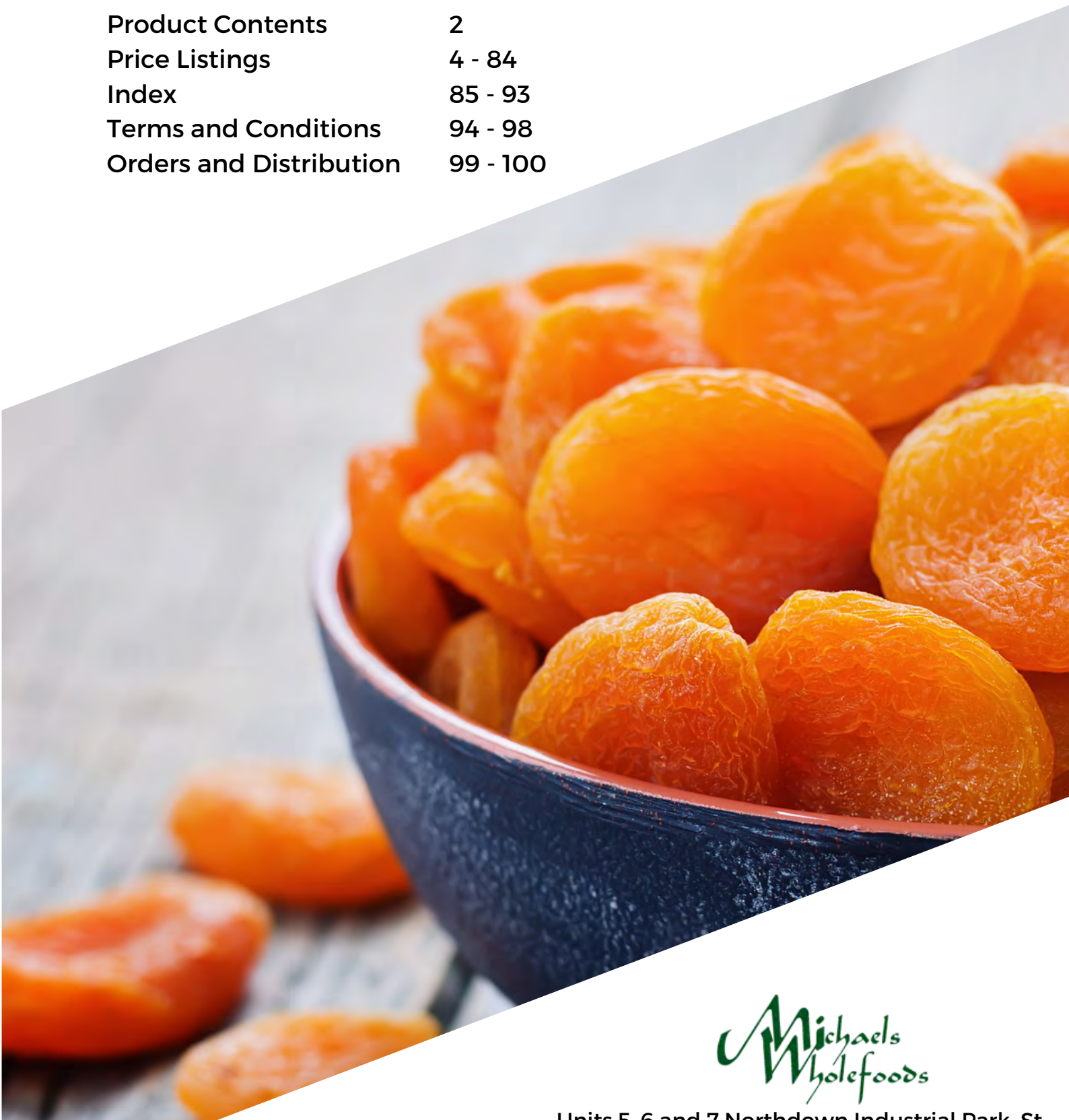
Star - New Product ★

RSP - Recommended Selling Price

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

## CONTENTS

Welcome	0
How Our Pricelist Works	1
Product Contents	2
Price Listings	4 - 84
Index	85 - 93
Terms and Conditions	94 - 98
Orders and Distribution	99 - 100



*Michaels  
Wholefoods*

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

# Product Listings

Organic	5 - 15
Organic Branded	16 - 22
Organic Herbs and Spices	23 - 26
Conventional Fruit, Nuts, Cereals and Beans	27 - 52
Conventional Snacks and Sweets	53 - 61
Conventional Branded	62 - 72
Conventional Herbs and Spices	73 - 84





# 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	
<b>ORGANIC DRIED FRUIT</b>																			
APRICOTS WHOLE	12.5kg	£140.32	↑	£11.23		15711													
Turkey	1x5kg	£69.90	↑	£13.98		15712													
	1x3kg	£43.42	↑	£14.47		15713													
	1x1kg	£14.94	↑	RSP	£20.92	15716													
	10x500g	£81.70	↑	RSP	£11.44	15717													
	10x250g	£46.85	↑	RSP	£6.56	15718													
APRICOTS CHOPPED	12.5kg	£93.53	↓	£7.48		15721													
Turkey	1x5kg	£44.14	↓	£8.83		15722													
	1x3kg	£27.96	↓	£9.32		15723													
	10x500g	£55.94	↓	RSP	£7.83	15727													
BANANA CHIPS	6.8kg	£34.19	↓	£5.03		15791													
Philippines	1x3kg	£20.10	↓	£6.70		15793													
	10x250g	£27.42	↑	RSP	£3.84	15798													
	10x125g	£18.71	↑	RSP	£2.62	15799													
CRANBERRIES SLICED	11.34kg	£101.55	↓	£8.95		13381													
Various	1x3kg	£32.70	↓	£10.90		13382													
	10x200g	£33.13	↓	RSP	£4.64	13387													
CURRANTS	12.5kg	£56.27	↓	£4.50		15731													
Greece	1x5kg	£28.25	↓	£5.65		15732													
	1x3kg	£18.43	↓	£6.14		15733													
	10x500g	£39.05	↓	RSP	£5.47	15738													
DATES PITTED DEGLET NOIR	10kg	£50.04	↓	£5.00		15741													
Tunisia	1x3kg	£19.72	↓	£6.57		15742													
	1x1kg	£7.04	↓	RSP	£9.85	15746													
	10x500g	£42.20	↓	RSP	£5.91	15747													
	10x250g	£24.10	↓	RSP	£3.37	15748													
DATES CHOPPED	1x12.5kg	£61.82	↓	£4.95		15751													
Pakistan	1x3kg	£19.83	↓	£6.61		15753													
	10x500g	£42.40	↓	RSP	£5.94	15757													
FIGS LARGE	10kg	£116.78	↓	£11.68		15761													
Turkey	1x5kg	£66.51	↓	£13.30		15762													
	1x3kg	£41.39	↓	£13.80		15763													
	10x500g	£78.31	↓	RSP	£10.96	15767													
	10x250g	£45.16	↓	RSP	£6.32	15768													
GINGER CRYSTALLISED [Raw Cane Sugar]	1x20kg	£123.64	↓ v	£6.18		15881													
China	1x5kg	£37.24	↓ v	£7.45		15882													
	1x3kg	£23.83	↓ v	£7.94		15883													
	10x250g	£30.52	↓ v	RSP	£5.13	15887													
MANGO SLICES	1x20kg	£230.21	↓	£11.51		15601													
Burkina Faso	1x1kg	£14.10	↓	RSP	£19.74	15603													
	10x100g	£24.30	↓	RSP	£3.40	15609													
MIXED VINE FRUIT	1x10kg	£68.89	↓	£6.89		15781													
Various	1x5kg	£38.65	↓	£7.73		15782													
	1x3kg	£24.67	↓	£8.22		15783													
	10x500g	£49.45	↓	RSP	£6.92	15787													
PRUNES PITTED	11kg	£99.14	↓	£9.01		15771													
Various	1x3kg	£31.97	↓	£10.66		15772													
	10x500g	£62.61	↓	RSP	£8.76	15777													
	10x250g	£37.30	↓	RSP	£5.22	15778													

## ORGANIC DRIED FRUIT (Cont.)

RAISINS	12.5kg	£63.00	↓	£5.04		14611											
Turkey	1x5kg	£29.40	↓	£5.88		14612											
	1x3kg	£19.12	↓	£6.37		14613											
	1x1kg	£6.84	↓	RSP	£9.58	14617											
	10x500g	£41.20	↓	RSP	£5.77	14618											
	10x250g	£26.60	↓	RSP	£3.72	14619											
SULTANAS	12.5kg	£69.00	↓	£5.52		15631											
Various	1x5kg	£31.80	↓	£6.36		15632											
	1x3kg	£20.56	↓	£6.85		15634											
	1x1kg	£7.32	↓	RSP	£10.25	15636											
	10x500g	£43.60	↓	RSP	£6.10	15638											
	10x250g	£27.80	↓	RSP	£3.89	15639											
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											

## ORGANIC NUTS

ALMONDS WHOLE	10kg	£124.59	↓	£12.46		16091											
Italy	1x5kg	£70.75	↓	£14.15		16093											
	1x3kg	£43.94	↓	£14.65		16092											
	1x1kg	£15.11	↓	RSP	£21.15	16096											
	10x500g	£82.55	↓	RSP	£11.56	16097											
	10x250g	£47.28	↓	RSP	£6.62	16098											
	10x150g	£31.97	↓	RSP	£4.48	16099											
ALMONDS BLANCHED	10kg	£147.30	↓	£14.73		16011											
Spain	1x5kg	£82.92	↓	£16.58		16012											
	1x3kg	£51.23	↓	£17.08		16013											
	10x250g	£53.36	↓	RSP	£7.47	16018											
ALMONDS FLAKED	10kg	£135.54	↓	£13.55		16021											
Spain	1x5kg	£76.62	↓	£15.32		16022											
	1x3kg	£47.45	↓	£15.82		16023											
	1x1kg	£16.28	↓	RSP	£22.80	16026											
	10x250g	£50.21	↓	RSP	£7.03	16028											
ALMONDS GROUND	10kg	£125.67	↓	£12.57		16031											
Spain	1x5kg	£71.34	↓	£14.27		16032											
	1x3kg	£44.29	↓	£14.76		16033											
	10x250g	£47.57	↓	RSP	£6.66	16038											
	10x125g	£28.78	↓	RSP	£4.03	16039											
BRAZILS WHOLE	20kg	£259.15	↓	£12.96		16041											
Various	1x5kg	£73.41	↓	£14.68		16042											
	1x3kg	£45.53	↓	£15.18		16043											
	1x1kg	£15.64	↓	RSP	£21.90	16046											
	10x500g	£85.21	↓	RSP	£11.93	16047											
	10x250g	£48.61	↓	RSP	£6.80	16048											
10x125g	£28.30	↓	RSP	£3.96	16049												
CASHEWS WHOLE	22.68kg	£301.03	↑	£13.27		16051											
Various	1x5kg	£75.10	↑	£15.02		16052											
	1x3kg	£46.54	↑	£15.51		16053											
	1x1kg	£15.98	↑	RSP	£22.37	16056											
	10x500g	£86.90	↑	RSP	£12.17	16057											
	10x250g	£49.45	↑	RSP	£6.92	16058											
10x125g	£29.73	↑	RSP	£4.16	16059												



Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>ORGANIC NUTS (Cont.)</b>																	
CASHEW PIECES	22.68kg	£225.70	↓	£9.95	16061												
Various	1x5kg	£57.35	↓	£11.47	16062												
	1x3kg	£35.89	↓	£11.96	16063												
	10x250g	£40.58	↓	RSP	£5.68	16068											
	<hr/>																
COCONUT DESICCATED	25kg	£113.51	↑	£4.54	16071												
Sri Lanka / Philippines	1x5kg	£28.43	↑	£5.69	16072												
	1x3kg	£18.54	↑	£6.18	16073												
	1x1kg	£6.65	↑	RSP	£9.31	16076											
	10x500g	£40.23	↑	RSP	£5.63	16077											
	10x250g	£26.12	↑	RSP	£3.66	16078											
	10x125g	£18.06	↑	RSP	£2.53	16079											
	<hr/>																
COCONUT CHIP RAW	10kg	£54.94	↓	£5.49	16871												
Sri Lanka / Philippines	1x5kg	£33.50	↓	£6.70	16872												
	1x3kg	£21.58	↓	£7.19	16873												
	10x500g	£44.30	↓	RSP	£6.20	16877											
	10x250g	£27.65	↓	RSP	£3.87	16878											
	10x125g	£18.32	↓	RSP	£2.57	16879											
<hr/>																	
COCONUT CHIP TOASTED	10kg	£50.51	↓	£5.05	16951												
Philippines	1x5kg	£31.14	↓	£6.23	16952												
	1x3kg	£20.17	↓	£6.72	16953												
	10x250g	£25.47	↓	RSP	£3.57	16958											
	10x125g	£16.73	↓	RSP	£2.34	16959											
	<hr/>																
HAZELNUTS	25kg	£376.90	↓	£15.08	16261												
Turkey	1x5kg	£84.77	↓	£16.95	16263												
	1x3kg	£52.33	↓	£17.44	16262												
	1x1kg	£17.91	↓	RSP	£25.08	16266											
	10x250g	£54.28	↓	RSP	£7.60	16268											
	10x150g	£36.17	↓	RSP	£5.06	16269											
	<hr/>																
MIXED NUTS DELUXE	1x10kg	£138.95	↓	£13.90	16731												
Various	1x5kg	£73.68	↓	£14.74	16732												
	1x3kg	£45.69	↓	£15.23	16733												
	10x500g	£84.48	↓	RSP	£11.83	16737											
	10x250g	£47.74	↓	RSP	£6.68	16738											
	<hr/>																
MIXED NUTS DELUXE & RAISINS	1x10kg	£105.78	↓	£10.58	16741												
Various	1x5kg	£57.09	↓	£11.42	16742												
	1x3kg	£35.74	↓	£11.91	16743												
	10x500g	£67.89	↓	RSP	£9.50	16745											
	10x250g	£39.45	↓	RSP	£5.52	16748											
	<hr/>																
PINENUTS	25kg	£701.40	↓	£28.06	16941												
Various	1x5kg	£144.48	↓	£28.90	16942												
	1x3kg	£88.17	↓	£29.39	16943												
	10x125g	£48.07	↓	RSP	£6.73	16949											
	10x50g	£25.03	↓	RSP	£3.50	16945											
	<hr/>																
WALNUT PIECES	10kg	£88.28	↓	£8.83	16501												
Moldova	1x3kg	£32.30	↓	£10.77	16503												
	1x1kg	£11.23	↓	RSP	£15.73	16506											
	10x500g	£63.18	↓	RSP	£8.84	16507											
	10x250g	£37.59	↓	RSP	£5.26	16508											
	10x125g	£23.79	↓	RSP	£3.33	16509											
	<hr/>																

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>ORGANIC SEEDS</b>																	
HEMP SEEDS	25kg	£115.95	↓	£4.64	18521												
Various	1x5kg	£30.97	↓	£6.19	18522												
	1x3kg	£20.06	↓	£6.69	18523												
	1x1kg	£6.95	↓	RSP	£9.74	18526											
	10x250g	£25.39	↓	RSP	£3.55	18528											
	<hr/>																
LINSEED BROKEN	25kg	£144.69		£5.79	18531												
Various	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											
	<hr/>																
LINSEED BROWN - Flax Seed	25kg	£63.33	↑	£2.53	16851												
Various	1x5kg	£17.70	↑	£3.54	16852												
	1x3kg	£12.10	↑	£4.03	16853												
	1x1kg	£4.50	↑	RSP	£6.30	16856											
	10x500g	£28.50	↑	RSP	£3.99	16857											
	10x250g	£19.75	↑	RSP	£2.77	16858											
	<hr/>																
LINSEED GOLDEN - Flax Seed	25kg	£67.14	↓	£2.69	16581												
Various	1x5kg	£18.49	↓	£3.70	16582												
	1x3kg	£12.57	↓	£4.19	16583												
	1x1kg	£4.66	↑	RSP	£6.52	16586											
	10x500g	£29.29	↑	RSP	£4.10	16587											
	10x250g	£20.14	↑	RSP	£2.82	16588											
	<hr/>																
OMEGA 5-SEED BLEND	1x10kg	£47.80	↓	£4.78	18561												
Various	1x5kg	£28.10	↓	£5.62	18562												
	1x3kg	£18.34	↓	£6.11	18563												
	1x1kg	£6.58	↓	RSP	£9.21	18565											
	10x500g	£39.90	↓	RSP	£5.59	18566											
	10x250g	£24.95	↓	RSP	£3.49	18567											
	<hr/>																
OMEGA 4-SEED BLEND (No Hemp Seed)	1x10kg	£45.14	↓	£4.51	18581												
Various	1x5kg	£26.77	↓	£5.35	18582												
	1x3kg	£17.54	↓	£5.85	18583												
	10x500g	£38.57	↓	RSP	£5.40	18586											
	10x250g	£24.29	↓	RSP	£3.40	18587											
<hr/>																	
POPPY SEED	25kg	£225.79	↑	£9.03	18591												
Turkey	1x5kg	£52.45	↑	£10.49	18592												
	1x3kg	£32.95	↑	£10.98	18593												
	5x250g	£19.06	↑	RSP	£5.34	18597											
	6x100g	£12.99	↑	RSP	£3.03	18598											
	<hr/>																
PUMPKIN SEED	25kg	£162.63	↓	£6.50	16591												
China	1x5kg	£38.90	↓	£7.78	16592												
	1x3kg	£24.82	↓	£8.27	16593												
	1x1kg	£8.74	↓	RSP	£12.24	16596											
	10x500g	£50.70	↓	RSP	£7.10	16597											
	10x250g	£31.35	↓	RSP	£4.39	16598											
	10x125g	£20.68	↓	RSP	£2.89	16599											
	<hr/>																
SALAD SPRINKLE	1x10kg	£65.70	↓	£6.57	18101												
[Sunflower Seeds, Pumpkin Seeds, Pinenuts]	1x5kg	£37.05	↓	£7.41	18102												
	1x3kg	£23.71	↓	£7.90	18103												
	10x250g	£30.42	↓	RSP	£4.26	18107											

## ORGANIC SEEDS (Cont.)

SESAME SEED NATURAL	25kg	£108.94	↓	£4.36		16641											
Various	1x5kg	£27.30	↓	£5.46		16642											
	1x3kg	£17.86	↓	£5.95		16643											
	1x1kg	£6.42	↓	RSP	£8.99	16646											
	10x500g	£39.10	↓	RSP	£5.47	16647											
	10x250g	£25.55	↓	RSP	£3.58	16648											
	10x125g	£17.77	↓	RSP	£2.49	16649											
	SUNFLOWER SEEDS	25kg	£67.94	↓	£2.72		81481										
Ukraine/Turkey	1x5kg	£18.67	↓	£3.73		81482											
	1x3kg	£12.68	↓	£4.23		81483											
	1x1kg	£4.69	↓	RSP	£6.57	81486											
	10x500g	£30.47	↓	RSP	£4.27	81487											
	10x250g	£21.24	↓	RSP	£2.97	81488											
	10x125g	£15.62	↑	RSP	£2.19	81489											

## ORGANIC BEANS

ADUKI	25 kg	£107.69	↓	£4.31		17181											
China	1x10kg	£50.34	↓	£5.03		17182											
	1x5kg	£27.17	↓	£5.43		17183											
	1x3kg	£17.78	↓	£5.93		17184											
	10x500g	£38.97	↓	RSP	£5.46	17188											
	BLACK TURTLE	25 kg	£80.92	↓	£3.24		17191										
Ethiopia	1x10kg	£38.95	↓	£3.90		17192											
	1x5kg	£21.48	↓	£4.30		17193											
	1x3kg	£14.37	↓	£4.79		17194											
	10x500g	£32.28	↓	RSP	£4.52	17198											
	CANELLINI	25 kg	£116.10	↓	£4.64		17981										
China/Kyrgyzstan	1x10kg	£53.94	↓	£5.39		17982											
	1x5kg	£28.97	↓	£5.79		17983											
	1x3kg	£18.86	↓	£6.29		17984											
	10x500g	£40.77	↓	RSP	£5.71	17988											
	HARICOT	25 kg	£101.09	↓	£4.04		17261										
China	1x10kg	£47.56	↓	£4.76		17262											
	1x5kg	£25.78	↓	£5.16		17263											
	1x3kg	£16.95	↓	£5.65		17264											
	10x500g	£37.58	↓	RSP	£5.26	17268											
	MUNG	25 kg	£137.75	↓	£5.51		17271										
China/Turkey	1x10kg	£63.21	↓	£6.32		17272											
	1x5kg	£33.60	↓	£6.72		17273											
	1x3kg	£21.64	↓	£7.21		17274											
	10x500g	£44.40	↓	RSP	£6.22	17278											
	PINTO [Borlotti]	25 kg	£100.51	↑	£4.02		17281										
China/USA	1x10kg	£47.29	↑	£4.73		17282											
	1x5kg	£25.64	↑	£5.13		17283											
	1x3kg	£16.87	↑	£5.62		17284											
	10x500g	£37.44	↑	RSP	£5.24	17288											
	RED KIDNEY	25 kg	£102.60	↓	£4.10		17291										
China	1x10kg	£48.20	↓	£4.82		17292											
	1x5kg	£26.10	↓	£5.22		17293											
	1x3kg	£17.14	↓	£5.71		17294											
	10x500g	£36.90	↓	RSP	£5.17	17298											

## ORGANIC BEANS (Cont.)

SOYA	25 kg	£58.72 ↓	£2.35		17251												
Various	1x10kg	£29.43 ↓	£2.94		17252												
	1x5kg	£16.72 ↓	£3.34		17253												
	1x3kg	£11.51 ↓	£3.84		17254												
	10x500g	£28.52 ↓	RSP	£3.99	17258												
BEAN MIX	1x10kg	£47.44 ↓	£4.74		16791												
Various	1x5kg	£27.92 ↓	£5.58		16792												
	1x3kg	£18.23 ↓	£6.08		16793												
	10x500g	£39.72 ↓	RSP	£5.56	16798												

## LENTILS ORGANIC

BROWN	25 kg	£53.79 ↓	£2.15		17841												
Turkey	1x10kg	£27.35 ↓	£2.73		17842												
	1x5kg	£15.67 ↓	£3.13		17843												
	1x3kg	£10.88 ↓	£3.63		17844												
	10x500g	£26.47 ↓	RSP	£3.71	17848												
	GREEN SPECKLED [PUY TYPE]	25 kg	£115.86 ↓	£4.63		17851											
Canada	1x10kg	£53.84 ↓	£5.38		17852												
	1x5kg	£28.92 ↓	£5.78		17853												
	1x3kg	£18.83 ↓	£6.28		17854												
	10x500g	£40.72 ↓	RSP	£5.70	17858												
	GREEN LENTILS	25 kg	£93.89 ↑	£3.76		17351											
Turkey	1x10kg	£44.45 ↑	£4.44		17352												
	1x5kg	£24.22 ↑	£4.84		17353												
	1x3kg	£16.01 ↑	£5.34		17354												
	10x500g	£36.02 ↑	RSP	£5.04	17358												
	RED SPLIT	25 kg	£54.63 ↓	£2.19		17361											
Turkey	1x10kg	£28.41 ↓	£2.84		17362												
	1x5kg	£16.20 ↓	£3.24		17363												
	1x3kg	£11.20 ↓	£3.73		17364												
	1x1kg	£4.10 ↓	RSP	£5.74	17367												
	10x500g	£27.00 ↓	RSP	£3.78	17368												
	10x250g	£19.00 ↓	RSP	£2.66	17369												
	SOUP MIX	1x10kg	£27.86 ↓	£2.79		17941											
Various	1x5kg	£18.13 ↓	£3.63		17942												
	1x3kg	£12.36 ↓	£4.12		17943												
	10x500g	£28.93 ↓	RSP	£4.05	17948												

## PEAS ORGANIC

CHICK	25 kg	£61.21 ↓	£2.45		17371												
Italy	1x10kg	£30.57 ↓	£3.06		17372												
	1x5kg	£17.29 ↓	£3.46		17373												
	1x3kg	£11.85 ↓	£3.95		17374												
	1x1kg	£4.22 ↓	RSP	£5.90	17377												
	10x500g	£27.09 ↓	RSP	£3.79	17378												
	GREEN SPLIT	25 kg	£70.97 ↓	£2.84		16751											
Various	1x10kg	£34.66 ↓	£3.47		16752												
	1x5kg	£19.33 ↓	£3.87		16753												
	1x3kg	£13.08 ↓	£4.36		16754												
	1x1kg	£4.83 ↓	RSP	£6.76	16757												
	10x500g	£31.13 ↓	RSP	£4.36	16758												

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>PEAS ORGANIC (Cont.)</b>																	
YELLOW SPLIT	25 kg	£61.15	↓	£2.45	17381												
Various	1x10kg	£30.48	↓	£3.05	17382												
	1x5kg	£17.24	↓	£3.45	17383												
	1x3kg	£11.82	↓	£3.94	17384												
	1x1kg	£4.41	↓	RSP	£6.17	17387											
	10x500g	£29.04	↓	RSP	£4.07	17388											
<b>GRAINS ORGANIC</b>																	
BUCKWHEAT RAW	25 kg	£56.07	↓	£2.24	17731												
China	1x10kg	£28.32	↓	£2.83	17732												
	1x5kg	£16.16	↓	£3.23	17733												
	1x3kg	£11.18	↓	£3.73	17735												
	1x1kg	£4.19	↓	RSP	£5.87	17737											
	10x500g	£26.96	↓	RSP	£3.77	17738											
BUCKWHEAT ROASTED [Kasha]	25 kg	£88.99	↓	£3.56	17791												
Various	1x10kg	£42.33	↓	£4.23	17792												
	1x5kg	£23.16	↓	£4.63	17793												
	1x3kg	£15.38	↓	£5.13	17795												
	10x500g	£33.96	↓	RSP	£4.75	17798											
BULGAR COARSE	25 kg	£55.43	↓	£2.22	17741												
Turkey	1x10kg	£28.03	↓	£2.80	17742												
	1x5kg	£16.01	↓	£3.20	17743												
	1x3kg	£11.09	↓	£3.70	17744												
	10x500g	£26.81	↑	RSP	£3.75	17748											
COUSCOUS WHOLEWHEAT	20 kg	£59.01	↓	£2.95	17751												
Italy	1x10kg	£34.88	↓	£3.49	17752												
	1x5kg	£19.44	↓	£3.89	17753												
	1x3kg	£13.14	↓	£4.38	17754												
	1x1kg	£4.85	↓	RSP	£6.79	17757											
	10x500g	£30.24	↓	RSP	£4.23	17758											
COUSCOUS WHITE	20 kg	£59.01	↓	£2.95	17951												
Italy	1x10kg	£34.88	↓	£3.49	17952												
	1x5kg	£19.44	↓	£3.89	17953												
	1x3kg	£13.14	↓	£4.38	17954												
	10x500g	£30.24	↓	RSP	£4.23	17958											
MILLET HULLED	25 kg	£61.81	↑	£2.47	17761												
Various	1x10kg	£30.77	↑	£3.08	17762												
	1x5kg	£17.38	↑	£3.48	17763												
	1x3kg	£11.91	↑	£3.97	17765												
	1x1kg	£4.44	↑	RSP	£6.21	17767											
	10x500g	£28.18	↑	RSP	£3.95	17768											
PEARL BARLEY	20 kg	£36.60	↓	£1.83	17721												
UK	1x10kg	£23.96	↓	£2.40	17722												
	1x5kg	£13.98	↓	£2.80	17723												
	1x3kg	£9.87	↓	£3.29	17724												
	10x500g	£24.78	↓	RSP	£3.47	17728											
POPPING CORN	25 kg	£51.59	↓	£2.06	17781												
Turkey	1x10kg	£26.40	↓	£2.64	17782												
	1x5kg	£15.20	↓	£3.04	17783												
	1x3kg	£10.60	↓	£3.53	17784												
	10x500g	£26.00	↓	RSP	£3.64	17788											

## GRAINS ORGANIC (Cont.)

QUINOA	25 kg	£131.22	↑	£5.25		17691											
Various	1x10kg	£60.44	↑	£6.04		17692											
	1x5kg	£32.22	↑	£6.44		17693											
	1x3kg	£20.81	↑	£6.94		17694											
	1x1kg	£7.40	↑	RSP	£10.36	17697											
	10x500g	£43.02	↑	RSP	£6.02	17698											
	10x250g	£27.01	↑	RSP	£3.78	17699											
	<hr/>																
RYE GRAIN	25 kg	£42.03	↓	£1.68		17891											
U.K.	1x10kg	£22.27	↓	£2.23		17892											
	1x5kg	£13.13	↓	£2.63		17893											
	1x3kg	£9.36	↓	£3.12		17894											
	1x1kg	£3.39	↓	RSP	£4.74	17897											
	10x500g	£22.93	↓	RSP	£3.21	17898											
	<hr/>																
SPELT GRAIN	25 kg	£77.02	↓	£3.08		18551											
U.K. / EU	1x10kg	£37.18	↓	£3.72		18552											
	1x5kg	£20.59	↓	£4.12		18553											
	1x3kg	£13.83	↓	£4.61		18554											
	1x1kg	£4.88	↓	RSP	£6.83	18557											
	10x500g	£30.39	↓	RSP	£4.25	18558											
	<hr/>																
WHEAT GRAIN	25 kg	£33.28	↓	£1.33		17771											
Various	1x10kg	£18.63	↓	£1.86		17772											
	1x5kg	£11.31	↓	£2.26		17773											
	1x3kg	£8.27	↓	£2.76		17774											
	1x1kg	£3.02	↓	RSP	£4.23	17777											
	<hr/>																

## RICE ORGANIC

BASMATI BROWN	25 kg	£79.37	↑	£3.17		16771											
India/Pakistan	1x10kg	£38.26	↑	£3.83		16772											
	1x5kg	£22.26	↑	£4.45		16773											
	1x3kg	£15.56	↑	£5.19		16774											
	1x1kg	£5.81	↑	RSP	£8.13	16777											
	10x500g	£36.91	↑	RSP	£5.17	16778											
	<hr/>																
BASMATI WHITE	25 kg	£85.73	↑	£3.43		17961											
Pakistan	1x10kg	£41.02	↑	£4.10		17962											
	1x5kg	£23.76	↑	£4.75		17963											
	1x3kg	£16.53	↑	£5.51		17964											
	1x1kg	£6.16	↑	RSP	£8.63	17968											
	10x500g	£38.82	↑	RSP	£5.44	17969											
	<hr/>																
LONG GRAIN BROWN	20 kg	£64.37	↓	£3.22		18791											
Italy	1x10kg	£38.11	↓	£3.81		18792											
	1x5kg	£21.05	↓	£4.21		18793											
	1x3kg	£14.11	↓	£4.70		18795											
	1x1.5kg	£6.86	↓	RSP	£9.60	18797											
	1x1kg	£5.07	↓	RSP	£7.10	18798											
	10x500g	£31.85	↓	RSP	£4.46	18799											
	<hr/>																
RISOTTO WHITE [Arborio]	20 kg	£139.72	↓	£6.99		18851											
Italy	1x10kg	£79.08	↓	£7.91		18852											
	1x5kg	£41.54	↓	£8.31		18853											
	1x3kg	£26.40	↓	£8.80		18855											
	1x1kg	£9.17	↓	RSP	£12.83	18857											
	10x500g	£52.34	↓	RSP	£7.33	18858											
	<hr/>																

## RICE ORGANIC (Cont.)

SHORT GRAIN BROWN	25 kg	£78.43	↓	£3.14		18811											
Italy	1x10kg	£37.94	↓	£3.79		18812											
	1x5kg	£20.97	↓	£4.19		18813											
	1x3kg	£14.06	↓	£4.69		18815											
	1x1.5kg	£6.83	↓	RSP	£9.56	18818											
	1x1kg	£5.05	↓	RSP	£7.08	18817											
	10x500g	£31.77	↓	RSP	£4.45	18819											

## ORGANIC FLAKES & CEREALS

BARLEY FLAKES	20 kg	£36.43	↓	£1.82		20191											
U.K.	1x5kg	£13.88	↓	£2.78		20192											
	1x3kg	£9.81	↓	£3.27		20193											
	1x1kg	£3.64	↓	RSP	£5.09	20198											
	10x500g	£24.68	↓	RSP	£3.46	20199											
BRAN FLAKES MALTED	10 kg	£50.77	↓	£5.08		20161											
Denmark	1x5kg	£31.18	↓	£6.24		20162											
	1x3kg	£20.19	↓	£6.73		20163											
	10x500g	£41.98	↓	RSP	£5.88	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	£37.16	↓	£1.86		20441											
U.K.	1x5kg	£14.13	↓	£2.83		20442											
	1x3kg	£9.96	↓	£3.32		20443											
	10x500g	£24.93	↓	RSP	£3.49	20449											
WHEAT FLAKES	20 kg	£36.28	↓	£1.81		20421											
U.K.	1x5kg	£13.82	↓	£2.76		20422											
	1x3kg	£9.77	↓	£3.26		20423											
	10x500g	£24.62	↓	RSP	£3.45	20429											

## ORGANIC FLAKES & CEREALS (Cont.)

WHEAT FLAKES TOASTED	12.5 kg	£46.36 ↓		£3.71		19911											
U.K.	1x5kg	£23.92 ↓		£4.78		19912											
	1x3kg	£15.79 ↓		£5.26		19913											
	10x500g	£34.82 ↓		RSP	£4.87	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	£52.66 ↓		£5.27		37401											
25% Fruit & Nut	1x5kg	£30.53 ↓		£6.11		37402											
	1x3kg	£19.80 ↓		£6.60		37403											
	10x500g	£42.33 ↓		RSP	£5.93	37408											

DELUXE MUESLI	1x10kg	£35.37 ↓		£3.54		20381											
25% Fruit & Nut	1x5kg	£21.89 ↓		£4.38		20382											
	1x3kg	£14.61 ↓		£4.87		20385											
	1x2kg	£10.27 ↓		RSP	£14.38	20386											
	1x1kg	£5.34 ↓		RSP	£7.47	20388											

LUXURY SPECIALITY MUESLI	1x10kg	£61.84 ↓		£6.18		25021											
50% Fruit And Nuts	1x5kg	£35.12 ↓		£7.02		25022											
	1x3kg	£22.55 ↓		£7.52		25023											
	1x1kg	£7.98 ↓		RSP	£11.18	25027											

MUESLI BASE	1x10kg	£20.19 ↓		£2.02		20431											
	1x5kg	£14.29 ↓		£2.86		20432											
	1x3kg	£10.06 ↓		£3.35		20433											
	1x1kg	£3.82 ↓		RSP	£5.35	20438											

SUPER RICH MUESLI	1x10kg	£44.79 ↓		£4.48		24041											
50% Fruit & Nut	1x5kg	£26.59 ↓		£5.32		24042											
	1x3kg	£17.44 ↓		£5.81		24043											
	1x1kg	£6.28 ↓		RSP	£8.79	24048											

WHEAT FREE FRUIT & NUT MUESLI	1x10kg	£46.01 ↓		£4.60		20491											
44% Fruit & Nut	1x5kg	£27.21 ↓		£5.44		20492											
	1x3kg	£17.80 ↓		£5.93		20493											
	1x1kg	£6.40 ↓		RSP	£8.96	20498											
	10x500g	£39.01 ↓		RSP	£5.46	20499											

WHEAT FREE FRUITY MUESLI	1x10kg	£41.00 ↓		£4.10		37531											
40% Fruit	1x5kg	£24.70 ↓		£4.94		37532											
	1x3kg	£16.30 ↓		£5.43		37533											
	1x1kg	£5.90 ↓		RSP	£8.26	37538											







# Organic

Branded

## BRANDED GOODS ALPHABETICALLY BY SUPPLIER

### "ALPRO"

#### SOYA ALTERNATIVE TO MILK

ORGANIC SOYA DRINK	8x1lt	£12.34	RSP	£2.06	55611												
--------------------	-------	--------	-----	-------	-------	--	--	--	--	--	--	--	--	--	--	--	--

### "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												
BLACK BEANS	6x400g	£6.26	RSP	£1.39	30884												
BLACK BEAN CHILLI	6x400g	£7.61	RSP	£1.69	30891												
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												
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												
-------------------	---------	--------	-----	-------	-------	--	--	--	--	--	--	--	--	--	--	--	--

### "CLIPPER"

#### INFUSIONS - TEA BAGS

CHAMOMILE	6x20Bags	£12.33	↑	RSP	£2.74	56441											
LEMON & GINGER	6x20Bags	£12.33	↑	RSP	£2.74	56445											
NETTLE	6x20Bags	£12.33	↑	RSP	£2.74	56447											
PEPPERMINT	6x20Bags	£12.33	↑	RSP	£2.74	56449											
SLEEP EASY	6x20Bag	£12.33	↑	RSP	£2.74	56373											

#### SPECIALITY TEA - BAGS

EARL GREY FAIRTRADE	6x40Bag	£15.34	↑	RSP	£3.41	56406											
ENGLISH BREAKFAST FAIRTRADE	6x40Bag	£15.56	↑	RSP	£3.46	56455											
EVERYDAY BLEND TEA BAGS	4x80Bag	£13.82	↑	RSP	£4.61	56467											
DETOX TEA BAGS	6x20Bag	£11.66		RSP	£2.59	56165											

## "CLIPPER" (Cont.)

### COFFEE

DECAFFEINATED F.T. INSTANT COFFEE	6x100g	£38.72	↑	RSP	£8.60	56396											
MEDIUM ROAST F.T. INSTANT COFFEE	6x100g	£35.07	↑	RSP	£7.79	56393											
FREEZE DRIED F.T. INSTANT COFFEE	1x500g	£31.41		RSP	£41.88	56397											
	6x100g	£35.07	↑	RSP	£7.79	55942											
PAPUA NEW GUINEA INSTANT COFFEE	6x100g	£35.07	↑	RSP	£7.79	56394											

### ROASTED & GROUND

DECAFFEINATED F.T. R&G	8x227g	£41.37	↑	RSP	£6.89	56600											
ITALIAN STYLE F.T. R&G	8x227g	£35.26	↑	RSP	£5.88	56606											
PAPUA NEW GUINEA	8x227g	£35.26	↑	RSP	£5.88	56608											

## "CRAZY JACK"

### SWEETENERS & SYRUPS

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

## "DOVES FARM"

MALHOUSE 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											
STRONG WHITE	5x1.5kg	£9.95		RSP	£2.65	20774											

## "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	£36.00		RSP	£5.99	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	6x360g	£8.96	↑	RSP	£1.99	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	£6.08		RSP	£1.35	67313											
BUTTER BEANS	6x400g	£6.30		RSP	£1.40	67181											
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

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	£17.63	RSP	£3.92	56523												
HOT CHOCOLATE	6x250g	£35.15	RSP	£7.81	56525												

## "KALLO"

### STOCK CUBES

LOW SALT VEGETABLE	15x6	£22.97	RSP	£2.04	38696												
VEGETABLE	15x6	£22.49	RSP	£2.00	38661												

## "MALDON"

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

## "MARIGOLD"

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

## "MERIDIAN"

### SPREADS SAVOURY

PEANUT BUTTER CRUNCHY WITH SALT	6x280g	£15.25	RSP	£3.39	38186												
PEANUT BUTTER CRUNCHY 100%	6x280g	£15.25	RSP	£3.39	38187												
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												

## "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												

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>"NUTRIFARE" (Cont.)</b>																	
CACAO NIBS	15kg	£391.95		£26.13		79211											
Peru	1x5kg	£134.85		RSP	£188.7	79212											
	1x1kg	£27.83		RSP	£38.96	79215											
	10x500g	£145.65		RSP	£20.39	79217											
	10x250g	£78.32		RSP	£10.97	79218											
	10x125g	£43.66		RSP	£6.11	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											
-----------	-------	-------	--	-----	-------	-------	--	--	--	--	--	--	--	--	--	--	--

**"OPIES"**

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

**"PUKKA"**

**HERBAL TEAS**

BLACKCURRANT BEAUTY	4x20bag	£14.85		RSP	£4.95	67266											
CHAMOMILE, VANILLA & MANUKA	4x20bag	£14.85		RSP	£4.95	67257											
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											
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											
VANILLA CHAI	4x20bag	£14.85		RSP	£4.95	67034											

**HERBAL TEA**

ELEGANT ENGLISH BREAKFAST	4x20bag	£14.85		RSP	£4.95	67264											
GORGEOUS EARL GREY	4x20bag	£14.85		RSP	£4.95	67265											

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>"SANCHI"</b>																	
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												
<b>"SHIPTON MILL" ORGANIC FLOUR</b>																	
BROWN RICE FLOUR	16 kg	£46.28		£2.89	17821												
MWF Pack	1x10kg	£32.83		£3.28	17822												
" "	1x3kg	£12.18	RSP	£17.05	17823												
" "	5x1kg	£22.46	RSP	£6.29	17827												
" "	10x500g	£28.46	RSP	£3.98	17828												
" "	10x250g	£19.23	RSP	£2.69	17829												
SPELT FLOUR WHITE	25 kg	£47.12		£1.88	27171												
MWF Pack	1x10kg	£22.75		£2.27	27172												
" "	1x3kg	£9.15	RSP	£12.82	27174												
" "	5x1kg	£17.42	RSP	£4.88	27178												
" "	10x500g	£23.42	RSP	£3.28	27179												
SPELT FLOUR WHOLEMEAL	25 kg	£42.68		£1.71	27161												
MWF Pack	1x10kg	£20.27		£2.03	27162												
" "	1x3kg	£7.92	RSP	£11.09	27164												
" "	5x1kg	£14.54	RSP	£4.07	27168												
" "	10x500g	£17.54	RSP	£2.46	27169												
BAKERS WHITE FLOUR No 4	25 kg	£35.66		£1.43	27011												
MWF Pack	1x10kg	£18.16		£1.82	27012												
" "	1x3kg	£7.78	RSP	£10.89	27014												
" "	5x1kg	£15.13	RSP	£4.24	27017												
" "	10x500g	£21.13	RSP	£2.96	27018												
STRONG WHOLEWHEAT FLOUR	25 kg	£28.30		£1.13	27031												
MWF Pack	1x10kg	£13.32		£1.33	27032												
" "	1x3kg	£5.00	RSP	£6.99	27034												
" "	5x1kg	£9.91	RSP	£2.77	27037												
" "	10x500g	£11.66	RSP	£1.63	27038												
<b>"SUNITA"</b>																	
ALMOND HALVA WITH HONEY	12x75g	£21.51		RSP	£2.39	31007											
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											
<b>"TARANTELLA"</b>																	
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											
<b>"TICK TOCK"</b>																	
GREEN TEA BAGS	4x40bag	£8.55		RSP	£2.85	82671											
ROOIBOS TEA BAGS	4x40bag	£8.09		RSP	£2.70	82670											
<b>"WAINWRIGHTS"</b>																	
ZAMBIAN FOREST HONEY CLEAR	6x380g	£22.40		RSP	£4.98	42227											

Product Description

Size

Price

Per KG

RSP Code

1 2 3 4 5 6 7 8 9 10 11 12

### "WHOLE EARTH"

#### SPARKLING DRINKS

COLA	24x330ml	£22.16	v	RSP	£1.48	59221
ELDERFLOWER	24x330ml	£22.16	v	RSP	£1.48	59222
LEMONADE	24x330ml	£22.16	v	RSP	£1.48	59223
GINGER	24x330ml	£22.16	v	RSP	£1.48	59224






# Organic

Herbs and Spices

## ORGANIC HERBS & SPICES

BASIL	1x500g	£11.43 ↓	£22.86		88102												
Egypt	6x20g	£8.74 ↓	RSP	£0.45	88109												
155ml Spice Tub	10x20g	£15.57 ↓	RSP	£2.19	88105												
-----																	
BAY LEAVES	1x250g	£8.61 ↓	£17.22		88112												
Turkey	6x20g	£8.07 ↓	RSP	£1.88	88119												
-----																	
BLACK ONION SEEDS	1x500g	£8.18 ↓	£16.35		88522												
Various	6x25g	£9.05 ↓	RSP	£2.11	88529												
155ml Spice Tub	10x50g	£20.18 ↓	RSP	£2.84	88525												
-----																	
CARAWAY SEED	1x500g	£7.74 ↓	£15.48		88122												
Various	6x25g	£8.32 ↓	RSP	£1.94	88129												
155ml Spice Tub	10x50g	£18.74 ↓	RSP	£2.64	88125												
-----																	
CARDAMOM PODS GREEN	1x500g	£48.15 ↓	£96.30		88532												
Various	6x25g	£20.45 ↓	RSP	£4.77	88539												
155ml Spice Tub	10x30g	£39.89 ↓	RSP	£5.62	88535												
-----																	
CARDAMOM GROUND	1x500g	£49.79 ↓	£99.58		88302												
Various	6x25g	£20.94 ↓	RSP	£4.89	88309												
155ml Spice Tub	10x50g	£60.79 ↓	RSP	£8.56	88305												
-----																	
CHILLI POWDER	1x500g	£12.04 ↓	£24.08		88132												
Various	6x25g	£9.61 ↓	RSP	£2.24	88139												
155ml Spice Tub	10x50g	£23.04 ↓	RSP	£3.25	88135												
-----																	
CINNAMON GROUND	1x500g	£7.97 ↓	£15.95		88142												
Various	1x250g	£5.39 ↓	RSP	£7.54	88143												
	6x100g	£16.77 ↓	RSP	£3.91	88148												
	6x25g	£8.39 ↓	RSP	£1.96	88149												
155ml Spice Tub	10x50g	£18.98 ↓	RSP	£2.67	88144												
-----																	
CLOVES WHOLE	1x500g	£42.85 ↓	£85.70		88152												
Various	6x25g	£18.86 ↓	RSP	£4.40	88159												
155ml Spice Tub	10x30g	£36.71 ↓	RSP	£5.17	88155												
-----																	
CORIANDER SEED	1x500g	£6.38 ↓	£12.77		88162												
Various	6x25g	£7.92 ↓	RSP	£1.85	88169												
155ml Spice Tub	10x40g	£16.11 ↓	RSP	£2.27	88165												
-----																	
CORIANDER GROUND	1x500g	£7.67 ↓	£15.35		88702												
Various	6x100g	£16.41 ↓	RSP	£3.83	88708												
	6x25g	£8.30 ↓	RSP	£1.94	88709												
155ml Spice Tub	10x50g	£18.68 ↓	RSP	£2.63	88705												
-----																	
CUMIN SEED	1x500g	£18.99 ↑	£37.98		88182												
Various	6x25g	£12.30 ↑	RSP	£2.87	88189												
155ml Spice Tub	10x50g	£30.99 ↑	RSP	£4.36	88185												
-----																	
CUMIN GROUND	1x500g	£17.26 ↓	£34.52		88192												
Various	6x25g	£11.78 ↓	RSP	£2.75	88199												
155ml Spice Tub	10x50g	£29.26 ↓	RSP	£4.12	88195												
-----																	
CURRY POWDER	1x500g	£10.97 ↓	£21.94		88572												
Various	1x250g	£6.88 ↓	RSP	£9.64	88573												
	6x25g	£9.29 ↓	RSP	£2.17	88579												
155ml Spice Tub	10x50g	£21.97 ↓	RSP	£3.09	88575												

## ORGANIC HERBS & SPICES (Cont.)

FENNEL SEED	1x500g	£7.58 ↓	£15.17		88202												
Egypt	6x25g	£8.28 ↓	RSP	£1.93	88209												
155ml Spice Tub	10x50g	£18.58 ↓	RSP	£2.62	88205												
-----																	
GARAM MASALA	1x500g	£11.20 ↓	£22.40		88212												
Various	6x25g	£9.36 ↓	RSP	£2.18	88219												
155ml Spice Tub	10x50g	£22.20 ↓	RSP	£3.13	88215												
-----																	
GINGER GROUND	1x500g	£8.93 ↓	£17.87		88242												
Various	6x100g	£17.92 ↓	RSP	£4.18	88248												
	6x25g	£8.68 ↓	RSP	£2.03	88249												
155ml Spice Tub	10x40g	£18.15 ↓	RSP	£2.56	88245												
-----																	
KELP POWDER - Natural		♻️															
See Non-Organic Herbs & Spices		♻️															
-----																	
MARJORAM	1x500g	£12.87 ↓	£25.74		88262												
Egypt	6x20g	£9.09 ↓	RSP	£2.12	88269												
155ml Spice Tub	10x10g	£13.57 ↓	RSP	£1.91	88265												
-----																	
MINT	1x500g	£9.99 ↓	£19.98		88612												
Egypt	6x25g	£9.00 ↓	RSP	£2.10	88619												
155ml Spice Tub	10x15g	£14.00 ↓	RSP	£1.97	88615												
-----																	
MIXED HERBS	1x500g	£13.12 ↓	£26.24		88272												
Various	6x20g	£9.15 ↓	RSP	£2.13	88279												
155ml Spice Tub	10x20g	£16.25 ↓	RSP	£2.29	88275												
-----																	
MIXED SPICE	1x500g	£8.60 ↓	£17.20		88282												
Various	6x100g	£17.52 ↓	RSP	£4.09	88288												
	6x25g	£8.58 ↓	RSP	£2.00	88289												
155ml Spice Tub	10x50g	£19.60 ↓	RSP	£2.76	88285												
-----																	
MUSTARD POWDER	1x500g	£5.96 ↓	£11.93		88292												
India/ Germany	6x25g	£7.79 ↓	RSP	£1.82	88299												
155ml Spice Tub	10x50g	£16.96 ↓	RSP	£2.39	88295												
-----																	
MUSTARD SEED BROWN	1x500g	£6.24 ↓	£12.49		88312												
India	6x40g	£9.00 ↓	RSP	£2.10	88319												
155ml Spice Tub	10x60g	£18.49 ↓	RSP	£2.60	88315												
-----																	
MUSTARD SEED YELLOW	1x500g	£6.87 ↓	£13.75		88322												
India	6x40g	£9.30 ↓	RSP	£2.17	88329												
155ml Spice Tub	10x60g	£19.25 ↓	RSP	£2.71	88325												
-----																	
NUTMEG WHOLE	1x500g	£41.73 ↓	£83.45		88622												
Various	6x20g	£16.01 ↓	RSP	£3.74	88629												
155ml Spice Tub	10x20g	£27.69 ↓	RSP	£3.90	88625												
-----																	
OREGANO	1x500g	£10.95 ↓	£21.90		88342												
Various	6x20g	£8.63 ↓	RSP	£2.01	88349												
155ml Spice Tub	10x20g	£15.38 ↓	RSP	£2.17	88345												
-----																	
PAPRIKA	1x500g	£11.77 ↓	£23.53		88362												
Spain	6x25g	£9.53 ↓	RSP	£2.22	88369												
155ml Spice Tub	10x50g	£22.77 ↓	RSP	£3.21	88365												

## ORGANIC HERBS & SPICES (Cont.)

PARSLEY	1x500g	£15.55 ↓	£31.10		88352												
Various	6x20g	£9.73 ↓	RSP	£2.27	88359												
155ml Spice Tub	10x15g	£15.66 ↓	RSP	£2.21	88355												
-----																	
PEPPERCORNS BLACK	1x500g	£11.77 ↑	£23.53		88372												
Various	6x100g	£21.32 ↑	RSP	£4.97	88378												
	6x25g	£9.53 ↑	RSP	£2.22	88379												
155ml Spice Tub	10x50g	£22.77 ↑	RSP	£3.21	88375												
-----																	
ROSEMARY	1x500g	£4.95 ↓	£9.90		88412												
Spain	6x20g	£7.19 ↓	RSP	£1.68	88419												
155ml Spice Tub	10x30g	£13.97 ↓	RSP	£1.97	88415												
-----																	
SAGE	1x500g	£14.43 ↓	£28.87		88422												
Turkey	6x20g	£9.46 ↓	RSP	£2.21	88429												
155ml Spice Tub	10x20g	£16.77 ↓	RSP	£2.36	88425												
-----																	
STAR ANISE	1x500g	£13.59 ↓	£27.18		88672												
China/Vietnam	1x250g	£8.19 ↓	RSP	£11.47	88673												
	6x25g	£10.68 ↓	RSP	£2.49	88679												
155ml Spice Tub	10x20g	£17.44 ↓	RSP	£2.46	88675												
-----																	
THYME	1x500g	£7.97 ↓	£15.94		88442												
Various	6x20g	£7.91 ↓	RSP	£1.85	88449												
155ml Spice Tub	10x20g	£14.19 ↓	RSP	£2.00	88445												
-----																	
TURMERIC	1x500g	£7.45 ↓	£14.90		88452												
Various	1x250g	£5.13 ↓	RSP	£7.17	88453												
	6x100g	£16.14 ↓	RSP	£3.77	88458												
	6x30g	£8.68 ↓	RSP	£2.03	88459												
155ml Spice Tub	10x50g	£18.45 ↓	RSP	£2.60	88455												



# Conventional

Fruits, nuts, cereals  
& beans



## DRIED AND CRYSTALLISED FRUIT (Cont.)

CHERRIES GOLD Spain	1x10kg	£68.41	↑	£6.84		15641											
	1x5kg	£38.30	↑	£7.66		15642											
	1x3kg	£24.42	↑	£8.14		15643											
	1x1kg	£8.44	↑	RSP	£11.82	15646											
	10x250g	£29.10	↑	RSP	£4.07	15647											
	10x125g	£18.55	↑	RSP	£2.60	15648											
Clear PET Tub	6x750g	£39.18	↑	RSP	£9.14	15644											
CHERRIES GREEN Spain	1x10kg	£74.61	↑	£7.46		15651											
	1x5kg	£41.40	↑	£8.28		15652											
	1x3kg	£26.28	↑	£8.76		15653											
	1x1kg	£9.06	↑	RSP	£12.69	15656											
	10x250g	£30.65	↑	RSP	£4.29	15657											
	10x125g	£19.33	↑	RSP	£2.71	15658											
Clear PET Tub	6x750g	£41.97	↑	RSP	£9.79	15654											
CHERRIES MIXED - Four Colours Spain	1x10kg	£81.87		£8.19		15661											
	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											
CHERRIES NATURAL COLOUR [Dark Burgundy Colour, From Grape Skins]	10kg	£74.63		£7.46		15211											
	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											
CHERRIES NATURAL COLOUR [Red Colour, From Fruit & Veg. Juice]	10kg	£73.23		£7.32		14011											
	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											
CHERRIES DRIED SOUR W.S. USA	9.07kg	£164.93	↓	£18.18		14201											
	1x3kg	£62.45	↓	£20.82		14204											
	1x1kg	£21.18	↓	RSP	£29.66	14202											
	10x100g	£30.48	↑	RSP	£4.27	14209											
CRANBERRIES - Sugar Sweetened USA/Canada	12.5kg	£60.95	↓	£4.88		14111											
	1x5kg	£30.77	↓	£6.15		14113											
	1x3kg	£19.98	↓	£6.66		14114											
	1x1kg	£7.09	↓	RSP	£9.93	14112											
	10x500g	£42.47	↓	RSP	£5.95	14117											
	10x250g	£27.23	↓	RSP	£3.81	14118											
10x100g	£16.79	↓	RSP	£2.35	14119												
CURRANTS Greece	12.5kg	£58.29		£4.66		15221											
	1x5kg	£29.51		£5.90		15222											
	1x3kg	£19.19		£6.40		15223											
	10x500g	£40.31		RSP	£5.64	15228											
	10x250g	£25.66		RSP	£3.59	15229											

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>DRIED AND CRYSTALLISED FRUIT (Cont.)</b>																	
DATES CHOPPED	10kg	£21.48		£2.15	15231												
Iran	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	10kg	£19.39		£1.94	15671												
Pakistan/UAE	1x5kg	£14.57		£2.91	15672												
	1x3kg	£10.22		£3.41	15673												
	10x500g	£25.37		RSP £3.55	15678												
	10x250g	£18.18		RSP £2.55	15679												
FIGS LERIDA CROP	12.5kg	£107.63	↑	£8.61	14021												
Turkey	1x5kg	£50.33	↑	£10.07	14022												
	1x3kg	£31.68	↑	£10.56	14023												
	1x1kg	£10.93	↑	RSP £15.30	14025												
	10x500g	£61.13	↑	RSP £8.56	14027												
	10x250g	£36.06	↑	RSP £5.05	14028												
FRUIT SALAD	1x10kg	£99.00		£9.90	15271												
Original Recipe No Added Sugar	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	4x5kg	£100.50	v	£5.03	15291												
China	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	12.5kg	£113.83		£9.11	75501												
China	1x3kg	£33.65		£11.22	75502												
	1x1kg	£11.58		RSP £16.22	75505												
	10x500g	£64.42		RSP £9.02	75506												
	10x250g	£37.71		RSP £5.28	75507												
	10x100g	£20.88		RSP £2.92	75508												
MIXED VINE FRUIT COMPETION GRADE	1x10kg	£44.66		£4.47	75001												
[Raisins, Sultanas, Currants]	1x5kg	£26.53		£5.31	75002												
MIXED VINE FRUIT	1x10kg	£50.26		£5.03	14901												
[Raisins, Thompson Raisins,	1x5kg	£29.33		£5.87	14902												
Turkish Sultanas, Currants]	1x3kg	£19.08		£6.36	14903												
	1x1kg	£6.73		RSP £9.42	14906												
	10x500g	£40.13		RSP £5.62	14907												
MIXED VINE FRUIT WITH PEEL	1x10kg	£49.25		£4.93	15311												
U.K.	1x5kg	£28.83		£5.77	15312												
	1x3kg	£18.78		£6.26	15313												
PAPAYA DICED W.S. 6-12mm	4x5kg	£122.15		£6.11	15321												
Thailand	1x5kg	£32.37		£6.47	15322												
	1x1kg	£8.02		RSP £11.23	15326												
	10x250g	£28.81		RSP £4.03	15328												
	10x125g	£18.91		RSP £2.65	15329												



## DRIED AND CRYSTALLISED FRUIT (Cont.)

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	£44.24		£12.64		15511											
	1x1kg	£14.44		RSP	£20.21	15513											
	10x250g	£45.60		RSP	£6.38	15518											
	10x125g	£27.80		RSP	£3.89	15519											
PINEAPPLE DICED CORE W.S. Thailand	4x5kg	£130.68		£6.53		14131											
	1x5kg	£34.58		£6.92		14132											
	1x1kg	£8.47		RSP	£11.85	14136											
	10x250g	£29.91		RSP	£4.19	14138											
	10x125g	£19.46		RSP	£2.72	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	£49.80				15421											
	1x5kg	£31.24		£6.25		15422											
	1x3kg	£20.21		£6.74		15423											
	1x1kg	£7.11		RSP	£9.95	15427											
	10x500g	£42.04		RSP	£5.89	15428											
	10x250g	£26.51		RSP	£3.71	15429											
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											

### DRIED AND CRYSTALLISED FRUIT (Cont.)

RAISINS BLACK FLAME LARGE	10kg	£43.02	£4.30		15041												
Chile	1x5kg	£27.86	£5.57		15042												
	1x3kg	£18.20	£6.07		15043												
	1x1kg	£6.43	RSP	£9.00	15045												
	10x500g	£38.66	RSP	£5.41	15046												
	10x250g	£24.83	RSP	£3.48	15048												
RAISINS GOLDEN	12.5kg	£69.08	£5.53		15981												
South Africa	1x5kg	£33.78	£6.76		15982												
	1x3kg	£21.75	£7.25		15983												
	10x500g	£44.58	RSP	£6.24	15986												
	10x250g	£27.79	RSP	£3.89	15988												
RAISINS	12.5kg	£48.52	£3.88		15431												
Turkey	1x5kg	£25.24	£5.05		15432												
	1x3kg	£16.62	£5.54		15433												
	1x1kg	£5.91	RSP	£8.27	15438												
	10x500g	£36.04	RSP	£5.04	15439												
	10x125g	£16.70	RSP	£2.34	15437												
RAISINS THOMPSON	12.5kg	£50.54	£4.04		15451												
Turkey	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	12.5kg	£49.85	£3.99		15491												
Turkey	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)	1kg	£54.47	£54.47		69271												
Egypt/Poland	10x100g	£65.47	RSP	£9.13	69278												
	10x50g	£37.23	RSP	£5.09	69279												

### NUTS

ALMONDS WHOLE	22.68kg	£170.56	£7.52		16101												
U.S.A.	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												
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												

Product Description	Size	Price		Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12	
<b>NUTS (Cont.)</b>																			
ALMONDS FLAKED	12.5kg	£104.40	↑	£8.35		16121													
Various	1x5kg	£48.87	↑	£9.77		16122													
	1x3kg	£30.81	↑	£10.27		16123													
	1x1kg	£10.63	↑	RSP	£14.89	16126													
	10x250g	£35.34	↑	RSP	£4.95	16128													
	10x125g	£22.17	↑	RSP	£3.10	16129													
-----																			
ALMONDS GROUND	12.5kg	£85.30		£6.82		16131													
Various	1x5kg	£41.21		£8.24		16132													
	1x3kg	£26.21		£8.74		16133													
	1x1kg	£9.20		RSP	£12.88	16136													
	10x500g	£53.01		RSP	£7.42	16137													
	10x250g	£32.51		RSP	£4.55	16138													
	10x125g	£21.25		RSP	£2.98	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	£144.25	v	£11.54		16141													
Various	1x5kg	£66.03	v	£13.21		16142													
	1x3kg	£41.10	v	£13.70		16143													
	1x1kg	£14.17	v	RSP	£23.80	16146													
	10x125g	£29.46	v	RSP	£4.95	16149													
-----																			
ALMONDS SMOKED	1x12.5kg	£146.21	v	£11.70		74033													
Various	1x5kg	£62.69	v	£12.54		74031													
	1x2.5kg	£33.24	v	£13.30		74032													
	1x1kg	£14.27	v	RSP	£23.98	74035													
	10x250g	£45.19	v	RSP	£7.59	74038													
-----																			
BRAZILS WHOLE	20kg	£302.01	↑	£15.10		16151													
Bolivia	1x10kg	£166.08	↑	£16.61		16152													
	1x5kg	£85.04	↑	£17.01		16153													
	1x3kg	£52.50	↑	£17.50		16154													
	1x1kg	£17.97	↑	RSP	£25.15	16156													
	10x500g	£96.84	↑	RSP	£13.56	16157													
	10x250g	£54.42	↑	RSP	£7.62	16158													
10x125g	£32.21	↑	RSP	£4.51	16159														
-----																			
CASHEWS WHOLE	22.68kg	£222.26	↑	£9.80		16173													
Various	1x11.34k	£115.53	↑	£10.19		16171													
	1x5kg	£53.20	↑	£10.64		16172													
	1x3kg	£33.40	↑	£11.13		16175													
	1x1kg	£11.60	↑	RSP	£16.24	16176													
	10x500g	£65.00	↑	RSP	£9.10	16177													
	10x250g	£38.50	↑	RSP	£5.39	16178													
	10x125g	£24.25	↑	RSP	£3.39	16179													
-----																			
CASHEW PIECES	22.68kg	£116.56		£5.14		16181													
Vietnam	1x10kg	£55.69	↓	£5.57		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														

Product Description	Size	Price		Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12	
<b>NUTS (Cont.)</b>																			
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													
	-----																		
CASHEWS HONEY COATED	12.5kg	£175.26	v	£14.02		22413													
Various	1x5kg	£74.30	v	£14.86		22411													
	1x2.5kg	£39.05	v	£15.62		22412													
	1x1kg	£15.82	v	RSP	£26.58	22416													
	10x250g	£49.05	v	RSP	£8.24	22417													
	-----																		
COCONUT DESICCATED MEDIUM	25kg	£106.28		£4.25		16211													
Various	1x5kg	£26.92		£5.38		16212													
	1x3kg	£17.63		£5.88		16213													
	1x2kg	£12.79		RSP	£17.90	16215													
	1x1kg	£6.24		RSP	£8.74	16216													
	10x250g	£24.36		RSP	£3.41	16218													
	10x125g	£16.69		RSP	£2.34	16219													
	-----																		
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													
	-----																		
COCONUT CHIP TOASTED	10kg	£44.12	↓	£4.41		16481													
Various	1x3kg	£17.24	↓	£5.75		16483													
	1x1kg	£6.21	↓	RSP	£8.70	16486													
	10x125g	£15.52	↓	RSP	£2.17	16489													
	-----																		
HAZELNUTS WHOLE RAW	25kg	£272.39	↑	£10.90		16241													
Turkey	1x10kg	£126.59	↑	£12.66		16242													
	1x5kg	£65.29	↑	£13.06		16243													
	1x3kg	£40.66	↑	£13.55		16244													
	1x1kg	£13.92	↑	RSP	£19.49	16246													
	10x250g	£43.55	↑	RSP	£6.10	16248													
	10x125g	£26.27	↑	RSP	£3.68	16249													
-----																			
HAZELNUTS ROASTED BLANCHED WHOLE	25kg	£330.00	v	£13.20		16251													
Various	1x5kg	£75.86	v	£15.17		16252													
	1x3kg	£46.99	v	£15.66		16254													
	1x1kg	£16.13	v	RSP	£27.10	16256													
	10x125g	£29.92	v	RSP	£5.03	16259													
	-----																		
MIXED NUTS CHOPPED	12.5kg	£92.71	↑	£7.42		16271													
[Peanuts, Almonds, Walnuts]	1x5kg	£41.29	↑	£8.26		16272													
	1x3kg	£26.25	↑	£8.75		16273													
	1x1kg	£9.22	↑	RSP	£12.90	16276													
	10x500g	£52.09	↑	RSP	£7.29	16277													
	-----																		
MIXED NUTS	1x10kg	£59.98		£6.00		16281													
Various	1x5kg	£34.19		£6.84		16282													
	1x3kg	£21.99		£7.33		16283													
	1x1kg	£7.70		RSP	£10.78	16286													
	10x500g	£44.99		RSP	£6.30	16287													
	10x250g	£27.99		RSP	£3.92	16288													
	10x100g	£17.00		RSP	£2.38	16285													

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>NUTS (Cont.)</b>																	
MIXED NUTS AND RAISINS	1x10kg	£56.31		£5.63	16301												
Various	1x5kg	£32.35		£6.47	16302												
	1x3kg	£20.89		£6.96	16303												
	1x1kg	£7.33		RSP £10.26	16306												
	10x250g	£27.08		RSP £3.79	16308												
	10x125g	£18.04		RSP £2.53	16309												
	10x100g	£16.63		RSP £2.33	16305												
	<hr/>																
VALUE FRUIT & NUT MIX	1x10kg	£46.06		£4.61	70221												
Various	1x5kg	£27.23		£5.45	70222												
	1x3kg	£17.82		£5.94	70223												
	1x1kg	£6.31		RSP £8.83	70226												
	<hr/>																
MIXED NUTS DELUXE - No Peanuts	1x10kg	£114.60		£11.46	16291												
Various	1x5kg	£61.50		£12.30	16292												
	1x3kg	£38.38		£12.79	16293												
	1x1kg	£13.16		RSP £18.42	16296												
	10x500g	£72.30		RSP £10.12	16297												
	10x250g	£41.65		RSP £5.83	16298												
<hr/>																	
MIXED NUTS DELUXE & RAISINS	1x10kg	£91.48		£9.15	16311												
Various	1x5kg	£49.94		£9.99	16312												
	1x3kg	£31.44		£10.48	16313												
	1x1kg	£10.85		RSP £15.19	16316												
	10x500g	£60.74		RSP £8.50	16317												
	10x250g	£35.87		RSP £5.02	16318												
	10x125g	£22.43		RSP £3.14	16319												
	<hr/>																
LUXURY FRUIT & NUT SELECTION	1x10kg	£96.79		£9.68	19021												
Various	1x5kg	£52.60		£10.52	19022												
	1x3kg	£33.04		£11.01	19023												
	1x1kg	£11.38		RSP £15.93	19026												
	10x500g	£63.40		RSP £8.88	19027												
	10x250g	£37.20		RSP £5.21	19028												
	10x125g	£23.10		RSP £3.23	19029												
	<hr/>																
MIXED NUTS RST. & SALTED DELUXE	1x10kg	£75.35	v	£7.54	28111												
Peanuts, Cashews, Almonds, Hazels. Various	1x5kg	£41.88	v	£8.38	28112												
	1x3kg	£26.61	v	£8.87	28113												
	1x1kg	£9.23	v	RSP £15.51	28116												
	10x500g	£52.67	v	RSP £8.85	28117												
	10x250g	£31.84	v	RSP £5.35	28118												
	<hr/>																
PEANUTS BLANCHED	25kg	£72.03		£2.88	16353												
Argentina	1x10kg	£36.30		£3.63	16351												
	1x5kg	£20.15		£4.03	16352												
	1x3kg	£13.57		£4.52	16354												
	1x1kg	£4.89		RSP £6.85	16356												
	10x500g	£30.95		RSP £4.33	16357												
	10x250g	£20.98		RSP £2.94	16358												
	<hr/>																
PEANUTS PALESKIN	25kg	£74.04		£2.96	16521												
Various	1x10kg	£35.47		£3.55	16522												
	1x5kg	£19.73		£3.95	16523												
	1x3kg	£13.32		RSP £18.65	16525												
	1x1kg	£4.81		RSP £6.73	16527												
	10x500g	£30.53		RSP £4.27	16528												
	<hr/>																

Product Description	Size	Price		Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12	
<b>NUTS (Cont.)</b>																			
PEANUTS REDSKIN	25kg	£101.59		£4.06		16611													
China/USA	1x10kg	£47.03		£4.70		16612													
	1x5kg	£25.51		£5.10		16613													
	1x3kg	£16.79		£5.60		16614													
	1x1kg	£5.96		RSP	£8.35	16616													
	10x500g	£36.31		RSP	£5.08	16618													
<hr/>																			
PEANUTS & RAISINS	1x10kg	£44.08		£4.41		16621													
Various	1x5kg	£26.24		£5.25		16622													
	1x3kg	£17.23		£5.74		16623													
	1x1kg	£6.11		RSP	£8.55	16626													
	10x250g	£24.02		RSP	£3.36	16629													
<hr/>																			
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													
<hr/>																			
PEANUTS ROASTED IN SHELL	5kg	£21.38		£4.28		16381													
China	1x3kg	£16.82		£5.61		16383													
	1x1kg	£5.97		RSP	£8.36	16386													
	10x250g	£23.69		RSP	£3.32	16388													
<hr/>																			
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													
<hr/>																			
PEANUTS HONEY COATED	12.5kg	£103.62	v	£8.29		22423													
U.K.	1x5kg	£45.65	v	£9.13		22421													
	1x2.5kg	£24.72	v	£9.89		22422													
	1x1kg	£9.99	v	RSP	£16.78	22426													
	10x125g	£21.36	v	RSP	£3.59	22429													
<hr/>																			
PECAN HALVES	13.68kg	£226.19	↑	£16.53		16391													
USA/Mexico	1x5kg	£92.57	↑	£18.51		16392													
	1x3kg	£57.02	↑	£19.01		16393													
	1x1kg	£19.47	↑	RSP	£27.26	16394													
	10x250g	£58.19	↑	RSP	£8.15	16398													
	10x125g	£34.09	↑	RSP	£4.77	16399													
<hr/>																			
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													

## NUTS (Cont.)

PISTACHIOS ROASTED & SALTED U.S.A. / Iran	10kg	£139.50		£13.95		16411											
	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											
PISTACHIOS RAW Iran	13.81kg	£431.77		£31.27		16421											
	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											
WALNUTS NIBBED USA	10kg	£67.50	↓	£6.75		16561											
	1x5kg	£39.01	↓	£7.80		16563											
	1x3kg	£24.85	↓	£8.28		16564											
	1x1kg	£8.58	↓	RSP	£12.02	16566											
WALNUT HALVES & PIECES Min 15% Halves, 85% Pieces USA	10kg	£76.79		£7.68		16461											
	1x5kg	£46.17		£9.23		16462											
	1x3kg	£29.18		£9.73		16463											
	1x1kg	£10.09		RSP	£14.13	16466											
	10x250g	£33.49		RSP	£4.69	16468											
CHINESE WALNUTS LIGHT AMBER HALVES 60% Halves, 40% Pieces	10kg	£87.50		£8.75		16443											
	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											
WALNUTS CALIFORNIAN HALVES 80% Halves, 20% Pieces	10kg	£96.43		£9.64		70211											
	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											
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 Various	25kg	£41.81		£1.67		31735											
	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											

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>SEEDS (Cont.)</b>																	
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											
<hr/>																	
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											
<hr/>																	
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											
	<hr/>																
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											
<hr/>																	
SESAME SEEDS NATURAL				♻️													
See Organic Section				♻️													
<hr/>																	
SUNFLOWER SEEDS	25kg	£67.05	↓	£2.68		16841											
(Confectionery Grade)	1x10kg	£33.46	↓	£3.35		16842											
Turkey	1x5kg	£18.73	↓	£3.75		16843											
	1x3kg	£12.72	↓	£4.24		16845											
	1x1kg	£4.61	↓	RSP	£6.45	16846											
	10x500g	£29.53	↓	RSP	£4.13	16847											
	10x250g	£20.26	↓	RSP	£2.84	16848											
<hr/>																	
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											
<hr/>																	
SALAD SPRINKLE	1x10kg	£73.36		£7.34		55551											
[Sunflower Seeds, Pumpkin Seeds, Pinenuts]	1x5kg	£40.88		£8.18		55552											
	1x3kg	£26.01		£8.67		55553											
	1x1kg	£9.04		RSP	£12.65	55556											
	10x250g	£31.34		RSP	£4.39	55558											
	10x125g	£20.17		RSP	£2.82	55559											



Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>BEANS</b>																	
BLACKEYE	25 kg	£53.24	↓	£2.13	17021												
Various	1x10kg	£26.73	↓	£2.67	17022												
	1x5kg	£15.36	↓	£3.07	17023												
	1x3kg	£10.70	↓	£3.57	17024												
	1x1kg	£3.93	↓	RSP	£5.51	17027											
	10x500g	£26.16	↓	RSP	£3.66	17028											
<hr/>																	
BLACK [Turtle] BEANS	25 kg	£62.66	↓	£2.51	17991												
Various	1x10kg	£30.64	↓	£3.06	17992												
	1x5kg	£17.32	↑	£3.46	17993												
	1x3kg	£11.87	↑	£3.96	17994												
	1x1kg	£4.32	↑	RSP	£6.05	17997											
	10x500g	£28.12	↑	RSP	£3.94	17998											
	<hr/>																
BORLOTTI	25 kg	£75.94		£3.04	17151												
Various	1x10kg	£36.20		£3.62	17152												
	1x5kg	£20.10		£4.02	17153												
	1x3kg	£13.54		£4.51	17154												
	1x1kg	£4.88		RSP	£6.83	17157											
	10x500g	£30.90		RSP	£4.33	17158											
<hr/>																	
BUTTER	25 kg	£87.80		£3.51	17041												
Poland	1x10kg	£41.94	↑	£4.19	17042												
	1x5kg	£22.97	↑	£4.59	17043												
	1x3kg	£15.26	↑	£5.09	17044												
	1x1kg	£5.45	↑	RSP	£7.64	17047											
	10x500g	£33.77	↑	RSP	£4.73	17048											
	<hr/>																
CANNELINI	25 kg	£77.52		£3.10	17051												
Various	1x10kg	£37.53		£3.75	17052												
	1x5kg	£20.77		£4.15	17053												
	1x3kg	£13.94		£4.65	17054												
	1x1kg	£5.01		RSP	£7.02	17057											
	10x500g	£31.57		RSP	£4.42	17058											
<hr/>																	
FLAGEOLET	25 kg	£102.35		£4.09	17061												
France	1x10kg	£48.15		£4.81	17062												
	1x5kg	£26.07		£5.21	17063												
	1x3kg	£17.12		£5.71	17064												
	1x1kg	£6.07		RSP	£8.50	17067											
	10x500g	£36.87		RSP	£5.16	17068											
<hr/>																	
HARICOT	25 kg	£62.16	↑	£2.49	17071												
Canada	1x10kg	£30.97	↑	£3.10	17072												
	1x5kg	£17.48	↑	£3.50	17073												
	1x3kg	£11.97	↑	£3.99	17074												
	1x1kg	£4.36	↑	RSP	£6.10	17077											
	10x500g	£28.28	↑	RSP	£3.96	17078											
<hr/>																	
MIXED BEANS	1x10kg	£34.80		£3.48	17121												
Various	1x5kg	£21.60		£4.32	17123												
	1x3kg	£14.44		£4.81	17124												
	1x1kg	£5.18		RSP	£7.25	17127											
	10x500g	£32.40		RSP	£4.54	17128											
<hr/>																	
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											

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>BEANS (Cont.)</b>																	
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	£68.48	↑	£2.74		17091											
Canada	1x10kg	£33.66	↑	£3.37		17092											
	1x5kg	£18.83	↑	£3.77		17093											
	1x3kg	£12.78	↑	£4.26		17094											
	1x1kg	£4.63	↑	RSP	£6.48	17097											
	10x500g	£29.63	↑	RSP	£4.15	17098											
RED KIDNEY	25 kg	£69.54	↓	£2.78		17101											
Various	1x10kg	£34.13	↓	£3.41		17102											
	1x5kg	£19.07	↓	£3.81		17103											
	1x3kg	£12.92	↓	£4.31		17104											
	1x1kg	£4.67	↓	RSP	£6.54	17107											
	10x500g	£29.87	↓	RSP	£4.18	17108											
<b>LENTILS</b>																	
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											
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												
RED SPLIT	25 kg	£42.64	↓	£1.71		17231											
Canada/USA	1x10kg	£22.83	↓	£2.28		17232											
	1x5kg	£13.42	↓	£2.68		17233											
	1x3kg	£9.53	↓	£3.18		17235											
	1x1kg	£3.54	↓	RSP	£4.96	17237											
	10x500g	£24.22	↓	RSP	£3.39	17238											
	10x250g	£17.61	↓	RSP	£2.46	17239											
DARK GREEN SPECKLED	25 kg	£66.10	↓	£2.64		17241											
[Puy Type] Canada	1x10kg	£33.48	↓	£3.35		17242											
	1x5kg	£18.74	↓	£3.75		17243											
	1x3kg	£12.73	↓	£4.24		17246											
	1x1kg	£4.71	↓	RSP	£6.59	17247											
	10x500g	£29.54	↓	RSP	£4.14	17248											

## LENTILS (Cont.)

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											
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											

## 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											
CHICK	25 kg	£46.31		£1.85		17311											
Turkey	1x10kg	£24.52		£2.45		17312											
	1x5kg	£14.26		£2.85		17313											
	1x3kg	£10.04		£3.35		17314											
	1x1kg	£3.81		RSP	£5.34	17317											
	10x500g	£26.06		RSP	£3.65	17318											
GREEN SPLIT	25 kg	£42.28		£1.69		17321											
U.K./Canada	1x5kg	£13.33		£2.67		17323											
	1x3kg	£9.52		£3.17		17325											
	1x1kg	£3.41		RSP	£4.77	17327											
	10x500g	£23.03		RSP	£3.22	17328											
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	£39.17	↑	£1.57		17331											
U.K.	1x10kg	£21.14	↑	£2.11		17332											
	1x5kg	£12.57	↑	£2.51		17333											
	1x3kg	£9.02	↑	£3.01		17334											
	1x1kg	£3.37	↑	RSP	£4.72	17337											
	10x500g	£23.37	↑	RSP	£3.27	17338											

## SOUP MIX

SOUP MIX [BROTH MIX]	1x10kg	£20.22		£2.02		17411											
Various	1x5kg	£14.31		£2.86		17413											
	1x3kg	£10.07		£3.36		17414											
	1x1kg	£3.72		RSP	£5.21	17417											
	10x500g	£25.11		RSP	£3.52	17419											

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>GRAINS</b>																	
BULGAR WHEAT	25 kg	£38.69		£1.55		17631											
Turkey	1x10kg	£20.93		£2.09		17632											
	1x5kg	£12.47		£2.49		17633											
	1x3kg	£8.96		£2.99		17634											
	1x1kg	£3.35		RSP	£4.69	17637											
	10x500g	£23.27		RSP	£3.26	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	25 kg	£61.72		£2.47		17711											
Italy	1x10kg	£30.85		£3.09		17712											
	1x5kg	£17.43		£3.49		17713											
	1x3kg	£11.94		£3.98		17714											
	1x1kg	£4.35		RSP	£6.08	17717											
	10x500g	£28.23		RSP	£3.95	17718											
COUSCOUS GIANT	10 kg	£35.58	↑	£3.56		17681											
Various	1x5kg	£23.26	↑	£4.65		17683											
	1x3kg	£15.44	↑	£5.15		17686											
	1x1kg	£5.61	↑	£5.61		17687											
	10x500g	£35.06	↑	RSP	£4.91	17688											
	10x250g	£23.53	↑	RSP	£3.29	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											
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	£102.92	↓	£4.12		18951											
Various	1x10kg	£48.42	↓	£4.84		18952											
	1x5kg	£26.21	↓	£5.24		18953											
	1x3kg	£17.21	↓	£5.74		18955											
	1x1kg	£6.10	↓	RSP	£8.54	18956											
	10x250g	£24.01	↓	RSP	£3.36	18958											

## GRAINS (Cont.)

QUINOA RED	25 kg	£103.64	↑	£4.15		18971											
Various	1x10kg	£48.74	↑	£4.87		18972											
	1x5kg	£26.37	↑	£5.27		18973											
	1x3kg	£17.30	↑	£5.77		18975											
	1x1kg	£6.13	↑	RSP	£8.59	18976											
	10x250g	£24.08	↑	RSP	£3.37	18978											

## RICE

ARBORIO WHITE	25 kg	£73.07	↑	£2.92		18681											
Italy	1x10kg	£35.72	↑	£3.57		18682											
	1x5kg	£19.86	↑	£3.97		18683											
	1x3kg	£13.40	↑	£4.47		18685											
	1x1kg	£4.83	↑	RSP	£6.76	18687											
	10x500g	£30.66	↑	RSP	£4.29	18688											
	BASMATI BROWN	25 kg	£68.89		£2.76		18711										
India / Pakistan	1x10kg	£33.93		£3.39		18712											
	1x5kg	£18.96		£3.79		18713											
	1x3kg	£12.86		£4.29		18715											
	1x1kg	£4.65		RSP	£6.51	18718											
	10x500g	£29.76		RSP	£4.17	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											
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											
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											
JASMINE FRAGRANT RICE	10kg	£17.76		£1.78		18631											
Various	1x5kg	£13.71		£2.74		18632											
	1x3kg	£9.71		£3.24		18633											
	1x1kg	£3.60		RSP	£5.04	18637											
	10x500g	£24.51		RSP	£3.43	18638											
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											
LONG GRAIN WHITE PATNA	20 kg	£40.45	↑	£2.22		18751											
Various	1x10kg	£28.22		£2.82		18752											
	1x5kg	£16.11		£3.22		18753											
	1x3kg	£11.14		£3.71		18755											
	1x1kg	£4.18		RSP	£5.85	18757											
	10x500g	£26.91		RSP	£3.77	18759											

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>RICE (Cont.)</b>																	
RED CARMARGUE	25 kg	£79.89		£3.20		18691											
France	1x5kg	£20.18		£4.04		18692											
	1x3kg	£13.59		£4.53		18693											
	1x1kg	£4.90		RSP	£6.85	18697											
	10x500g	£30.98		RSP	£4.34	18698											
<hr/>																	
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											
<hr/>																	
SHORT GRAIN WHITE	25kg	£61.79		£2.47		18771											
Pudding Rice	1x10kg	£30.80		£3.08		18772											
	1x5kg	£17.40		£3.48		18773											
	1x3kg	£11.92		£3.97		18774											
	1x1kg	£4.34		RSP	£6.08	18777											
	10x500g	£28.20		RSP	£3.95	18779											
<hr/>																	
WILD RICE [20 min cook]	22.68 kg	£330.24	↑	£14.56		18922											
USA	1x10kg	£160.32	↑	£16.03		18923											
	1x5kg	£82.16	↑	£16.43		18925											
	1x3kg	£50.78	↑	£16.93		18921											
	1x1kg	£17.39	↑	RSP	£24.35	18926											
	10x125g	£31.49	↑	RSP	£4.41	18929											
<hr/>																	
<b>CEREAL FLAKES &amp; BRAN</b>																	
BARLEY FLAKES	25 kg	£22.88	↓	£0.92		20091											
Various	1x5kg	£9.10	↓	£1.82		20092											
	1x3kg	£6.94	↓	£2.31		20093											
	1x1kg	£2.63		RSP	£3.68	20098											
	10x500g	£18.90	↓	RSP	£2.65	20099											
<hr/>																	
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											
<hr/>																	
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											
<hr/>																	
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											
<hr/>																	
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											

## CEREAL FLAKES & BRAN (Cont.)

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												
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												
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												
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												
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	£37.24	£3.72		24281												
VARIOUS	1x5kg	£22.82	£4.56		24283												
	1x3kg	£15.17	£5.06		24282												
	1x1kg	£5.52	RSP	£7.73	24287												
	10x500g	£34.62	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	16 kg	£18.33	£1.15		24101												
U.K.	1x10kg	£14.86	£1.49		24102												
	1x5kg	£8.93	£1.79		24103												
	1x3kg	£6.44	£2.15		24104												
	1x1kg	£2.35	RSP	£3.28	24108												
	10x500g	£15.73	RSP	£2.20	24109												

## CRUNCHY GRANOLA TYPE CEREALS (Cont.)

PECAN & MAPLE GRANOLA	1x10kg	£34.70	£3.47		24291												
U.K.	1x5kg	£21.55	£4.31		24293												
	1x3kg	£14.41	£4.80		24292												
	1x1kg	£5.17	RSP	£7.24	24297												
	10x500g	£32.35	RSP	£4.53	24298												
RAISIN, HONEY, HAZEL & ALMOND CRUNCHY	12.5 kg	£43.50	£3.48		21381												
New Recipe!!	1x10kg	£39.20	£3.92		21382												
U.K.	1x5kg	£21.60	£4.32		21383												
	1x3kg	£14.44	£4.81		21384												
	1x1kg	£4.98	RSP	£6.97	21388												
	10x500g	£30.40	RSP	£4.26	21389												
STRAWBERRY & BANANA CRUNCH	1x10kg	£38.14	£3.81		24241												
VARIOUS	1x5kg	£23.27	£4.65		24243												
	1x3kg	£15.44	£5.15		24242												
	1x1kg	£5.51	RSP	£7.72	24247												
	10x500g	£34.07	RSP	£4.77	24248												
TOASTED OAT CLUSTERS Type A	16 kg	£18.33	£1.15		24071												
U.K.	1x3kg	£7.58	£2.53		24073												
	10x500g	£20.13	RSP	£2.82	24079												

## MICHAELS WHOLEFOODS MUESLI

CITY OF CANTERBURY DELUXE MUESLI	1x10kg	£25.53	£2.55		43221												
[32% Fruit, Nuts & Seeds]	1x5kg	£16.96	£3.39		43222												
	1x3kg	£11.66	£3.89		43223												
	1x1kg	£4.25	RSP	£5.95	43228												
	10x500g	£27.76	RSP	£3.89	43229												
CRANBERRY CRUNCH	1x10kg	£28.60	£2.86		19801												
[33% Fruit, Nuts & Seeds]	1x5kg	£18.50	£3.70		19802												
	1x3kg	£12.58	£4.19		19803												
	1x1kg	£4.56	RSP	£6.38	19808												
	10x500g	£29.30	RSP	£4.10	19809												
CRISPI MUESLI	1x10kg	£26.03	£2.60		24051												
[28% Fruit & Nuts]	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	1x10kg	£32.08	£3.21		20481												
[55% Fruit, Nuts & Seeds]	1x5kg	£20.24	£4.05		20482												
New Recipe!!	1x3kg	£13.62	£4.54		20483												
	1x1kg	£4.91	RSP	£6.87	20488												
	10x500g	£31.04	RSP	£4.35	20489												
DATE & PECAN MUESLI	1x10kg	£25.80	£2.58		22491												
[32% Fruit & Nuts]	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	1x10kg	£23.31	£2.33		20331												
[33% Fruit, Nuts & Seeds]	1x5kg	£15.86	£3.17		20332												
	1x3kg	£10.99	£3.66		20333												
	1x1.5kg	£5.40	RSP	£7.56	20337												
	1x1kg	£4.03	RSP	£5.64	20338												
	10x500g	£26.66	RSP	£3.73	20339												



## MICHAELS WHOLEFOODS MUESLI (Cont.)

EIGHT FRUIT MUESLI [40% Fruit]	1x10kg	£32.51	£3.25		22511												
	1x5kg	£20.45	£4.09		22512												
	1x3kg	£13.75	£4.58		22513												
	1x1.5kg	£6.78	RSP	£9.49	22517												
	1x1kg	£4.95	RSP	£6.93	22518												
FRUIT MUESLI [50% Fruit]	1x10kg	£26.97	£2.70		20351												
	1x5kg	£17.68	£3.54		20352												
	1x3kg	£12.09	£4.03		20353												
	1x1kg	£4.40	RSP	£6.19	20358												
HIGH FIBRE MUESLI [47% Fruit, Nuts & Seeds]	1x10kg	£35.73	£3.57		20361												
	1x5kg	£22.07	£4.41		20363												
	1x3kg	£14.72	£4.91		20362												
	1x1kg	£5.27	RSP	£7.38	20368												
	10x500g	£32.87	RSP	£4.60	20369												
ISLE OF PURBECK DELUXE MUESLI [38% Fruit, Nuts & Seeds]	1x10kg	£27.34	£2.73		43231												
	1x5kg	£17.87	£3.57		43232												
	1x3kg	£12.20	£4.07		43233												
	1x1kg	£4.43	RSP	£6.21	43238												
	10x500g	£28.67	RSP	£4.01	43239												
ISLE OF PURBECK ORIGINAL MUESLI	1x10kg	£22.63	£2.26		43241												
MUESLI 15 [36% Fruit, Nuts & Seeds]	1x10kg	£26.61	£2.66		24061												
	1x3kg	£11.98	£3.99		24063												
	1x1kg	£4.36	RSP	£6.10	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	£29.79	£2.98		24111												
	1x5kg	£19.10	£3.82		24112												
	1x3kg	£12.94	£4.31		24113												
	1x1kg	£4.68	RSP	£6.55	24118												
REGULAR MUESLI [20% Fruit, Nuts & Seeds]	1x10kg	£18.42	£1.84		20321												
	1x5kg	£13.41	£2.68		20322												
	1x3kg	£9.52	£3.17		20323												
	1x1.5kg	£4.66	RSP	£6.53	20327												
	1x1kg	£3.54	RSP	£4.96	20328												
	10x500g	£24.21	RSP	£3.39	20329												
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												

## MICHAELS WHOLEFOODS MUESLI (Cont.)

SUPER DELUXE MUESLI [50% Fruit, Nuts & Seeds]	1x10kg	£28.23		£2.82		20341											
	1x5kg	£18.31		£3.66		20342											
	1x3kg	£12.47		£4.16		20343											
	1x1.5kg	£6.13		RSP	£8.59	20347											
	1x1kg	£4.52		RSP	£6.33	20348											
	10x500g	£29.11		RSP	£4.08	20349											

WHEAT FREE FRUIT & NUT MUESLI [45% Fruit, Nuts & Seeds]	1x10kg	£30.90		£3.09		24131											
	1x5kg	£19.65		£3.93		24132											
	1x3kg	£13.27		£4.42		24133											
	1x1.5kg	£6.54		RSP	£9.15	24137											
	1x1kg	£4.79		RSP	£6.71	24138											
	10x500g	£30.45		RSP	£4.26	24139											

## BULK & MWF PACKED FLOUR

CORNFLOUR [Cornstarch] Various	25 kg	£45.80		£1.83		20541											
	1x5kg	£14.01		£2.80		20542											
	1x3kg	£9.89		£3.30		20543											
	1x1kg	£3.56		RSP	£4.99	20548											
	10x500g	£24.81		RSP	£3.47	20549											

GRAM FLOUR - Chick Pea Flour Various	25 kg	£52.70		£2.11		20551											
	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											

POLENTA - Yellow Cornmeal France	25kg	£25.96		£1.04		20602											
	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											

POTATO STARCH Denmark	25 kg	£56.80		£2.27		20571											
	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											

RICE FLOUR - White Various	20kg	£36.60	↓	£1.83		20631											
	1x5kg	£13.90	↓	£2.78		20632											
	1x3kg	£9.78	↓	£3.26		20634											
	1x1kg	£3.66	↓	RSP	£5.13	20638											
	10x500g	£24.80	↓	RSP	£3.47	20639											

SOYA FLOUR [Full Fat, Heat Treated] Various	25 kg	£54.56		£2.18		20591											
	1x5kg	£15.74		£3.15		20592											
	1x3kg	£10.88		£3.63		20593											
	1x1kg	£3.93		RSP	£5.50	20597											
	10x500g	£25.64		RSP	£3.59	20598											

## TRADITIONAL DESSERTS

CUSTARD POWDER U.K.	12.5kg	£26.60		£2.13		21821											
	1x5kg	£15.60		£3.12		21822											
	1x3kg	£10.84		£3.61		21823											
	10x250g	£18.70		RSP	£2.62	21829											

## TRADITIONAL DESSERTS (Cont.)

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	1x10kg	£8.74		£0.87		20912											
Israel	1x5kg	£7.77		£1.55		20913											
	1x2kg	£3.23		RSP	£4.52	20915											
	1x1kg	£2.41		RSP	£3.38	20918											
	10x500g	£18.07		RSP	£2.53	20919											

FINE SEA SALT	25kg	£15.11		£0.60		20921											
Additive Free	1x10kg	£10.04		£1.00		20922											
Israel	1x5kg	£6.72		£1.34		20923											
	1x2kg	£2.81		RSP	£3.93	20925											
	1x1kg	£2.20		RSP	£3.09	20928											
	10x500g	£17.02		RSP	£2.38	20929											
	10x250g	£13.51		RSP	£1.89	20927											

## SUGAR

CASTER	25kg	£51.06		£2.04		21051											
Various	1x10kg	£24.62		£2.46		21052											
	1x5kg	£14.21		£2.84		21053											
	1x3kg	£9.93		£3.31		21054											
	1x1kg	£3.74		RSP	£5.24	21058											
	10x500g	£25.21		RSP	£3.53	21059											

DEMERARA	25kg	£51.12		£2.04		21011											
Various	1x10kg	£24.65		£2.46		21012											
	1x5kg	£14.22		£2.84		21013											
	1x3kg	£10.93		£3.64		21014											
	1x1kg	£3.74		RSP	£5.24	21018											
	10x500g	£25.22		RSP	£3.53	21019											

GRANULATED	25kg	£28.95		£1.16		21071											
Various	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	25kg	£59.95		£2.40		21021											
Various	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											

## SUGAR (Cont.)

SOFT LIGHT BROWN	25kg	£54.10		£2.16		21031											
Various	1x10kg	£25.84		£2.58		21032											
	1x5kg	£14.72		£2.94		21033											
	1x3kg	£10.19		£3.40		21034											
	1x1kg	£3.76		RSP	£5.27	21038											
	10x500g	£24.82		RSP	£3.47	21039											

FRUCTOSE	25kg	£129.50	↓	£5.18		21111											
Israel	1x10kg	£56.20	↓	£5.62		21112											
	1x5kg	£30.20	↓	£6.04		21113											
	1x3kg	£19.54	↓	£6.51		21114											
	1x1kg	£6.88	↓	RSP	£9.63	21117											
	10x500g	£40.90	↓	RSP	£5.73	21118											
	10x250g	£25.95	↓	RSP	£3.63	21119											

## TEXTURED SOYA PROTEIN - GMO FREE

PLAIN MINCE	20kg	£67.24	↓	£3.36		17901											
India	1x5kg	£21.01	↓	£4.20		17902											
	1x3kg	£14.09	↓	£4.70		17903											
	1x1kg	£5.06	↓	RSP	£7.09	17907											
	10x500g	£31.81	↑	RSP	£4.45	17908											
	10x250g	£21.40	↑	RSP	£3.00	17909											

PLAIN CHUNKS	12kg	£50.08		£4.17		17911											
UK	1x5kg	£24.97		£4.99		17912											
	1x3kg	£16.42		£5.47		17913											
	1x1kg	£5.77		RSP	£8.08	17917											
	10x500g	£34.87		RSP	£4.88	17918											
	10x250g	£22.43		RSP	£3.14	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	£58.82		£3.92		21241											
Egypt	1x5kg	£23.81		£4.76		21242											
	1x3kg	£15.76		£5.25		21243											
	1x1kg	£5.62		RSP	£7.87	21246											
	10x250g	£22.80		RSP	£3.19	21248											
	10x125g	£15.90		RSP	£2.23	21249											

ONION FRIED CRISPY	10kg	£73.23	↑	£7.32		21251											
Various	1x5kg	£40.81	↑	£8.16		21252											
	1x3kg	£25.97	↑	£8.66		21254											
	1x1kg	£9.02	↑	RSP	£12.63	21253											
	10x500g	£51.62	↑	RSP	£7.23	21257											
	10x250g	£31.31	↑	RSP	£4.38	21258											
	10x125g	£20.15	↑	RSP	£2.82	21259											

## SOUP MIXES & BOUILLON.

BEEF BOUILLON	1x5kg	£31.34		£6.27		38901											
U.K.	1x1kg	£7.97		RSP	£11.16	38907											
	10x250g	£28.67		RSP	£4.01	38908											

### SOUP MIXES & BOUILLON. (Cont.)

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											

### BAKING AIDS - Also See Nutrifare

BAKING POWDER	14kg	£53.24	↓	£3.80		55091											
U.K.	1x3.5kg	£17.21	↑	£4.92		55092											
	1x1kg	£5.50	↑	RSP	£7.70	55093											
	10x250g	£22.51	↑	RSP	£3.15	55099											
	10x100g	£14.80	↑	RSP	£2.07	55098											
BICARBONATE OF SODA	25kg	£30.60	↓ v	£1.22		55101											
U.K.	1x3.5kg	£8.28	↓ v	£2.37		55102											
	1x1kg	£3.02	↑ v	RSP	£5.08	55103											
	10x250g	£17.06	↑ v	RSP	£2.87	55109											
	10x100g	£13.22	↑ v	RSP	£2.22	55108											
BREWERS YEAST POWDER	25kg	£369.57		£14.78		50111											
Estonia	1x1kg	£16.38		RSP	£22.94	50116											
	10x500g	£87.91		RSP	£12.31	50117											
	10x250g	£48.96		RSP	£6.85	50118											
	10x125g	£28.48		RSP	£3.99	50119											
CHOCOLATE COOKIE NIBS MILK	12.5kg	£125.86		£10.07		54091											
U.K.	1x5kg	£54.44		£10.89		54092											
	1x1kg	£11.67		RSP	£16.34	54099											
	10x250g	£37.17		RSP	£5.20	54098											
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											
CITRIC ACID	25kg	£55.20	↓ v	£2.21		55235											
China	1x3.5kg	£11.73	↓ v	£3.35		55231											
	1x1kg	£4.01	↑ v	RSP	£6.73	55232											
	10x250g	£19.52	↑ v	RSP	£3.28	55237											
	10x100g	£14.21	↑ v	RSP	£2.39	55239											

## BAKING AIDS - Also See Nutrifare (Cont.)

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											
MARZIPAN NEUTRAL	1x6kg	£44.45		£7.41		55025											
U.K.	6x1kg	£54.65		RSP	£12.75	55028											
	12x500g	£62.45		RSP	£7.29	55029											
MINCEMEAT VEGETARIAN	12.5kg	£53.30	↑	£4.26		55011											
U.K.	1x2.5kg	£14.66	↑	£5.86		55012											
Available from Sept only.	6x1kg	£36.38	↑	RSP	£8.49	55017											
	6x700g	£26.91	↑	RSP	£6.28	55018											
	6x300g	£14.88	↑	RSP	£3.47	55019											
REAL MILK CHOCOLATE DROPS	10kg	£143.99	↑	£14.40		28001											
Belgium	1x3kg	£47.20	↑	£15.73		28005											
	1x1kg	£16.10	↑	RSP	£22.54	28006											
	10x250g	£49.00	↑	RSP	£6.86	28008											
	10x100g	£25.40	↑	RSP	£3.56	28009											
REAL PLAIN CHOCOLATE DROPS	10kg	£139.30	↑	£13.93		28021											
[56% cocoa Solids]	1x3kg	£45.79	↑	£15.26		28025											
Belgium	1x1kg	£15.63	↑	RSP	£21.88	28026											
	10x250g	£47.83	↑	RSP	£6.70	28028											
	10x100g	£24.93	↑	RSP	£3.49	28029											
REAL WHITE CHOCOLATE DROPS	10kg	£143.99	↑	£14.40		28041											
Belgium	1x3kg	£47.20	↑	£15.73		28045											
	1x1kg	£16.10	↑	RSP	£22.54	28046											
	10x250g	£49.00	↑	RSP	£6.86	28048											
	10x100g	£25.40	↑	RSP	£3.56	28049											
VEGETABLE SUET	10kg	£45.22	↓	£4.52		55371											
Non Hydrogenated	1x3kg	£17.46	↓	£5.82		55372											
Various	1x1kg	£6.12	↓	RSP	£8.57	55376											
	10x500g	£36.61	↓	RSP	£5.13	55377											
	10x250g	£23.30	↓	RSP	£3.26	55378											

## COCOA

COCOA POWDER - Full Fat	25kg	£366.99		£14.68		55161											
Netherlands	1x5kg	£77.60		£15.52		55162											
	1x3kg	£48.04		£16.01		55163											
	1x1kg	£16.38		RSP	£22.93	55166											
	10x500g	£88.40		RSP	£12.38	55168											
	10x250g	£49.70		RSP	£6.96	55169											
COCOA POWDER-10/12% Fat	25kg	£280.64		£11.23		55321											
Netherlands	1x5kg	£60.33		£12.07		55322											
	1x3kg	£37.68		£12.56		55324											
	1x1kg	£12.93		RSP	£18.10	55323											
	10x500g	£71.13		RSP	£9.96	55328											
	10x250g	£41.06		RSP	£5.75	55329											

## MILK POWDER

SKIMMED MILK POWDER	25kg	£152.45		£6.10		55301											
E.U.	1x5kg	£34.69		£6.94		55302											
	1x1kg	£7.80		RSP	£10.92	55303											
	10x250g	£28.24		RSP	£3.95	55309											



# Conventional

Snacks and Sweets

## MICHAELS WHOLEFOODS SNACK MIXES

TRAIL MIX	1x10kg	£60.14		£6.01		22011											
U.K.	1x5kg	£34.27		£6.85		22012											
	1x3kg	£22.04		£7.35		22013											
	1x1kg	£7.71		RSP	£10.80	22015											
	10x500g	£45.07		RSP	£6.31	22017											
	10x250g	£28.04		RSP	£3.92	22018											
	10x200g	£24.03		RSP	£3.36	22016											
	10x125g	£18.52		RSP	£2.59	22019											
<hr/>																	
TROPICAL MIX	1x10kg	£68.90		£6.89		22031											
U.K.	1x5kg	£38.65		£7.73		22032											
	1x3kg	£24.67		£8.22		22033											
	1x1kg	£8.59		RSP	£12.03	22036											
	10x500g	£49.45		RSP	£6.92	22037											
	10x250g	£30.23		RSP	£4.23	22038											
	10x200g	£25.78		RSP	£3.61	22035											
	10x125g	£19.61		RSP	£2.75	22039											
<hr/>																	
HIKERS MIX	1x10kg	£60.52		£6.05		28151											
U.K.	1x5kg	£34.46		£6.89		28152											
	1x3kg	£22.16		£7.39		28153											
	1x1kg	£7.75		RSP	£10.85	28156											
	10x500g	£45.26		RSP	£6.34	28157											
	10x250g	£28.13		RSP	£3.94	28158											
	10x125g	£18.56		RSP	£2.60	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											
<hr/>																	
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											
<hr/>																	
CHILLI NUTS	4x2.5kg	£57.35	v	£5.74		38791											
China	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											
<hr/>																	
CHILLI RICE CRACKERS LARGE	1x5kg	£43.23		£8.65		22251											
China	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											
<hr/>																	
JAPANESE (STYLE) RICE CRACKER MIX	1x6.5kg	£44.84		£6.90		37211											
Various	1x3kg	£24.70		£8.23		37212											
	1x1kg	£8.60		RSP	£12.04	37215											
	10x500g	£49.49		RSP	£6.93	37217											
	10x200g	£26.80		RSP	£3.75	37218											
	10x100g	£17.90		RSP	£2.51	37219											
<hr/>																	
SEAWEED PEANUTS	1x10kg	£55.20	v	£5.52		22311											
China	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											
<hr/>																	
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											
<hr/>																	
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	£85.16	↑ v	£7.10		22702											
U.K.	3 kg	£22.04	↑ v	£7.35		22701											
	10x250g	£31.74	↑ v	RSP	£5.33	22708											
	10x100g	£19.10	↑ v	RSP	£3.21	22709											
	<hr/>																
CAROB GINGER	4x3kg	£64.81	v	£5.40		22712											
U.K.	3 kg	£16.95	v	£5.65		22711											
	10x250g	£27.50	↑ v	RSP	£4.62	22718											
	10x100g	£17.40	↑ v	RSP	£2.92	22719											
<hr/>																	
CAROB PEANUTS	4x3kg	£60.31	v	£5.03		22722											
U.K.	3 kg	£15.83	v	£5.28		22721											
	10x250g	£26.57	↑ v	RSP	£4.46	22728											
<hr/>																	
CAROB RAISINS	4x3kg	£59.33	↑ v	£4.94		22732											
U.K.	3 kg	£15.58	↑ v	£5.19		22731											
	10x250g	£26.36	↑ v	RSP	£4.43	22738											

### "CAROL ANNE" MILK CHOCOLATE COATED

MILK CHOCOLATE BRAZILS	24x150g	£48.18	↑ v	RSP	£3.37	22871											
MILK CHOCOLATE PEANUTS	24x150g	£34.58	↑ v	RSP	£2.42	22872											
MILK CHOCOLATE RAISINS	24x150g	£37.30	↑ v	RSP	£2.61	22873											

### "CAROL ANNE" MILK CHOCOLATE COATED (Cont.)

MILK CHOCOLATE ALMONDS	4x3kg	£123.47	↑ v	£10.29	22851												
U.K.	3kg	£31.62	↑ v	£10.54	22852												
	10x250g	£39.72	↑ v	RSP	£6.67 22858												
MILK CHOCOLATE BANANA	4x3kg	£107.79	↑ v	£8.98	22741												
Philippines/UK	3kg	£27.70	↑ v	£9.23	22742												
	10x250g	£36.46	↑ v	RSP	£6.12 22748												
MILK CHOCOLATE BRAZILS	4x3kg	£136.64	↑ v	£11.39	22751												
U.K.	3kg	£34.91	↑ v	£11.64	22752												
	1x1kg	£13.19	↑ v	RSP	£22.15 22756												
	10x250g	£42.47	↑ v	RSP	£7.13 22758												
	10x100g	£23.39	↑ v	RSP	£3.93 22759												
MILK CHOCOLATE CASHEWS	4x3kg	£131.03	↑ v	£10.92	22881												
U.K.	3kg	£33.51	↑ v	£11.17	22882												
	10x250g	£41.30	↑ v	RSP	£6.94 22888												
MILK CHOCOLATE GINGER	4x3kg	£108.21	↑ v	£9.02	22971												
U.K.	3kg	£27.80	↑ v	£9.27	22972												
	10x250g	£36.54	↑ v	RSP	£6.14 22978												
	10x100g	£21.02	↑ v	RSP	£3.53 22979												
MILK CHOCOLATE HONEYCOMB BITES	4x2.5kg	£100.28	↑ v	£10.03	25251												
U.K.	2.5kg	£25.82	↑ v	£10.33	25252												
	10x250g	£39.07	↑ v	RSP	£6.56 25258												
	10x100g	£22.03	↑ v	RSP	£3.70 25259												
MILK CHOCOLATE PEANUTS	4x3kg	£94.74	↑ v	£7.89	22771												
USA/UK	3kg	£24.43	↑ v	£8.14	22772												
	10x250g	£33.74	↑ v	RSP	£5.67 22778												
	10x100g	£19.89	↑ v	RSP	£3.34 22779												
MILK CHOCOLATE PEANUTS & RAISINS	4x3kg	£98.95	↑ v	£8.25	22811												
U.K.	1x3kg	£25.49	↑ v	£25.49	22812												
	10x250g	£34.62	↑ v	RSP	£5.82 22818												
	10x100g	£20.25	↑ v	RSP	£3.40 22819												
MILK CHOCOLATE RAISINS	4x3kg	£103.19	↑ v	£8.60	22781												
Turkey/UK	3kg	£26.55	↑ v	£8.85	22782												
	10x250g	£35.50	↑ v	RSP	£5.96 22788												
	10x100g	£20.60	↑ v	RSP	£3.46 22789												
MILK CHOCOLATE WALNUTS	4x2.5kg	£90.19	↑ v	£9.02	25111												
U.K.	2.5 kg	£23.30	↑ v	£9.32	25112												
	10x100g	£21.02	↑ v	RSP	£3.53 25119												

### "CAROL ANNE" DARK CHOCOLATE COATED

DARK CHOCOLATE ALMONDS	4x3kg	£134.02	↑ v	£11.17	25341												
U.K.	3 kg	£34.26	↑ v	£11.42	25342												
	10x100g	£23.17	↑ v	RSP	£3.89 25349												
DARK CHOCOLATE BRAZILS	4x3kg	£147.22	↑ v	£12.27	25161												
U.K.	3 kg	£37.56	↑ v	£12.52	25162												
	10x250g	£44.67	↑ v	RSP	£7.50 25168												
	10x100g	£24.27	↑ v	RSP	£4.08 25169												
DARK CHOCOLATE CRANBERRIES	4x3kg	£120.60	↑ v	£10.05	25141												
U.K.	3 kg	£30.90	↑ v	£10.30	25142												
	10x250g	£39.12	↑ v	RSP	£6.57 25148												
DARK CHOCOLATE COFFEE BEANS	4x3kg	£140.92	↑ v	£11.74	25181												
U.K.	3 kg	£35.98	↑ v	£11.99	25182												
	10x250g	£43.36	↑ v	RSP	£7.28 25188												
	10x100g	£23.74	↑ v	RSP	£3.99 25189												

### "CAROL ANNE" DARK CHOCOLATE COATED (Cont.)

DARK CHOCOLATE GINGER	4x3kg	£118.48	↑ v	£9.87	25121												
U.K.	3 kg	£30.37	↑ v	£10.12	25122												
	10x250g	£38.68	↑ v	RSP	£6.50	25128											
	10x100g	£21.87	↑ v	RSP	£3.67	25129											
DARK CHOCOLATE HAZELS	4x3kg	£138.67	↑ v	£11.56	25361												
U.K.	3 kg	£35.42	↑ v	£11.81	25362												
	10x250g	£42.89	↑ v	RSP	£7.21	25368											
DARK CHOCOLATE HONEYCOMB	4x2.5kg	£109.42	↑ v	£9.12	25371												
U.K.	2.5 kg	£23.55	↑ v	£9.42	25372												
	10x250g	£36.80	↑ v	RSP	£6.18	25378											
DARK CHOCOLATE ORANGE PEEL	4x3kg	£134.29	↑ v	£11.19	25381												
U.K.	3 kg	£34.32	↑ v	£11.44	25382												
	10x250g	£41.98	↑ v	RSP	£7.05	25388											
DARK CHOCOLATE PEANUTS	4x3kg	£99.61	↑ v	£8.30	25391												
U.K.	3kg	£25.65	↑ v	£8.55	25392												
	10x250g	£34.75	↑ v	RSP	£5.84	25398											
DARK CHOCOLATE RAISINS	4x3kg	£112.13	↑ v	£9.34	25211												
U.K.	3 kg	£28.78	↑ v	£9.59	25212												
	10x250g	£37.36	↑ v	RSP	£6.28	25218											
	10x100g	£21.34	↑ v	RSP	£3.59	25219											

### "CAROL ANNE" YOGURT COATED

YOGURT ALMONDS	4x3kg	£79.81	↑ v	£6.65	22562												
U.K.	3 kg	£20.70	↑ v	£6.90	22561												
	10x250g	£30.63	↑ v	RSP	£5.15	22568											
YOGURT BANANA CHIPS	4x3kg	£57.02	↑ v	£4.75	22572												
U.K.	3 kg	£15.01	↑ v	£5.00	22571												
	10x250g	£25.88	↑ v	RSP	£4.35	22578											
	10x100g	£16.75	↑ v	RSP	£2.81	22579											
YOGURT BRAZILS	4x3kg	£90.92	↑ v	£7.58	22582												
U.K.	3 kg	£23.48	↑ v	£7.83	22581												
	10x250g	£32.94	↑ v	RSP	£5.53	22588											
	10x100g	£19.58	↑ v	RSP	£3.29	22589											
YOGURT CASHEWS	4x3kg	£88.71	↑ v	£7.39	22822												
U.K.	3 kg	£22.93	↑ v	£7.64	22821												
	10x250g	£32.48	↑ v	RSP	£5.46	22828											
YOGURT CRANBERRIES	4x3kg	£67.69	↑ v	£5.64	22832												
U.K.	3 kg	£17.67	↑ v	£5.89	22831												
	10x250g	£28.10	↑ v	RSP	£4.72	22838											
YOGURT FRUIT & NUT MIX	4x3kg	£75.46	↑ v	£6.29	22681												
U.K.	1x3kg	£19.61	↑ v	£6.54	22682												
[Alm, Braz, Cash, Pea. & Raisins]	10x250g	£29.72	↑ v	RSP	£4.99	22688											
YOGURT GINGER	4x3kg	£65.21	↑ v	£5.43	22592												
U.K.	3 kg	£17.05	↑ v	£5.68	22591												
	10x250g	£27.59	↑ v	RSP	£4.63	22598											
	10x100g	£17.43	↑ v	RSP	£2.93	22599											
YOGURT HONEYCOMB	4x2.5kg	£55.85	↑ v	£5.58	22651												
U.K.	2.5kg	£14.71	↑ v	£5.88	22652												
	10x100g	£17.58	↑ v	RSP	£2.95	22659											

### "CAROL ANNE" YOGURT COATED (Cont.)

YOGURT PEANUTS & RAISINS	4x3kg	£64.32	↑ v	£5.36	22642												
U.K.	1x3kg	£16.83	↑ v	£5.61	22641												
	10x250g	£27.40	↑ v	RSP	£4.60	22648											
	10x100g	£17.36	↑ v	RSP	£2.92	22649											
YOGURT PEANUTS	4x3kg	£60.84	↑ v	£5.07	22611												
U.K.	3 kg	£15.96	↑ v	£5.32	22612												
	10x250g	£26.67	↑ v	RSP	£4.48	22618											
	10x100g	£17.07	↑ v	RSP	£2.87	22619											
YOGURT RAISINS	4x3kg	£63.58	↑ v	£5.30	22631												
U.K.	3 kg	£16.65	↑ v	£5.55	22632												
	5x500g	£21.25	↑ v	RSP	£7.14	22637											
	10x250g	£27.25	↑ v	RSP	£4.58	22638											
	10x100g	£17.30	↑ v	RSP	£2.91	22639											

### "CAROL ANNE" WHITE CHOCOLATE COATED

WHITE CHOCOLATE RAISINS	3Kg	£26.84	↑ v	£8.95	25271												
U.K.	10x250g	£36.37	↑ v	RSP	£6.11	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	£16.79	v	£5.60	91961												
	10x250g	£18.99	v	RSP	£3.19	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	£17.49	↑ v	£5.83	83621												

Product Description	Size	Price		Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12	
<b>BON BONS (Cont.)</b>																			
LEMON - Kingsway	10x250g	£19.57	↑	v	RSP	£3.29	83634												
	10x100g	£12.83	↓	v	RSP	£2.16	83655												
	3kg	£17.49	↑	v	£5.83		83622												
	10x250g	£19.57	↑	v	RSP	£3.29	93388												
SOUR BLUE RASPBERRY - Kingsway	3kg	£17.49	↑	v	£5.83		83625												
	10x250g	£19.57	↑	v	RSP	£3.29	83638												
STRAWBERRY - Kingsway	3kg	£17.49	↑	v	£5.83		83623												
	10x250g	£19.57	↑	v	RSP	£3.29	93389												
	10x100g	£10.83	↑	v	RSP	£1.62	93390												
TOFFEE - Kingsway	3kg	£17.49	↑	v	£5.83		83624												
	10x250g	£19.57	↑	v	RSP	£3.29	93387												

**FOAMS**

MINI FOAM BANANAS - Barratt	2kg	£11.19		v	£5.59		92951												
	10x250g	£18.98		v	RSP	£3.19	92959												
FOAM SHRIMPS - Barratt	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	£18.19	↑	v	£6.06		91671												
	10x250g	£20.66	↑	v	RSP	£3.47	91679												
MILK BOTTLES - Candyland	2kg	£12.59		v	£6.29		92221												
	10x250g	£20.73		v	RSP	£3.48	92229												

**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												
BLACKBERRIES & RASPBERRIES - Kingsway	3kg	£15.81		v	£5.27		91621												
	10x250g	£18.17		v	RSP	£3.05	91629												
COLA BOTTLES - Barratt	3kg	£14.69		v	£4.90		92243												
	10x250g	£17.24		v	RSP	£2.90	92249												
FIZZY BUBBLEGUM BOTTLES - Kingsway	3kg	£17.49		v	£5.83		90365												
	10x250g	£19.57		v	RSP	£3.29	92353												
FIZZY COLA BOTTLES - Barratt	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	£17.49	↑	v	£5.83		90341												
	10x250g	£19.07	↑	v	RSP	£3.20	92359												
FIZZY TWIN CHERRIES - Kingsway	3kg	£17.07		v	£5.69		95233												

Tel: 01843 604601

Product Description	Size	Price		Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>JELLIES (Cont.)</b>																		
FRUIT JELLIES - Taveners	10x250g	£19.22	v	RSP	£3.23	92391												
	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												
JELLY BEANS - Barratt	10x250g	£16.66	v	RSP	£2.80	92269												
	3kg	£13.99	v	£4.66		92301												
JELLY MEERKATS - Kingsway	10x250g	£16.66	v	RSP	£2.80	92309												
	3kg	£17.07	v	£5.69		90362												
JELLY SNAKES - Kingsway	10x250g	£19.22	v	RSP	£3.23	92395												
	3kg	£17.49	v	£5.83		90361												
PINT POTS - Kingsway	10x250g	£19.57	v	RSP	£3.29	92398												
	3kg	£17.07	v	£5.69		91411												
SOUR APPLES - ICA	10x250g	£19.22	v	RSP	£3.23	92403												
	3kg	£17.07	v	£5.69		90581												
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	£18.19	↑ v	£6.06		91386												

## LIQUORICE

LIQUORICE ALLSORTS - Taveners	3kg	£13.99	v	£4.66		90771												
	10x250g	£16.66	v	RSP	£2.80	90779												
LIQUORICE CREAM ROCK - ICA	1kg	£5.59	↓ v	£5.59		91381												
	10x250g	£18.96	↓ 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												
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	£19.59	v	£6.53		93083												
	10x250g	£21.32	v	RSP	£3.58	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

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

### CONFECTIONERY IN BAGS (Cont.)

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

### COUNT LINES

FLYING SAUCERS - Kingsway	300x2p	£9.09	↓ v	RSP	£0.05	93153												
---------------------------	--------	-------	-----	-----	-------	-------	--	--	--	--	--	--	--	--	--	--	--	--

### OTHER UNWRAPPED CONFECTIONERY IN JARS

CHERRY LIPS - Squirrel	2.25kg	£24.49	v	£10.88		92012												
	10x250g	£32.21	v	RSP	£5.41	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												

### "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												

#### 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												

### "BLUE DRAGON" (Cont.)

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											
----------------------------	-------	--------	--	-----	-------	-------	--	--	--	--	--	--	--	--	--	--	--

### "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	£14.76		RSP	£3.08	38183											
--------------	---------	--------	--	-----	-------	-------	--	--	--	--	--	--	--	--	--	--	--

### "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											
--------------------------	------	--------	---	-----	-------	-------	--	--	--	--	--	--	--	--	--	--	--

**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	£84.25		RSP	£5.62	81391											
	1x500g	£4.71		RSP	£6.28	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											

### "HELLENIC"

OLIVE OIL EXTRA VIRGIN PRESSED	1x3lt	£44.90		RSP	£44.90	39144											
--------------------------------	-------	--------	--	-----	--------	-------	--	--	--	--	--	--	--	--	--	--	--

### "HONG MEI"

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

### "ISLAND SUN"

COCONUT MILK	12x400ml	£13.17		RSP	£1.46	33825											
--------------	----------	--------	--	-----	-------	-------	--	--	--	--	--	--	--	--	--	--	--

### "JOYA"

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

### "KAI" GINGER - In Leakproof Plastic Tubs

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

### "KINGFISHER" Toothpaste

ALOE VERA, T.TREE & MINT FL. FREE	12x100ml	£27.68	↑ v	RSP	£3.69	41822											
BAKING SODA, FLUORIDE FREE	12x100ml	£27.68	↑ v	RSP	£3.69	41828											
FENNEL WITH FLOURIDE	12x100ml	£27.68	↑ v	RSP	£3.69	41823											
FENNEL FLOURIDE FREE	12x100ml	£27.68	↑ v	RSP	£3.69	41824											
MINT WITH FLOURIDE	12x100ml	£27.68	↑ v	RSP	£3.69	41825											
MINT, FLOURIDE FREE	12x100ml	£27.68	↑ v	RSP	£3.69	41826											

### "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											
------------------------	---------	--------	--	-----	-------	-------	--	--	--	--	--	--	--	--	--	--	--

### "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											

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

### "MA BAKER"

ASSORTED GIANT BERRY BARS	20x90g	£14.61	↑	RSP	£1.04	38227											
ASSORTED GIANT FRUIT BARS	20x90g	£14.61	↑	RSP	£1.04	38225											
ASSORTED GIANT NUT BARS	20x90g	£14.61	↑	RSP	£1.04	38223											
ASSORTED SMOOTHIE BARS	20x100g	£17.90	↑	RSP	£1.28	38229											

### "MAE PLOY"

SWEET CHILLI SAUCE WITH SEEDS	12x730ml	£38.46		RSP	£4.27	41769											
-------------------------------	----------	--------	--	-----	-------	-------	--	--	--	--	--	--	--	--	--	--	--

### "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

PEANUT BUTTER CRUNCHY 100%	6x280g	£14.16		RSP	£3.15	36061											
TAHINI LIGHT	6x270g	£14.62		RSP	£3.25	35901											
TAHINI DARK	6x270g	£14.62		RSP	£3.25	35921											

#### PEANUT BUTTER 6X1KG TUBS

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

### "MINOR FIGURES"

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

### "MORNING FOODS"

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

### "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											

## "MWF" PACKAGING MATERIALS (Cont.)

### 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												
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	£854.41	v	RSP	£1.73	33551											
With Green Pressure Seal Flapper Cap	25Jars	£27.57	v	RSP	£1.76	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											

### 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	£12.30	↓ v	£1.23	each	82601											
BROWN CARDBOARD BOXES 600x400x280mm	10x1Box	£39.00	↑ v	£3.90	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	£20.74	↑ v	£3.46	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											



### "NATUREFLEX" BAGS (Cont.)

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	£113.00		£4.52	79451												
Various	1x1kg	£6.22		RSP	£8.71	79455											
	10x250g	£24.30		RSP	£3.40	79457											
	10x100g	£15.52		RSP	£2.17	79458											
	10x50g	£12.26		RSP	£1.72	79459											
CREAM OF TARTAR - NATURAL	25kg	£334.00	↑	v	£13.36	55153											
CREAM OF TARTAR	1x3.5kg	£50.76	↑	v	£14.50	55151											
Spain	1x1kg	£15.16	↑	v	RSP	£25.47	57557										
	6x100g	£15.22	↑	v	RSP	£4.26	57559										
VITAMIN C POWDER	1x1kg	£13.38		v	£13.38	57561											
[Ascorbic Acid B.P.]	6x200g	£23.25		v	RSP	£6.51	57568										
	6x100g	£14.03		v	RSP	£3.93	57569										
XANTHAN GUM	25kg	£571.88		v	£22.88												
Austria	1x3.5kg	£83.56		v	£23.88	57521											
	1x750g	£18.76		v	RSP	£31.51	57527										
	6x200g	£35.85		v	RSP	£10.04	57528										
	6x100g	£22.13		v	RSP	£6.19	57529										

### "OATLY"

BARISTA FOAMABLE OAT DRINK	6x1lt	£10.43		RSP	£2.29	55677											
CHOCOLATE OAT DRINK	6x1lt	£9.60		RSP	£2.11	55673											

### "OPIES"

CAPERS	6x120g	£6.64		RSP	£1.48	41921											
GREEN PEPPERCORNS IN BRINE	6x115g	£6.88		RSP	£1.51	68301											

### GINGER PRODUCTS

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											



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

### "PATAKS" (Cont.)

ROGAN JOSH PASTE	6x283g	£15.63		RSP	£3.26	40301											
TANDOORI PASTE	6x312g	£15.63		RSP	£3.26	39761											
TIKKA MASALA PASTE	6x283g	£15.63		RSP	£3.26	39901											
VINDALOO PASTE	6x283g	£15.63		RSP	£3.26	39801											

### PICKLES

BRINJAL PICKLE	6x312g	£13.44		RSP	£2.80	39821											
CHILLI PICKLE	6x283g	£13.44		RSP	£2.80	39841											
GARLIC PICKLE	6x283g	£13.44		RSP	£2.80	39861											
LIME PICKLE EX HOT	6x283g	£13.44		RSP	£2.80	39941											
LIME PICKLE	6x283g	£13.44		RSP	£2.80	39961											
MANGO PICKLE EX HOT	6x283g	£13.44		RSP	£2.80	40081											
MANGO PICKLE	6x283g	£13.44		RSP	£2.80	40101											
MIXED PICKLE	6x283g	£13.44		RSP	£2.80	40181											

### CHUTNEYS

MANGO CHUTNEY HOT	6x340g	£11.18		RSP	£2.33	40022											
MANGO CHUTNEY SWEET	6x340g	£11.18		RSP	£2.33	40042											

### "PEARL RIVER BRIDGE"

LIGHT SOY SAUCE	12x500ml	£30.10		RSP	£3.34	41402											
DARK SOY SAUCE	12x500ml	£30.10		RSP	£3.34	41422											

### "PROFUSION"

HIMALAYAN ROSE PINK CRYSTAL SALT -	8x500g	£23.94		RSP	£3.99	20901											
HIMALAYAN ROSE PINK CRYSTAL SALT - FINE	8x500g	£23.94		RSP	£3.99	20903											

### "ROCHESTER GINGER - ORIGINAL DRINKS CO"

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

### "ROLIN BRAND"

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 (Cont.)

SESAME SNAPS YOGURT COATED	24x40g	£7.62	v	RSP	£0.51	22192												
	12x24x40	£89.78	v	RSP	£0.50	22191												

### "SQUID BRAND"

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

### "St. DALFOUR" FRUIT SPREADS

APRICOT	6x284g	£14.97	↑	RSP	£3.33	56301												
BLACKBERRY	6x284g	£14.97	↑	RSP	£3.33	56302												
BLACK CHERRY	6x284g	£14.97	↑	RSP	£3.33	56303												
BLACKCURRANT	6x284g	£14.97	↑	RSP	£3.33	56304												
CRANBERRY & BLUEBERRY	6x284g	£14.97	↑	RSP	£3.33	56318												
FIG ROYALE	6x284g	£14.97	↑	RSP	£3.33	56305												
FOUR FRUITS	6x284g	£14.97	↑	RSP	£3.33	56307												
GOLDEN PEACH	6x284g	£14.97	↑	RSP	£3.33	56308												
MIRABELLE PLUM	6x284g	£14.97	↑	RSP	£3.33	56311												
ORANGE	6x284g	£14.97	↑	RSP	£3.33	56312												
ORANGE AND GINGER	6x284g	£14.97	↑	RSP	£3.33	56313												
PINEAPPLE AND MANGO	6x284g	£14.97	↑	RSP	£3.33	56314												
RASPBERRY	6x284g	£14.97	↑	RSP	£3.33	56315												
STRAWBERRY	6x284g	£14.97	↑	RSP	£3.33	56316												
WILD BLUEBERRY	6x284g	£14.97	↑	RSP	£3.33	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	£28.80	↓	RSP	£19.20	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												

### "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	£49.25	↑	£49.25		88991											
Spain	1x250g	£13.71	↑	RSP	£19.20	88993											
	10x20g	£20.85	↑	RSP	£2.92	88999											
<hr/>																	
AJWAIN SEEDS [Lovage]	1 kg	£8.29	↓	£8.29		69011											
<hr/>																	
ALL PURPOSE SEASONING	1 kg	£6.84	↑	£6.84		32181											
Various	1x250g	£3.11	↑	RSP	£4.35	32183											
	155ml Spice Tub	10x50g	£11.67	↑	RSP	£1.77	32187										
<hr/>																	
ALLSPICE GROUND [Pimento]	1 kg	£20.96	↑	£20.96		31121											
Mexico	1x250g	£6.64	↑	RSP	£9.30	31123											
	10x20g	£14.19	↑	RSP	£1.99	31129											
	155ml Spice Tub	10x50g	£20.48	↑	RSP	£3.10	36801										
<hr/>																	
ALLSPICE WHOLE [Pimento]	1 kg	£23.52	↑	£23.52		31111											
Mexico	1x250g	£7.28	↑	RSP	£10.19	31113											
	10x20g	£14.71	↑	RSP	£2.06	31119											
	155ml Spice Tub	10x50g	£21.76	↑	RSP	£3.30	36802										
<hr/>																	
ARROWROOT	1 kg	£6.00	↑	£6.00		31151											
Brazil	1x250g	£2.90	↑	RSP	£4.06	31153											
	10x125g	£19.50	↑	RSP	£2.73	31158											
	10x20g	£11.20	↑	RSP	£1.57	31159											
	155ml Spice Tub	10x50g	£13.00	↑	RSP	£1.97	36805										
<hr/>																	
BASIL	1 kg	£8.82	↑	£8.82		31171											
Egypt	1x500g	£6.01	↑	£12.02		31172											
	10x75g	£19.61	↑	RSP	£2.75	31178											
	10x25g	£13.20	↑	RSP	£1.85	31179											
	155ml Spice Tub	10x20g	£12.36	↑	RSP	£1.87	36806										
	1lt Spice Jar	6x150g	£16.33	↑	RSP	£3.81	36512										
<hr/>																	
BAY LEAVES	1 kg	£12.73	↑	£12.73		31181											
Turkey	10x75g	£21.55	↑	RSP	£3.02	31188											
	10x15g	£11.91	↑	RSP	£1.67	31189											
	1lt Spice Jar	6x45g	£13.10	↑	RSP	£3.06	36513										
<hr/>																	
BEETROOT POWDER	1 kg	£11.00	↑	£11.00		88981											
Poland	1x500g	£7.10	↑	£14.20		88982											
	10x25g	£12.75	↑	RSP	£1.78	88989											
	155ml Spice Tub	10x70g	£17.51	↑	RSP	£2.65	88987										
<hr/>																	
BOMBAY POTATO MIX	1 kg	£9.10	↑	£9.10		81711											
Various	10x25g	£12.28	↑	RSP	£1.72	81719											
	155ml Spice Tub	10x70g	£15.97	↑	RSP	£2.42	81717										
<hr/>																	
CAJUN SEASONING	1 kg	£9.16	↑	£9.16		81451											
Various	1x500g	£6.18	↑	£12.36		81452											
	10x25g	£12.29	↑	RSP	£1.72	81459											
	155ml Spice Tub	10x50g	£14.58	↑	RSP	£2.21	36809										
<hr/>																	
CARAWAY SEED	1 kg	£9.66	↑	£9.66		31221											
Various	1x500g	£6.43	↑	£12.87		31222											
	1x250g	£3.82	↑	RSP	£5.34	31223											
	10x30g	£12.90	↑	RSP	£1.81	31229											
	155ml Spice Tub	10x50g	£14.83	↑	RSP	£2.25	36810										

Product Description	Size	Price		Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12	
<b>HERBS &amp; SPICES (Cont.)</b>																			
CARDAMOMS BLACK	1 kg	£35.83	↑	£35.83		32711													
India	1x250g	£10.36	↑	RSP	£14.50	32713													
	10x20g	£17.16	↑	RSP	£2.40	32719													
155ml Spice Tub	10x30g	£21.15	↑	RSP	£3.20	36811													
<hr/>																			
CARDAMOMS GREEN	1 kg	£64.00	↑	£64.00		31241													
Various	1x250g	£17.40	↑	RSP	£24.36	31243													
	10x20g	£22.80	↑	RSP	£3.19	31249													
155ml Spice Tub	10x30g	£29.60	↑	RSP	£4.48	36812													
<hr/>																			
CARDAMOM GREEN GROUND	1 kg	£39.63	↑	£39.63		31251													
Guatamala	1x500g	£21.41	↑	£42.83		31252													
	10x20g	£17.93	↑	RSP	£2.51	31259													
155ml Spice Tub	10x20g	£18.52	↑	RSP	£2.81	36813													
<hr/>																			
CARDAMOM SEEDS	1 kg	£32.40	↑	£32.40		32721													
Various	1x250g	£9.50	↑	RSP	£13.30	32723													
	10x20g	£16.48	↑	RSP	£2.31	32729													
155ml Spice Tub	10x80g	£35.32	↑	RSP	£5.35	32727													
<hr/>																			
CAYENNE PEPPER	1 kg	£9.24	↑	£9.24		31261													
India	1x250g	£3.71	↑	RSP	£5.20	31263													
	10x30g	£12.77	↑	RSP	£1.79	31269													
155ml Spice Tub	10x50g	£15.31	↑	RSP	£2.32	36814													
<hr/>																			
CELERY SALT	1 kg	£6.50	↑	£6.50		31281													
Various	1x500g	£4.85	↑	£9.70		31282													
	10x40g	£12.60	↑	RSP	£1.76	31289													
155ml Spice Tub	10x100g	£15.50	↑	RSP	£2.35	36815													
<hr/>																			
CELERY SEED	1 kg	£7.92	↑	£7.92		31271													
India	1x500g	£5.56	↑	£11.12		31272													
	10x30g	£12.37	↑	RSP	£1.73	31279													
155ml Spice Tub	10x50g	£13.96	↑	RSP	£2.11	36816													
<hr/>																			
CHILLI POWDER	1 kg	£9.48	↓	£9.48		31311													
India/Uganda	1x500g	£6.34	↓	£12.68		31312													
	10x30g	£12.84	↑	RSP	£1.80	31319													
155ml Spice Tub	10x50g	£14.74	↑	RSP	£2.23	36818													
<hr/>																			
CHILLIES CRUSHED	1x500g	£8.80	↑	£17.60		81742													
India	10x50g	£14.40	↑	RSP	£2.02	81748													
155ml Spice Tub	10x40g	£16.44	↑	RSP	£2.49	36819													
<hr/>																			
CHILLIES WHOLE	0.5kg	£8.81	↑	£17.61		31322													
India	10x50g	£18.81	↑	RSP	£2.63	31328													
<hr/>																			
CHINESE 5 SPICE	1 kg	£20.90	↑	£20.90		31341													
U.K.	1x500g	£12.05	↑	£24.10		31342													
	10x25g	£15.22	↑	RSP	£2.13	31349													
155ml Spice Tub	10x50g	£20.45	↑	RSP	£3.10	36821													
<hr/>																			
CINNAMON GROUND (ZEYLANICUM)	1 kg	£11.35	↑	£11.35		31361													
Indonesia/Sri Lanka	1x500g	£7.28	↑	£14.55		31362													
	1x250g	£4.24	↑	RSP	£5.93	31363													
	10x30g	£13.40	↑	RSP	£1.88	31369													
155ml Spice Tub	10x50g	£15.68	↑	RSP	£2.38	36823													

Product Description	Size	Price		Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12	
<b>HERBS &amp; SPICES (Cont.)</b>																			
CINNAMON QUILLS 6"	0.5kg	£18.35	↑	£36.70		31371													
Sri Lanka	10x50g	£28.35	↑	RSP	£3.97	31378													
	10x20g	£16.34	↑	RSP	£2.29	31379													
<hr/>																			
CLOVES GROUND	1 kg	£17.19	↑	£17.19		31391													
Various	1x250g	£5.70	↑	RSP	£7.98	31393													
	10x20g	£13.44	↑	RSP	£1.88	31399													
155ml Spice Tub	10x40g	£17.07	↑	RSP	£2.59	36824													
<hr/>																			
CLOVES WHOLE	1 kg	£22.91	↑	£22.91		31401													
Various	1x250g	£7.13	↑	RSP	£9.98	31403													
	10x20g	£14.58	↑	RSP	£2.04	31409													
155ml Spice Tub	10x30g	£17.27	↑	RSP	£2.62	36825													
<hr/>																			
CORIANDER GROUND	1 kg	£8.72	↓	£8.72		31411													
Various	1x500g	£5.96	↓	£11.92		31412													
	1x250g	£3.58	↓	RSP	£5.01	31413													
	10x40g	£13.49	↑	RSP	£1.89	31419													
155ml Spice Tub	10x50g	£14.36	↑	RSP	£2.18	36826													
<hr/>																			
CORIANDER SEED - Heat Treated	1 kg	£7.04	↓	£7.04		31421													
India	1x250g	£3.16	↓	RSP	£4.42	31423													
	10x30g	£12.11	↑	RSP	£1.70	31429													
155ml Spice Tub	10x40g	£12.68	↑	RSP	£1.92	36827													
<hr/>																			
CUMIN GROUND	1 kg	£13.70	↑	£13.70		31431													
India	1x500g	£8.45	↑	£16.90		31432													
	1x250g	£4.83	↑	RSP	£6.75	31433													
	10x100g	£25.70	↑	RSP	£3.60	31438													
	10x25g	£13.43	↑	RSP	£1.88	31439													
155ml Spice Tub	10x50g	£16.85	↑	RSP	£2.55	36828													
1lt Spice Jar	6x500g	£45.30	↑	RSP	£10.57	36524													
<hr/>																			
CUMIN SEED	1 kg	£11.96	↑	£11.96		31441													
India	1x500g	£7.58	↑	£15.16		31442													
	1x250g	£4.39	↑	RSP	£6.15	31447													
	10x100g	£23.96	↑	RSP	£3.35	31448													
	10x25g	£12.99	↑	RSP	£1.82	31449													
155ml Spice Tub	10x50g	£15.98	↑	RSP	£2.42	36829													
<hr/>																			
CURRY LEAVES	0.5 kg	£33.50	↑	£67.00		31462													
India	1x250g	£18.15	↑	RSP	£25.41	31463													
	10x10g	£16.70	↑	RSP	£2.34	31469													
155ml Spice Tub	10x5g	£14.15	↑	RSP	£2.14	36830													
<hr/>																			
CURRY POWDER MADRAS	1kg	£7.30	↑	£7.30		31481													
Various	1x500g	£5.25	↑	£10.50		31482													
	10x40g	£12.92	↑	RSP	£1.81	31489													
155ml Spice Tub	10x50g	£13.65	↑	RSP	£2.07	36832													
1lt Spice Jar	6x500g	£26.10	↑	RSP	£6.09	36527													
<hr/>																			
CURRY POWDER MEDIUM	1 kg	£7.30	↑	£7.30		31491													
Various	1x500g	£5.25	↑	£10.50		31492													
	10x100g	£19.30	↑	RSP	£2.70	31498													
	10x40g	£12.92	↑	RSP	£1.81	31499													
155ml Spice Tub	10x50g	£13.65	↑	RSP	£2.07	36833													

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>HERBS &amp; SPICES (Cont.)</b>																	
CURRY POWDER MILD	1 kg	£7.30	↑	£7.30	31501												
Various	1x250g	£3.23	↑	RSP	£4.51 31503												
	10x40g	£12.92	↑	RSP	£1.81 31509												
155ml Spice Tub	10x50g	£13.65	↑	RSP	£2.07 36834												
1lt Spice Jar	6x500g	£26.10	↑	RSP	£6.09 36575												
<hr/>																	
CURRY POWDER TIKKA MASALA	1 kg	£9.68	↑	£9.68	31691												
Various	1x500g	£6.44	↑	£12.88	31692												
	10x40g	£13.87	↑	RSP	£1.94 31699												
155ml Spice Tub	10x50g	£14.84	↑	RSP	£2.25 36835												
<hr/>																	
DILL WEED	0.5 kg	£17.78	↑	£35.57	31521												
Egypt	1x250g	£10.29	↑	RSP	£14.41 31523												
	10x15g	£15.34	↑	RSP	£2.15 31529												
155ml Spice Tub	10x20g	£18.89	↑	RSP	£2.86 36838												
<hr/>																	
FAJITA SPICE MIX	1 kg	£19.02	↑	£19.02	32491												
Various	1x500g	£11.11	↑	£22.22	32492												
	10x35g	£16.66	↑	RSP	£2.33 32499												
<hr/>																	
FENNEL SEED	1 kg	£14.02	↑	£14.02	31551												
India / Egypt	1x500g	£8.61	↑	£17.22	31552												
	10x30g	£14.21	↑	RSP	£1.99 31559												
155ml Spice Tub	10x50g	£17.01	↑	RSP	£2.58 36840												
<hr/>																	
FENUGREEK GROUND	1 kg	£5.44	↑	£5.44	31561												
India	1x250g	£2.76	↑	RSP	£3.86 31563												
	10x40g	£12.18	↑	RSP	£1.70 31569												
155ml Spice Tub	10x50g	£12.72	↑	RSP	£1.93 36841												
<hr/>																	
FENUGREEK LEAVES [Methi]	1 kg	£5.95	↑	£5.95	31581												
Pakistan	1x250g	£2.79	↑	RSP	£3.90 31584												
<hr/>																	
FENUGREEK SEED	1 kg	£4.54	↑	£4.54	31571												
India	1x250g	£2.54	↑	RSP	£3.55 31573												
	10x40g	£11.82	↑	RSP	£1.65 31579												
155ml Spice Tub	10x70g	£12.78	↑	RSP	£1.94 36843												
<hr/>																	
GALANGAL CUT	1 kg	£39.26	↑	£39.26	80151												
Various	1x500g	£21.23	↑	£42.46	80152												
<hr/>																	
GARAM MASALA	1 kg	£11.35	↑	£11.35	31591												
Various	1x500g	£7.28	↑	£14.55	31592												
	1x250g	£4.24	↑	RSP	£5.93 31593												
	10x100g	£23.35	↑	RSP	£3.27 31598												
	10x30g	£13.40	↑	RSP	£1.88 31599												
155ml Spice Tub	10x50g	£14.42	↑	RSP	£2.18 36885												
<hr/>																	
GARLIC MINCED	1 kg	£16.82	↑	£16.82	31621												
China	1x500g	£10.01	↑	£20.02	31622												
	10x30g	£15.05	↑	RSP	£2.11 31629												
155ml Spice Tub	10x50g	£18.41	↑	RSP	£2.79 36844												
1lt Spice Jar	6x650g	£68.00	↑	RSP	£15.87 36532												
<hr/>																	
GARLIC POWDER	1 kg	£10.98	↑	£10.98	31611												
China	1x250g	£4.14	↑	RSP	£5.80 31614												
	10x100g	£22.98	↑	RSP	£3.22 31618												
	10x40g	£14.39	↑	RSP	£2.01 31619												
155ml Spice Tub	10x50g	£17.17	↑	RSP	£2.60 36845												

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>HERBS &amp; SPICES (Cont.)</b>																	
GARLIC SALT	1 kg	£9.75	↑	£9.75	31631												
U.K.	1x250g	£4.04	↑	RSP	£5.65 31633												
	10x40g	£13.90	↑	RSP	£1.95 31639												
155ml Spice Tub	10x100g	£18.75	↑	RSP	£2.84 36846												
<hr/>																	
GINGER GROUND	1 kg	£8.81	↑	£8.81	31641												
China	1x250g	£3.60	↑	RSP	£5.04 31643												
	10x100g	£20.81	↑	RSP	£2.91 31648												
	10x35g	£13.08	↑	RSP	£1.83 31649												
155ml Spice Tub	10x40g	£13.72	↑	RSP	£2.08 36847												
<hr/>																	
HARISSA	1 kg	£11.68	↑	£11.68	32691												
Various	10x30g	£13.50	↑	RSP	£1.89 32699												
155ml Spice Tub	10x50g	£15.84	↑	RSP	£2.40 32697												
<hr/>																	
HERBS DE PROVENCE	1 kg	£11.10	↑	£11.10	31681												
Various	1x250g	£4.17	↑	RSP	£5.84 31683												
	10x20g	£12.22	↑	RSP	£1.71 31689												
155ml Spice Tub	10x20g	£12.82	↑	RSP	£1.94 36848												
<hr/>																	
ITALIAN SEASONING	1 kg	£12.15	↑	£12.15	31711												
Various	1x500g	£7.67	↑	£15.35	31712												
	10x25g	£13.04	↑	RSP	£1.83 31719												
155ml Spice Tub	10x40g	£15.06	↑	RSP	£2.28 36849												
<hr/>																	
JERK SEASONING	1 kg	£10.50	↑	£10.50	81461												
Various	1x250g	£4.03	↑	RSP	£5.63 81463												
155ml Spice Tub	10x80g	£17.80	↑	RSP	£2.70 81467												
<hr/>																	
JUNIPER BERRIES	1 kg	£18.70	↑	£18.70	32771												
Various	1x500g	£10.95	↑	£21.89	32772												
	10x20g	£13.74	↑	RSP	£1.92 32779												
155ml Spice Tub	10x30g	£16.01	↑	RSP	£2.43 36850												
1lt Spice Jar	6x300g	£40.25	↑	RSP	£9.39 36540												
<hr/>																	
KAFFIR LIME LEAVES	1x500g	£40.00	↑	£80.00	83711												
Thailand	10x10g	£18.00	↑	RSP	£1.80 18319												
<hr/>																	
KELP POWDER - Natural	1 kg	£12.32	↓	£12.32	31721												
Canada	1x250g	£4.48	↓	RSP	£6.27 31723												
	10x100g	£24.32	↓	RSP	£3.40 31728												
	10x40g	£14.43	↓	RSP	£2.02 31729												
155ml Spice Tub	10x90g	£20.29	↓	RSP	£3.07 31727												
<hr/>																	
LEMON PEPPER	1 kg	£18.04	↑	£18.04	81991												
Various	1x500g	£10.62	↑	£21.24	81992												
	10x30g	£15.41	↑	RSP	£2.16 81999												
155ml Spice Tub	10x80g	£23.83	↑	RSP	£3.61 36851												
<hr/>																	
LIQUORICE ROOT	1 kg	£23.38	↑	£23.38	31741												
Various	1x500g	£13.29	↑	£26.58	31742												
	10x75g	£28.54	↑	RSP	£4.00 31748												
	10x25g	£15.85	↑	RSP	£2.22 31749												



Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>HERBS &amp; SPICES (Cont.)</b>																	
MANGO POWDER	1 kg	£9.38	↑	£9.38	32781												
India	1x250g	£3.74	↑	RSP	£5.24 32784												
	10x25g	£12.34	↑	RSP	£1.73 32789												
155ml Spice Tub	10x60g	£15.43	↑	RSP	£2.34 36853												
<hr/>																	
MARJORAM	1 kg	£9.18	↑	£9.18	31801												
Egypt	1x250g	£3.69	↑	RSP	£5.17 31803												
	10x20g	£11.84	↑	RSP	£1.66 31809												
155ml Spice Tub	10x10g	£11.72	↑	RSP	£1.78 36854												
1lt Spice Jar	6x110g	£14.94	↑	RSP	£3.48 36537												
<hr/>																	
MINT	1 kg	£9.88	↓	£9.88	31811												
Egypt	1x250g	£3.87	↓	RSP	£5.42 31813												
	10x20g	£11.98	↑	RSP	£1.68 31819												
155ml Spice Tub	10x20g	£12.58	↑	RSP	£1.91 36855												
<hr/>																	
MIXED HERBS	1 kg	£9.80	↑	£9.80	31821												
Various	1x250g	£3.85	↑	RSP	£5.39 31823												
	10x100g	£21.80	↑	RSP	£3.05 31828												
	10x20g	£11.96	↑	RSP	£1.67 31829												
155ml Spice Tub	10x20g	£12.56	↑	RSP	£1.90 36856												
1lt Spice Jar	6x160g	£17.69	↑	RSP	£4.13 36539												
<hr/>																	
MIXED SPICE	1 kg	£12.69	↑	£12.69	31832												
Various	1x500g	£7.95	↑	£15.89	31833												
	10x35g	£14.44	↑	RSP	£2.02 31839												
155ml Spice Tub	10x50g	£16.35	↑	RSP	£2.48 36857												
<hr/>																	
MULLED WINE SPICE	1 kg	£21.50	↑	£21.50	69001												
U.K.	1x500g	£12.35	↑	£24.70	69002												
	1x250g	£6.78	↑	RSP	£9.49 69003												
	10x100g	£33.50	↑	RSP	£4.69 69008												
	10x35g	£17.53	↑	RSP	£2.45 69009												
<hr/>																	
MUSTARD POWDER	1 kg	£11.06	↑	£11.06	31841												
USA	1x500g	£7.13	↑	£14.26	31842												
	10x35g	£13.87	↑	RSP	£1.94 31849												
155ml Spice Tub	10x50g	£16.53	↑	RSP	£2.50 36858												
<hr/>																	
MUSTARD SEED BROWN	1 kg	£5.22	↑	£5.22	31851												
India	1x500g	£4.21	↑	£8.43	31852												
	10x100g	£17.23	↑	RSP	£2.41 31858												
	10x40g	£12.09	↑	RSP	£1.69 31859												
155ml Spice Tub	10x60g	£12.94	↑	RSP	£1.96 36859												
<hr/>																	
MUSTARD SEED YELLOW	1 kg	£5.46	↑	£5.46	31861												
India	1x500g	£4.33	↑	£8.66	31862												
	10x40g	£12.19	↑	RSP	£1.71 31869												
155ml Spice Tub	10x60g	£13.08	↑	RSP	£1.98 36860												
<hr/>																	
NUTMEG GROUND	1 kg	£20.96	↑	£20.96	31871												
Indonesia/India	1x250g	£6.64	↑	RSP	£9.30 31873												
	10x20g	£14.19	↑	RSP	£1.99 31879												
155ml Spice Tub	10x40g	£18.58	↑	RSP	£2.82 36861												

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>HERBS &amp; SPICES (Cont.)</b>																	
NUTMEG WHOLE	1 kg	£37.04	↑	£37.04	31881												
Indonesia	1x250g	£10.66	↑	RSP £14.92	31883												
	10x20g	£17.41	↑	RSP £2.44	31889												
155ml Spice Tub	10x20g	£18.01	↑	RSP £2.73	36862												
<hr/>																	
ONION POWDER	1 kg	£8.36	↑	£8.36	32791												
India	1x250g	£3.49	↑	RSP £4.89	32793												
	10x30g	£12.51	↑	RSP £1.75	32799												
155ml Spice Tub	10x50g	£14.18	↑	RSP £2.15	36863												
<hr/>																	
ONION SEED BLACK (Nigella)	1 kg	£10.11	↑	£10.11	31901												
India	1x250g	£3.93	↑	RSP £5.50	31903												
	10x25g	£12.53	↑	RSP £1.75	31909												
155ml Spice Tub	10x50g	£14.76	↑	RSP £2.24	36864												
1lt Spice Jar	6x500g	£32.77	↑	RSP £7.65	31906												
<hr/>																	
OREGANO	1 kg	£10.90	↑	£10.90	31911												
Greece	1x250g	£4.13	↑	RSP £5.77	31913												
	10x20g	£12.18	↑	RSP £1.71	31919												
155ml Spice Tub	10x20g	£12.78	↑	RSP £1.94	36865												
1lt Spice Jar	6x150g	£18.21	↑	RSP £4.25	36544												
<hr/>																	
PAPRIKA NOBLE SWEET	1 kg	£9.30	↑	£9.30	31931												
Spain	1x500g	£6.25	↑	£12.50	31932												
	10x30g	£12.79	↑	RSP £1.79	31939												
155ml Spice Tub	10x50g	£14.65	↑	RSP £2.22	36866												
<hr/>																	
PAPRIKA SMOKED	1 kg	£10.89	↑	£10.89	31891												
Spain	1x500g	£7.04	↑	£14.09	31892												
	1x250g	£4.12	↑	RSP £5.77	31893												
	10x100g	£22.89	↑	RSP £3.20	31898												
	10x30g	£13.27	↑	RSP £1.86	31899												
155ml Spice Tub	10x50g	£15.44	↑	RSP £2.34	36867												
1lt Spice Jar	6x500g	£36.86	↑	RSP £8.60	36547												
<hr/>																	
PAPRIKA	1 kg	£7.60	↑	£7.60	31941												
Spain/Peru	1x500g	£5.40	↑	£10.80	31942												
	10x30g	£12.28	↑	RSP £1.72	31949												
155ml Spice Tub	10x50g	£13.45	↑	RSP £2.04	36868												
<hr/>																	
PARSLEY	1 kg	£11.52	↑	£11.52	31951												
U.K.	1x500g	£7.36	↑	£14.72	31952												
	10x20g	£12.30	↑	RSP £1.72	31959												
155ml Spice Tub	10x15g	£12.43	↑	RSP £1.88	36869												
<hr/>																	
PEPPER BLACK COARSE GROUND - 0.6-1.2mm	1 kg	£17.90	↑	£17.90	81731												
Vietnam	1x500g	£10.55	↑	£21.10	81732												
	10x25g	£14.47	↑	RSP £2.03	81739												
155ml Spice Tub	10x40g	£17.36	↑	RSP £2.63	36870												
<hr/>																	
PEPPER BLACK CRACKED - 2mm	1 kg	£17.90	↑	£17.90	82031												
Vietnam	1x500g	£10.55	↑	£21.10	82032												
	10x25g	£14.47	↑	RSP £2.03	82039												
155ml Spice Tub	10x40g	£17.36	↑	RSP £2.63	82037												

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>HERBS &amp; SPICES (Cont.)</b>																	
PEPPER BLACK GROUND	1 kg	£10.71	↑	£10.71	31961												
Vietnam	1x500g	£6.96	↑	£13.91	31962												
	10x25g	£12.68	↑	RSP	£1.77 31969												
155ml Spice Tub	10x60g	£16.23	↑	RSP	£2.46 36871												
PEPPER WHITE GROUND	1 kg	£18.09	↑	£18.09	31971												
Vietnam	1x500g	£10.65	↑	£21.29	31972												
	10x25g	£14.52	↑	RSP	£2.03 31979												
155ml Spice Tub	10x50g	£19.05	↑	RSP	£2.89 36872												
PEPPERCORNS BLACK	5 kg	£73.00	↑	£14.60	31981												
Various	1kg	£16.40	↑	£16.40	31982												
	1x500g	£9.80	↑	£19.60	31983												
	10x250g	£50.50	↑	RSP	£7.07 31986												
	10x100g	£26.60	↑	RSP	£3.72 31988												
	10x50g	£17.30	↑	RSP	£2.42 31987												
	10x25g	£13.15	↑	RSP	£1.84 31989												
155ml Spice Tub	10x50g	£18.10	↑	RSP	£2.74 36873												
PEPPERCORNS GREEN	0.5 kg	£19.37	↑	£38.75	32001												
India	10x25g	£19.69	↑	RSP	£2.76 32009												
155ml Spice Tub	10x50g	£28.37	↑	RSP	£4.30 36874												
1lt Spice Jar	6x325g	£77.96	↑	RSP	£18.19 32006												
PEPPERCORNS PINK	0.25 kg	£7.55	↑	£30.19	32011												
Brazil	10x10g	£13.02	↑	RSP	£1.82 32019												
155ml Spice Tub	10x30g	£18.38	↑	RSP	£2.78 36875												
1lt Spice Jar	6x250g	£47.09	↑	RSP	£10.99 36554												
PEPPERCORNS SICHUAN	1 kg	£46.10	↑	£46.10	32531												
China	1x250g	£12.93	↑	RSP	£18.09 32533												
	10x30g	£23.83	↑	RSP	£3.34 32539												
PEPPERCORNS WHITE	1 kg	£19.38	↑	£19.38	31991												
Indonesia	1x250g	£6.24	↑	RSP	£8.74 31993												
	10x25g	£14.84	↑	RSP	£2.08 31999												
155ml Spice Tub	10x50g	£19.69	↑	RSP	£2.98 36876												
PEPPERCORN MIX - FOUR	1 kg	£20.01	↑	£20.01	32022												
Black, Green, Pink & White.	1x250g	£6.40	↑	RSP	£8.96 32023												
	10x25g	£15.00	↑	RSP	£2.10 32029												
155ml Spice Tub	10x25g	£15.50	↑	RSP	£2.35 36877												
1lt Spice Jar	6x500g	£64.23	↑	RSP	£14.99 36552												
PEPPERCORN MIX - FIVE	1 kg	£20.22	↑	£20.22	32191												
Black, Green, Pimento, Pink & White.	1x250g	£6.45	↑	RSP	£9.04 32193												
	10x25g	£15.05	↑	RSP	£2.11 32199												
155ml Spice Tub	10x25g	£15.55	↑	RSP	£2.36 32196												
PICKLING SPICE	5 kg	£40.25		£8.05	32035												
Various	1 kg	£10.05	↑	£10.05	32031												
	1x500g	£5.63	↑	£11.25	32032												
	1x250g	£3.41	↑	RSP	£4.78 32033												
	10x30g	£12.41	↑	RSP	£1.74 32039												
155ml Spice Tub	10x50g	£14.80	↑	RSP	£2.24 36878												

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>HERBS &amp; SPICES (Cont.)</b>																	
PIRI PIRI SEASONING	1 kg	£10.71	↑	£10.71	80101												
Various	1x250g	£4.08	↑	RSP	£5.71 80103												
	10x30g	£13.21	↑	RSP	£1.85 80109												
155ml Spice Tub	10x60g	£16.23	↑	RSP	£2.46 80107												
<hr/>																	
POPPY SEEDS BLUE	25kg	£115.92		£4.64	32045												
Various	1x5kg	£29.34	↑	£5.87	32041												
	1x1kg	£6.97	↑	£6.97	32042												
	5x500g	£20.42	↑	RSP	£5.75 32043												
	10x250g	£26.42	↑	RSP	£3.72 32047												
	10x125g	£18.21	↑	RSP	£2.56 32048												
	10x50g	£12.48	↑	RSP	£1.76 32049												
155ml Spice Tub	10x80g	£17.03	↑	RSP	£2.58 32044												
1lt Spice Jar	6x585g	£36.64	↑	RSP	£8.55 36559												
<hr/>																	
RAS EL HANOUT	1 kg	£22.42	↑	£22.42	32631												
Various	1x500g	£12.81	↑	£25.62	32632												
	10x20g	£14.48	↑	RSP	£2.03 32639												
155ml Spice Tub	10x60g	£23.25	↑	RSP	£3.52 32637												
<hr/>																	
ROSEMARY	1 kg	£6.96	↑	£6.96	32061												
Spain	1x500g	£5.08	↑	£10.16	32062												
	10x30g	£12.09	↑	RSP	£1.69 32069												
155ml Spice Tub	10x30g	£12.92	↑	RSP	£1.96 36879												
<hr/>																	
SAFFRON STRANDS BOXED	10x1g	£37.49		RSP	£5.25 32081												
MWF Pack - Box In Bag	10x1g	£47.49	↑	RSP	£6.65 32089												
155ml Spice Tub	10x1g	£48.49	↑	RSP	£6.79 32087												
<hr/>																	
SAGE	1 kg	£9.90	↑	£9.90	32091												
Morocco	1x500g	£6.55	↑	£13.10	32092												
	10x20g	£11.98	↑	RSP	£1.68 32099												
155ml Spice Tub	10x20g	£12.58	↑	RSP	£1.91 36880												
1lt Spice Jar	6x150g	£17.31	↑	RSP	£4.04 36562												
<hr/>																	
STAR ANISE	0.5 kg	£18.71	↑	£37.42	31141												
China/India	1x250g	£10.76	↑	RSP	£15.06 31143												
	10x20g	£17.48	↑	RSP	£2.45 31149												
155ml Spice Tub	10x20g	£17.77	↑	RSP	£2.69 36881												
<hr/>																	
SUMAC - WITHOUT SALT	1 kg	£13.90	↑	£13.90	32231												
Turkey	1x500g	£8.55	↑	£17.10	32232												
	10x40g	£15.56	↑	RSP	£2.18 32239												
155ml Spice Tub	10x70g	£19.33	↑	RSP	£2.93 32237												
<hr/>																	
TAMARIND CONCENTRATE	6x400g	£28.70		RSP	£6.70 32111												
	6x150g	£19.10		RSP	£4.46 32119												
<hr/>																	
TARRAGON LEAVES	0.5 kg	£16.96	↑	£33.92	32131												
France/UK	1x250g	£9.88	↑	RSP	£13.83 32133												
	10x10g	£13.39	↑	RSP	£1.87 32139												
155ml Spice Tub	10x20g	£17.06	↑	RSP	£2.59 36882												
<hr/>																	
THAI 7 SPICE	1 kg	£11.35	↑	£11.35	80111												
Various	1x500g	£7.28	↑	£14.55	80112												
	10x30g	£13.41	↑	RSP	£1.88 80119												
155ml Spice Tub	10x70g	£17.55	↑	RSP	£2.66 80117												

## HERBS & SPICES (Cont.)

THYME	1 kg	£10.71	↑	£10.71		32141											
Various	1x250g	£4.08	↑	RSP	£5.71	32143											
	10x20g	£12.14	↑	RSP	£1.70	32149											
155ml Spice Tub	10x20g	£12.74	↑	RSP	£1.93	36883											
1lt Spice Jar	6x200g	£20.66	↑	RSP	£4.82	36565											

TURMERIC	1 kg	£8.05	↑	£8.05		32151											
India	1x500g	£5.62	↑	£11.25		32152											
	10x100g	£20.05	↑	RSP	£2.81	32158											
	10x40g	£13.22	↑	RSP	£1.85	32159											
155ml Spice Tub	10x50g	£14.02	↑	RSP	£2.12	36884											

VANILLA PODS	1kg	£371.00		£371.00		32164											
Madagascar	1x500g	£187.50		£375.00		32163											
	1x40	£46.17	↑			32161											
	1x10	£12.24	↑	RSP	£1.71	32162											
	10x1	£21.24	↑	RSP	£2.97	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	£146.00	↑	£5.84		36923											
CAYENNE PEPPER	25kg	£138.00	↑	£5.52		36925											
CHILLIES CRUSHED/KIBBLED	20kg	£140.56		£7.03		36922											
CHILLI POWDER	25kg	£146.00	↓	£5.84		36926											
CINNAMON GROUND	25kg	£170.00	↑	£6.80		36924											
CINNAMON QUILLS	25kg	£438.00	↑	£17.52		36933											
CORIANDER GROUND	25kg	£67.20	↑	£2.69		36934											
CORIANDER SEED	16kg	£43.01	↑	£2.69		36935											
CURRY POWDER MADRAS	25kg	£106.00	↑	£4.24		36928											
GARLIC MINCED	25kg	£296.40	↑	£11.86		36901											
GARLIC POWDER	25kg	£224.40	↑	£8.98		36918											
GINGER GROUND	25kg	£132.80	↑	£5.31		36902											
LIQUORICE ROOT STICKS	16kg	£228.10	↑	£14.26		36916											
MARJORAM	7kg	£45.92	↑	£6.56		36927											
MIXED HERBS	10kg	£62.40	↑	£6.24		36903											
MIXED SPICE	25kg	£237.60	↑	£9.50		36904											
MUSTARD POWDER	25kg	£241.60	↑	£9.66		36905											
MUSTARD SEED BROWN	25kg	£51.60	↑	£2.06		36906											
MUSTARD SEED YELLOW	25kg	£67.60	↑	£2.70		36907											
PAPRIKA HUNGARIAN	25kg	£146.00	↑	£5.84		36932											
PAPRIKA	25kg	£112.00	↑	£4.48		36908											
PEPPER COARSE GROUND BLACK 0.6 - 1.2mm	25kg	£318.00	↑	£12.72		36930											
PEPPERCORNS BLACK	25kg	£284.00	↑	£11.36		36909											
PEPPERCORNS PINK	10kg	£245.92	↑	£24.59		36929											
5 PEPPERCORNS MIX	12.5kg	£187.00	↑	£14.96		36917											
PICKLING SPICE	12.5kg	£60.80		£4.86		36911											
ROSEMARY	25kg	£128.00	↑	£5.12		36912											
SAGE	10kg	£63.20	↑	£6.32		36913											
THYME	10kg	£68.00	↑	£6.80		36914											
TURMERIC	25kg	£118.00	↑	£4.72		36915											



<b>A</b>	
<b><u>Aduki Beans, Biona</u></b>	17
<b><u>Aduki Beans, Organic</u></b>	9
<b><u>Agar Agar</u></b>	74
<b><u>Agave Syrup, Crazy Jack</u></b>	18
<b><u>Ajwain Seeds</u></b>	74
<b><u>Al Fez</u></b>	63
<b><u>All Purpose Seasoning</u></b>	74
<b><u>All-Purpose Cleaner, Ecover</u></b>	65
<b><u>Allspice</u></b>	74
<b><u>Almond Halva with Honey, Sunita</u></b>	21
<b><u>Almonds Blanched</u></b>	32
<b><u>Almonds Flaked</u></b>	33
<b><u>Almonds Ground</u></b>	33
<b><u>Almonds in Shell</u></b>	37
<b><u>Almonds Nibbed</u></b>	33
<b><u>Almonds Roasted and Salted</u></b>	33
<b><u>Almonds Smoked</u></b>	33
<b><u>Almonds Whole</u></b>	32
<b><u>Almonds, Organic</u></b>	6
<b><u>American Hard Gums</u></b>	59
<b><u>Angelica</u></b>	28
<b><u>Aniseed Balls</u></b>	60
<b><u>Aniseed Twist Wrapped - Pells</u></b>	58
<b><u>Apple Bon Bons</u></b>	58
<b><u>Apple Pectin, Certo</u></b>	64
<b><u>Apple Rings</u></b>	28
<b><u>Apricot &amp; Almond Muesli, Organic</u></b>	14
<b><u>Apricot Jam, St Dalfour</u></b>	72
<b><u>Apricot, Organic</u></b>	5
<b><u>Apricots</u></b>	28
<b><u>Apricots Chopped, Organic</u></b>	5
<b><u>Arborio Rice</u></b>	43
<b><u>Arrowroot</u></b>	74
<b><u>Artisan Grain</u></b>	63
<b><u>Aspall</u></b>	63
<b><u>Aspall Organic Vinegar</u></b>	17
<b>B</b>	
<b><u>Bag in Box Refills, Ecover</u></b>	65
<b><u>Baked Beans, Biona</u></b>	17
<b><u>Baked Beans, Essential</u></b>	18
<b><u>Bakers White Flour, Shipton Mill</u></b>	21
<b><u>Baking Aids</u></b>	51

<b><u>Baking Aids in Tamper Evident Jars</u></b>	83
<b><u>Baking Powder</u></b>	51
<b><u>Balsamic Vinegar, Aspall</u></b>	63
<b><u>Balti Paste, Pataks</u></b>	70
<b><u>Banana Chips</u></b>	28
<b><u>Banana Chips, Organic</u></b>	5
<b><u>Barista Oat Drink, Oatly</u></b>	70
<b><u>Barley Flakes</u></b>	44
<b><u>Barley Flakes, Organic</u></b>	13
<b><u>Barley Grass Powder, Nutrifare</u></b>	19
<b><u>Barley Mal Extract, Meridian</u></b>	67
<b><u>Barley Malt Extract, Organic, Meridian</u></b>	19
<b><u>Barleycup</u></b>	63
<b><u>Basil</u></b>	74
<b><u>Basil, Organic</u></b>	24
<b><u>Basmati Brown</u></b>	43
<b><u>Basmati White</u></b>	43
<b><u>Bathroom Cleaner, Ecover</u></b>	65
<b><u>Bay Leaves</u></b>	74
<b><u>Bay Leaves, Organic</u></b>	24
<b><u>Bean Mix, Organic</u></b>	10
<b><u>Bean Thread Vermicelli, Rolin Brand</u></b>	71
<b><u>Beans, Organic</u></b>	9
<b><u>Bee Pollen Grains</u></b>	84
<b><u>Beef Bouillon</u></b>	50
<b><u>Beetroot Powder</u></b>	74
<b><u>Bicarbonate of Soda</u></b>	51
<b><u>Billingtons Packs, Billingtons</u></b>	63
<b><u>Biona</u></b>	17
<b><u>Biryani Paste, Pataks</u></b>	70
<b><u>Biscuits, Nairns</u></b>	69
<b><u>Black Bean Chilli, Biona</u></b>	17
<b><u>Black Beans, Biona</u></b>	17
<b><u>Black Beans, Essential</u></b>	18
<b><u>Black Cherry Jam, St Dalfour</u></b>	72
<b><u>Black Chickpeas, Biona</u></b>	17
<b><u>Black Flame Raisins</u></b>	32
<b><u>Black Olives, Cypressa</u></b>	64
<b><u>Black Onion Seeds, Organic</u></b>	24
<b><u>Black Pepper Popadoms, Natco</u></b>	69
<b><u>Black Peppercorns</u></b>	81

<b><u>Black Refuse Sacks</u></b>	68
<b><u>Black Turtle Beans</u></b>	39
<b><u>Black Turtle Beans, Organic</u></b>	9
<b><u>Blackberry and Raspberry Jellies</u></b>	59
<b><u>Blackberry Jam, St Dalfour</u></b>	72
<b><u>Blackcurrant and Liquorice Wrapped Sweets - Pells</u></b>	58
<b><u>Blackcurrant Jam, St Dalfour</u></b>	72
<b><u>Blackeye Beans</u></b>	39
<b><u>Blanches Peanuts</u></b>	35
<b><u>Blue Dragon</u></b>	63
<b><u>Blue Poppy Seeds</u></b>	82
<b><u>Blue Raspberry Bon Bons, Bristows</u></b>	58
<b><u>Blue Raspberry Bon Bons, Kingsway</u></b>	59
<b><u>Blueberries</u></b>	28
<b><u>Bombay Mix - Hot</u></b>	54
<b><u>Bombay Mix - Mild</u></b>	54
<b><u>Bombay Potato Mix</u></b>	74
<b><u>Bon Bons</u></b>	58
<b><u>Bonsoy</u></b>	64
<b><u>Borlotti Beans, Essential</u></b>	18
<b><u>Botanical Herbs and Spices</u></b>	84
<b><u>Bottled Sauces, Blue Dragon</u></b>	63
<b><u>Braised Tofu, Marigold</u></b>	67
<b><u>Bran Flakes, Morning Foods</u></b>	67
<b><u>Bran Sticks</u></b>	44
<b><u>Brazil Nuts</u></b>	33
<b><u>Brazils, Organic</u></b>	6
<b><u>Breadcrumbs</u></b>	51
<b><u>Brewers Yeast Powder</u></b>	51
<b><u>Brinjal Pickle, Ferns</u></b>	66
<b><u>Brinjal Pickle, Pataks</u></b>	71
<b><u>Broccoli and Kale Soup, Free and Easy</u></b>	19
<b><u>Brown Basmati</u></b>	43
<b><u>Brown Basmati, Organic</u></b>	12
<b><u>Brown Lentils</u></b>	40
<b><u>Brown Lentils, Organic</u></b>	10
<b><u>Brown Linseed</u></b>	37
<b><u>Brown Mustard Seeds</u></b>	79
<b><u>Brown Rice Flour, Shipton Mill</u></b>	21

<u>Buckwheat Flakes, Organic</u>	13
<u>Buckwheat Flour, Organic</u>	15
<u>Buckwheat, Organic</u>	11
<u>Bulgur Wheat</u>	42
<u>Bulgur, Organic</u>	11
<u>Bananas Mini Foam</u>	59
<u>Butter Beans</u>	39
<u>Butter Beans, Biona</u>	17
<u>Butter Beans, Essential</u>	18
<u>Butter Beans, Organic</u>	9
<u>Butter Ghee, Natco</u>	69
<u>Buttermints - Stockleys</u>	58
<u>Butternut Squash and Ginger Soup, Free and Easy</u>	19
<b>C</b>	
<u>Cacao Products, Nutrifare</u>	20
<u>Cajun Seasoning</u>	74
<u>Calcium Enriched Joya</u>	66
<u>Californian Walnut Halves</u>	37
<u>Candy ABC Letters</u>	60
<u>Cane Sugar, Organic</u>	15
<u>Canned Goods, Blue Dragon</u>	63
<u>Cannellini Beans</u>	39
<u>Cannellini Beans, Essential</u>	18
<u>Cannellini Beans, Organic</u>	9
<u>Capers, Opies, Organic</u>	20
<u>Capers, Opies</u>	70
<u>Caraway Seeds</u>	74
<u>Caraway Seeds, Organic</u>	28
<u>Caraway Seeds</u>	24
<u>Cardamom Pods, Organic</u>	24
<u>Cardamom Tea, Palanquin</u>	70
<u>Cardamoms</u>	75
<u>Cardboard Boxes</u>	68
<u>Carob Brazils</u>	55
<u>Carob Coated Confectionary</u>	55
<u>Carob Ginger</u>	55
<u>Carob Peanuts</u>	55
<u>Carob Powder, Organic</u>	15
<u>Carob Raisins</u>	55

<u>Carob, Chocolate and Yogurt Coated Confectionary</u>	55
<u>Carol Anne Confectionary</u>	55
<u>Carrier Bags</u>	68
<u>Carrot and Coconut Soup, Free and Easy</u>	19
<u>Cashew Pieces</u>	33
<u>Cashew Pieces, Organic</u>	7
<u>Cashews</u>	33
<u>Cashews Roasted and Salted</u>	34
<u>Cashews Whole</u>	33
<u>Cashews, Organic</u>	6
<u>Caster Sugar</u>	49
<u>Cayenne Pepper</u>	75
<u>Celery Salt</u>	75
<u>Celery Seed</u>	75
<u>Cereal Flakes and Bran</u>	44
<u>Certo</u>	64
<u>Chamomile Flowers</u>	84
<u>Chamomile Tea, Clipper</u>	17
<u>Channa Dall, Natco</u>	69
<u>Cherries</u>	28-29
<u>Cherry Lips</u>	61
<u>Chia Seeds, Nutrifare</u>	70
<u>Chicken Bouillon</u>	51
<u>Chickpea and Bean Tagine, Free and Easy</u>	19
<u>Chickpea and Vegetable Curry, Free and Easy</u>	19
<u>Chickpea Flour (Gramflour)</u>	48
<u>Chickpea, Biona</u>	17
<u>Chickpeas</u>	41
<u>Chickpeas, Essential</u>	18
<u>Chickpeas, Organic</u>	10
<u>Chilli Beans, Biona</u>	17
<u>Chilli Nuts</u>	54
<u>Chilli Pickle, Pataks</u>	71
<u>Chilli Powder</u>	75
<u>Chilli Powder, Organic</u>	24
<u>Chilli Rice Crackers</u>	54
<u>Chilli Sauces, Lingham's</u>	66
<u>Chillies Crushed</u>	75
<u>Chillies Whole Long</u>	75
<u>Chinese 5 Spice</u>	75
<u>Chinese Curry Sauce, Cook Brand</u>	64

<u>Chinese Walnut Light Amber Halves</u>	37
<u>Chocolate Coated Sesame Snaps</u>	71
<u>Chocolate Cookie Nibs</u>	51
<u>Chocolate Cookie Nibs Milk</u>	51
<u>Chocolate Cookie Nibs Plain</u>	51
<u>Chocolate Covered Cinder Toffee</u>	60
<u>Chocolate Fudge</u>	59
<u>Chocolate Limes - Pells</u>	58
<u>Chocolate Oat Drink, Oatly</u>	70
<u>Chopped Apple Rings</u>	28
<u>Chopped Dates, Organic</u>	5
<u>Chopped Tomatoes, Essential</u>	18
<u>Cinder Toffee</u>	60
<u>Cinnamon Ground</u>	75
<u>Cinnamon Ground, Organic</u>	24
<u>Cinnamon Quills</u>	76
<u>Citric Acid</u>	51
<u>City of Canterbury Deluxe Muesli</u>	46
<u>Clipper, Organic</u>	17
<u>Clotted Cream Fudge</u>	59
<u>Clove Drops - Pells</u>	58
<u>Cloves</u>	76
<u>Cloves, Organic</u>	24
<u>Coarse Sea Salt</u>	49
<u>Cocoa</u>	52
<u>Cocoa Powder</u>	52
<u>Cocoa Powder, Green and Blacks</u>	19
<u>Cocoa Powder, Organic</u>	15
<u>Coconut Chip</u>	34
<u>Coconut Chip Toasted</u>	34
<u>Coconut Chip, Organic</u>	7
<u>Coconut Cream, Natco</u>	69
<u>Coconut Desiccated</u>	34
<u>Coconut Flour, Nutrifare</u>	20
<u>Coconut Milk, Blue Dragon</u>	63
<u>Coconut Milk, Essential</u>	18
<u>Coconut Milk, Island Sun</u>	66
<u>Coconut Mushrooms</u>	60
<u>Coconut Oil, Biona</u>	17
<u>Coconut Oil, Essential</u>	18



<u>Coconut Palm Sugar, Nutrifare</u>	20
<u>Coffee from Women Farmers, Equal Exchange</u>	18
<u>Coffee, Clipper</u>	18
<u>Coffee, Equal Exchange</u>	18
<u>Cola Bottles</u>	59
<u>Cola Bottles Sugar Free</u>	61
<u>Cola, Whole Earth</u>	22
<u>Conventional Beans</u>	39
<u>Conventional Branded</u>	63
<u>Conventional Fruit, Nuts, Cereals and Beans</u>	28
<u>Conventional Herbs and Spices</u>	74
<u>Cook Brand</u>	64
<u>Coriander Ground</u>	76
<u>Coriander Ground, Organic</u>	24
<u>Coriander Seed</u>	76
<u>Coriander Seed, Organic</u>	24
<u>Cornflour</u>	48
<u>Cornflour, Organic</u>	15
<u>Cornmeal, Natco</u>	69
<u>Cough Candy - Pells</u>	58
<u>Couscous</u>	42
<u>Couscous Giant</u>	42
<u>Couscous White</u>	42
<u>Couscous Wholewheat</u>	42
<u>Couscous, Organic</u>	11
<u>Cranberries</u>	29
<u>Cranberries, Organic</u>	5
<u>Cranberry and Apricot Crunch</u>	45
<u>Cranberry and Blueberry Jam, St Dalfour</u>	72
<u>Cranberry Crunch</u>	46
<u>Crazy Jack</u>	18
<u>Cream of Tartar, Nutrifare</u>	70
<u>Creamed Coconut, Essential</u>	18
<u>Crispi Muesli</u>	46
<u>Crispy Fried Onions</u>	50
<u>Crunchie Munchie</u>	46
<u>Crunchy Granola Type Cereals</u>	45
<u>Cumin Ground</u>	76
<u>Cumin Ground, Organic</u>	24
<u>Cumin Popadoms, Natco</u>	69
<u>Cumin Seed</u>	76

<u>Cumin Seed, Organic</u>	24
<u>Currants</u>	29
<u>Currants, Organic</u>	5
<u>Curry Leaves</u>	76
<u>Curry Paste, Ferns</u>	65
<u>Curry Pastes, Pataks</u>	70
<u>Curry Powder</u>	76
<u>Curry Powder Madras</u>	76
<u>Curry Powder, Organic</u>	24
<u>Custard Powder</u>	48
<u>Cyder Vinegar, Aspall</u>	63
<u>Cypressa</u>	64
<u>D</u>	
<u>Dark Chocolate Almonds</u>	56
<u>Dark Chocolate Brazils</u>	56
<u>Dark Chocolate Coated Confectionary</u>	56
<u>Dark Chocolate Coffee Beans</u>	56
<u>Dark Chocolate Cranberries</u>	56
<u>Dark Chocolate Ginger</u>	57
<u>Dark Chocolate Hazelnuts</u>	57
<u>Dark Chocolate Honeycomb</u>	57
<u>Dark Chocolate Orange Peel</u>	57
<u>Dark Chocolate Peanuts</u>	57
<u>Dark Chocolate Raisins</u>	57
<u>Dark Ginger, Rochester Ginger</u>	71
<u>Dark Green Speckled Lentils</u>	40
<u>Dark Muscovado Sugar, Billingtons</u>	63
<u>Dark Roast Ground Coffee, Equal Exchange</u>	18
<u>Dark Soya Mince</u>	50
<u>Dark Speckled Puy-Type Lentils, Essential</u>	18
<u>Date and Pecan Muesli</u>	46
<u>Dates, Organic</u>	5
<u>Deer Rose</u>	64
<u>Deluxe Muesli</u>	46
<u>Deluxe Muesli, Organic</u>	14
<u>Demerrara Sugar</u>	49
<u>Demerrara Sugar, Billingtons</u>	63
<u>Desiccated Coconut</u>	34
<u>Desiccated Coconut, Organic</u>	7

<u>Detox Tea, Clipper</u>	17
<u>Diced Pineapple</u>	31
<u>Dill Weed</u>	77
<u>Dishwashing Tablets, Ecover</u>	65
<u>Dolly Mixtures</u>	60
<u>Doves Farm, Organic</u>	18
<u>Doves Farm</u>	64
<u>Dragonfly</u>	64
<u>Dried and Crystallised Fruit</u>	28
<u>Dried Fruit, Organic</u>	5
<u>Dried Yeast, Fermipan</u>	65
<u>Dry Roasted Peanuts</u>	36
<u>E</u>	
<u>Earl Grey Tea, Clipper</u>	17
<u>Earl Grey, Pukka</u>	20
<u>Easy Cook Rice</u>	43
<u>Ecoleaf</u>	64
<u>Ecover</u>	65
<u>Eight Fruit Muesli</u>	47
<u>Elderflower Drink, Whole Earth</u>	22
<u>Eleven O'Clock Tea</u>	18
<u>English Breakfast Tea, Clipper</u>	17
<u>English Breakfast Tea, Pukka</u>	20
<u>Enriched Oat Drink, Oatly</u>	70
<u>Equal Exchange</u>	18
<u>Essential</u>	18
<u>Ethiopian Honey, Wainwrights</u>	21
<u>Ethiopian Yaracheffe Roast Ground Coffee, Equal Exchange</u>	18
<u>Everyday Blend Tea, Clipper</u>	17
<u>Extra Strong Mints</u>	60
<u>F</u>	
<u>Fabric Conditioner, Ecover</u>	65
<u>Falafel Mix, Al Fez</u>	63
<u>Feel New Tea, Pukka</u>	20
<u>Fennel Seed</u>	77
<u>Fennel Seed, Organic</u>	25
<u>Fenugreek Ground</u>	77
<u>Fenugreek Leaves</u>	77
<u>Fenugreek Seed</u>	77
<u>Fermipan</u>	65
<u>Ferns</u>	65

<u>Fig Royale Jam, St Dalfour</u>	72
<u>Figs, Organic</u>	5
<u>Fine Sea Salt</u>	49
<u>Firm Silken Tofu, Blue Dragon</u>	63
<u>Fish Sauce, Squid Brand</u>	72
<u>Five Peppercorn Mix</u>	81
<u>Fizzy Bubblegum Bottles</u>	59
<u>Fizzy Cola Bottles</u>	59
<u>Fizzy Dummies</u>	59
<u>Fizzy Giant Strawberries</u>	59
<u>Fizzy Peaches</u>	59
<u>Fizzy Twin Cherries</u>	59
<u>Flaked Almonds</u>	33
<u>Flakes and Cereals, Organic</u>	13
<u>Flat Rice Sticks, Deer Rose</u>	64
<u>Floor Cleaner, Ecover</u>	65
<u>Floral Gums</u>	61
<u>Flour, Shipton Mill, Organic</u>	21
<u>Flying Saucers</u>	61
<u>Foam Shrimps</u>	59
<u>Foam Strawberries</u>	59
<u>Foam Sweets</u>	59
<u>Four Fruit Jam, St Dalfour</u>	72
<u>Free and Easy</u>	19
<u>Freeze Dried Strawberry</u>	32
<u>Fried Eggs</u>	59
<u>Fructose</u>	50
<u>Fruit Bars, Ma Baker</u>	67
<u>Fruit Jellies</u>	60
<u>Fruit Muesli</u>	47
<u>Fruit Salad</u>	30
<u>Fruit Salad Sugar Free</u>	61
<u>Fruit Spreads, St Dalfour</u>	72
<u>Fudge</u>	59
<u>Fusilli Pasta, Organic</u>	15
<b>G</b>	
<u>Galangal Cut</u>	77
<u>Garam Masal Paste, Pataks</u>	70
<u>Garam Masala</u>	77
<u>Garam Masala, Organic</u>	25
<u>Garlic Minced</u>	77
<u>Garlic Pickle, Pataks</u>	71
<u>Garlic Popadoms, Natco</u>	69
<u>Garlic Powder</u>	77

<u>Garlic Salt</u>	78
<u>Gathia</u>	55
<u>Giant Couscous</u>	42
<u>Giant Strawbs</u>	60
<u>Ginger Crystallised</u>	30
<u>Ginger Drink, Whole Earth</u>	22
<u>Ginger Green Drink, Rochester Ginger</u>	71
<u>Ginger Ground</u>	78
<u>Ginger Ground, Organic</u>	25
<u>Ginger, Organic</u>	25
<u>Gluten</u>	52
<u>Gluten Free Brown Bread Flour, Doves Farm</u>	64
<u>Gluten Free Flour, Doves Farm</u>	64
<u>Gluten Free Plain White Flour, Doves Farm</u>	64
<u>Gluten Free Self Raisins White Flour, Doves Farm</u>	64
<u>Gluten Free White Bread Flour, Doves Farm</u>	64
<u>Glutinous Rice</u>	43
<u>Goji Berries</u>	30
<u>Golden Breadcrumbs</u>	51
<u>Golden Linseed</u>	38
<u>Golden Linsee, Organic</u>	8
<u>Golden Peach Jam, St Dalfour</u>	72
<u>Golden Raisins</u>	32
<u>Grains</u>	42
<u>Grains, Organic</u>	11
<u>Gram Flour, Chickpea</u>	48
<u>Granola</u>	45
<u>Granulated Sugar</u>	49
<u>Grape Juice Halva with Sultans, Sunita</u>	21
<u>Gravy Mix, Marigold</u>	19
<u>Green and Blacks</u>	19
<u>Green Chilli Popadoms, Natco</u>	69
<u>Green Lentils</u>	40
<u>Green Lentils, Biona</u>	17
<u>Green Lentils, Organic</u>	10
<u>Green Masala Paste, Ferns</u>	65
<u>Green Olives, Cypressa</u>	64
<u>Green Peppercorns</u>	81
<u>Green Peppercorns in Brine, Opies</u>	70

<u>Green Speckled Lentils, Organic</u>	10
<u>Green Split Peas</u>	41
<u>Green Split Peas, Organic</u>	10
<u>Green Tea, Tick Tock</u>	21
<u>Ground Almonds</u>	33
<u>Ground Rice, Natco</u>	69
<b>H</b>	
<u>Halva, Sunita, Organic</u>	21
<u>Halva, Sunita</u>	72
<u>Hand Soap, Ecover</u>	65
<u>Haricot Beans</u>	39
<u>Haricot Beans, Organic</u>	9
<u>Harissa</u>	78
<u>Harissa Paste, Al Fez</u>	63
<u>Hazelnuts</u>	34
<u>Hazelnuts in Shell</u>	37
<u>Hazelnuts Roasted and Blanched</u>	34
<u>Hazelnuts Whole</u>	34
<u>Hazelnuts, Organic</u>	7
<u>Hellenic</u>	66
<u>Hemp Protein Powder, Nutrifare</u>	20
<u>Hemp Seeds, Organic</u>	8
<u>Henna Powder Red</u>	84
<u>Herbal Tea, Pukka</u>	20
<u>Herbs and Spices, Organic</u>	24
<u>Herbs De Provence</u>	78
<u>High Fibre Muesli</u>	47
<u>Hikers Mix</u>	54
<u>Himalayan Pink Crystal Salt, Profusion</u>	71
<u>Honey Coated Peanuts</u>	36
<u>Honey Toasted Oats</u>	45
<u>Honey, Wainwrights</u>	21
<u>Honeycomb Plain in Bags</u>	61
<u>Hong Mei</u>	66
<u>Hot Choolate, Green and Blacks</u>	19
<u>Hot Mango Chutney, Ferns</u>	66
<u>Household Cleaning, Ecover</u>	65
<u>Hullet Millet, Organic</u>	11
<u>Hullet Millet</u>	42
<b>I</b>	
<u>Icing Sugar</u>	49

<u>Instant Coffee, Clipper</u>	18
<u>Island Sun</u>	66
<u>Isle of Purbeck Deluxe Muesli</u>	47
<u>Isle of Purbeck Original Muesli</u>	47
<u>Italian Blend Roast Ground Coffee, Equal Exchange</u>	18
<u>Italian Seasoning</u>	78
<u>Italian Style Coffee, Clipper</u>	18
<b>J</b>	
<u>Jalfrezi Paste, Pataks</u>	70
<u>Jams, St Dalfour</u>	72
<u>Japanese Style Rice Cracker Mix</u>	55
<u>Jasmine Fragrant Rice</u>	43
<u>Jellies</u>	59
<u>Jelly Babies</u>	60
<u>Jelly Beans</u>	60
<u>Jelly Meerkats</u>	60
<u>Jelly Snakes</u>	60
<u>Jerk Seasoning</u>	78
<u>Jumbo Kitchen Towels, Ecoleaf</u>	64
<u>Jumbo Oats</u>	44
<u>Jumbo Oats, Organic</u>	13
<u>Juniper Berries</u>	78
<b>K</b>	
<u>Kaffir Lime Leaves</u>	78
<u>Kai Ginger Products</u>	66
<u>Kallo</u>	19
<u>Kelp Powder</u>	78
<u>Kibbled Onions</u>	50
<u>Kingfisher</u>	66
<u>Kitchen Towels, Ecoleaf</u>	64
<u>Koka</u>	66
<u>Korma Paste, Pataks</u>	70
<u>Kraft Brown Paper Bags</u>	68
<b>L</b>	
<u>Latex Gloves</u>	69
<u>Laundry Liquid, Ecover</u>	65
<u>Lavender</u>	84
<u>Lee Kum Kee</u>	66
<u>Lemon and Ginger Tea, Clipper</u>	17
<u>Lemon Bon Bons, Bristows</u>	58
<u>Lemon Bon Bons, Kingsway</u>	59

<u>Lemon Juice, Sunita</u>	72
<u>Lemon Peel</u>	31
<u>Lemon Pepper</u>	78
<u>Lemon, Ginger and Manuka Honey Tea, Pukka</u>	20
<u>Lemonade, Whole Earth</u>	22
<u>Lemongrass and Ginger Tea, Pukka</u>	20
<u>Lentil and Red Pepper Soup, Free and Easy</u>	19
<u>Lentils</u>	40
<u>Lentils Brown</u>	40
<u>Lentils Dark Green Speckled</u>	40
<u>Lentils Green</u>	40
<u>Lentils Red Split</u>	40
<u>Lentils, Organic</u>	10
<u>Light Muscovado Sugar, Billingtons</u>	63
<u>Lime Juice, Sunita</u>	72
<u>Lime Pickle, Ferns</u>	66
<u>Lime Pickle, Pataks</u>	71
<u>Limescale Remover, Ecover</u>	65
<u>Linghams</u>	66
<u>Linseed Brown</u>	37
<u>Linseed Golden</u>	38
<u>Linseed, Organic</u>	8
<u>Liquorice</u>	60
<u>Liquorice Allsorts</u>	60
<u>Liquorice and Cinnamon Tea, Pukka</u>	20
<u>Liquorice Bars, Panda</u>	70
<u>Liquorice Cream Rock</u>	60
<u>Liquorice Root Sticks</u>	78
<u>Long Grain Brown Rice</u>	43
<u>Long Grain Brown Rice, Organic</u>	12
<u>Long Grain White Patna Rice</u>	43
<u>Love Tea, Pukka</u>	20
<u>Luxury Fruit and Nut Selection</u>	35
<u>Luxury Speciality Muesli, Organic</u>	14
<u>Lychees in Syrups, Dragonfly</u>	64
<b>M</b>	
<u>Ma Baker</u>	67
<u>Madras Paste, Pataks</u>	71
<u>Mae Ploy</u>	67

<u>Maldon</u>	19
<u>Malted Toasted Oats</u>	45
<u>Malthouse Flour, Doves Farm</u>	18
<u>Mango and Lime Pickle, Ferns</u>	66
<u>Mango Pickle, Pataks</u>	71
<u>Mango Powder</u>	79
<u>Mango Slices, Organic</u>	5
<u>Marigold, Organic</u>	19
<u>Marigold</u>	67
<u>Marjoram</u>	79
<u>Marjoram, Organic</u>	25
<u>Marzipan</u>	52
<u>Medicinal Herbs and Spices</u>	84
<u>Medium Roast Ground Coffee, Equal Exchange</u>	18
<u>Meridian, Organic</u>	19
<u>Meridian</u>	67
<u>Middle Eastern Chickpea Casserole, Free and Easy</u>	19
<u>Mild Paste, Pataks</u>	70
<u>Milk Bottles</u>	59
<u>Milk Chocolate Almonds</u>	56
<u>Milk Chocolate Banana</u>	56
<u>Milk Chocolate Brazils</u>	56
<u>Milk Chocolate Cashews</u>	56
<u>Milk Chocolate Coated Confectionary</u>	55
<u>Milk Chocolate Drops</u>	52
<u>Milk Chocolate Ginger</u>	56
<u>Milk Chocolate Mini Eggs</u>	60
<u>Milk Chocolate Peanuts</u>	56
<u>Milk Chocolate Peanuts and Raisins</u>	56
<u>Milk Chocolate Raisins</u>	56
<u>Milk Chocolate Walnuts</u>	56
<u>Milk Chocolate Honeycomb Bites</u>	56
<u>Milk Powder, Skimmed</u>	52
<u>Millet Grain, Organic</u>	11
<u>Millet Grain</u>	42
<u>Mincemeat Vegetarian</u>	52
<u>Minor Figures</u>	67
<u>Mint</u>	79
<u>Mint Imperials</u>	60
<u>Mint, Organic</u>	25
<u>Mirabelle Plum Jam, St Dalfour</u>	72

<u>Mixed Beans</u>	39
<u>Mixed Beans, Biona</u>	17
<u>Mixed Beans, Essential</u>	18
<u>Mixed Herbs</u>	79
<u>Mixed Herbs, Organic</u>	25
<u>Mixed Nuts</u>	34
<u>Mixed Nuts and Raisins</u>	35
<u>Mixed Nuts and Raisins Deluxe, Organic</u>	7
<u>Mixed Nuts in Shell</u>	37
<u>Mixed Nuts Deluxe, Organic</u>	7
<u>Mixed Peel, Single Cut</u>	31
<u>Mixed Spice</u>	79
<u>Mixed Spice, Organic</u>	25
<u>Mixed Vine Fruit</u>	30
<u>Mixed Vine Fruit, Organic</u>	5
<u>Mixed Whole Peel</u>	31
<u>Molasses, Meridian, Organic</u>	19
<u>Moong Dall, Natco</u>	69
<u>Morning Foods</u>	67
<u>Muesli 15</u>	47
<u>Muesli Base</u>	47
<u>Muesli Base Deluxe</u>	47
<u>Muesli Base Wheat Free</u>	47
<u>Muesli Base, Organic</u>	14
<u>Mulled Wine Spice Sachets</u>	79
<u>Mung Beans</u>	40
<u>Mung Beans, Organic</u>	9
<u>Mustard Powder</u>	79
<u>Mustard Powder, Organic</u>	25
<u>Mustard Seed Brown</u>	79
<u>Mustard Seed Brown, Organic</u>	25
<u>Mustard Seed Yellow</u>	79
<u>Mustard Seed Yellow, Organic</u>	25
<u>Mustard Seeds</u>	79
<u>MWF Mueslis</u>	46
<u>MWF Packaging Materials</u>	67
<u>N</u>	
<u>Nairns</u>	69
<u>Natural Granules, Barleycup</u>	63
<u>Natural Powder, Barleycup</u>	63
<u>NatureFlex Bags</u>	69

<u>Nettle</u>	84
<u>Nettle Tea, Clipper</u>	17
<u>Nibbed Almonds</u>	33
<u>Nibbed Walnuts</u>	37
<u>Nigella Seeds (Black Onion Seeds)</u>	80
<u>Night Time Tea, Pukka</u>	20
<u>Noodles, Blue Dragon</u>	63
<u>Noodles, Koka</u>	66
<u>Nut Roast, Artisan Grains</u>	63
<u>Nutmeg</u>	79
<u>Nutmeg, Organic</u>	25
<u>Nutrifare, Organic</u>	19
<u>Nutrifare</u>	70
<u>Nutritional Yeast, Marigold</u>	67
<u>Nuts</u>	32
<u>Nuts in Shell</u>	37
<u>Nuts, Organic</u>	6
<u>O</u>	
<u>Oat Milk, Minor Figures</u>	67
<u>Oatbran</u>	44
<u>Oatbran, Organic</u>	14
<u>Oatcakes, Nairns</u>	69
<u>Oatly, Organic</u>	20
<u>Oatly</u>	70
<u>Oatmeal</u>	44
<u>Oatmeal, Organic</u>	13
<u>Oats Honey Toasted</u>	45
<u>Oats Malted Toasted</u>	45
<u>Olive Oil Soap, Sunita</u>	72
<u>Olive Oil, Hellenic</u>	66
<u>Omega Seed Blend, Organic</u>	8
<u>Onion Powder</u>	80
<u>Onion Seed</u>	80
<u>Onions Crispy Fried</u>	50
<u>Onions Kibbled</u>	50
<u>Onions Sliced</u>	50
<u>Opies, Organic</u>	20
<u>Opies</u>	70
<u>Orange and Ginger Jam, St Dalfour</u>	72
<u>Orange Marmalade, St Dalfour</u>	72
<u>Orange Peel</u>	31
<u>Oregano</u>	80
<u>Oregano, Organic</u>	25
<u>Organic Bran and Wheatgerm</u>	14

<u>Organic Branded</u>	17
<u>Organic Flakes and Cereals</u>	13
<u>Organic Flour</u>	15
<u>Organic Herbs and Spices</u>	23
<u>Organic Muesli</u>	14
<u>Organic Pasta</u>	15
<u>Organic Rice</u>	12
<u>Organic Sugar</u>	15
<u>Organic Textured Soya Protein</u>	15
<u>Oyster Sauce, Lee Kum Kee</u>	66
<u>P</u>	
<u>Palanquin</u>	70
<u>Paleskin Peanuts</u>	35
<u>Pallet Wrap</u>	69
<u>Panda</u>	70
<u>Papaya Diced</u>	30
<u>Paprika</u>	80
<u>Paprika Noble Sweet</u>	80
<u>Paprika Smoked</u>	80
<u>Paprika, Organic</u>	25
<u>Parsley</u>	80
<u>Parsley, Organic</u>	26
<u>Pasta Sauces, Zest</u>	72
<u>Pataks</u>	70
<u>Pea and Mint Soup, Free and Easy</u>	19
<u>Peach Halves</u>	31
<u>Peanut Butter Crunchy, Meridian, Organic</u>	19
<u>Peanut Butter Smooth, Meridian, Organic</u>	19
<u>Peanut Butter, Meridian</u>	67
<u>Peanut Free Muesli</u>	47
<u>Peanuts</u>	35
<u>Peanuts and Raisins</u>	36
<u>Peanuts Blanched</u>	35
<u>Peanuts Dry Roasted</u>	36
<u>Peanuts Honey Coated</u>	36
<u>Peanuts Paleskin</u>	35
<u>Peanuts Reskin</u>	36
<u>Peanuts Roasted and Salted</u>	36
<u>Peanuts Roasted in Shell</u>	36
<u>Pear Halves</u>	31
<u>Pearl Barley</u>	42
<u>Pearl Barley, Organic</u>	11
<u>Pearl River Bridge</u>	71

<u>Peas</u>	41
<u>Peas Green Split</u>	41
<u>Peas Yellow Split</u>	41
<u>Peas, Organic</u>	10
<u>Pecan and Maple Granola</u>	46
<u>Pecan Halves</u>	36
<u>Pecans in Shell</u>	37
<u>Peel Mixed</u>	31
<u>Penne Pasta, Organic</u>	15
<u>Pepper Black</u>	80
<u>Pepper Coarse Black</u>	80
<u>Pepper White</u>	81
<u>Peppercorn Mix</u>	81
<u>Peppercorns Black</u>	81
<u>Peppercorns Black, Organic</u>	26
<u>Peppercorns Green</u>	81
<u>Peppercorns Pink</u>	81
<u>Peppercorns Sichuan</u>	81
<u>Peppercorns White</u>	81
<u>Peppermint</u>	84
<u>Peppermint and Liquorice Tea, Pukka</u>	20
<u>Peppermint Tea, Clipper</u>	17
<u>Personal Care, Ecover</u>	65
<u>Pesto Sauce, Zest</u>	72
<u>Pickled Walnuts, Opies</u>	70
<u>Pickles, Pataks</u>	71
<u>Pickling Spice</u>	81
<u>Pineapple and Mango Jam, St Dalfour</u>	72
<u>Pineapple Diced</u>	31
<u>Pinenuts, Organic</u>	7
<u>Pink Peppercorns</u>	81
<u>Pint Pot Jellies</u>	60
<u>Pinto Beans</u>	40
<u>Pinto Beans, Organic</u>	9
<u>Piri Piri Seasoning</u>	82
<u>Pistachio Halva, Sunita</u>	72
<u>Pistachios R&amp;S In Shell</u>	37
<u>Pistachios Raw</u>	37
<u>Plain Chocolate Drops</u>	52
<u>Plain Halva with Honey, Sunita, Organic</u>	21
<u>Plain Soya Chunks</u>	50
<u>Plain Soya Mince</u>	50
<u>Plain White Flour, Doves Farm</u>	18
<u>Polenta</u>	48
<u>Polenta, Organic</u>	15

<u>Poly Bags</u>	67
<u>Pontefract Cakes</u>	60
<u>Popadoms, Natco</u>	69
<u>Popping Corn</u>	42
<u>Popping Corn, Organic</u>	11
<u>Poppy Seeds Blue</u>	82
<u>Poppy Seeds, Organic</u>	8
<u>Porridge Oats</u>	45
<u>Porridge Oats, Organic</u>	13
<u>Potato Flour</u>	48
<u>Prawn Crackers, Hong Mei</u>	66
<u>Profusion</u>	71
<u>Prunes</u>	31
<u>Prunes, Organic</u>	5
<u>Psyllium Husk Powder</u>	84
<u>Psyllium Husks</u>	84
<u>Pukka</u>	20
<u>Pumpkin Seeds</u>	38
<u>Pumpkin Seeds, Organic</u>	8
<u>Punjabi Masala Popadoms, Natco</u>	69
<u>Q</u>	
<u>Quick Yeast, Doves Farm</u>	64
<u>Quinoa</u>	42
<u>Quinoa Red</u>	43
<u>Quinoa White</u>	42
<u>Quinoa, Organic</u>	12
<u>R</u>	
<u>Raisin, Honey, Hazel and Almond Crunchy</u>	46
<u>Raisins</u>	32
<u>Raisins, Organic</u>	6
<u>Ras El Hanout</u>	82
<u>Raspberry Bars, Panda</u>	70
<u>Raspberry Jam, St Dalfour</u>	72
<u>Raspberry Leaf</u>	84
<u>Real Milk Chocolate Drops</u>	52
<u>Red Kidney Beans</u>	40
<u>Red Kidney Beans, Biona</u>	17
<u>Red Kidney Beans, Essential</u>	18
<u>Red Kidney Beans, Organic</u>	9
<u>Red Quinoa</u>	43
<u>Red Split Lentils</u>	40
<u>Red Split Lentils, Organic</u>	10
<u>Red Wine Vinegar, Aspall</u>	63

<u>Redbush Spiced Tea, Palanquin</u>	70
<u>Redskin Peanuts</u>	36
<u>Regular Muesli</u>	47
<u>Relax Tea, Pukka</u>	20
<u>Rhubard and Custard Wrapped - Pells</u>	58
<u>Rice</u>	43
<u>Rice Crackers</u>	54
<u>Rice Flour</u>	48
<u>Rice Flour, Natco</u>	69
<u>Rice, Organic</u>	12
<u>Rich Hoi Sin Sauce, Blue Dragon</u>	63
<u>Roasted and Salted Almonds</u>	33
<u>Roasted and Salted Broad Beans, Cypressa</u>	64
<u>Roasted and Salted Cashews</u>	34
<u>Roasted and Salted Peanuts</u>	36
<u>Roasted and Salted Pistachios</u>	37
<u>Roasted Blanched Hazelnuts</u>	34
<u>Roasted in Shell Peanuts</u>	36
<u>Rochester Ginger</u>	71
<u>Rogan Josh Paste, Pataks</u>	71
<u>Rooibos Tea, Tick Tock</u>	21
<u>Rooibosch Tea Bags, Eleven O'Clock</u>	18
<u>Rose Petals Red</u>	84
<u>Rose Water, Natco</u>	69
<u>Rosemary</u>	82
<u>Rosemary, Organic</u>	26
<u>Rum and Raisin Fudge</u>	59
<u>Rye Flakes, Organic</u>	13
<u>Rye Flour, Doves Farm</u>	18
<u>Rye Grain, Organic</u>	12
<u>S</u>	
<u>Saffron Strands</u>	82
<u>Sage</u>	82
<u>Sage and Onion Stuffing Mix</u>	51
<u>Sage, Organic</u>	26
<u>Salad Sprinkle</u>	38
<u>Salad Sprinkle, Organic</u>	8
<u>Salt</u>	49
<u>Sauerkraut, Essential</u>	18
<u>Savoury Snacks</u>	54

<u>Sea Salt</u>	49
<u>Sea Salt Coarse</u>	49
<u>Sea Salt Fine</u>	49
<u>Seaweed Peanuts</u>	55
<u>Seeds</u>	37
<u>Seeds, Organic</u>	8
<u>Self-Raising White Flour, Doves Farm</u>	18
<u>Sellotape</u>	69
<u>Semolina</u>	49
<u>Sesame Oil, Blue Dragon</u>	64
<u>Sesame Seeds, Organic</u>	9
<u>Sesame Snaps</u>	71
<u>Sherbet Lemons - Pells</u>	58
<u>Shipton Mill</u>	21
<u>Short Grain Brown Rice</u>	44
<u>Short Grain Brown Rice, Organic</u>	13
<u>Short Grain White Rice</u>	44
<u>Sichuan Peppercorns</u>	81
<u>Sleep Easy Tea, Clipper</u>	17
<u>Slippery Elm Powder</u>	84
<u>Smoked Almonds</u>	33
<u>Snacks and Sweets</u>	54
<u>Snacks, Cypressa</u>	64
<u>Soap, Sunita</u>	72
<u>Soft Dark Brown Sugar</u>	49
<u>Soft Light Brown Sugar</u>	50
<u>Soup Mix</u>	41
<u>Soup Mix, Organic</u>	10
<u>Soup Mixes and Bouillon</u>	50
<u>Soup, Free and Easy</u>	19
<u>Sour Blue Raspberry Bon Bons</u>	59
<u>Soy Sauce, Pearl River Bridge</u>	71
<u>Soya Alternative to Milk - Bonsoy</u>	64
<u>Soya Beans, Organic</u>	9
<u>Soya Chunks</u>	50
<u>Soya Flour</u>	48
<u>Soya Mince</u>	50
<u>Sparkling Drinks, Whole Earth</u>	22
<u>Spearmint Tea, Palanquin</u>	70
<u>Speciality Tea - Bags, Clipper</u>	17
<u>Spelt Flour, Shipton Mill</u>	21
<u>Spelt Grain, Organic</u>	12
<u>Spiced Tea, Palanquin</u>	70

<u>Spicy Curry Sauce, Cook Brand</u>	64
<u>Squid Brand</u>	72
<u>St Dalfour</u>	72
<u>Star Anise</u>	82
<u>Star Anise, Organic</u>	26
<u>Stem Ginger Balls, Opies</u>	70
<u>Stem Ginger Shavings in Syrup, Kai</u>	66
<u>Stock Cubes, Kallo</u>	19
<u>Strawberry and Banana Crunch</u>	46
<u>Strawberry Bon Bons - Bristows</u>	59
<u>Strawberry Bon Bons - Kingsway</u>	58
<u>Strawberry Freeze Dried</u>	32
<u>Strawberry Jam, St Dalfour</u>	72
<u>Strawberry Muesli</u>	47
<u>Strong White Flour, Doves Farm</u>	18
<u>Strong Wholewheat Flour, Shipton Mill</u>	21
<u>Sugar</u>	49
<u>Sugar Caster</u>	49
<u>Sugar Demerrara</u>	49
<u>Sugar Free Sweets</u>	61
<u>Sugar Granulated</u>	49
<u>Sugar Icing</u>	49
<u>Sugar, Billingtons</u>	63
<u>Sugar, Organic</u>	15
<u>Sultanas</u>	32
<u>Sultanas, Organic</u>	6
<u>Sundried Tomatoes, Organic</u>	6
<u>Sunflower Seeds</u>	38
<u>Sunflower Seeds, Organic</u>	9
<u>Sunita, Organic</u>	21
<u>Sunita</u>	72
<u>Super Deluxe Muesli</u>	48
<u>Super Rich Muesli, Organic</u>	14
<u>Superfoods, Nutrifare</u>	19
<u>Sweet Chilli Dipping Sauce, Blue Dragon</u>	63
<u>Sweet Chilli Sauce, Mae Ploy</u>	67
<u>Sweet Mango Chutney, Ferns</u>	66

<u>Sweet Potato and Chia Seed Soup, Free and Easy</u>	19
<u>Sweetcorn, Biona</u>	17
<u>Sweets</u>	58
<u>T</u>	
<u>Tahini, Meridian</u>	67
<u>Tahini, Sunita, Organic</u>	21
<u>Tahini, Sunita</u>	72
<u>Tamarind</u>	82
<u>Tandoor Paste, Pataks</u>	71
<u>Tapioca Seeds, Sago</u>	38
<u>Tarragon Leaves</u>	82
<u>Tea, Clipper, Organic</u>	17
<u>Tea, Palanquin</u>	70
<u>Tea, Pukka</u>	20
<u>Tea, Tick Tock</u>	21
<u>Teddy Bear Jellies</u>	60
<u>Teddy Bear Jellies Sugar Free</u>	61
<u>Tempura Batter Mix, Blue Dragon</u>	64
<u>Textured Soya Protein</u>	50
<u>Thai 7 Spice</u>	82
<u>Thai Fish Sauce, Blue Dragon</u>	63
<u>Thai Green Curry Paste, Blue Dragon</u>	63
<u>Thai Red Curry Paste, Blue Dragon</u>	63
<u>Thompson Raisins</u>	32
<u>Three Bean Chilli, Free and Easy</u>	19
<u>Three Chamomile Tea, Pukka</u>	20
<u>Three Cinnamon Tea, Pukka</u>	20
<u>Three Fennel Tea, Pukka</u>	20
<u>Three Ginger Tea, Pukka</u>	20
<u>Three Licorice Tea, Pukka</u>	20
<u>Three Mint Tea, Pukka</u>	20
<u>Thyme</u>	83
<u>Thyme, Organic</u>	26
<u>Tick Tock</u>	21
<u>Tikka Masal Paste, Pataks</u>	70
<u>Tinned Ready Meals, Free and Easy</u>	19
<u>Toasted Coconut Chip</u>	34
<u>Toasted Oat Clusters</u>	46

<u>Toffee Bon Bons - Bristows</u>	58
<u>Toffee Bon Bons - Kingsway</u>	59
<u>Toffee Crumble</u>	61
<u>Toilet Cleaner, Ecover</u>	65
<u>Toilet Rolls, Ecolife</u>	64
<u>Tomato Products, Essential</u>	18
<u>Tomato Soup, Free and Easy</u>	19
<u>Toothpaste, Kingfisher</u>	66
<u>Traditional Confectionary</u>	58
<u>Traditional Desserts</u>	48
<u>Trail Mix</u>	54
<u>Tropical Mix</u>	54
<u>Tulsi Clarity Tea, Pukka</u>	20
<u>Turmeric</u>	83
<u>Turmeric, Organic</u>	26
<u>Twin Cherries</u>	60
<u>V</u>	
<u>Vanilla Chai, Pukka</u>	20
<u>Vanilla Fudge</u>	59
<u>Vanilla Pods</u>	83
<u>Vegan Bouillon</u>	50
<u>Vegan Pesto, Zest</u>	72
<u>Vegetable Balti, Free and Easy</u>	19
<u>Vegetable Bouillon</u>	51
<u>Vegetable Bouillon Low Salt, Marigold</u>	67
<u>Vegetable Bouillon, Marigold, Organic</u>	19
<u>Vegetable Bouillon, Marigold</u>	67
<u>Vegetable Suet</u>	52
<u>Vegetarian Mincemeat</u>	52
<u>Vegetarian Stuffing Mixes</u>	51
<u>Vindaloo Paste, Ferns</u>	66
<u>Vindaloo Paste, Pataks</u>	71
<u>Vine Leaves Stuffed, Cypressa</u>	64
<u>Vinegar, Aspall, Organic</u>	17
<u>Vinegar, Aspall</u>	63
<u>Vinegar, Sterling</u>	72
<u>Vitamin C Powder, Nutrifare</u>	70
<u>W</u>	
<u>Wainwrights</u>	21

<u>Walnut Halves and Pieces</u>	37
<u>Walnut Halves Californian</u>	37
<u>Walnut Halves Chinese</u>	37
<u>Walnuts in Shell</u>	37
<u>Walnuts Nibbed</u>	37
<u>Walnuts, Organic</u>	7
<u>Wasabi Coated Peanuts</u>	55
<u>Wasabi Green Peas</u>	55
<u>Washing up Liquid, Ecover</u>	65
<u>Wheat Flakes</u>	45
<u>Wheat Flakes Toasted</u>	45
<u>Wheat Flakes, Organic</u>	13
<u>Wheat Free Fruit and Nut Muesli</u>	48
<u>Wheat Free Fruity Muesli, Organic</u>	14
<u>Wheat Free Muesli, Organic</u>	14
<u>Wheat Grain</u>	12
<u>Wheat Grass Powder, Nutrifare</u>	20
<u>Wheatbran</u>	45
<u>Wheatbran, Organic</u>	14
<u>Wheatgerm, Organic</u>	14
<u>White Basmati</u>	43
<u>White Basmati, Organic</u>	12
<u>White Breadcrumbs</u>	51
<u>White Chocolate Coated Confectionary</u>	58
<u>White Chocolate Drops</u>	52
<u>White Chocolate Raisins</u>	58
<u>White Peppercorns</u>	81
<u>White Quinoa</u>	42
<u>White Risotto Rice, Organic</u>	12
<u>White Spelt Flour, Sipton Mill</u>	21
<u>White Wine Vinegar, Aspall</u>	17
<u>Whole Brazil Nuts</u>	33
<u>Whole Cashews</u>	33
<u>Whole Cloves, Organic</u>	24
<u>Whole Earth</u>	22
<u>Whole Lemon Peel</u>	31
<u>Whole Orange Peel</u>	31
<u>Whole Raw Hazelnuts</u>	34
<u>Wholemeal Spelt Flour, Sipton Mill</u>	21

<u>Wild Blueberry, St Dalfour</u>	72
<u>Wild Rice</u>	44
<u>Wine Gums</u>	60
<u>Winter Mixture - Pells</u>	58
<u>Worcester Sauce, Biona</u>	17
<u>X</u>	
<u>Xanthum Gum, Nutrifare</u>	70
<u>Y</u>	
<u>Yellow Bellies Jellies</u>	60
<u>Yellow Mustard Seeds</u>	79
<u>Yellow Split Peas</u>	41
<u>Yellow Split Peas, Organic</u>	11
<u>Yogurt Almonds</u>	57
<u>Yogurt Banana Chips</u>	57
<u>Yogurt Brazils</u>	57
<u>Yogurt Cashews</u>	57
<u>Yogurt Coated Confectionary</u>	57
<u>Yogurt Coated Sesame Snaps</u>	72
<u>Yogurt Cranberries</u>	57
<u>Yogurt Fruit and Nut Mix</u>	63
<u>Yogurt Ginger</u>	57
<u>Yogurt Honeycomb</u>	57
<u>Yogurt Peanuts</u>	58
<u>Yogurt Peanuts and Raisins</u>	58
<u>Yogurt Raisins</u>	58
<u>Z</u>	
<u>Zambian Forest Honey, Wainwrights</u>	21
<u>Zero Fragrance Washing Products, Ecover</u>	65
<u>Zest</u>	72

# 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](http://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](http://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 £150**

**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 £300 + 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

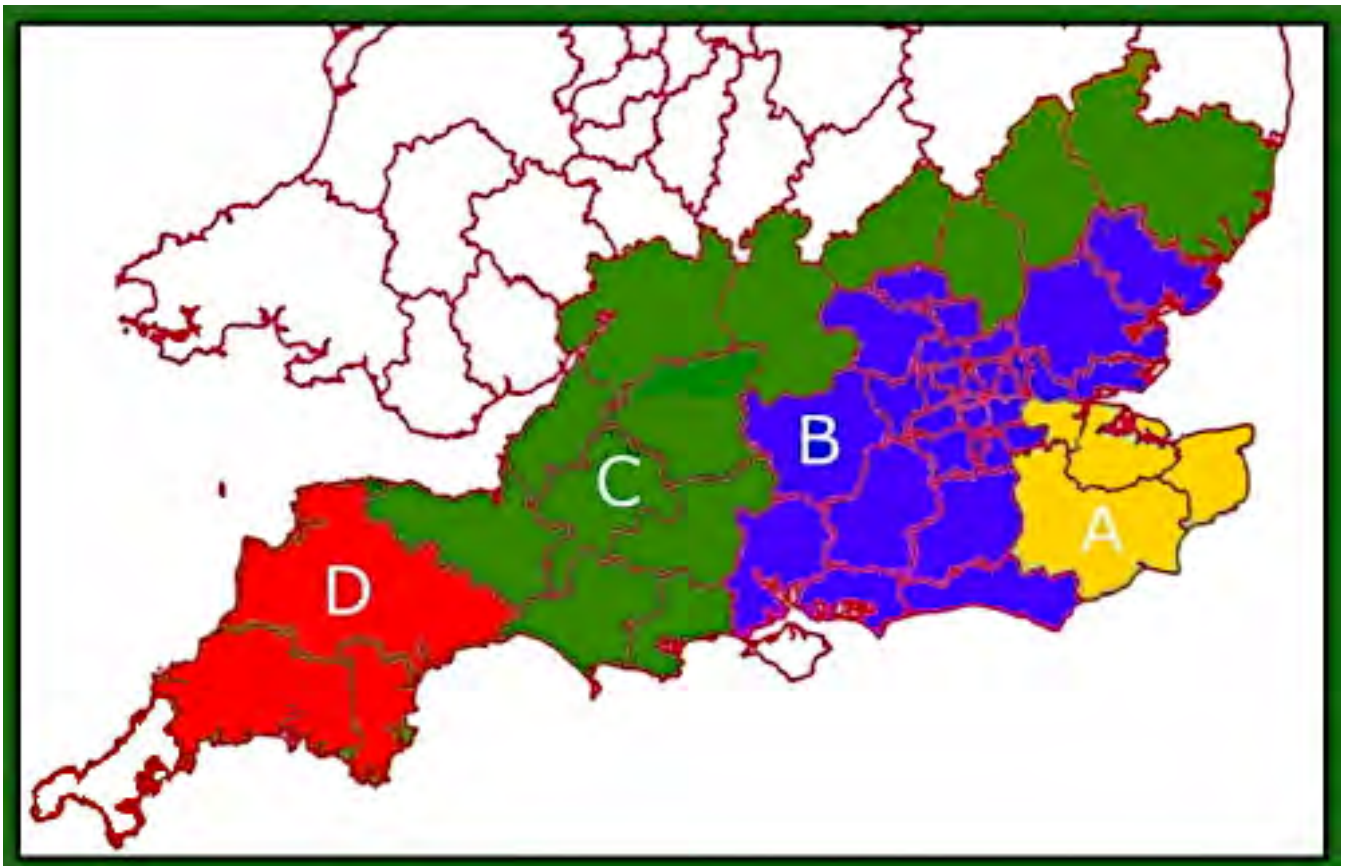
Area C - £250  
minimum order

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**