

April - June 2025



**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 April-June 2025 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, on 01843 604601

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).

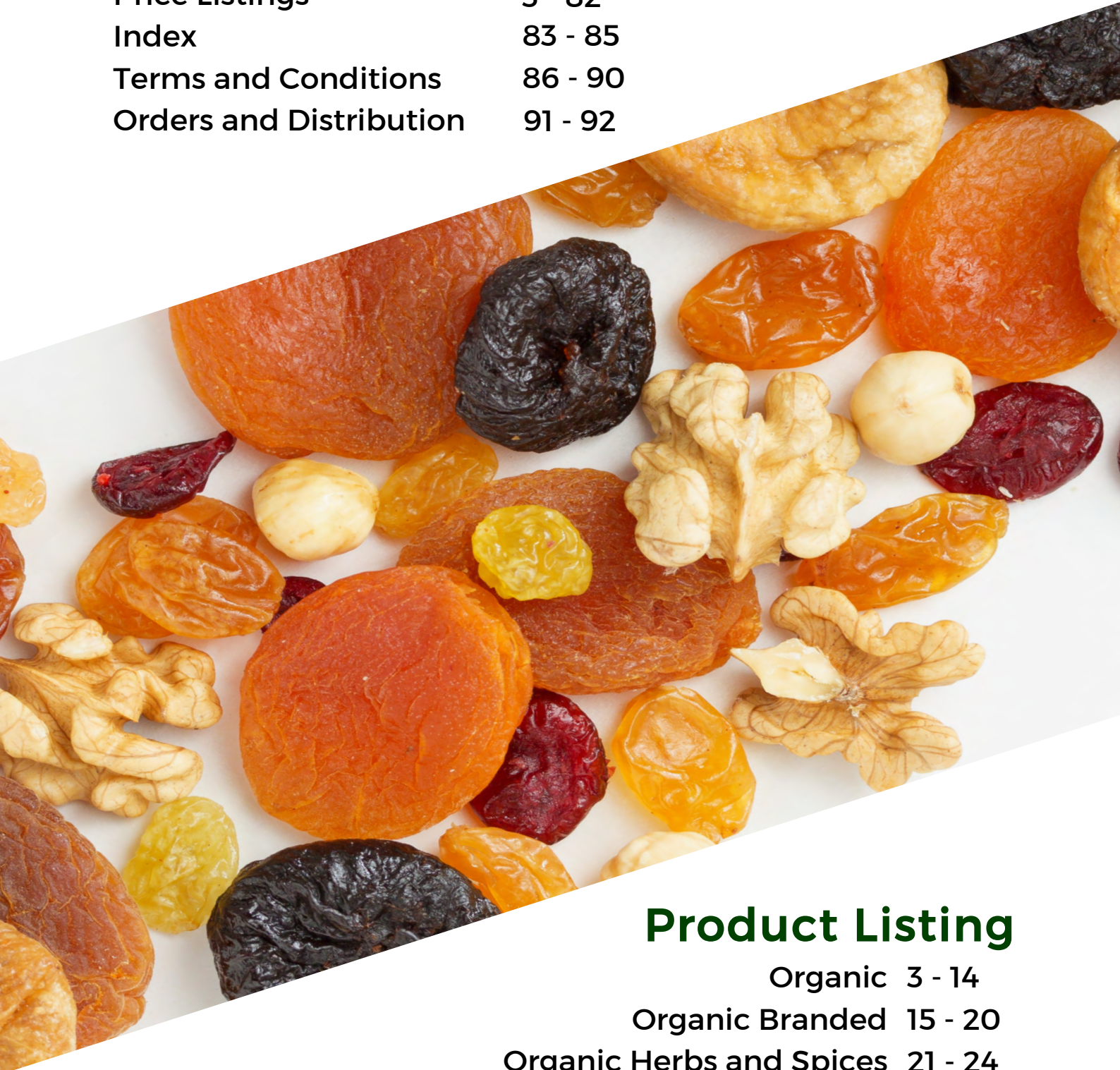
We look forward to hearing from you.



Units 5, 6 and 7 Northdown Industrial Park,  
St Peters, Broadstairs, Kent CT10 3JP

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

Order Boxes

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

## Pricelist Key

Price Increase ↑

Price Decrease ↓

V - Carries VAT

Star - New Product ★

RSP - Recommended Selling Price

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





# 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	10kg	£136.00	↓	£13.60		15711													
Turkey	1x5kg	£83.80	↑	£16.76		15712													
	1x3kg	£51.76	↑	£17.25		15713													
	1x1kg	£17.72	↑	RSP	£24.81	15716													
	10x500g	£95.60	↑	RSP	£13.38	15717													
	10x250g	£53.80	↑	RSP	£7.53	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	£35.23	↑	£5.18		15791													
Philippines	1x3kg	£20.59	↑	£6.86		15793													
	10x250g	£27.83	↑	RSP	£3.90	15798													
	10x125g	£18.91	↑	RSP	£2.65	15799													
CRANBERRIES SLICED	11.34kg	£106.04	↑	£9.35		13381													
Various	1x3kg	£33.97	↑	£11.32		13382													
	10x200g	£33.98	↑	RSP	£4.76	13387													
CURRANTS	12.5kg	£73.38		£5.87		15731													
Greece	1x5kg	£35.56	↑	£7.11		15732													
	1x3kg	£22.82	↑	£7.61		15733													
	10x500g	£46.36	↑	RSP	£6.49	15738													
DATES PITTED DEGLET NOIR	10kg	£54.82	↑	£5.48		15741													
Tunisia	1x3kg	£21.22	↑	£7.07		15742													
	1x1kg	£7.54	↑	RSP	£10.56	15746													
	10x500g	£44.70	↑	RSP	£6.26	15747													
	10x250g	£25.35	↑	RSP	£3.55	15748													
DATES CHOPPED	1x12.5kg	£52.28	↓	£4.18		15751													
Pakistan	1x3kg	£17.39	↓	£5.80		15753													
	10x500g	£38.33	↓	RSP	£5.37	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	£275.51	↑	£13.78		15601													
Burkina Faso	1x1kg	£16.52	↑	RSP	£23.12	15603													
	10x100g	£26.72	↑	RSP	£3.74	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											
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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											
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SUN DRIED TOMATO HALVES	10kg	£109.58		£10.96		21191											
Turkey	1x5kg	£61.53		£12.31		21192											
	1x3kg	£38.36		£12.79		21193											
	10x200g	£35.97		RSP	£5.04	21198											

## ORGANIC NUTS

ALMONDS WHOLE	10kg	£109.48	↓	£10.95		16091											
Italy	1x5kg	£62.69	↓	£12.54		16093											
	1x3kg	£39.09	↓	£13.03		16092											
	1x1kg	£13.50	↓	RSP	£18.90	16096											
	10x500g	£74.49	↓	RSP	£10.43	16097											
	10x250g	£43.25	↓	RSP	£6.05	16098											
	10x150g	£29.55	↓	RSP	£4.14	16099											
	<hr/>																
ALMONDS BLANCHED	10kg	£130.30	↓	£13.03		16011											
Spain	1x5kg	£73.83	↓	£14.77		16012											
	1x3kg	£45.78	↓	£15.26		16013											
	10x250g	£48.82	↓	RSP	£6.83	16018											
	<hr/>																
ALMONDS FLAKED	10kg	£134.12	↓	£13.41		16021											
Spain	1x5kg	£75.86	↓	£15.17		16022											
	1x3kg	£47.00	↓	£15.67		16023											
	1x1kg	£16.13	↓	RSP	£22.58	16026											
	10x250g	£49.83	↓	RSP	£6.98	16028											
	<hr/>																
ALMONDS GROUND	10kg	£122.82	↓	£12.28		16031											
Spain	1x5kg	£69.82	↓	£13.96		16032											
	1x3kg	£43.37	↓	£14.46		16033											
	10x250g	£46.81	↓	RSP	£6.55	16038											
	10x125g	£28.40	↓	RSP	£3.98	16039											
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BRAZILS WHOLE	20kg	£293.88	↑	£14.69		16041											
Various	1x5kg	£82.69	↑	£16.54		16042											
	1x3kg	£51.10	↑	£17.03		16043											
	1x1kg	£17.50	↑	RSP	£24.50	16046											
	10x500g	£94.49	↑	RSP	£13.23	16047											
	10x250g	£53.24	↑	RSP	£7.45	16048											
	10x125g	£30.62	↑	RSP	£4.29	16049											
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CASHEWS WHOLE	22.68kg	£278.82	↓	£12.29		16051											
Various	1x5kg	£69.87	↓	£13.97		16052											
	1x3kg	£43.40	↓	£14.47		16053											
	1x1kg	£14.93	↓	RSP	£20.91	16056											
	10x500g	£81.67	↓	RSP	£11.43	16057											
	10x250g	£46.84	↓	RSP	£6.56	16058											
	10x125g	£28.42	↓	RSP	£3.98	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												
COCONUT DESICCATED	25kg	£131.21	↑	£5.25	16071												
Sri Lanka / Philippines	1x5kg	£32.21	↑	£6.44	16072												
	1x3kg	£20.81	↑	£6.94	16073												
	1x1kg	£7.40	↑	RSP £10.36	16076												
	10x500g	£44.01	↑	RSP £6.16	16077												
	10x250g	£28.01	↑	RSP £3.92	16078												
	10x125g	£19.00	↑	RSP £2.66	16079												
	COCONUT CHIP RAW	10kg	£72.12	↑	£7.21	16871											
Sri Lanka / Philippines	1x5kg	£42.66	↑	£8.53	16872												
	1x3kg	£27.08	↑	£9.03	16873												
	10x500g	£54.46	↑	RSP £7.62	16877												
	10x250g	£33.23	↑	RSP £4.65	16878												
	10x125g	£21.61	↑	RSP £3.03	16879												
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												
HAZELNUTS	25kg	£372.31	↓	£14.89	16261												
Turkey	1x5kg	£83.79	↓	£16.76	16263												
	1x3kg	£51.75	↓	£17.25	16262												
	1x1kg	£17.72	↓	RSP £24.80	16266												
	10x250g	£53.79	↓	RSP £7.53	16268												
	10x150g	£35.88	↓	RSP £5.02	16269												
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												
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												
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												
WALNUT PIECES	10kg	£91.54	↑	£9.15	16501												
Moldova	1x3kg	£33.35	↑	£11.12	16503												
	1x1kg	£11.58	↑	RSP £16.22	16506												
	10x500g	£64.92	↑	RSP £9.09	16507												
	10x250g	£38.46	↑	RSP £5.38	16508												
	10x125g	£24.23	↑	RSP £3.39	16509												



## ORGANIC SEEDS

HEMP SEEDS Various	25kg	£115.95		£4.64		18521											
	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											
LINSEED BROWN - Flax Seed Various	25kg	£74.64	↑	£2.99		16851											
	1x5kg	£20.11	↑	£4.02		16852											
	1x3kg	£13.55	↑	£4.52		16853											
	1x1kg	£4.98	↑	RSP	£6.98	16856											
	10x500g	£30.91	↑	RSP	£4.33	16857											
	10x250g	£20.96	↑	RSP	£2.93	16858											
LINSEED GOLDEN - Flax Seed Various	25kg	£81.24	↑	£3.25		16581											
	1x5kg	£21.49	↑	£4.30		16582											
	1x3kg	£14.37	↑	£4.79		16583											
	1x1kg	£5.26	↑	RSP	£7.36	16586											
	10x500g	£32.29	↑	RSP	£4.52	16587											
	10x250g	£21.64	↑	RSP	£3.03	16588											
OMEGA 5-SEED BLEND Various	1x10kg	£47.80		£4.78		18561											
	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											
OMEGA 4-SEED BLEND (No Hemp Seed) Various	1x10kg	£45.14		£4.51		18581											
	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											
POPPY SEED Turkey	25kg	£216.14	↓	£8.65		18591											
	1x5kg	£50.39	↓	£10.08		18592											
	1x3kg	£31.71	↓	£10.57		18593											
	5x250g	£18.55	↓	RSP	£5.19	18597											
	6x100g	£12.74	↓	RSP	£2.97	18598											
PUMPKIN SEED China	25kg	£162.63		£6.50		16591											
	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											
SALAD SPRINKLE [Sunflower Seeds, Pumpkin Seeds, Pinenuts]	1x10kg	£65.70		£6.57		18101											
	1x5kg	£37.05		£7.41		18102											
	1x3kg	£23.71		£7.90		18103											
	10x250g	£30.42		RSP	£4.26	18107											
SESAME SEED NATURAL Various	25kg	£116.15	↑	£4.65		16641											
	1x5kg	£28.82	↑	£5.76		16642											
	1x3kg	£18.77	↑	£6.26		16643											
	1x1kg	£6.72	↑	RSP	£9.41	16646											
	10x500g	£40.62	↑	RSP	£5.69	16647											
	10x250g	£26.31	↑	RSP	£3.68	16648											
	10x125g	£18.16	↑	RSP	£2.54	16649											

## ORGANIC SEEDS (Cont.)

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	£90.25	↑	£3.61		17191											
Ethiopia	1x10kg	£42.94	↑	£4.29		17192											
	1x5kg	£23.47	↑	£4.69		17193											
	1x3kg	£15.56	↑	£5.19		17194											
	10x500g	£34.27	↑	RSP	£4.80	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											
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	£55.74	↑	£2.23	17841												
Turkey	1x10kg	£28.18	↑	£2.82	17842												
	1x5kg	£16.08	↑	£3.22	17843												
	1x3kg	£11.13	↑	£3.71	17844												
	10x500g	£26.88	↑	RSP	£3.76	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	£67.21	↓	£2.69	17351												
Turkey	1x10kg	£33.07	↓	£3.31	17352												
	1x5kg	£18.53	↓	£3.71	17353												
	1x3kg	£12.60	↓	£4.20	17354												
	10x500g	£30.33	↓	RSP	£4.25	17358											

RED SPLIT	25 kg	£57.11	↑	£2.28	17361												
Turkey	1x10kg	£29.49	↑	£2.95	17362												
	1x5kg	£16.75	↑	£3.35	17363												
	1x3kg	£11.53	↑	£3.84	17364												
	1x1kg	£4.21	↑	RSP	£5.89	17367											
	10x500g	£27.55	↑	RSP	£3.86	17368											
	10x250g	£19.27	↑	RSP	£2.70	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	£62.46	↑	£2.50	17371												
Italy	1x10kg	£31.11	↑	£3.11	17372												
	1x5kg	£17.55	↑	£3.51	17373												
	1x3kg	£12.01	↑	£4.00	17374												
	1x1kg	£4.37	↑	RSP	£6.12	17377											
	10x500g	£28.35	↑	RSP	£3.97	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											

YELLOW SPLIT	25 kg	£68.96	↑	£2.76	17381												
Various	1x10kg	£33.81	↑	£3.38	17382												
	1x5kg	£18.90	↑	£3.78	17383												
	1x3kg	£12.81	↑	£4.27	17384												
	1x1kg	£4.74	↑	RSP	£6.64	17387											
	10x500g	£30.70	↑	RSP	£4.30	17388											

## GRAINS ORGANIC

BUCKWHEAT RAW	25 kg	£81.97	↑	£3.28	17731												
China	1x10kg	£39.37	↑	£3.94	17732												
	1x5kg	£21.69	↑	£4.34	17733												
	1x3kg	£14.49	↑	£4.83	17735												
	1x1kg	£5.30	↑	RSP	£7.42	17737											
	10x500g	£32.49	↑	RSP	£4.55	17738											



## GRAINS ORGANIC (Cont.)

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	£60.99	↑	£2.44		17741											
Turkey	1x10kg	£30.40	↑	£3.04		17742											
	1x5kg	£17.20	↑	£3.44		17743											
	1x3kg	£11.80	↑	£3.93		17744											
	10x500g	£28.00	↑	RSP	£3.92	17748											
	-----																
COUSCOUS WHOLEWHEAT	25 kg	£59.77	↓	£2.39		17751											
Italy	1x10kg	£29.10	↓	£2.91		17752											
	1x5kg	£16.55	↓	£3.31		17753											
	1x3kg	£11.41	↓	£3.80		17754											
	1x1kg	£4.27	↓	RSP	£5.98	17757											
	10x500g	£27.35	↓	RSP	£3.83	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	£52.63	↑	£2.11		17781											
Turkey	1x10kg	£26.84	↑	£2.68		17782											
	1x5kg	£15.42	↑	£3.08		17783											
	1x3kg	£10.73	↑	£3.58		17784											
	10x500g	£26.22	↑	RSP	£3.67	17788											
	-----																
QUINOA	25 kg	£133.96	↑	£5.36		17691											
Various	1x10kg	£61.61	↑	£6.16		17692											
	1x5kg	£32.80	↑	£6.56		17693											
	1x3kg	£21.16	↑	£7.05		17694											
	1x1kg	£7.52	↑	RSP	£10.53	17697											
	10x500g	£43.60	↑	RSP	£6.10	17698											
	10x250g	£27.30	↑	RSP	£3.82	17699											
	-----																
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											

## GRAINS ORGANIC (Cont.)

SPELT GRAIN U.K. / EU	25 kg	£77.02		£3.08		18551											
	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											

WHEAT GRAIN Various	25 kg	£33.28		£1.33		17771											
	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											

## RICE ORGANIC

BASMATI BROWN India/Pakistan	25 kg	£79.37		£3.17		16771											
	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											

BASMATI WHITE Pakistan	25 kg	£85.73		£3.43		17961											
	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											

LONG GRAIN BROWN Italy	20 kg	£64.37		£3.22		18791											
	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											

RISOTTO WHITE [Arborio] Italy	25 kg	£156.83	↑	£6.27		18851											
	1x10kg	£71.46	↓	£7.15		18852											
	1x5kg	£37.73	↓	£7.55		18853											
	1x3kg	£24.12	↓	£8.04		18855											
	1x1kg	£8.41	↓	RSP	£11.77	18857											
	10x500g	£48.53	↓	RSP	£6.79	18858											

SHORT GRAIN BROWN Italy	25 kg	£78.43		£3.14		18811											
	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 U.K.	20 kg	£37.50	↑	£1.88		20191											
	1x5kg	£14.17	↑	£2.83		20192											
	1x3kg	£9.98	↑	£3.33		20193											
	1x1kg	£3.69	↑	RSP	£5.17	20198											
	10x500g	£24.97	↑	RSP	£3.50	20199											

## ORGANIC FLAKES & CEREALS (Cont.)

BRAN FLAKES MALTED Denmark	10 kg	£52.91 ↑		£5.29		20161											
	1x5kg	£32.32 ↑		£6.46		20162											
	1x3kg	£20.87 ↑		£6.96		20163											
	10x500g	£43.12 ↑		RSP	£6.04	20168											
BUCKWHEAT FLAKES China	15 kg	£74.40		£4.96		17881											
	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 U.K.	25 kg	£35.35		£1.41		20041											
	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 U.K.	25 kg	£35.35		£1.41		19941											
	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 U.K.	25 kg	£35.35		£1.41		19951											
	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 U.K.	25 kg	£35.35		£1.41		20021											
	1x5kg	£8.87		£1.77		20022											
	1x3kg	£5.84		RSP	£8.18	20023											
	1x2kg	£4.23		RSP	£5.92	20027											
	1x1kg	£2.16		RSP	£3.03	20028											
	10x500g	£12.57		RSP	£1.76	20029											
RYE FLAKES U.K.	20 kg	£37.16		£1.86		20441											
	1x5kg	£14.13		£2.83		20442											
	1x3kg	£9.96		£3.32		20443											
	10x500g	£24.93		RSP	£3.49	20449											
WHEAT FLAKES U.K.	20 kg	£36.28		£1.81		20421											
	1x5kg	£13.82		£2.76		20422											
	1x3kg	£9.77		£3.26		20423											
	10x500g	£24.62		RSP	£3.45	20429											
WHEAT FLAKES TOASTED U.K.	12.5 kg	£46.36		£3.71		19911											
	1x5kg	£23.92		£4.78		19912											
	1x3kg	£15.79		£5.26		19913											
	10x500g	£34.82		RSP	£4.87	19919											
<b>ORGANIC BRAN &amp; WHEATGERM</b>																	
OATBRAN U.K.	25 kg	£42.63		£1.71		19921											
	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											



### ORGANIC BRAN & WHEATGERM (Cont.)

WHEATBRAN	10 kg	£17.75	↑	£1.78	20451												
Various	1x5kg	£13.36	↑	£2.67	20452												
	1x3kg	£9.45	↑	£3.15	20456												
	10x500g	£23.26	↑	RSP	£3.26 20458												
WHEATGERM [Shipton Mill]	20 kg	£35.75	↑	£1.79	20581												
Various	1x5kg	£13.64	↑	£2.73	20582												
	1x3kg	£9.62	↑	£3.21	20583												
	10x500g	£23.54	↑	RSP	£3.30 20588												
	10x250g	£16.76	↑	RSP	£2.35 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 FLOUR-See also Doves Farm & Shipton Mill

BUCKWHEAT FLOUR	25 kg	£123.35		£4.93	20731												
China	1x5kg	£30.02		£6.00	20732												
	1x3kg	£19.49		£6.50	20733												
	10x500g	£41.82		RSP	£5.85 20739												
CAROB POWDER	25 kg	£223.46	↑	£8.94	27451												
Italy	1x3kg	£32.10	↑	£10.70	27453												
	10x500g	£61.82	↑	RSP	£8.65 27457												
	10x250g	£36.40	↑	RSP	£5.10 27458												





# Organic

Branded





## "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	£18.90	↑	RSP	£4.20	56695											
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## "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	£7.92	↑	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	£8.53	↓	RSP	£1.90	50723											
CREAMED COCONUT	6x200g	£10.80	↑	RSP	£2.40	50728											
SAUERKRAUT	6x360g	£8.96		RSP	£1.99	54034											
TINNED TOMATOES WHOLE	12x400g	£12.13	↓	RSP	£1.35	54016											
TINNED CHERRY TOMATOES WHOLE	12x400g	£16.15	↓	RSP	£1.79	54036											
TINNED TOMATOES CHOPPED	12x400g	£12.24	↑	RSP	£1.36	54017											
TOMATO PUREE TUBES	12x130g	£14.04	↓	RSP	£1.56	54021											
VIRGIN COCONUT OIL	6x210ml	£16.87		RSP	£3.75	61001											

### TINNED BEANS

BAKED BEANS	6x400g	£6.99	↓	RSP	£1.55	67180											
BLACK BEANS	6x400g	£5.40		RSP	£1.20	67312											
BORLOTTI BEANS	6x400g	£5.82	↓	RSP	£1.29	67313											
BUTTER BEANS	6x400g	£6.54	↑	RSP	£1.45	67181											
CANNELLINI BEANS	6x400g	£5.38	↓	RSP	£1.20	13209											
CHICK PEAS	6x400g	£5.64	↑	RSP	£1.25	67182											
DARK SPECKLED PUY-TYPE LENTILS	6x400g	£5.38	↓	RSP	£1.20	67183											
MIXED BEANS	6x400g	£5.37	↓	RSP	£1.19	67118											
RED KIDNEY BEANS	6x400g	£6.30	↑	RSP	£1.40	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	£22.95	↓	RSP	£2.04	38696											
VEGETABLE	15x6	£22.50	↑	RSP	£2.00	38661											

## "MALDON"

SMOKED SEA SALT	12x125g	£24.64		RSP	£2.72	20936											
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## "MARIGOLD"

SWISS VEGETABLE BOUILLON	1x2kg	£17.63		RSP	£23.50	38777											
	6x150g	£11.48		RSP	£2.55	38775											
SWISS VEGETABLE BOUILLON REDUCED SALT	6x140g	£11.66		RSP	£2.59	38765											
GRAVY MIX	6x110g	£11.92	↑	RSP	£2.65	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	£20.22	↑	RSP	£4.49	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											
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											

### "NUTRIFARE" (Cont.)

COCONUT PALM SUGAR	20kg	£126.58 ↓	£6.33		79411												
Indonesia	1x1kg	£8.13 ↑	RSP	£11.38	79415												
	10x500g	£46.64 ↑	RSP	£6.53	79416												
	10x250g	£28.82 ↑	RSP	£4.04	79417												
	10x100g	£17.33 ↑	RSP	£2.43	79418												
	10x50g	£12.16 ↑	RSP	£1.70	79419												
HEMP PROTEIN POWDER	20kg	£238.80	£11.94		79281												
E.U.	1x1kg	£12.94	RSP	£18.12	79286												
	6x500g	£41.82	RSP	£9.76	79287												
WHEAT GRASS POWDER	20kg	£338.64	£16.93		79261												
Germany	1x1kg	£18.53	RSP	£25.94	79265												
	10x250g	£54.33	RSP	£7.61	79268												
	10x100g	£26.93	RSP	£3.77	79269												

### "OATLY"

OAT DRINK	6x1lt	£9.60	RSP	£2.13	55671												
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### "OPIES"

CAPERS	6x180g	£10.64	RSP	£2.36	68201												
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### "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												
<b>HERBAL TEA</b>																	
ELEGANT ENGLISH BREAKFAST	4x20bag	£14.85	RSP	£4.95	67264												
GORGEOUS EARL GREY	4x20bag	£14.85	RSP	£4.95	67265												

### "SANCHI"

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



### "SHIPTON MILL" ORGANIC FLOUR

BROWN RICE FLOUR	16 kg	£48.52	↑	£3.03	17821												
MWF Pack	1x10kg	£34.23	↑	£3.42	17822												
" "	1x3kg	£12.60	↑	RSP	£17.64 17823												
" "	5x1kg	£23.16	↑	RSP	£6.49 17827												
" "	10x500g	£29.16	↑	RSP	£4.08 17828												
" "	10x250g	£19.58	↑	RSP	£2.74 17829												
SPELT FLOUR WHITE	25 kg	£49.39	↑	£1.98	27171												
MWF Pack	1x10kg	£23.66	↑	£2.37	27172												
" "	1x3kg	£9.43	↑	RSP	£13.20 27174												
" "	5x1kg	£17.88	↑	RSP	£5.01 27178												
" "	10x500g	£23.88	↑	RSP	£3.34 27179												
SPELT FLOUR WHOLEMEAL	25 kg	£44.73	↑	£1.79	27161												
MWF Pack	1x10kg	£21.09	↑	£2.11	27162												
" "	1x3kg	£8.17	↑	RSP	£11.43 27164												
" "	5x1kg	£14.95	↑	RSP	£4.18 27168												
" "	10x500g	£17.95	↑	RSP	£2.51 27169												
BAKERS WHITE FLOUR No 4	25 kg	£37.37	↑	£1.49	27011												
MWF Pack	1x10kg	£18.85	↑	£1.88	27012												
" "	1x3kg	£7.98	↑	RSP	£11.18 27014												
" "	5x1kg	£15.47	↑	RSP	£4.33 27017												
" "	10x500g	£21.47	↑	RSP	£3.01 27018												
STRONG WHOLEWHEAT FLOUR	25 kg	£29.71	↑	£1.19	27031												
MWF Pack	1x10kg	£13.89	↑	£1.39	27032												
" "	1x3kg	£5.17	↑	RSP	£7.23 27034												
" "	5x1kg	£10.19	↑	RSP	£2.85 27037												
" "	10x500g	£11.94	↑	RSP	£1.67 27038												

### "SUNITA"

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												

### "TARANTELLA"

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

### "TICK TOCK"

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

### "WAINWRIGHTS"

ZAMBIAN FOREST HONEY CLEAR	6x380g	£22.40		RSP	£4.98 42227												
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### "WHOLE EARTH"

#### SPARKLING DRINKS

COLA	24x330ml	£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											
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BAY LEAVES	1x250g	£8.72	↑	£17.43		88112											
Turkey	6x20g	£8.09	↑	RSP	£1.89	88119											
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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											
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CARAWAY SEED	1x500g	£8.06	↑	£16.12		88122											
Various	6x25g	£8.42	↑	RSP	£1.96	88129											
155ml Spice Tub	10x50g	£19.06	↑	RSP	£2.68	88125											
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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											
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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											
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CHILLI POWDER	1x500g	£12.49	↑	£24.98		88132											
Various	6x25g	£9.75	↑	RSP	£2.27	88139											
155ml Spice Tub	10x50g	£23.49	↑	RSP	£3.31	88135											
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CINNAMON GROUND	1x500g	£8.32	↑	£16.64		88142											
Various	1x250g	£5.56	↑	RSP	£7.78	88143											
	6x100g	£17.18	↑	RSP	£4.01	88148											
	6x25g	£8.50	↑	RSP	£1.98	88149											
155ml Spice Tub	10x50g	£19.32	↑	RSP	£2.72	88144											
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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											
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CORIANDER SEED	1x500g	£6.63	↑	£13.25		88162											
Various	6x25g	£7.99	↑	RSP	£1.86	88169											
155ml Spice Tub	10x40g	£16.30	↑	RSP	£2.30	88165											
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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											
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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											
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CUMIN GROUND	1x500g	£18.04	↑	£36.08		88192											
Various	6x25g	£12.01	↑	RSP	£2.80	88199											
155ml Spice Tub	10x50g	£30.04	↑	RSP	£4.23	88195											
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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											
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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											
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GINGER GROUND	1x500g	£9.29	↑	£18.59		88242											
Various	6x100g	£18.35	↑	RSP	£4.28	88248											
	6x25g	£8.79	↑	RSP	£2.05	88249											
155ml Spice Tub	10x40g	£18.44	↑	RSP	£2.60	88245											
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KELP POWDER - Natural			⊛														
See Non-Organic Herbs & Spices			⊛														
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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											
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MINT	1x500g	£8.12	↓	£16.23		88612											
Egypt	6x25g	£8.43	↓	RSP	£1.97	88619											
155ml Spice Tub	10x15g	£13.43	↓	RSP	£1.89	88615											
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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											
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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											
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MUSTARD POWDER	1x500g	£5.96		£11.93		88292											
India	6x25g	£7.79		RSP	£1.82	88299											
155ml Spice Tub	10x50g	£16.96		RSP	£2.39	88295											
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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											
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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											
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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											
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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											
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PAPRIKA	1x500g	£12.28	↑	£24.55		88362											
Spain	6x25g	£9.68	↑	RSP	£2.26	88369											
155ml Spice Tub	10x50g	£23.28	↑	RSP	£3.28	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											
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PEPPERCORNS BLACK	1x500g	£12.56	↑	£25.13		88372											
Various	6x100g	£22.28	↑	RSP	£5.20	88378											
	6x25g	£9.77	↑	RSP	£2.28	88379											
155ml Spice Tub	10x50g	£23.57	↑	RSP	£3.32	88375											
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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											
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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											
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STAR ANISE	1x500g	£18.59	↑	£37.18		88672											
China/Vietnam	1x250g	£10.70	↑	RSP	£14.97	88673											
	6x25g	£12.18	↑	RSP	£2.84	88679											
155ml Spice Tub	10x20g	£19.44	↑	RSP	£2.74	88675											
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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											
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TURMERIC	1x500g	£7.74	↑	£15.47		88452											
Various	1x250g	£5.27	↑	RSP	£7.38	88453											
	6x100g	£16.48	↑	RSP	£3.85	88458											
	6x30g	£8.78	↑	RSP	£2.05	88459											
155ml Spice Tub	10x50g	£18.74	↑	RSP	£2.64	88455											



# Conventional

Fruits, nuts, cereals  
& beans



## DRIED AND CRYSTALLISED FRUIT (Cont.)

CHERRIES GOLD Spain	1x10kg	£70.58	↑	£7.06		15641												
	1x5kg	£39.39	↑	£7.88		15642												
	1x3kg	£25.08	↑	£8.36		15643												
	1x1kg	£8.66	↑	RSP	£12.12	15646												
	10x250g	£29.65	↑	RSP	£4.15	15647												
	10x125g	£18.82	↑	RSP	£2.64	15648												
Clear PET Tub	6x750g	£40.16	↑	RSP	£9.37	15644												
CHERRIES GREEN Spain	1x10kg	£76.98	↑	£7.70		15651												
	1x5kg	£42.59	↑	£8.52		15652												
	1x3kg	£27.00	↑	£9.00		15653												
	1x1kg	£9.30	↑	RSP	£13.02	15656												
	10x250g	£31.25	↑	RSP	£4.37	15657												
	10x125g	£19.62	↑	RSP	£2.75	15658												
Clear PET Tub	6x750g	£43.04	↑	RSP	£10.04	15654												
CHERRIES MIXED - Four Colours Spain	1x10kg	£83.24	↑	£8.32		15661												
	1x5kg	£45.82	↑	£9.16		15662												
	1x3kg	£28.97	↑	£9.66		15663												
	1x1kg	£10.02	↑	RSP	£14.03	15666												
	10x500g	£56.62	↑	RSP	£7.93	15667												
	10x250g	£33.81	↑	RSP	£4.73	15668												
Clear PET Tub	10x125g	£21.40	↑	RSP	£3.00	15669												
	6x750g	£47.06	↑	RSP	£10.98	15664												
	CHERRIES NATURAL COLOUR [Dark Burgundy Colour, From Grape Skins]	10kg	£77.00	↑	£7.70		15211											
		1x5kg	£42.60	↑	£8.52		15212											
		1x3kg	£27.00	↑	£9.00		15213											
		1x1kg	£9.30	↑	RSP	£13.02	15216											
10x250g		£31.25	↑	RSP	£4.37	15218												
10x125g		£19.63	↑	RSP	£2.75	15219												
Clear PET Tub	6x750g	£43.05	↑	RSP	£10.04	15214												
CHERRIES NATURAL COLOUR [Red Colour, From Fruit & Veg. Juice]	10kg	£75.56	↑	£7.56		14011												
	1x3kg	£26.57	↑	£8.86		14013												
	1x1kg	£9.16	↑	RSP	£12.82	14016												
	10x250g	£30.89	↑	RSP	£4.32	14017												
	10x125g	£19.45	↑	RSP	£2.72	14018												
	Clear PET Tub	6x750g	£42.40	↑	RSP	£9.89	14019											
CHERRIES DRIED SOUR W.S. USA	9.07kg	£139.14	↓	£15.34		14201												
	1x3kg	£53.31	↓	£17.77		14204												
	1x1kg	£18.24	↓	RSP	£25.53	14202												
	10x100g	£28.44	↓	RSP	£3.98	14209												
CRANBERRIES - Sugar Sweetened USA/Canada	11.34kg	£63.26	↑	£5.58		14111												
	1x5kg	£34.58	↑	£6.92		14113												
	1x3kg	£22.27	↑	£7.42		14114												
	1x1kg	£7.86	↑	RSP	£11.00	14112												
	10x500g	£46.28	↑	RSP	£6.48	14117												
	10x250g	£29.14	↑	RSP	£4.08	14118												
CURRANTS Greece	10x100g	£17.56	↑	RSP	£2.46	14119												
	12.5kg	£56.43	↑	£4.51		15221												
	1x5kg	£28.71	↑	£5.74		15222												
	1x3kg	£18.70	↑	£6.23		15223												
	10x500g	£39.51	↑	RSP	£5.53	15228												
10x250g	£25.25	↑	RSP	£3.54	15229													



## DRIED AND CRYSTALLISED FRUIT (Cont.)

DATES CHOPPED Iran	10kg	£22.18	↑	£2.22		15231											
	1x5kg	£15.96	↑	£3.19		15232											
	1x3kg	£11.02	↑	£3.67		15233											
	10x500g	£25.86	↑	RSP	£3.62	15238											
	10x250g	£17.93	↑	RSP	£2.51	15239											
DATES PITTED Pakistan/UAE	10kg	£18.45	↓	£1.85		15671											
	1x5kg	£14.07	↓	£2.81		15672											
	1x3kg	£9.92	↓	£3.31		15673											
	10x500g	£24.87	↓	RSP	£3.48	15678											
	10x250g	£17.93	↓	RSP	£2.51	15679											
FIGS LERIDA CROP Turkey	12.5kg	£107.63		£8.61		14021											
	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 Original Recipe No Added Sugar	1x10kg	£101.62	↑	£10.16		15271											
	1x5kg	£55.01	↑	£11.00		15272											
	1x3kg	£34.49	↑	£11.50		15273											
	1x1kg	£11.86	↑	RSP	£16.61	15276											
	10x500g	£65.81	↑	RSP	£9.21	15277											
10x250g	£38.40	↑	RSP	£5.38	15278												
GINGER CRYSTALLISED China	4x5kg	£100.50	v	£5.03		15291											
	1x5kg	£27.46	v	£5.49		15292											
	1x3kg	£20.02	v	£6.67		15293											
	1x1kg	£6.97	v	RSP	£11.71	15296											
	10x500g	£40.86	v	RSP	£6.86	15297											
	10x250g	£25.43	v	RSP	£4.27	15298											
10x125g	£16.71	v	RSP	£2.81	15299												
GOJI BERRIES China	12.5kg	£113.83		£9.11		75501											
	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 [Raisins, Sultanas, Currants]	1x10kg	£44.66		£4.47		75001											
	1x5kg	£26.53		£5.31		75002											
MIXED VINE FRUIT [Raisins, Thompson Raisins, Turkish Sultanas, Currants]	1x10kg	£50.26		£5.03		14901											
	1x5kg	£29.33		£5.87		14902											
	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 U.K.	1x10kg	£49.25		£4.93		15311											
	1x5kg	£28.83		£5.77		15312											
	1x3kg	£18.78		£6.26		15313											
PAPAYA DICED W.S. 6-12mm Thailand	4x5kg	£122.64	↑	£6.13		15321											
	1x5kg	£32.50	↑	£6.50		15322											
	1x1kg	£8.05	↑	RSP	£11.27	15326											
	10x250g	£28.87	↑	RSP	£4.04	15328											
10x125g	£18.94	↑	RSP	£2.65	15329												

## DRIED AND CRYSTALLISED FRUIT (Cont.)

PEACH HALVES N.A.S. South Africa	10kg	£107.55	↑	£10.75		15331											
	1x5kg	£61.31	↑	£12.26		15332											
	1x3kg	£38.26	↑	£12.75		15333											
	10x250g	£41.55	↑	RSP	£5.82	15338											
PEAR HALVES N.A.S. South Africa	12.5kg	£111.47	↑	£8.92		15341											
	1x5kg	£51.55	↑	£10.31		15342											
	1x3kg	£32.41	↑	£10.80		15343											
	10x250g	£36.68	↑	RSP	£5.13	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	£135.82	↑	£6.79		14131											
	1x5kg	£35.91	↑	£7.18		14132											
	1x1kg	£8.73	↑	RSP	£12.22	14136											
	10x250g	£30.58	↑	RSP	£4.28	14138											
	10x125g	£19.79	↑	RSP	£2.77	14139											
PRUNES AGEN 30/40 UNPITTED France	12.5kg	£111.60	↑	£8.93		15411											
	1x5kg	£52.03	↑	£10.41		15412											
	1x3kg	£32.70	↑	£10.90		15413											
	1x1kg	£11.27	↑	RSP	£15.77	15417											
	10x500g	£62.83	↑	RSP	£8.80	15418											
	10x250g	£36.92	↑	RSP	£5.17	15419											
PRUNES PITTED Chile	10kg	£56.70	↑			15421											
	1x5kg	£34.99	↑	£7.00		15422											
	1x3kg	£22.46	↑	£7.49		15423											
	1x1kg	£7.86	↑	RSP	£11.00	15427											
	10x500g	£45.79	↑	RSP	£6.41	15428											
	10x250g	£28.38	↑	RSP	£3.97	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 Chile	10kg	£44.98	↑	£4.50		15041											
	1x5kg	£28.94	↑	£5.79		15042											
	1x3kg	£18.84	↑	£6.28		15043											
	1x1kg	£6.65	↑	RSP	£9.31	15045											
	10x500g	£39.74	↑	RSP	£5.56	15046											
	10x250g	£25.37	↑	RSP	£3.55	15048											
RAISINS GOLDEN South Africa	12.5kg	£73.79	↑	£5.90		15981											
	1x5kg	£35.80	↑	£7.16		15982											
	1x3kg	£22.96	↑	£7.65		15983											
	10x500g	£46.60	↑	RSP	£6.52	15986											
	10x250g	£28.80	↑	RSP	£4.03	15988											
RAISINS Turkey	12.5kg	£49.50	↑	£3.96		15431											
	1x5kg	£25.66	↑	£5.13		15432											
	1x3kg	£16.88	↑	£5.63		15433											
	1x1kg	£5.99	↑	RSP	£8.39	15438											
	10x500g	£36.46	↑	RSP	£5.10	15439											
	10x125g	£16.82	↑	RSP	£2.35	15437											
RAISINS THOMPSON Turkey	12.5kg	£50.54		£4.04		15451											
	1x5kg	£26.03		£5.21		15452											
	1x3kg	£17.10		£5.70		15455											
	1x1kg	£6.07		RSP	£8.49	15457											
	10x500g	£36.83		RSP	£5.16	15458											
	10x250g	£23.92		RSP	£3.35	15459											
SULTANAS China	12.5kg	£48.87	↓	£3.91		15491											
	1x5kg	£25.70	↓	£5.14		15492											
	1x3kg	£16.90	↓	£5.63		15493											
	1x1kg	£5.92	↓	RSP	£8.29	15497											
	10x500g	£36.11	↓	RSP	£5.06	15498											
	10x250g	£23.56	↓	RSP	£3.30	15499											
10x125g	£16.81	↓	RSP	£2.35	15496												

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

STRAWBERRY (1-6mm) Egypt/Poland	1kg	£54.47		£54.47		69271											
	10x100g	£65.47		RSP	£9.13	69278											
	10x50g	£37.23		RSP	£5.09	69279											

### NUTS

ALMONDS WHOLE U.S.A.	22.68kg	£178.40	↑	£7.87		16101											
	1x10kg	£88.58	↑	£8.86		16102											
	1x5kg	£46.24	↑	£9.25		16103											
	1x3kg	£29.18	↑	£9.73		16104											
	1x1kg	£10.03	↑	RSP	£14.04	16106											
	10x500g	£56.14	↑	RSP	£7.86	16107											
	10x250g	£33.07	↑	RSP	£4.63	16108											
	10x125g	£20.53	↑	RSP	£2.87	16109											
ALMONDS BLANCHED WHOLE Various	12.5kg	£109.06		£8.72		16111											
	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	£109.16	↑	£8.73		16131													
Various	1x5kg	£51.56	↑	£10.31		16132													
	1x3kg	£32.42	↑	£10.81		16133													
	1x1kg	£11.27	↑	RSP	£15.78	16136													
	10x500g	£63.36	↑	RSP	£8.87	16137													
	10x250g	£37.68	↑	RSP	£5.28	16138													
	10x125g	£23.84	↑	RSP	£3.34	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	£156.42	↑ v	£12.51		74033												
Various	1x5kg	£66.77	↑ v	£13.35		74031													
	1x2.5kg	£35.28	↑ v	£14.11		74032													
	1x1kg	£15.15	↑ v	RSP	£25.44	74035													
	10x250g	£47.36	↑ v	RSP	£7.96	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	£225.32	↑	£9.93		16173												
Various	1x11.34k	£117.06	↑	£10.32		16171													
	1x5kg	£53.87	↑	£10.77		16172													
	1x3kg	£33.80	↑	£11.27		16175													
	1x1kg	£11.73	↑	RSP	£16.43	16176													
	10x500g	£65.67	↑	RSP	£9.19	16177													
	10x250g	£38.84	↑	RSP	£5.44	16178													
	10x125g	£24.42	↑	RSP	£3.42	16179													
	CASHEW PIECES	22.68kg	£145.89	↑	£6.43		16181												
Vietnam	1x10kg	£68.63	↑	£6.86		16183													
	1x5kg	£36.26	↑	£7.25		16182													
	1x3kg	£23.20	↑	£7.73		16184													
	1x1kg	£8.03	↑	RSP	£11.25	16186													
	10x500g	£46.16	↑	RSP	£6.46	16187													
	10x250g	£28.08	↑	RSP	£3.93	16188													
	10x125g	£18.04	↑	RSP	£2.53	16189													

## NUTS (Cont.)

CASHEWS WHOLE ROASTED & SALTED	25kg	£288.75	↑ v	£11.55		16194												
Various	1x12.5kg	£153.94	↑ v	£12.31		16191												
	1x5kg	£64.01	↑ v	£12.80		16192												
	1x3kg	£39.89	↑ v	£13.30		16193												
	1x1kg	£13.66	↑ v	RSP	£22.95	16196												
	10x250g	£42.91	↑ v	RSP	£7.21	16197												
	10x100g	£22.96	↑ v	RSP	£3.86	16199												
	10x50g	£14.98	↑ v	RSP	£2.52	10044												
-----																		
CASHEWS HONEY COATED	12.5kg	£184.08	↑ v	£14.73		22413												
Various	1x5kg	£77.83	↑ v	£15.57		22411												
	1x2.5kg	£40.82	↑ v	£16.33		22412												
	1x1kg	£16.53	↑ v	RSP	£27.76	22416												
	10x250g	£50.82	↑ v	RSP	£8.54	22417												
-----																		
COCONUT DESICCATED MEDIUM	25kg	£135.71	↑	£5.43		16211												
Various	1x5kg	£33.21	↑	£6.64		16212												
	1x3kg	£21.41	↑	£7.14		16213												
	1x2kg	£15.31	↑	RSP	£21.43	16215												
	1x1kg	£7.50	↑	RSP	£10.50	16216												
	10x250g	£27.51	↑	RSP	£3.85	16218												
	10x125g	£18.26	↑	RSP	£2.56	16219												
-----																		
COCONUT CHIP RAW	10kg	£57.50	↑	£5.75		16231												
Sri Lanka	1x5kg	£35.83	↑	£7.17		16232												
	1x3kg	£22.98	↑	£7.66		16233												
	1x1kg	£8.03	↑	RSP	£11.23	16236												
	10x250g	£28.81	↑	RSP	£4.03	16238												
	10x125g	£18.91	↑	RSP	£2.65	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	£280.64	↑	£11.23		16241												
Turkey	1x10kg	£130.28	↑	£13.03		16242												
	1x5kg	£67.14	↑	£13.43		16243												
	1x3kg	£41.76	↑	£13.92		16244												
	1x1kg	£14.39	↑	RSP	£20.14	16246												
	10x250g	£44.47	↑	RSP	£6.23	16248												
	10x125g	£26.74	↑	RSP	£3.74	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	£99.89	↑	£7.99		16271												
[Peanuts, Almonds, Walnuts]	1x5kg	£44.15	↑	£8.83		16272												
Various	1x3kg	£27.97	↑	£9.32		16273												
	1x1kg	£9.79	↑	RSP	£13.71	16276												
	10x500g	£54.95	↑	RSP	£7.69	16277												
-----																		
MIXED NUTS	1x10kg	£62.88	↑	£6.29		16281												
Various	1x5kg	£35.64	↑	£7.13		16282												
	1x3kg	£22.86	↑	£7.62		16283												
	1x1kg	£7.99	↑	RSP	£11.18	16286												
	10x500g	£46.44	↑	RSP	£6.50	16287												
	10x250g	£28.72	↑	RSP	£4.02	16288												
	10x100g	£17.29	↑	RSP	£2.42	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	£59.02	↑	£5.90		16301														
Various	1x5kg	£33.71	↑	£6.74		16302														
	1x3kg	£21.71	↑	£7.24		16303														
	1x1kg	£7.60	↑	RSP	£10.64	16306														
	10x250g	£27.76	↑	RSP	£3.89	16308														
	10x125g	£18.38	↑	RSP	£2.57	16309														
	10x100g	£16.90	↑	RSP	£2.37	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	£120.22	↑	£12.02		16291														
Various	1x5kg	£64.31	↑	£12.86		16292														
	1x3kg	£40.07	↑	£13.36		16293														
	1x1kg	£13.72	↑	RSP	£19.21	16296														
	10x500g	£75.11	↑	RSP	£10.52	16297														
	10x250g	£43.05	↑	RSP	£6.03	16298														
	<hr/>																			
MIXED NUTS DELUXE & RAISINS	1x10kg	£95.96	↑	£9.60		16311														
Various	1x5kg	£52.18	↑	£10.44		16312														
	1x3kg	£32.79	↑	£10.93		16313														
	1x1kg	£11.30	↑	RSP	£15.81	16316														
	10x500g	£62.98	↑	RSP	£8.82	16317														
	10x250g	£36.99	↑	RSP	£5.18	16318														
	10x125g	£23.00	↑	RSP	£3.22	16319														
	<hr/>																			
LUXURY FRUIT & NUT SELECTION	1x10kg	£101.75	↑	£10.18		19021														
Various	1x5kg	£55.08	↑	£11.02		19022														
	1x3kg	£34.52	↑	£11.51		19023														
	1x1kg	£11.88	↑	RSP	£16.62	19026														
	10x500g	£65.88	↑	RSP	£9.22	19027														
	10x250g	£38.44	↑	RSP	£5.38	19028														
	10x125g	£23.72	↑	RSP	£3.32	19029														
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	MIXED NUTS RST. & SALTED DELUXE	1x10kg	£79.02	↑	v	£7.90	28111													
Peanuts, Cashews, Almonds, Hazels. Various	1x5kg	£43.71	↑	v	£8.74	28112														
	1x3kg	£27.71	↑	v	£9.24	28113														
	1x1kg	£9.60	↑	v	RSP	£16.13	28116													
	10x500g	£54.51	↑	v	RSP	£9.16	28117													
	10x250g	£32.76	↑	v	RSP	£5.50	28118													
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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														

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	£82.48	↓		£3.30	16611													
China/USA	1x10kg	£39.01	↓		£3.90	16612													
	1x5kg	£21.50	↓		£4.30	16613													
	1x3kg	£14.38	↓		£4.79	16614													
	1x1kg	£5.16	↓		RSP	£7.22	16616												
	10x500g	£32.30	↓		RSP	£4.52	16618												
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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												
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PEANUTS ROASTED & SALTED	25kg	£127.50	↑	v	£5.10	16371													
Various	1x10kg	£58.95	↑	v	£5.89	16372													
	1x5kg	£31.42	↑	v	£6.28	16373													
	1x3kg	£20.29	↑	v	£6.76	16374													
	1x2kg	£13.53	↑	v	£6.76	16375													
	1x1kg	£7.06	↑	v	RSP	£11.87	16376												
	10x500g	£41.32	↑	v	RSP	£6.94	16377												
	10x250g	£25.66	↑	v	RSP	£4.31	16378												
	10x125g	£16.83	↑	v	RSP	£2.83	16379												
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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												
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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												
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PEANUTS HONEY COATED	12.5kg	£106.74	↑	v	£8.54	22423													
U.K.	1x5kg	£46.90	↑	v	£9.38	22421													
	1x2.5kg	£25.35	↑	v	£10.14	22422													
	1x1kg	£10.24	↑	v	RSP	£17.20	22426												
	10x125g	£21.67	↑	v	RSP	£3.64	22429												
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PECAN HALVES	13.68kg	£271.37	↑		£19.84	16391													
USA/Mexico	1x5kg	£110.22	↑		£22.04	16392													
	1x3kg	£67.61	↑		£22.54	16393													
	1x1kg	£23.00	↑		RSP	£32.20	16394												
	10x250g	£67.01	↑		RSP	£9.38	16398												
	10x125g	£38.50	↑		RSP	£5.39	16399												
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PINENUTS	12.5kg	£348.75			£27.90	16401													
China	1x5kg	£153.23			£30.65	16402													
	1x3kg	£93.38			£31.13	16403													
	1x1kg	£31.43			RSP	£43.99	16404												
	10x125g	£49.28			RSP	£6.90	16408												
	10x75g	£33.37			RSP	£4.67	16409												
	10x50g	£24.91			RSP	£3.49	16407												

## NUTS (Cont.)

PISTACHIOS ROASTED & SALTED U.S.A. / Iran	10kg	£146.47	↑	£14.65		16411											
	1x5kg	£77.34	↑	£15.47		16412											
	1x3kg	£47.84	↑	£15.95		16414											
	1x1kg	£16.25	↑	RSP	£22.75	16413											
	10x250g	£48.62	↑	RSP	£6.81	16418											
	10x125g	£28.31	↑	RSP	£3.96	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	£107.60	↑	£10.76		16561											
	1x5kg	£59.76	↑	£11.95		16563											
	1x3kg	£37.29	↑	£12.43		16564											
	1x1kg	£12.73	↑	RSP	£17.82	16566											
WALNUT HALVES & PIECES Min 15% Halves, 85% Pieces USA	10kg	£105.19	↑	£10.52		16461											
	1x5kg	£61.70	↑	£12.34		16462											
	1x3kg	£38.50	↑	£12.83		16463											
	1x1kg	£13.20	↑	RSP	£18.48	16466											
	10x250g	£41.25	↑	RSP	£5.77	16468											
CHINESE WALNUTS LIGHT AMBER HALVES 60% Halves, 40% Pieces	12.5kg	£108.87	↑	£8.71		16443											
	1x5kg	£51.81	↓	£10.36		16444											
	1x3kg	£32.56	↓	£10.85		16445											
	1x1kg	£11.22	↓	RSP	£15.71	16446											
	10x500g	£62.61	↓	RSP	£8.76	16447											
	10x250g	£36.80	↓	RSP	£5.15	16448											
	10x125g	£22.90	↓	RSP	£3.21	16449											
WALNUTS CALIFORNIAN HALVES 80% Halves, 20% Pieces	10kg	£112.08	↑	£11.21		70211											
	1x5kg	£65.47	↑	£13.09		70212											
	1x3kg	£40.76	↑	£13.59		70213											
	1x1kg	£13.95	↑	RSP	£19.53	70216											
	10x250g	£43.63	↑	RSP	£6.11	70218											
	10x125g	£26.32	↑	RSP	£3.68	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											
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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											
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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											
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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											
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SESAME SEEDS NATURAL																	
See Organic Section																	
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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											
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SUNFLOWER SEEDS	25kg	£58.05	↑	£2.32		75381											
(Bakery Grade)	1x10kg	£29.12	↑	£2.91		75382											
Various	1x5kg	£16.51	↑	£3.30		75383											
	1x3kg	£11.34	↑	£3.78		75384											
	1x1kg	£4.08	↑	RSP	£5.71	75386											
	10x500g	£26.41	↑	RSP	£3.70	75387											
	10x250g	£18.20	↑	RSP	£2.55	75388											
	10x125g	£13.10	↑	RSP	£1.83	75389											
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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	£59.52	↑	£2.38	17021												
Various	1x10kg	£29.36	↑	£2.94	17022												
	1x5kg	£16.68	↑	£3.34	17023												
	1x3kg	£11.49	↑	£3.83	17024												
	1x1kg	£4.20	↑	RSP	£5.87	17027											
	10x500g	£27.48	↑	RSP	£3.85	17028											
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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											
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BUTTER	25 kg	£105.07	↑	£4.20	17041												
Poland	1x10kg	£49.33	↑	£4.93	17042												
	1x5kg	£26.66	↑	£5.33	17043												
	1x3kg	£17.48	↑	£5.83	17044												
	1x1kg	£6.19	↑	RSP	£8.67	17047											
	10x500g	£37.46	↑	RSP	£5.24	17048											
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CANNELINI	25 kg	£76.86	↓	£3.07	17051												
Various	1x10kg	£37.25	↓	£3.73	17052												
	1x5kg	£20.63	↓	£4.13	17053												
	1x3kg	£13.86	↓	£4.62	17054												
	1x1kg	£4.99	↓	RSP	£6.98	17057											
	10x500g	£31.43	↓	RSP	£4.40	17058											
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HARICOT	25 kg	£60.95	↓	£2.44	17071												
Canada	1x10kg	£30.45	↓	£3.04	17072												
	1x5kg	£17.22	↓	£3.44	17073												
	1x3kg	£11.81	↓	£3.94	17074												
	1x1kg	£4.30	↓	RSP	£6.03	17077											
	10x500g	£28.02	↓	RSP	£3.92	17078											
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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											
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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											
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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											
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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											



Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>BEANS (Cont.)</b>																	
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											
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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											
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<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											
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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											
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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											
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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											
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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											
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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	£47.40	↑	£1.90		17311											
Turkey	1x10kg	£24.99	↑	£2.50		17312											
	1x5kg	£14.50	↑	£2.90		17313											
	1x3kg	£10.18	↑	£3.39		17314											
	1x1kg	£3.86	↑	RSP	£5.40	17317											
	10x500g	£26.30	↑	RSP	£3.68	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	£40.37	↑	£1.61		17331											
U.K.	1x10kg	£21.64	↑	£2.16		17332											
	1x5kg	£12.82	↑	£2.56		17333											
	1x3kg	£9.17	↑	£3.06		17334											
	1x1kg	£3.42	↑	RSP	£4.79	17337											
	10x500g	£23.62	↑	RSP	£3.31	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											

## GRAINS

BULGAR WHEAT	25 kg	£48.82	↑	£1.95		17631											
Turkey	1x10kg	£25.26	↑	£2.53		17632											
	1x5kg	£14.63	↑	£2.93		17633											
	1x3kg	£10.26	↑	£3.42		17634											
	1x1kg	£3.79	↑	RSP	£5.30	17637											
	10x500g	£25.43	↑	RSP	£3.56	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											

## GRAINS (Cont.)

COUSCOUS WHOLEWHEAT Italy	25 kg	£61.72		£2.47		17711											
	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 Various	10 kg	£35.58		£3.56		17681											
	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 Various	25 kg	£35.67	↓	£1.43		17651											
	1x10kg	£19.69	↓	£1.97		17652											
	1x5kg	£11.84	↓	£2.37		17653											
	1x3kg	£8.59	↓	£2.86		17654											
	1x1kg	£3.23	↓	RSP	£4.52	17657											
	10x500g	£22.64	↓	RSP	£3.17	17658											

PEARL BARLEY U.K	25 kg	£29.74		£1.19		17581											
	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 Argentina	25 kg	£41.28		£1.65		17661											
	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 Various	25 kg	£96.81	↓	£3.87		18951											
	1x10kg	£45.81	↓	£4.58		18952											
	1x5kg	£24.91	↓	£4.98		18953											
	1x3kg	£16.42	↓	£5.47		18955											
	1x1kg	£5.84	↓	RSP	£8.18	18956											
	10x250g	£23.35	↓	RSP	£3.27	18958											

QUINOA RED Various	25 kg	£97.83	↓	£3.91		18971											
	1x10kg	£46.25	↓	£4.63		18972											
	1x5kg	£25.13	↓	£5.03		18973											
	1x3kg	£16.56	↓	£5.52		18975											
	1x1kg	£5.89	↓	RSP	£8.24	18976											
	10x250g	£23.46	↓	RSP	£3.28	18978											

## RICE

ARBORIO WHITE Italy	25 kg	£93.89	↑	£3.76		18681											
	1x10kg	£44.64	↑	£4.46		18682											
	1x5kg	£24.32	↑	£4.86		18683											
	1x3kg	£16.07	↑	£5.36		18685											
	1x1kg	£5.72	↑	RSP	£8.01	18687											
	10x500g	£35.12	↑	RSP	£4.92	18688											

Product Description	Size	Price	Per KG	RSP	Code	1	2	3	4	5	6	7	8	9	10	11	12
<b>RICE (Cont.)</b>																	
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											
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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											
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EASY COOK-Pre Fluffed	20 kg	£32.97	↑	£1.65		18761											
Various	1x10kg	£21.96	↑	£2.20		18762											
	1x5kg	£12.93	↑	£2.59		18763											
	1x3kg	£9.20	↑	£3.07		18765											
	1x1kg	£3.37	↑	RSP	£4.71	18768											
	10x500g	£22.83	↑	RSP	£3.20	18769											
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GLUTINOUS RICE	20kg	£45.67		£2.28		18661											
Thailand	1x10kg	£29.58		£2.96		18662											
	1x5kg	£16.74		£3.35		18663											
	1x3kg	£11.48		£3.83		18664											
	1x1kg	£4.13		RSP	£5.78	18668											
	10x500g	£26.64		RSP	£3.73	18669											
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JASMINE FRAGRANT RICE	10kg	£20.00	↑	£2.00		18631											
Various	1x5kg	£14.91	↑	£2.98		18632											
	1x3kg	£10.43	↑	£3.48		18633											
	1x1kg	£3.84	↑	RSP	£5.38	18637											
	10x500g	£25.71	↑	RSP	£3.60	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											
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LONG GRAIN WHITE PATNA	20 kg	£44.45		£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											
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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											
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SHORT GRAIN BROWN	25 kg	£52.99		£2.12		18801											
Italy	1x10kg	£26.92		£2.69		18802											
	1x5kg	£15.41		£3.08		18803											
	1x3kg	£10.68		£3.56		18805											
	1x1kg	£3.86		RSP	£5.41	18806											
	10x500g	£25.31		RSP	£3.54	18809											

## RICE (Cont.)

SHORT GRAIN WHITE	25kg	£59.81	↓	£2.39		18771											
Pudding Rice	1x10kg	£29.95	↓	£3.00		18772											
	1x5kg	£16.98	↓	£3.40		18773											
	1x3kg	£11.67	↓	£3.89		18774											
	1x1kg	£4.26	↓	RSP	£5.96	18777											
	10x500g	£27.78	↓	RSP	£3.89	18779											
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WILD RICE [20 min cook]	25 kg	£317.50		£12.70		18922											
USA	1x10kg	£140.39		£14.04		18923											
	1x5kg	£72.20		£14.44		18925											
	1x3kg	£44.80		£14.93		18921											
	1x1kg	£15.40		RSP	£21.56	18926											
	10x125g	£29.00		RSP	£4.06	18929											

## CEREAL FLAKES & BRAN

BARLEY FLAKES	16 kg	£26.46	↑	£1.65		20091											
Various	1x5kg	£13.05	↑	£2.61		20092											
	1x3kg	£9.31	↑	£3.10		20093											
	1x1kg	£3.42	↑	RSP	£4.79	20098											
	10x500g	£22.85	↑	RSP	£3.20	20099											
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BRAN STICKS	15 kg	£69.56		£4.64		20171											
Germany	1x5kg	£27.29		£5.46		20172											
	1x3kg	£17.81		£5.94		20173											
	1x1kg	£6.24		RSP	£8.73	20177											
	10x500g	£37.19		RSP	£5.21	20178											
	10x250g	£23.59		RSP	£3.30	20179											
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JUMBO OATS	25 kg	£24.00		£0.96		20031											
U.K.	1x5kg	£7.80		£1.56		20032											
	1x3kg	£5.68		RSP	£7.95	20035											
	1x2kg	£4.52		RSP	£6.33	20036											
	1x1.5kg	£2.64		RSP	£3.70	20037											
	1x1kg	£2.16		RSP	£3.02	20038											
	10x500g	£13.80		RSP	£1.93	20039											
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OATBRAN	25 kg	£25.16		£1.01		20051											
U.K.	1x5kg	£8.41		£1.68		20052											
	1x3kg	£6.12		£2.04		20053											
	1x1kg	£2.44		RSP	£3.42	20057											
	10x500g	£15.21		RSP	£2.13	20058											
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OATMEAL FINE	25 kg	£24.00		£0.96		20061											
U.K.	1x5kg	£8.00		£1.60		20062											
	1x3kg	£5.88		£1.96		20063											
	1x1kg	£2.36		RSP	£3.30	20068											
	10x500g	£14.80		RSP	£2.07	20069											
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OATMEAL MEDIUM	25 kg	£24.00		£0.96		20071											
U.K.	1x5kg	£8.00		£1.60		20072											
	1x3kg	£5.88		£1.96		20073											
	1x1kg	£2.36		RSP	£3.30	20078											
	10x500g	£14.80		RSP	£2.07	20079											
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OATMEAL PINHEAD	25 kg	£24.00		£0.96		20081											
U.K.	1x5kg	£8.00		£1.60		20082											
	1x3kg	£5.88		£1.96		20083											
	1x1kg	£2.36		RSP	£3.30	20088											
	10x500g	£14.80		RSP	£2.07	20089											





## CRUNCHY GRANOLA TYPE CEREALS (Cont.)

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 [32% Fruit, Nuts & Seeds]	1x10kg	£27.22	↑	£2.72		43221											
	1x5kg	£17.81	↑	£3.56		43222											
	1x3kg	£12.17	↑	£4.06		43223											
	1x1kg	£4.42	↑	RSP	£6.19	43228											
	10x500g	£28.61	↑	RSP	£4.01	43229											
CRANBERRY CRUNCH [33% Fruit, Nuts & Seeds]	1x10kg	£28.60		£2.86		19801											
	1x5kg	£18.50		£3.70		19802											
	1x3kg	£12.58		£4.19		19803											
	1x1kg	£4.56		RSP	£6.38	19808											
CRISPI MUESLI [28% Fruit & Nuts]	10x500g	£29.30		RSP	£4.10	19809											
	1x10kg	£27.20	↑	£2.72		24051											
	1x5kg	£17.80	↑	£3.56		24052											
	1x3kg	£12.16	↑	£4.05		24053											
	1x1kg	£4.42	↑	RSP	£6.19	24057											
CRUNCHIE MUNCHIE [55% Fruit, Nuts & Seeds] New Recipe!!	10x500g	£28.60	↑	RSP	£4.00	24058											
	1x10kg	£33.75	↑	£3.37		20481											
	1x5kg	£21.07	↑	£4.21		20482											
	1x3kg	£14.12	↑	£4.71		20483											
	1x1kg	£5.07	↑	RSP	£7.10	20488											
DATE & PECAN MUESLI [32% Fruit & Nuts]	10x500g	£31.87	↑	RSP	£4.46	20489											
	1x10kg	£29.20	↑	£2.92		22491											
	1x5kg	£18.80	↑	£3.76		22492											
	1x3kg	£12.76	↑	£4.25		22493											
	1x1kg	£4.62	↑	RSP	£6.47	22498											
DELUXE MUESLI [33% Fruit, Nuts & Seeds]	10x500g	£29.60	↑	RSP	£4.14	22499											
	1x10kg	£24.82	↑	£2.48		20331											
	1x5kg	£16.61	↑	£3.32		20332											
	1x3kg	£11.45	↑	£3.82		20333											
	1x1.5kg	£5.62	↑	RSP	£7.87	20337											
	1x1kg	£4.18	↑	RSP	£5.86	20338											
EIGHT FRUIT MUESLI [40% Fruit]	10x500g	£27.41	↑	RSP	£3.84	20339											
	1x10kg	£34.29	↑	£3.43		22511											
	1x5kg	£21.35	↑	£4.27		22512											
	1x3kg	£14.29	↑	£4.76		22513											
	1x1.5kg	£7.04	↑	RSP	£9.86	22517											
FRUIT MUESLI [50% Fruit]	1x1kg	£5.13	↑	RSP	£7.18	22518											
	1x10kg	£27.83	↑	£2.78		20351											
	1x5kg	£18.11	↑	£3.62		20352											
	1x3kg	£12.35	↑	£4.12		20353											
1x1kg	£4.48	↑	RSP	£6.31	20358												

## MICHAELS WHOLEFOODS MUESLI (Cont.)

HIGH FIBRE MUESLI [47% Fruit, Nuts & Seeds]	1x10kg	£36.72	↑	£3.67		20361											
	1x5kg	£22.56	↑	£4.51		20363											
	1x3kg	£15.02	↑	£5.01		20362											
	1x1kg	£5.37	↑	RSP	£7.52	20368											
	10x500g	£33.36	↑	RSP	£4.67	20369											
ISLE OF PURBECK DELUXE MUESLI [38% Fruit, Nuts & Seeds]	1x10kg	£28.35	↑	£2.84		43231											
	1x5kg	£18.38	↑	£3.68		43232											
	1x3kg	£12.51	↑	£4.17		43233											
	1x1kg	£4.54	↑	RSP	£6.35	43238											
	10x500g	£29.18	↑	RSP	£4.08	43239											
ISLE OF PURBECK ORIGINAL MUESLI	1x10kg	£24.19	↑	£2.42		43241											
MUESLI 15 [36% Fruit, Nuts & Seeds]	1x10kg	£28.26	↑	£2.83		24061											
	1x3kg	£12.48	↑	£4.16		24063											
	1x1kg	£4.53	↑	RSP	£6.34	24068											
MUESLI BASE	1x10kg	£15.32	↑	£1.53		20311											
	1x5kg	£11.86	↑	£2.37		20312											
	1x3kg	£8.60	↑	£2.87		20313											
	1x1.5kg	£4.20	↑	RSP	£5.88	20317											
	1x1kg	£3.23	↑	RSP	£4.52	20318											
MUESLI BASE DELUXE	1x10kg	£15.97	↑	£1.60		20941											
	1x5kg	£12.18	↑	£2.44		20942											
	1x3kg	£8.79	↑	RSP	£12.31	20943											
	1x1kg	£3.30	↑	RSP	£4.62	20948											
MUESLI BASE WHEAT FREE	1x10kg	£15.32	↑	£1.53		24031											
	1x5kg	£11.86	↑	£2.37		24032											
	1x3kg	£8.60	↑	£2.87		24033											
	1x1kg	£3.23	↑	RSP	£4.52	24038											
	10x500g	£22.66	↑	RSP	£3.17	24039											
MUESLI WITHOUT PEANUT [50% Fruit, Nuts & Seeds]	1x10kg	£31.59	↑	£3.16		24111											
	1x5kg	£20.00	↑	£4.00		24112											
	1x3kg	£13.48	↑	£4.49		24113											
	1x1kg	£4.86	↑	RSP	£6.80	24118											
REGULAR MUESLI [20% Fruit, Nuts & Seeds]	1x10kg	£20.27	↑	£2.03		20321											
	1x5kg	£14.34	↑	£2.87		20322											
	1x3kg	£10.08	↑	£3.36		20323											
	1x1.5kg	£4.94	↑	RSP	£6.92	20327											
	1x1kg	£3.73	↑	RSP	£5.22	20328											
	10x500g	£25.14	↑	RSP	£3.52	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											
SUPER DELUXE MUESLI [50% Fruit, Nuts & Seeds]	1x10kg	£29.34	↑	£2.93		20341											
	1x5kg	£18.87	↑	£3.77		20342											
	1x3kg	£12.80	↑	£4.27		20343											
	1x1.5kg	£6.30	↑	RSP	£8.82	20347											
	1x1kg	£4.63	↑	RSP	£6.49	20348											
	10x500g	£29.67	↑	RSP	£4.15	20349											

## MICHAELS WHOLEFOODS MUESLI (Cont.)

WHEAT FREE FRUIT & NUT MUESLI	1x10kg	£30.90		£3.09		24131											
[45% Fruit, Nuts & Seeds]	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]	25 kg	£45.80		£1.83		20541											
Various	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	25 kg	£55.26	↑	£2.21		20551											
Various	1x5kg	£16.35	↑	£3.27		20552											
	1x3kg	£11.25	↑	£3.75		20553											
	1x1kg	£4.05	↑	RSP	£5.67	20557											
	10x500g	£26.25	↑	RSP	£3.67	20558											
	10x250g	£18.12	↑	RSP	£2.54	20559											

POLENTA - Yellow Commeal	25kg	£25.96		£1.04		20602											
France	1x5kg	£9.66		£1.93		20603											
	1x3kg	£7.24		£2.41		20604											
	1x1kg	£2.71		RSP	£3.80	20608											
	10x500g	£19.56		RSP	£2.74	20609											

POTATO STARCH	25 kg	£56.80		£2.27		20571											
Denmark	1x5kg	£16.27		£3.25		20572											
	1x3kg	£11.20		£3.73		20573											
	1x1kg	£4.03		RSP	£5.65	20577											
	10x500g	£26.17		RSP	£3.66	20578											
	10x250g	£18.09		RSP	£2.53	20579											

RICE FLOUR - White	20kg	£36.60		£1.83		20631											
Various	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	25 kg	£54.56		£2.18		20591											
[Full Fat, Heat Treated]	1x5kg	£15.74		£3.15		20592											
Various	1x3kg	£10.88		£3.63		20593											
	1x1kg	£3.93		RSP	£5.50	20597											
	10x500g	£25.64		RSP	£3.59	20598											

## TRADITIONAL DESSERTS

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

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	£16.43	↑	£0.82		20911											
Additive Free	1x10kg	£8.81	↑	£0.88		20912											
Israel	1x5kg	£7.81	↑	£1.56		20913											
	1x2kg	£3.24	↑	RSP	£4.54	20915											
	1x1kg	£2.42	↑	RSP	£3.39	20918											
	10x500g	£18.11	↑	RSP	£2.53	20919											
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FINE SEA SALT	25kg	£16.27	↑	£0.65		20921											
Additive Free	1x10kg	£10.51	↑	£1.05		20922											
Israel	1x5kg	£6.96	↑	£1.39		20923											
	1x2kg	£2.90	↑	RSP	£4.06	20925											
	1x1kg	£2.25	↑	RSP	£3.15	20928											
	10x500g	£17.25	↑	RSP	£2.42	20929											
	10x250g	£13.63	↑	RSP	£1.91	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												
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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												
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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												
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ICING	25kg	£52.00		£2.08		21061												
	Various	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												
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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												
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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												

## SUGAR (Cont.)

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 India	20kg	£67.24		£3.36		17901											
	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 UK	12kg	£50.08		£4.17		17911											
	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 Various	15kg	£73.15	↓	£4.88		17921											
	1x5kg	£28.48	↓	£5.70		17922											
	1x3kg	£18.53	↓	£6.18		17923											
	1x1kg	£6.48	↓	RSP	£9.07	17927											
	10x500g	£38.38	↓	RSP	£5.37	17928											
	10x250g	£24.19	↓	RSP	£3.39	17929											

## DRIED VEGETABLES

ONION SLICED/KIBBLED Egypt	15kg	£58.82		£3.92		21241											
	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 Various	10kg	£73.23		£7.32		21251											
	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 U.K.	1x5kg	£31.34		£6.27		38901											
	1x1kg	£7.97		RSP	£11.16	38907											
	10x250g	£28.67		RSP	£4.01	38908											

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

VEGETABLE BOUILLON U.K.	1x5kg	£33.09		£6.62		38921											
	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	£31.40	↑ v	£1.26		55101											
U.K.	1x3.5kg	£8.40	↑ v	£2.40		55102											
	1x1kg	£3.06	↑ v	RSP	£5.13	55103											
	10x250g	£17.14	↑ v	RSP	£2.88	55109											
	10x100g	£13.26	↑ v	RSP	£2.23	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											

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											



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

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	£193.65	↑	£19.36		28001											
Belgium	1x3kg	£62.09	↑	£20.70		28005											
	1x1kg	£21.06	↑	RSP	£29.49	28006											
	10x250g	£61.41	↑	RSP	£8.60	28008											
	10x100g	£30.36	↑	RSP	£4.25	28009											

REAL PLAIN CHOCOLATE DROPS	10kg	£202.38	↑	£20.24		28021											
[56% cocoa Solids]	1x3kg	£64.72	↑	£21.57		28025											
Belgium	1x1kg	£21.94	↑	RSP	£30.71	28026											
	10x250g	£63.60	↑	RSP	£8.90	28028											
	10x100g	£31.24	↑	RSP	£4.37	28029											

REAL WHITE CHOCOLATE DROPS	10kg	£193.65	↑	£19.36		28041											
Belgium	1x3kg	£62.09	↑	£20.70		28045											
	1x1kg	£21.06	↑	RSP	£29.49	28046											
	10x250g	£61.41	↑	RSP	£8.60	28048											
	10x100g	£30.36	↑	RSP	£4.25	28049											

VEGETABLE SUET	10kg	£45.84	↑	£4.58		55371											
Non Hydrogenated	1x3kg	£17.65	↑	£5.88		55372											
Various	1x1kg	£6.18	↑	RSP	£8.66	55376											
	10x500g	£36.92	↑	RSP	£5.17	55377											
	10x250g	£23.46	↑	RSP	£3.28	55378											

### COCOA

COCOA POWDER - Full Fat	25kg	£467.31	↑	£18.69		55161											
Netherlands	1x5kg	£97.66	↑	£19.53		55162											
	1x3kg	£60.08	↑	£20.03		55163											
	1x1kg	£20.39	↑	RSP	£28.55	55166											
	10x500g	£108.46	↑	RSP	£15.18	55168											
	10x250g	£59.73	↑	RSP	£8.36	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



### SAVOURY SNACKS (Cont.)

GATHIA	1x5kg	£22.25	↑	£4.45		22241											
U.K.	1x3kg	£17.25	↑	£5.75		22243											
	1x1kg	£6.05	↑	RSP	£8.47	22245											
	10x500g	£36.25	↑	RSP	£5.07	22247											
	10x250g	£23.13	↑	RSP	£3.24	22248											
	10x125g	£15.56	↑	RSP	£2.18	22249											
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JAPANESE (STYLE) RICE CRACKER MIX	1x6.5kg	£53.38	↑	£8.21		37211											
Various	1x3kg	£28.64	↑	£9.55		37212											
	1x1kg	£9.91	↑	RSP	£13.88	37215											
	10x500g	£56.06	↑	RSP	£7.85	37217											
	10x200g	£29.42	↑	RSP	£4.12	37218											
	10x100g	£19.21	↑	RSP	£2.69	37219											
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SEAWEED PEANUTS	1x10kg	£60.80	↑	v	£6.08	22311											
China	1x3kg	£22.24	↑	v	£7.41	22312											
	1x1kg	£7.78	↑	v	RSP	£13.07	22315										
	10x200g	£25.16	↑	v	RSP	£4.23	22318										
	10x100g	£17.08	↑	v	RSP	£2.87	22319										
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WASABI COATED PEANUTS	1x10kg	£66.50	v	£6.65		37271											
China	1x5kg	£37.35	v	£7.47		37275											
	1x3kg	£23.85	v	£7.95		37273											
	1x1kg	£8.25	v	RSP	£13.86	37276											
	10x500g	£47.25	v	RSP	£7.94	37277											
	10x200g	£25.30	v	RSP	£4.25	37278											
	10x100g	£16.65	v	RSP	£2.80	37279											
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WASABI GREEN PEAS	1x10kg	£75.17		£7.52		77461											
Various	1x3kg	£26.45		£8.82		77462											
	1x1kg	£9.12		RSP	£12.76	77466											
	10x500g	£51.59		RSP	£7.22	77467											
	10x200g	£27.04		RSP	£3.78	77468											
	10x100g	£17.52		RSP	£2.45	77469											

### CAROB, CHOCOLATE & YOGURT COATED CONFECTIONERY

#### "CAROL ANNE" CAROB COATED

CAROB BRAZILS	4x3kg	£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											
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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											
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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 U.K.	4x3kg	£123.47	v	£10.29		22851											
	3kg	£31.62	v	£10.54		22852											
	10x250g	£39.72	v	RSP	£6.67	22858											
MILK CHOCOLATE BANANA Philippines/UK	4x3kg	£107.79	v	£8.98		22741											
	3kg	£27.70	v	£9.23		22742											
	10x250g	£36.46	v	RSP	£6.12	22748											
MILK CHOCOLATE BRAZILS U.K.	4x3kg	£137.14	↑ v	£11.43		22751											
	3kg	£35.04	↑ v	£11.68		22752											
	1x1kg	£13.23	↑ v	RSP	£22.22	22756											
	10x250g	£42.57	↑ v	RSP	£7.15	22758											
	10x100g	£23.43	↑ v	RSP	£3.94	22759											
MILK CHOCOLATE CASHEWS U.K.	4x3kg	£131.03	v	£10.92		22881											
	3kg	£33.51	v	£11.17		22882											
	10x250g	£41.30	v	RSP	£6.94	22888											
MILK CHOCOLATE GINGER U.K.	4x3kg	£108.21	v	£9.02		22971											
	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 U.K.	4x2.5kg	£100.28	v	£10.03		25251											
	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 USA/UK	4x3kg	£94.74	v	£7.89		22771											
	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 U.K.	4x3kg	£98.95	v	£8.25		22811											
	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 Turkey/UK	4x3kg	£103.19	v	£8.60		22781											
	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 U.K.	4x2.5kg	£90.19	v	£9.02		25111											
	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 U.K.	4x3kg	£134.02	v	£11.17		25341											
	3 kg	£34.26	v	£11.42		25342											
	10x100g	£23.17	v	RSP	£3.89	25349											
DARK CHOCOLATE BRAZILS U.K.	4x3kg	£147.22	v	£12.27		25161											
	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 U.K.	4x3kg	£120.60	v	£10.05		25141											
	3 kg	£30.90	v	£10.30		25142											
	10x250g	£39.12	v	RSP	£6.57	25148											
DARK CHOCOLATE COFFEE BEANS U.K.	4x3kg	£140.92	v	£11.74		25181											
	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	3kg	£18.19	↑	v	£6.06	92231											
	10x250g	£20.16	↑	v	RSP	£3.39	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											

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	£18.19	↑ v	£6.06		90362												
JELLY SNAKES - Kingsway	10x250g	£20.16	↑ v	RSP	£3.39	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	10x250g	£19.57	v	RSP	£3.29	91269												
	3kg	£17.49	v	£5.83		91261												
TWIN CHERRIES - Kingsway	10x250g	£19.57	v	RSP	£3.29	92407												
	3kg	£17.49	v	£5.83		90621												
WINE GUMS - Taveners	10x250g	£19.57	v	RSP	£3.29	92407												
	3kg	£13.99	v	£4.66		92281												
YELLOW BELLIES - ICA	10x250g	£16.66	v	RSP	£2.80	92289												
	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	£18.19	↑ v	£6.06		91441												
	10x250g	£20.16	↑ v	RSP	£3.39	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	£25.35	↑ v	£8.45		94003												
	10x250g	£26.13	↑ v	RSP	£4.39	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

### CONFECTIONERY IN BAGS (Cont.)

HONEYCOMB PLAIN IN BAGS	24x100g	£20.30	↑ v	RSP	£1.35	93065												
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### COUNT LINES

FLYING SAUCERS - Kingsway	500x5p	£15.25	↑ v	RSP	£0.05	93153												
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### OTHER UNWRAPPED CONFECTIONERY IN JARS

CHERRY LIPS - Squirrel	2.25kg	£25.89	↑ v	£11.50		92012												
	10x250g	£33.76	↑ v	RSP	£5.67	92013												
FLORAL GUMS - Squirrel	2.25kg	£25.89	↑ v	£11.50		92011												
	10x250g	£33.76	↑ v	RSP	£5.67	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	£15.29 ↓	RSP	£3.40	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	£9.75 ↑	RSP	£2.03	50797														
SWEET CHILLI DIPPING SAUCE	12x190ml	£19.00 ↑	RSP	£1.98	50719														
THAI GREEN CURRY PASTE	6x170g	£12.99 ↑	RSP	£2.71	41643														
THAI RED CURRY PASTE	6x170g	£12.99 ↑	RSP	£2.71	41642														
THAI FISH SAUCE	12x150ml	£18.25 ↑	RSP	£1.90	50724														

#### CANNED GOODS

COCONUT MILK	12x400ml	£21.32 ↑	RSP	£2.22	50631														
COCONUT MILK LIGHT	12x400ml	£21.32 ↑	RSP	£2.22	50633														

#### OTHER "BLUE DRAGON" PRODUCTS

FIRM SILKEN TOFU	12x349g	£22.73 ↑	RSP	£2.37	39011														
MEDIUM EGG NOODLE NESTS	8x250g	£13.79 ↑	RSP	£2.15	37828														



### "BLUE DRAGON" (Cont.)

WHEATWHEAT NOODLE NESTS	8x250g	£13.79	↑	RSP	£2.15	39091												
TEMPURA BATTER MIX	12x150g	£13.91	↑	RSP	£1.45	50727												
SESAME OIL	12x150ml	£32.38	↑	RSP	£3.37	39006												

### "BONSOY"

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

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

### "CERTO"

APPLE PECTIN	6x250ml	£14.76		RSP	£3.08	38183												
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### "COOK BRAND"

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

### "CYPRESSA"

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

### "DEER ROSE"

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

### "DOVES FARM"

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

### "DRAGONFLY"

LYCHEES IN SYRUP	24x565g	£67.97	↑	RSP	£3.78	51052												
Drained Weight 255g	12x565g	£34.23	↑	RSP	£3.80	51051												

### "ECOLEAF"

SOFT KITCHEN TOWELS - Compostable &	10x2	£19.29	↓ v	RSP	£3.09	57201												
JUMBO KITCHEN TOWELS - Compostable &	12x1	£23.99	v	RSP	£3.20	57203												
TOILET ROLLS	12x4	£21.42	↑ v	RSP	£2.86	57191												
LAUNDRY LIQUID - Summer Rain	1x20lt	£51.89	v	RSP	£83.02	57205												
20LT REFILL TAP	1x1tap	£3.12	v	RSP	£4.99	57211												

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

**BATHROOM CLEANING**

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


**DISHWASHING**

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

WASHING UP LIQUID	1x5lt	£11.72	↑ v	RSP	£18.75	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	£11.72	↑ v	RSP	£18.75	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	£20.73	↑ v	RSP	£33.17	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	£9.33	↑ v	RSP	£14.93	36352
Soft Apple	6x750ml	£9.77	v	RSP	£2.61	36353
LAUNDRY BLEACH POWDER	6x400g	£8.75	↑ v	RSP	£2.33	36321
NON BIO. LAUNDRY LIQUID - Lav & Eucalyptus	1x5lt	£14.33	↑ v	RSP	£24.57	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	£25.06	↑ v	£1.67		36491
WASHING UP LIQUID, CAMOMILE &	1x15lt	£30.02	↑ v	£2.00		36493
WASHING UP LIQUID, LEMON & ALOE VERA -	1x15lt	£30.02	↑ v	£2.00		36494
LAUNDRY LIQUID NON BIO.	1x15lt	£68.02	↑ v	£4.53		36492
TAP FOR 15LT REFILL	1x1	£4.99	v	£4.99		36496


**ZERO FRAGRANCE FREE RANGE**

FABRIC CONDITIONER	6x1.43ltr	£16.33	v	RSP	£4.30	36368
LAUNDRY LIQUID	6x1.43ltr	£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	£13.87	↑	RSP	£3.08	83002
CURRY PASTE MILD	6x380g	£13.87	↑	RSP	£3.08	83003
GREEN MASALA PASTE	6x380g	£15.01	↑	RSP	£3.34	83004


### "FERNS" (Cont.)

VINDALOO PASTE	6x380g	£15.01	↑	RSP	£3.34	83008											
HOT MANGO CHUTNEY	6x440g	£13.87	↑	RSP	£3.08	83009											
SWEET MANGO CHUTNEY	6x440g	£13.87	↑	RSP	£3.08	83011											
BRINJAL PICKLE	6x380g	£13.87	↑	RSP	£3.08	83013											
CHILLI PICKLE	6x380g	£13.87	↑	RSP	£3.08	83014											
GARLIC PICKLE	6x380g	£15.01	↑	RSP	£3.34	83022											
LIME PICKLE HOT	6x380g	£13.87	↑	RSP	£3.08	83015											
LIME PICKLE MILD	6x380g	£13.87	↑	RSP	£3.08	83016											
MANGO & LIME PICKLE	6x380g	£13.87	↑	RSP	£3.08	83021											

### "HELLENIC"

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

JOYA CALCIUM ENRICHED	8x1lt	£12.37		RSP	£2.06	55668											
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### "KAI" GINGER - In Leakproof Plastic Tubs

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

### "KINGFISHER" Toothpaste

ALOE VERA, T.TREE & MINT FL. FREE	12x100ml	£27.72	↑ v	RSP	£3.70	41822											
BAKING SODA, FLUORIDE FREE	12x100ml	£27.72	↑ v	RSP	£3.70	41828											
FENNEL WITH FLOURIDE	12x100ml	£27.72	↑ v	RSP	£3.70	41823											
FENNEL FLOURIDE FREE	12x100ml	£27.72	↑ v	RSP	£3.70	41824											
MINT WITH FLOURIDE	12x100ml	£27.72	↑ v	RSP	£3.70	41825											
MINT, FLOURIDE FREE	12x100ml	£27.72	↑ v	RSP	£3.70	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											
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### "LINGHAMS"

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

**"MA BAKER"**

ASSORTED GIANT BERRY BARS	20x90g	£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												
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**"MARIGOLD"**

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


**"MERIDIAN"**

**SWEETENERS**

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


**SPREADS SAVOURY**

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												
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**"MORNING FOODS"**

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


**"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	£12.90	↑ v	£1.29	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											

### OTHER PACKAGING MATERIALS (Cont.)

PALLET WRAP BLACK [250m x 500mm]	1Roll	£12.15	v			33286											
PALLET WRAP CLEAR [400m x 300mm]	1Roll	£10.50	v			33285											
PLAIN BROWN PAPER FLOUR BAGS 7lb	236Bags	£39.93	v	£0.17	each	82629											
ROLL BAGS 225x350mm[Grannie Bags]	20x500	£81.24	v			82185											
SELLOTAPE [25mm wide]	6Rolls	£3.81	v	£0.64	each	33261											
CLEAR PET POT AND LEAKPROOF LID 280ml	10x280ml	£4.50	v	£0.45	each	82651											
CLEAR PET POT AND LEAKPROOF LID 365ml	10x365ml	£4.78	v	£0.48	each	82654											
CLEAR PET POT AND LEAKPROOF LID 520ml	10x520ml	£4.20	v	£0.42	each	82655											
CLEAR PET POT AND LEAKPROOF LID 850ml	10x850ml	£6.49	v	£0.65	each	82652											
CLEAR PET POT AND LEAKPROOF LID 1000ml	10x1000	£6.81	v	£0.68	each	82653											

### LATEX GLOVES FOR PACKING FRUIT ETC.

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

### "NAIRNS" WHEAT FREE

#### BISCUITS

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

### "NATCO"

POPADOMS			♻️														
BLACK PEPPER	20x200g	£27.82	↑	RSP	£1.85	41121											
	10x200g	£14.51	↑	RSP	£1.93	41122											
CUMIN	20x200g	£28.24	↑	RSP	£1.88	41021											
	10x200g	£14.72	↑	RSP	£1.96	41022											
GARLIC	20x200g	£27.82	↑	RSP	£1.85	41041											
	10x200g	£14.51	↑	RSP	£1.93	41042											
GREEN CHILLI	20x200g	£27.82	↑	RSP	£1.85	41061											
	10x200g	£14.51	↑	RSP	£1.93	41062											
PLAIN	20x200g	£27.82	↑	RSP	£1.85	41101											
	10x200g	£14.51	↑	RSP	£1.93	41102											
PUNJABI	20x200g	£30.19		RSP	£2.01	41081											
	10x200g	£15.70		RSP	£2.09	41082											
CHANA DAL POLISHED	20x500g	£26.66		RSP	£1.78	17141											
CORNMEAL FINE	20x500g	£14.65		RSP	£0.98	20611											
CORNMEAL MEDIUM	20x500g	£14.65		RSP	£0.98	20601											
MUNG DAL YELLOW	20x500g	£30.54	↑	RSP	£2.04	17132											
GROUND RICE	20x500g	£21.62	↑	RSP	£1.44	20623											
RICE FLOUR	20x500g	£21.31	↑	RSP	£1.42	20633											
BUTTER GHEE [Tins]	6x500g	£43.87	↑	RSP	£9.75	39083											
COCONUT MILK CREAM	6x400ml	£8.76		RSP	£1.95	33821											
ROSE WATER	6x310ml	£9.03		RSP	£2.01	33738											

### "NATUREFLEX" BAGS

3 x 4.5 x 5 30mu [Herbs]	1000Bags	£44.62	v			33081											
3 x 4.5 x 6 30mu	1000Bags	£48.29	v			33031											
3 x 4.5 x 7 30mu [250g]	1000Bags	£51.94	v			33101											
3 x 4.5 x 8 30mu [250g]	1000Bags	£55.60	v			33121											
3 x 5 x 9 30mu [450g]	1000Bags	£64.11	v			33141											
3 x 5 x 10 30mu [500g]	1000Bags	£68.19	v			33161											
3.5 x 6 x 11 30mu [900g]	1000Bags	£81.25	v			33181											
4.75 x 7 x 12 45mu [1kg]	500Bags	£65.87	v			33201											

### "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	£145.50	↑	£5.82	79451												
Various	1x1kg	£7.52	↑	RSP	£10.53 79455												
	10x250g	£27.55	↑	RSP	£3.86 79457												
	10x100g	£16.82	↑	RSP	£2.35 79458												
	10x50g	£12.91	↑	RSP	£1.81 79459												
CREAM OF TARTAR - NATURAL	25kg	£361.60	↑ v	£14.46	55153												
CREAM OF TARTAR	1x3.5kg	£54.62	↑ v	£15.61	55151												
Spain	1x1kg	£16.26	↑ v	RSP	£27.32 57557												
	6x100g	£15.88	↑ v	RSP	£4.45 57559												
VITAMIN C POWDER [Ascorbic Acid B.P.]	1x1kg	£13.38	v	£13.38	57561												
	6x200g	£23.25	v	RSP	£6.51 57568												
	6x100g	£14.03	v	RSP	£3.93 57569												
XANTHAN GUM Austria	25kg	£571.88	v	£22.88													
	1x3.5kg	£83.56	v	£23.88	57521												
	1x750g	£18.76	v	RSP	£31.51 57527												
	6x200g	£35.85	v	RSP	£10.04 57528												
	6x100g	£22.13	v	RSP	£6.19 57529												

### "OATLY"

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

### "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	£25.83	↑	RSP	£5.74 41909												
	6x280g	£13.76		RSP	£3.06 41901												

### PICKLED PRODUCTS

PICKLED WALNUTS	6x390g	£19.68		RSP	£4.35 41945												
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### "PALANQUIN" TEAS

SPEARMINT	6x40bag	£17.41	↑	RSP	£4.15 58202												
CARDAMOM	6x40bag	£17.41	↑	RSP	£4.15 58205												
REDBUSH SPICED	6x40bag	£17.41	↑	RSP	£4.15 58206												
SPICED	6x40bag	£17.41	↑	RSP	£4.15 58207												

### "PANDA"

LICORICE BAR	36x32g	£15.48	↑ v	RSP	£0.69 56761												
RASPBERRY BARS	36x32g	£15.48	↑ v	RSP	£0.69 56762												

### "PATAKS"

#### CURRY PASTES

BALTI PASTE	6x283g	£16.38	↑	RSP	£3.41 40311												
BIRYANI PASTE	6x283g	£16.38	↑	RSP	£3.41 39601												
GARAM MASALA PASTE	6x283g	£16.38	↑	RSP	£3.41 39641												
JALFREZI PASTE	6x283g	£16.38	↑	RSP	£3.41 39645												
KORMA PASTE	6x290g	£16.38	↑	RSP	£3.41 40291												
MADRAS PASTE	6x283g	£16.38	↑	RSP	£3.41 39721												
MILD PASTE	6x283g	£16.38	↑	RSP	£3.41 39741												



### "PATAKS" (Cont.)

ROGAN JOSH PASTE	6x283g	£16.38	↑	RSP	£3.41	40301											
TANDOORI PASTE	6x312g	£16.38	↑	RSP	£3.41	39761											
TIKKA MASALA PASTE	6x283g	£16.38	↑	RSP	£3.41	39901											
VINDALOO PASTE	6x283g	£16.38	↑	RSP	£3.41	39801											

### PICKLES

BRINJAL PICKLE	6x312g	£14.19	↑	RSP	£2.96	39821											
CHILLI PICKLE	6x283g	£14.19	↑	RSP	£2.96	39841											
GARLIC PICKLE	6x283g	£14.19	↑	RSP	£2.96	39861											
LIME PICKLE EX HOT	6x283g	£14.19	↑	RSP	£2.96	39941											
LIME PICKLE	6x283g	£14.19	↑	RSP	£2.96	39961											
MANGO PICKLE EX HOT	6x283g	£14.19	↑	RSP	£2.96	40081											
MANGO PICKLE	6x283g	£14.19	↑	RSP	£2.96	40101											
MIXED PICKLE	6x283g	£14.19	↑	RSP	£2.96	40181											

### CHUTNEYS

MANGO CHUTNEY HOT	6x340g	£11.93	↑	RSP	£2.48	40022											
MANGO CHUTNEY SWEET	6x340g	£11.93	↑	RSP	£2.48	40042											

### "PEARL RIVER BRIDGE"

LIGHT SOY SAUCE	12x500ml	£25.47	↓	RSP	£2.83	41402											
DARK SOY SAUCE	12x500ml	£25.47	↓	RSP	£2.83	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											

### "SANCHI"

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

### SESAME SNAPS

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

**"SQUID BRAND"**

FISH SAUCE	12x725ml	£36.97		RSP	£4.11	41741											
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**"St. DALFOUR" FRUIT SPREADS**

APRICOT	6x284g	£15.00	↑	RSP	£3.33	56301											
BLACKBERRY	6x284g	£15.00	↑	RSP	£3.33	56302											
BLACK CHERRY	6x284g	£15.00	↑	RSP	£3.33	56303											
BLACKCURRANT	6x284g	£15.00	↑	RSP	£3.33	56304											
CRANBERRY & BLUEBERRY	6x284g	£15.00	↑	RSP	£3.33	56318											
FIG ROYALE	6x284g	£15.00	↑	RSP	£3.33	56305											
FOUR FRUITS	6x284g	£15.00	↑	RSP	£3.33	56307											
GOLDEN PEACH	6x284g	£15.00	↑	RSP	£3.33	56308											
MIRABELLE PLUM	6x284g	£15.00	↑	RSP	£3.33	56311											
ORANGE	6x284g	£15.00	↑	RSP	£3.33	56312											
ORANGE AND GINGER	6x284g	£15.00	↑	RSP	£3.33	56313											
PINEAPPLE AND MANGO	6x284g	£15.00	↑	RSP	£3.33	56314											
RASPBERRY	6x284g	£15.00	↑	RSP	£3.33	56315											
STRAWBERRY	6x284g	£15.00	↑	RSP	£3.33	56316											
WILD BLUEBERRY	6x284g	£15.00	↑	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											

**"YEO'S"**

RICE VERMICELLI	25x375g	£58.71	↓	RSP	£3.13	21407											
	10x375g	£24.09	↑	RSP	£3.21	21408											

**"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	£51.41	↑	£51.41		88991											
Spain	1x250g	£14.25	↑	RSP	£19.95	88993											
	10x20g	£21.28	↑	RSP	£2.98	88999											
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AJWAIN SEEDS [Lovage]	1 kg	£8.29		£8.29		69011											
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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										
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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											
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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											
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ARROWROOT	1 kg	£7.02	↑	£7.02		31151											
Brazil	1x250g	£3.16	↑	RSP	£4.42	31153											
	10x125g	£20.78	↑	RSP	£2.91	31158											
155ml Spice Tub	10x20g	£11.40	↑	RSP	£1.60	31159											
	10x50g	£13.51	↑	RSP	£2.05	36805											
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BASIL	1 kg	£8.82		£8.82		31171											
Egypt	1x500g	£6.01		£12.02		31172											
	10x75g	£19.61		RSP	£2.75	31178											
155ml Spice Tub	10x25g	£13.20		RSP	£1.85	31179											
	10x20g	£12.36		RSP	£1.87	36806											
1lt Spice Jar	6x150g	£16.33		RSP	£3.81	36512											
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BAY LEAVES	1 kg	£22.96	↑	£22.96		31181											
Turkey	10x75g	£29.22	↑	RSP	£4.09	31188											
	10x15g	£13.44	↑	RSP	£1.88	31189											
1lt Spice Jar	6x45g	£16.93	↑	RSP	£3.95	36513											
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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											
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BOMBAY POTATO MIX	1 kg	£9.86	↑	£9.86		81711											
Various	10x25g	£12.46	↑	RSP	£1.75	81719											
	155ml Spice Tub	10x70g	£16.50	↑	RSP	£2.50	81717										
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CAJUN SEASONING	1 kg	£9.50	↑	£9.50		81451											
Various	1x500g	£6.35	↑	£12.70		81452											
	10x25g	£12.38	↑	RSP	£1.73	81459											
155ml Spice Tub	10x50g	£14.75	↑	RSP	£2.23	36809											
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CARAWAY SEED	1 kg	£15.01	↑	£15.01		31221											
Various	1x500g	£9.10	↑	£18.21		31222											
	1x250g	£5.15	↑	RSP	£7.21	31223											
155ml Spice Tub	10x30g	£14.50	↑	RSP	£2.03	31229											
	10x50g	£18.38	↑	RSP	£2.79	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												
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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												
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CARDAMOM GREEN GROUND	1 kg	£46.25	↑	£46.25	31251												
Guatamala	1x500g	£24.73	↑	£49.45	31252												
	10x20g	£19.25	↑	RSP £2.69	31259												
155ml Spice Tub	10x20g	£19.85	↑	RSP £3.01	36813												
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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												
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CAYENNE PEPPER	1 kg	£10.04	↑	£10.04	31261												
India/Spain/China	1x250g	£3.91	↑	RSP £5.47	31263												
	10x30g	£13.01	↑	RSP £1.82	31269												
155ml Spice Tub	10x50g	£15.79	↑	RSP £2.39	36814												
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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												
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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												
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CHILLI POWDER	1 kg	£9.85	↑	£9.85	31311												
India/Uganda	1x500g	£6.53	↑	£13.05	31312												
	10x30g	£12.96	↑	RSP £1.81	31319												
155ml Spice Tub	10x50g	£14.93	↑	RSP £2.26	36818												
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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												
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CHILLIES WHOLE	0.5kg	£8.81		£17.61	31322												
India	10x50g	£18.81		RSP £2.63	31328												
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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												
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CINNAMON GROUND (ZEYLANICUM)	1 kg	£12.45	↑	£12.45	31361												
Indonesia/Sri Lanka	1x500g	£7.83	↑	£15.65	31362												
	1x250g	£4.51	↑	RSP £6.32	31363												
	10x30g	£13.73	↑	RSP £1.92	31369												
155ml Spice Tub	10x50g	£16.23	↑	RSP £2.46	36823												



## HERBS & SPICES (Cont.)

CINNAMON QUILLS 6" Sri Lanka	0.5kg	£26.58	↑	£53.15		31371											
	10x50g	£36.58	↑	RSP	£5.12	31378											
	10x20g	£19.63	↑	RSP	£2.75	31379											
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CLOVES GROUND Various 155ml Spice Tub	1 kg	£17.19		£17.19		31391											
	1x250g	£5.70		RSP	£7.98	31393											
	10x20g	£13.44		RSP	£1.88	31399											
	10x40g	£17.07		RSP	£2.59	36824											
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CLOVES WHOLE Various 155ml Spice Tub	1 kg	£22.91		£22.91		31401											
	1x250g	£7.13		RSP	£9.98	31403											
	10x20g	£14.58		RSP	£2.04	31409											
	10x30g	£17.27		RSP	£2.62	36825											
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CORIANDER GROUND Various 155ml Spice Tub	1 kg	£9.80	↑	£9.80		31411											
	1x500g	£6.50	↑	£13.00		31412											
	1x250g	£3.85	↑	RSP	£5.39	31413											
	10x40g	£13.92	↑	RSP	£1.95	31419											
	10x50g	£14.90	↑	RSP	£2.26	36826											
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CORIANDER SEED - Heat Treated India 155ml Spice Tub	1 kg	£7.28	↑	£7.28		31421											
	1x250g	£3.22	↑	RSP	£4.51	31423											
	10x30g	£12.18	↑	RSP	£1.71	31429											
	10x40g	£12.76	↑	RSP	£1.93	36827											
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CUMIN GROUND India 155ml Spice Tub 1lt Spice Jar	1 kg	£16.78	↑	£16.78		31431											
	1x500g	£9.99	↑	£19.98		31432											
	1x250g	£5.59	↑	RSP	£7.83	31433											
	10x100g	£28.78	↑	RSP	£4.03	31438											
	10x25g	£14.19	↑	RSP	£1.99	31439											
	10x50g	£19.21	↑	RSP	£2.91	36828											
	6x500g	£59.46	↑	RSP	£13.87	36524											
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CUMIN SEED India 155ml Spice Tub	1 kg	£12.41	↑	£12.41		31441											
	1x500g	£7.81	↑	£15.61		31442											
	1x250g	£4.50	↑	RSP	£6.30	31447											
	10x100g	£24.41	↑	RSP	£3.42	31448											
	10x25g	£13.10	↑	RSP	£1.83	31449											
	10x50g	£16.21	↑	RSP	£2.46	36829											
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CURRY LEAVES India 155ml Spice Tub	0.5 kg	£33.50		£67.00		31462											
	1x250g	£18.15		RSP	£25.41	31463											
	10x10g	£16.70		RSP	£2.34	31469											
	10x5g	£14.15		RSP	£2.14	36830											
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CURRY POWDER MADRAS Various 155ml Spice Tub 1lt Spice Jar	1kg	£7.56	↑	£7.56		31481											
	1x500g	£5.38	↑	£10.76		31482											
	10x40g	£13.02	↑	RSP	£1.82	31489											
	10x50g	£13.78	↑	RSP	£2.09	36832											
	6x500g	£26.88	↑	RSP	£6.27	36527											
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CURRY POWDER MEDIUM Various 155ml Spice Tub	1 kg	£7.56	↑	£7.56		31491											
	1x500g	£5.38	↑	£10.76		31492											
	10x100g	£19.56	↑	RSP	£2.74	31498											
	10x40g	£13.02	↑	RSP	£1.82	31499											
	10x50g	£13.78	↑	RSP	£2.09	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											
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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										
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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										
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FAJITA SPICE MIX	1 kg	£19.02		£19.02		32491											
Various	1x500g	£11.11		£22.22		32492											
	10x35g	£16.66		RSP	£2.33	32499											
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FENNEL SEED	1 kg	£10.50	↓	£10.50		31551											
India / Egypt	1x500g	£6.85	↓	£13.70		31552											
	10x30g	£13.15	↓	RSP	£1.84	31559											
	155ml Spice Tub	10x50g	£15.25	↓	RSP	£2.31	36840										
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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										
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FENUGREEK LEAVES [Methi]	1 kg	£5.95		£5.95		31581											
Pakistan	1x250g	£2.79		RSP	£3.90	31584											
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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										
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GALANGAL CUT	1 kg	£39.26		£39.26		80151											
Various	1x500g	£21.23		£42.46		80152											
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GARAM MASALA	1 kg	£11.76	↑	£11.76		31591											
Various	1x500g	£7.48	↑	£14.96		31592											
	1x250g	£4.34	↑	RSP	£6.08	31593											
	10x100g	£23.76	↑	RSP	£3.33	31598											
	10x30g	£13.53	↑	RSP	£1.89	31599											
	155ml Spice Tub	10x50g	£14.57	↑	RSP	£2.21	36885										
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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											
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GARLIC POWDER	1 kg	£12.43	↑	£12.43		31611											
China	1x250g	£4.51	↑	RSP	£6.31	31614											
	10x100g	£24.43	↑	RSP	£3.42	31618											
	10x40g	£14.97	↑	RSP	£2.10	31619											
	155ml Spice Tub	10x50g	£18.17	↑	RSP	£2.75	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												
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GINGER GROUND	1 kg	£9.13	↑	£9.13	31641												
Nigeria	1x250g	£3.68	↑	RSP £5.16	31643												
	10x100g	£21.13	↑	RSP £2.96	31648												
	10x35g	£13.20	↑	RSP £1.85	31649												
155ml Spice Tub	10x40g	£13.85	↑	RSP £2.10	36847												
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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												
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HERBS DE PROVENCE	1 kg	£12.30	↑	£12.30	31681												
Various	1x250g	£4.47	↑	RSP £6.26	31683												
	10x20g	£12.46	↑	RSP £1.74	31689												
155ml Spice Tub	10x20g	£13.06	↑	RSP £1.98	36848												
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ITALIAN SEASONING	1 kg	£12.64	↑	£12.64	31711												
Various	1x500g	£7.92	↑	£15.84	31712												
	10x25g	£13.16	↑	RSP £1.84	31719												
155ml Spice Tub	10x30g	£14.19	↑	RSP £2.15	36849												
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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												
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JUNIPER BERRIES	1 kg	£20.69	↑	£20.69	32771												
Various	1x500g	£11.95	↑	£23.89	32772												
	10x20g	£14.14	↑	RSP £1.98	32779												
155ml Spice Tub	10x30g	£16.61	↑	RSP £2.52	36850												
1lt Spice Jar	6x300g	£43.84	↑	RSP £10.23	36540												
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KAFFIR LIME LEAVES	1x500g	£40.00		£80.00	83711												
Thailand	10x10g	£18.00		RSP £1.80	18319												
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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												
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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												
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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												
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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												
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MINT	1 kg	£10.26	↑	£10.26	31811												
Egypt	1x250g	£3.96	↑	RSP £5.55	31813												
	10x20g	£12.05	↑	RSP £1.69	31819												
155ml Spice Tub	10x20g	£12.65	↑	RSP £1.92	36855												
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MIXED HERBS	1 kg	£11.70	↑	£11.70	31821												
Various	1x250g	£4.33	↑	RSP £6.05	31823												
	10x100g	£23.70	↑	RSP £3.32	31828												
	10x20g	£12.34	↑	RSP £1.73	31829												
155ml Spice Tub	10x20g	£12.94	↑	RSP £1.96	36856												
1lt Spice Jar	6x160g	£19.51	↑	RSP £4.55	36539												
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MIXED SPICE	1 kg	£13.29	↑	£13.29	31832												
Various	1x500g	£8.24	↑	£16.49	31833												
	10x35g	£14.65	↑	RSP £2.05	31839												
155ml Spice Tub	10x50g	£16.64	↑	RSP £2.52	36857												
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MULLED WINE SPICE	1 kg	£23.04	↑	£23.04	69001												
U.K.	1x500g	£13.12	↑	£26.24	69002												
	1x250g	£7.16	↑	RSP £10.02	69003												
	10x100g	£35.04	↑	RSP £4.91	69008												
	10x35g	£18.06	↑	RSP £2.53	69009												
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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												
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MUSTARD SEED BROWN	1 kg	£6.20	↑	£6.20	31851												
India	1x500g	£4.70	↑	£9.40	31852												
	10x100g	£18.20	↑	RSP £2.55	31858												
	10x40g	£12.48	↑	RSP £1.75	31859												
155ml Spice Tub	10x60g	£13.63	↑	RSP £2.06	36859												
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MUSTARD SEED YELLOW	1 kg	£5.63	↑	£5.63	31861												
India	1x500g	£4.41	↑	£8.83	31862												
	10x40g	£12.25	↑	RSP £1.72	31869												
155ml Spice Tub	10x60g	£13.18	↑	RSP £2.00	36860												
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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											
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ONION POWDER	1 kg	£8.84	↑	£8.84		32791											
India	1x250g	£3.61	↑	RSP	£5.05	32793											
	10x30g	£12.65	↑	RSP	£1.77	32799											
155ml Spice Tub	10x50g	£14.42	↑	RSP	£2.18	36863											
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ONION SEED BLACK (Nigella)	1 kg	£10.10	↓	£10.10		31901											
India	1x250g	£3.92	↓	RSP	£5.49	31903											
	10x25g	£12.52	↓	RSP	£1.75	31909											
155ml Spice Tub	10x50g	£15.05	↑	RSP	£2.28	36864											
1lt Spice Jar	6x500g	£34.49	↑	RSP	£8.05	31906											
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OREGANO	1 kg	£10.46	↓	£10.46		31911											
Greece	1x250g	£4.01	↓	RSP	£5.62	31913											
	10x20g	£12.09	↓	RSP	£1.69	31919											
155ml Spice Tub	10x20g	£12.69	↓	RSP	£1.92	36865											
1lt Spice Jar	6x150g	£17.81	↓	RSP	£4.16	36544											
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PAPRIKA NOBLE SWEET	1 kg	£9.66	↑	£9.66		31931											
Spain	1x500g	£6.43	↑	£12.86		31932											
	10x30g	£12.90	↑	RSP	£1.81	31939											
155ml Spice Tub	10x50g	£14.83	↑	RSP	£2.25	36866											
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PAPRIKA SMOKED	1 kg	£11.31	↑	£11.31		31891											
Spain	1x500g	£7.26	↑	£14.52		31892											
	1x250g	£4.23	↑	RSP	£5.92	31893											
	10x100g	£23.32	↑	RSP	£3.26	31898											
	10x30g	£13.39	↑	RSP	£1.88	31899											
155ml Spice Tub	10x50g	£15.66	↑	RSP	£2.37	36867											
1lt Spice Jar	6x500g	£38.15	↑	RSP	£8.90	36547											
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PAPRIKA	1 kg	£7.90	↑	£7.90		31941											
Spain/Peru	1x500g	£5.55	↑	£11.10		31942											
	10x30g	£12.37	↑	RSP	£1.73	31949											
155ml Spice Tub	10x50g	£13.58	↑	RSP	£2.06	36868											
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PARSLEY	1 kg	£11.76	↑	£11.76		31951											
U.K.	1x500g	£7.48	↑	£14.96		31952											
	10x20g	£12.35	↑	RSP	£1.73	31959											
155ml Spice Tub	10x15g	£12.46	↑	RSP	£1.89	36869											
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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											
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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	£94.50	↑	£18.90	31981												
Various	1kg	£20.70	↑	£20.70	31982												
	1x500g	£11.95	↑	£23.90	31983												
	10x250g	£61.25	↑	RSP £8.57	31986												
	10x100g	£30.90	↑	RSP £4.33	31988												
	10x50g	£19.45	↑	RSP £2.72	31987												
	10x25g	£14.22	↑	RSP £1.99	31989												
155ml Spice Tub	10x50g	£20.25	↑	RSP £3.07	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	£21.96	↑	£21.96	32022												
Black, Green, Pink & White.	1x250g	£6.89	↑	RSP £9.65	32023												
	10x25g	£15.49	↑	RSP £2.17	32029												
155ml Spice Tub	10x25g	£16.16	↑	RSP £2.45	36877												
1lt Spice Jar	6x500g	£72.18	↑	RSP £16.84	36552												
PEPPERCORN MIX - FIVE	1 kg	£22.00	↑	£22.00	32191												
Black, Green, Pimento, Pink & White.	1x250g	£6.90	↑	RSP £9.66	32193												
	10x25g	£15.50	↑	RSP £2.17	32199												
155ml Spice Tub	10x25g	£16.18	↑	RSP £2.45	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												

## HERBS & SPICES (Cont.)

PIRI PIRI SEASONING Various  155ml Spice Tub	1 kg	£11.59	↑	£11.59		80101											
	1x250g	£4.30	↑	RSP	£6.02	80103											
	10x30g	£13.48	↑	RSP	£1.89	80109											
	10x60g	£16.76	↑	RSP	£2.54	80107											
POPPY SEEDS BLUE Various  155ml Spice Tub 1lt Spice Jar	25kg	£115.92		£4.64		32045											
	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											
	10x80g	£17.03		RSP	£2.58	32044											
RAS EL HANOUT Various  155ml Spice Tub	1 kg	£17.27	↓	£17.27		32631											
	1x500g	£10.24	↓	£20.47		32632											
	10x20g	£13.45	↓	RSP	£1.88	32639											
	10x60g	£20.16	↓	RSP	£3.06	32637											
ROSEMARY Spain  155ml Spice Tub	1 kg	£9.52	↑	£9.52		32061											
	1x500g	£6.36	↑	£12.72		32062											
	10x30g	£12.86	↑	RSP	£1.80	32069											
	10x30g	£13.91	↑	RSP	£2.11	36879											
SAFFRON STRANDS BOXED MWF Pack - Box In Bag 155ml Spice Tub	10x1g	£37.49		RSP	£5.25	32081											
	10x1g	£47.49		RSP	£6.65	32089											
	10x1g	£48.49		RSP	£6.79	32087											
SAGE Morocco  155ml Spice Tub 1lt Spice Jar	1 kg	£11.90	↑	£11.90		32091											
	1x500g	£7.55	↑	£15.10		32092											
	10x20g	£12.38	↑	RSP	£1.73	32099											
	10x20g	£12.98	↑	RSP	£1.97	36880											
	6x150g	£19.11	↑	RSP	£4.46	36562											
STAR ANISE China/India  155ml Spice Tub	0.5 kg	£18.71		£37.42		31141											
	1x250g	£10.76		RSP	£15.06	31143											
	10x20g	£17.48		RSP	£2.45	31149											
	10x20g	£17.77		RSP	£2.69	36881											
SUMAC - WITHOUT SALT Turkey  155ml Spice Tub	1 kg	£13.90		£13.90		32231											
	1x500g	£8.55		£17.10		32232											
	10x40g	£15.56		RSP	£2.18	32239											
	10x70g	£19.33		RSP	£2.93	32237											
TAMARIND CONCENTRATE	6x400g	£28.70		RSP	£6.70	32111											
	6x150g	£19.10		RSP	£4.46	32119											
TARRAGON LEAVES France/UK  155ml Spice Tub	0.5 kg	£16.96		£33.92		32131											
	1x250g	£9.88		RSP	£13.83	32133											
	10x10g	£13.39		RSP	£1.87	32139											
	10x20g	£17.06		RSP	£2.59	36882											
THAI 7 SPICE Various  155ml Spice Tub	1 kg	£11.35		£11.35		80111											
	1x500g	£7.28		£14.55		80112											
	10x30g	£13.41		RSP	£1.88	80119											
	10x70g	£17.55		RSP	£2.66	80117											

## HERBS & SPICES (Cont.)

THYME	1 kg	£10.71		£10.71		32141											
Morocco	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	£19.93	↑	RSP	£4.65	36571											
BAKING POWDER	6x1000g	£29.21		RSP	£4.65	36572											
BICARBONATE OF SODA	6x1000g	£16.51	↑ v	RSP	£4.62	36573											

## HERBS & SPICES IN BULK PACKS

CARAWAY SEED	25kg	£281.20	↑	£11.25		36923											
CAYENNE PEPPER	25kg	£153.20	↑	£6.13		36925											
CHILLIES CRUSHED/KIBBLED	20kg	£140.56		£7.03		36922											
CHILLI POWDER	25kg	£153.20	↑	£6.13		36926											
CINNAMON GROUND	25kg	£190.00	↑	£7.60		36924											
CINNAMON QUILLS	25kg	£438.00		£17.52		36933											
CORIANDER GROUND	25kg	£78.00	↑	£3.12		36934											
CORIANDER SEED	16kg	£45.06	↑	£2.82		36935											
CURRY POWDER MADRAS	25kg	£111.20	↑	£4.45		36928											
GARLIC MINCED	25kg	£296.40		£11.86		36901											
GARLIC POWDER	25kg	£260.80	↑	£10.43		36918											
GINGER GROUND	25kg	£139.20	↑	£5.57		36902											
LIQUORICE ROOT STICKS	16kg	£228.10		£14.26		36916											
MARJORAM	7kg	£45.92		£6.56		36927											
MIXED HERBS	10kg	£77.60	↑	£7.76		36903											
MIXED SPICE	25kg	£250.80	↑	£10.03		36904											
MUSTARD POWDER	25kg	£241.60		£9.66		36905											
MUSTARD SEED BROWN	25kg	£70.00	↑	£2.80		36906											
MUSTARD SEED YELLOW	25kg	£70.80	↑	£2.83		36907											
PAPRIKA HUNGARIAN	25kg	£153.20	↑	£6.13		36932											
PAPRIKA	25kg	£118.00	↑	£4.72		36908											
PEPPER COARSE GROUND BLACK 0.6 - 1.2mm	25kg	£318.00		£12.72		36930											
PEPPERCORNS BLACK	25kg	£370.00	↑	£14.80		36909											
PEPPERCORNS PINK	10kg	£245.92		£24.59		36929											
5 PEPPERCORNS MIX	12.5kg	£212.50	↑	£17.00		36917											
PICKLING SPICE	12.5kg	£60.80		£4.86		36911											
ROSEMARY	25kg	£194.00	↑	£7.76		36912											
SAGE	10kg	£79.20	↑	£7.92		36913											
THYME	10kg	£68.00		£6.80		36914											
TURMERIC	25kg	£118.00		£4.72		36915											

## MEDICINAL / BOTANICAL HERBS & SPICES

BEE POLLEN GRAINS	1 kg	£35.66		£35.66		81801											
Spain	1x500g	£19.43		£38.86		81802											
	1x250g	£10.31		RSP	£14.44	81803											
	10x100g	£47.66		RSP	£6.67	81808											
CHAMOMILE FLOWERS	1 kg	£29.97		£29.97		32301											
Egypt	1x500g	£16.58		£33.17		32302											
	10x100g	£41.97		RSP	£5.88	32308											
HENNA POWDER RED	1 kg	£13.44	↑ v	£13.44		31661											
Egypt	1x250g	£4.76	↑ v	RSP	£8.00	31663											
	10x100g	£25.44	↑ v	RSP	£4.27	31669											
LAVENDER	1 kg	£26.56	v	£26.56		32561											
Albania	1x250g	£8.04	v	RSP	£13.51	32563											
	10x100g	£38.56	v	RSP	£6.48	32568											
NETTLE	1 kg	£29.63		£29.63		32421											
Eastern Europe/Germany	1x500g	£16.42		£32.83		32422											
	10x100g	£41.63		RSP	£5.83	32428											
PEPPERMINT	1 kg	£23.10		£23.10		32441											
Various	1x500g	£13.15		£26.30		32442											
	10x100g	£35.10		RSP	£4.91	32448											
PSYLLIUM HUSKS	1 kg	£34.72	v	£34.72		81721											
	1x250g	£10.08	v	RSP	£16.93	81723											
	10x100g	£46.72	v	RSP	£7.85	81728											
PSYLLIUM HUSK POWDER	1 kg	£36.78	v	£36.78		32281											
India	1x250g	£10.60	v	RSP	£17.80	32283											
	10x100g	£48.78	v	RSP	£8.20	32288											
RASPBERRY LEAF	1 kg	£22.03		£22.03		32461											
Poland	1x500g	£12.62		£25.23		32462											
	10x100g	£34.03		RSP	£4.76	32468											
ROSE PETALS RED	1 kg	£25.00	↑ v	£25.00		32641											
Pakistan	1x250g	£7.65	↑ v	RSP	£12.85	32643											
	10x100g	£37.00	↑ v	RSP	£6.22	32648											
	10x25g	£16.25	↑ v	RSP	£2.73	32649											
SLIPPERY ELM POWDER	1x500g	£56.15	v	£112.31		32511											
USA/China	1x250g	£29.48	v	RSP	£49.52	32512											
	10x100g	£124.31	v	RSP	£20.88	32518											
	10x20g	£32.46	v	RSP	£5.45	32519											

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# TERMS OF TRADE

## **Retention of Title**

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

## **Prices**

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

## **Payment**

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

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

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

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

## **Data Protection Act 2018**

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

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

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

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

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

**Consent:**

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

**You may withdraw your consent at any time.**

**Your rights as a data subject:**

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

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

## **Complaints:**

In the event that you wish to make a complaint about how your personal data is being processed by Michaels Wholesale Foods Ltd or how your complaint has been handled, you have the right to lodge a complaint directly with the supervisory authority [www.ICO.gov.uk](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 postcode listing on back page of this catalogue.

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

**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-C (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 on the order**