

# new products

## Breakfast Cereals & Cereal Flakes

### Kallo Foods

New from Kallo, two bagged organic vegan granolas. **Three Nut Crunch Granola** is a crispy oat and wheat cereal, the three nuts are hazelnuts, almonds and cashews. **Superfruits Crunch Granola** - crispy oats and wheat cereal with freeze dried cranberries, blackcurrants and blueberries.

* Three Nut Crunch Granola	organic	5x360g	15.55	4.15	6 250 8
* Superfruits Crunch Granola	organic	5x360g	15.55	4.15	6 250 9

### Lizi's - The Good Carb Food Co.

New from Lizi's, a brand refresh. There will be new packaging feeding through and two lines have improved recipes and a different size with new barcodes. The two new and improved lines are **Original Granola - non-organic** and **Low Sugar Granola**.

* Original Granola - non-organic - replacement		10x400g	29.00	3.87	7 161 1
* Low Sugar Granola - replacement		10x400g	30.20	4.03	7 161 3

## Bread, Rice Cakes, Crackers etc

### Amisa - gluten-free

New from Amisa, organic vegan gluten-free **Italian Style Ciabatta Rolls**. Made from carefully selected organic ingredients these ready-to-eat gluten-free rolls are soft, airy and full of flavour. There are 3 rolls in each pack.

* Italian Style Ciabatta Rolls	organic	9x180g	23.55	3.49	16 986 6
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### Biona - gluten-free

New from Biona, organic gluten-free vegan **Buckwheat Cakes with salt**. Made only from buckwheat and salt, these round cakes are naturally gluten-free and full of fibre. Packed in a plastic tube wrap with a metal clip closer.

* Buckwheat Cakes with salt	organic	12x100g	20.60	2.29	17 013 4
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### Kallo Foods - gluten-free

New from Kallo, vegan gluten-free **Lentil & Pea Veggie Cakes** in three flavours: **Caramelised Onion & Chutney** packed with flavour and nice with cheese, pate or a savoury spread. **Sea Salt & Cider Vinegar** with a great taste reminiscent of a chipstick. **Spinach & Pesto** a green pea taste with a bit of salt. All the cakes are high in fibre and protein with 40 calories per cake and they are packed in a plastic wrap tube.

* Lentil & Pea Veggie Cakes - Caramelised Onion & Chutney		6x122g	16.20	3.60	17 300 1
* Lentil & Pea Veggie Cakes - Sea Salt & Cider Vinegar		6x122g	16.20	3.60	17 300 2
* Lentil & Pea Veggie Cakes - Spinach & Pesto		6x122g	16.20	3.60	17 300 3

## Oils & Fats

### Biona Oils - not heat extracted

New from Biona, organic vegan **Sunflower Frying Oil**. A high quality kitchen essential with a neutral flavour that is ideal for frying, roasting and baking. Packed in a glass bottle.

* Sunflower Frying Oil	organic	12x750ml	56.60	6.29	20 041 3
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### Mani - Greek

New and on offer from Mani Blaeuel, organic vegan **Olive Oil - Extra Virgin 3l Bag in Box**. This single variety extra virgin olive oil is made from Koroneiki olives from Greece. The olive trees are traditionally managed and harvested by hand. Cold extracted in local mills, this balanced oil is light green in colour with a fresh fruity, mildly nutty aroma and distinct peppery finish. It is packaged in a recyclable plastic bladder in a nicely decorated card box with a hidden tap that pops out and is very easy to use. The pricing below represents a discount of 15%.

<input type="checkbox"/> Olive Oil - Extra Virgin	organic	3l	32.80	10.93	20 058 3
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## Olives, Pickles and Preserved Vegetables

### Mani - Greek Organic products

New and on offer from Mani Blaeuel, two organic vegan meze lines. **Garlic with Herbs in extra virgin olive oil** - the bold flavour of garlic blended with aromatic oregano, rosemary, thyme and salt. **Mediterranean Mix in extra virgin olive oil** - this cocktail mix features, mixed olive slices, sundried tomato pieces, capers, garlic and herbs. Both are packed in glass jars with metal screwtop lids. The pricing below represents a discount of 15%.

<input type="checkbox"/> Garlic with Herbs in e.v. olive oil	organic	6x190g	17.15	3.81	35 036 8
<input type="checkbox"/> Mediterranean Mix in e.v. olive oil	organic	6x190g	17.15	3.81	35 038 1

## Sauces, Fruit and Vegetable Products

### Biona - Sauces, Mustards, Pastes, Relish

New from Biona, organic vegan **Ginger Turmeric Paste** in a glass jar. Made from ginger, turmeric, coconut vinegar, coconut oil and a little sea salt. No need to peel or chop, makes curries and stir fries a doddle.

* Ginger Turmeric Paste	organic	6x130g	14.35	3.19	39 008 7
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### Clearspring - pouches

New and on offer are Clearspring organic vegan fruit pouches. These new 100g pouches have replaced the On-the go range and will be packaged in recyclable pouches with a bigger case size. As well as the familiar **Apple and Blueberry** and **Apple and Mango** there are three new flavours: **Banana, Blueberry & Strawberry Purée, Banana, Strawberry & Mango Purée** and **Pear Purée**. All are a naturally sweet harmonious blend of fruits, free from added sugar or concentrate. The pricing marked  below represents a discount of 15%.

<input type="checkbox"/> Apple & Blueberry Purée	organic	18x100g	15.95	1.18	39 058 2
<input type="checkbox"/> Apple & Mango Purée	organic	18x100g	15.95	1.18	39 058 3
<input type="checkbox"/> Banana, Blueberry & Strawberry Purée	organic	18x100g	15.95	1.18	39 058 4
<input type="checkbox"/> Banana, Strawberry & Mango Purée	organic	18x100g	15.95	1.18	39 058 7
<input type="checkbox"/> Pear Purée	organic	18x100g	15.95	1.18	39 058 8

## Baby & Children's Food and Baby Products

### Cheeky Panda Bamboo products

New and on offer are Cheeky Panda vegan **Bamboo Baby Wipes**. These are a soft gentle way to clean your baby's delicate skin. Each pack of 60 biodegradable wipes are made from FSC certified bamboo and contain no harsh chemicals or fragrance. They are dermatologically tested and packed in a recyclable pack. The pricing below represents a discount of 15%.

<input type="checkbox"/> Bamboo Baby Wipes		12x60p	19.05 V	2.54	83 098 1
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### Organix - Toddler & Kids

New and on offer from Organix, a selection of organic toddler and kids snacks. **Mini Oaty Bites - raspberry & orange with apple** - these small bites also contain raisins and wholegrain oats. **Oaty Split Stix - apple blackcurrant bars** - two soft sticks of raisins and oats one with apple juice, the other with blackcurrant juice. **Oaty Split Stix - choco banana bars** with one stick chocolate and the other banana flavoured. **Banana Bread Biscuits** - the best selling biscuit in the best selling flavour in a smiling person shape. **Jammie Monsters - strawberry & apple** - round biscuits for toddlers with a jam filling made of strawberry and apple puree with grape juice. **Cheese & Herbs Puffs - multipack** - corn puffs with cheese powder and parsley; the best selling finger food and toddler snack in a multipack. The pricing marked  below represents a discount of 15%.

<input type="checkbox"/> Mini Oaty Bites - raspberry & orange with apple	organic	5x100g	9.60	2.55	47 085 9
<input type="checkbox"/> Oaty Split Stix - apple blackcurrant bars	organic	6x5x23g	11.90 V	3.16	47 086 0
<input type="checkbox"/> Oaty Split Stix - choco banana bars	organic	6x5x23g	11.90 V	3.16	47 090 4
<input type="checkbox"/> Banana Bread Biscuits	organic	6x6x135g	11.55	2.57	47 086 2
<input type="checkbox"/> Jammie Monsters - strawberry & apple biscuits	organic	4x4x64g	8.95	2.98	47 086 3
<input type="checkbox"/> Cheese & Herbs Puffs - multipack	organic	3x4x15g	5.80	2.57	47 089 0

## Teas - Herb

### Yogi Tea - Ayurvedic Tea Bags

Returning is the Yogi Tea Ayurvedic organic **Happy Nature Tea** which is a blend of mango, tangerine and vanilla. By purchasing a pack, you are supporting a re-forestation project by Yogi Tea and their partner JACARANDAS in Madagascar. The project supports 3,000 farms in sustainable and fair farming practices. The teabags are made from manilla hemp fibres and wood pulp which is free of plastics and oxygen bleached, a natural process that is free of chemicals or toxins, the bags are packed in a card box.

* Happy Nature Tea	organic	6x17bgs	12.35	2.75	57 171 6
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## Teas - Black, Green & White

### Dragonfly Tea

New and on offer from Dragonfly Teas, vegan gluten-free **Golden Breakfast Tea Bags**. This blend is reviving and moreish; it is a bright black tea with a malty finish. The tea bags are biodegradable. The pricing below represents a discount of 20%.

<input type="checkbox"/> Golden Breakfast Tea Bags		4x40bgs	7.05	2.35	58 102 2
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## Coffee

### Equal Exchange Single Origin FairTrade R&G Coffee

Returning Is Equal Exchange organic **Colombian Excelso R&G Coffee - 3**. Sourced from the Women Farmers of ANEI in Colombia, this organic coffee has a medium body with notes of dark chocolate, brown sugar and lemon. The members of ANEI come from four unique indigenous groups that have championed sustainability for generations. The coffee is packaged in LDPE recyclable bags.

* Colombian Excelso R&G Coffee - 3	organic	8x200g	42.00	7.00	60 060 7
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\* new product  on offer  
▲ price rise ▼ fall

☆ size/other change  
◆ offer ended

### Grumpy Mule Ground - FairTrade

New from Grumpy Mule two blends to complete the range. **High & Mighty Ground Espresso Blend - 5** - this FairTrade coffee is grown over 800 metres above sea level in Brazil hence the name. With a bold taste, expect rich cocoa, hazelnut and a full body. **Kick Ass House Blend Ground - 4 - FairTrade** - this is Grumpy Mule's signature blend named after the mules that deliver freshly picked Arabica coffee down the mountains from high altitudes. This blend from Brazil and Honduras is smooth and moreish.

* High & Mighty Ground Espresso Blend - 5	6x200g	28.65	6.37	<b>600851</b>
* Kick Ass House Blend Ground - 4	6x200g	28.65	6.38	<b>600852</b>

### Grumpy Mule Beans - FairTrade

New from Grumpy Mule, a range of wholebean roast coffee beans to complement their great selling ground coffees. Three of the new lines are in 500g as well as 200g.

* Beans - Columbia - 4	organic	10x500g	114.00	15.22	<b>600853</b>
* Beans - Top Notch - 3	organic	10x500g	114.00	15.22	<b>600854</b>
* Beans - Sumatra Gayo Highlands - 4	organic	10x500g	114.00	15.22	<b>600855</b>
* Beans - Colombia - 4	organic	6x200g	28.65	6.38	<b>600856</b>
* Beans - Easy Does It Decaf - 3	organic	6x200g	30.00	6.68	<b>600857</b>
* Beans - Top Notch - 3	organic	6x200g	28.65	6.38	<b>600858</b>
* Beans - High & Mighty Espresso Blend - 5		6x200g	28.65	6.38	<b>600859</b>
* Beans - Kick Ass House Blend - 4		6x200g	28.65	6.38	<b>600860</b>
* Beans - Peru Chiclayo - 3 - Bird Friendly	organic	6x200g	28.65	6.38	<b>600861</b>

## Drinks - Fruit & Vegetable Juices, Cordials & Water

### James White - Beet It

New and on offer from James White are two organic vegan Beet-It shots. Beetroot juice is naturally rich in dietary nitrate, a vasodilator that increases blood flow, reduces blood pressure and oxygenates muscle. It also contains high levels of potassium. It is for these reasons James White has added 'circulate+' to the packaging. The two new flavours are **Beet It & Ginger** and **Beet It & Turmeric**. They are made with pressed ginger and turmeric, with beetroot juice and lemon juice and are packaged in screw top plastic bottles. The pricing below represents a discount of 10%.

<input type="checkbox"/> Beet It & Ginger - Shot - conc. beetroot juice	organic	15x70ml	18.75	1.66	<b>664593</b>
<input type="checkbox"/> Beet It & Turmeric - Shot - conc. beetroot juice	organic	15x70ml	18.75	1.66	<b>664594</b>

### Rocks Squash

New from Rocks, vegan **Lemon Squash** made with whole organic lemons, cane sugar, citric acid and pure Devonshire spring water. Packed in a glass bottle. Please note this will not be available until April.

* Lemon Squash		6x740ml	13.80 V	3.68	<b>662731</b>
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## Drinks - Carbonated

### Pip Organic

New and on offer from Pip Organic, two organic vegan gluten-free juices with sparkling water. They are packaged in aluminium tins with stand out brightly coloured designs. **Apple Fizz** is made from 60% pressed apples, sparkling water and vitamin C antioxidant. **Cherry Fizz** is made from pressed apples, sparkling water and cherries with vitamin C. The pricing below represents a discount of 15%.

<input type="checkbox"/> Apple Fizz	organic	24x250ml	19.55 V	1.30	<b>661619</b>
<input type="checkbox"/> Cherry Fizz	organic	24x250ml	19.55 V	1.30	<b>661620</b>

## Savoury Snacks

### DJ&A

New and on offer from DJ&A, **Pickle-Licious pickle flavoured cucumber crisps**. Crunchy slices of cucumber are vacuum fried and flavoured with onion, garlic, spices & herbs. A delicious alternative to salt & vinegar crisps with 40% less fat. The pricing below represents a discount of 10%.

<input type="checkbox"/> Pickle-Licious - Pickle Flavoured Cucumber Crisps		9x50g	20.20	3.21	<b>751071</b>
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### Mister Free'd

New from Mr Free'd, vegan gluten-free **Tortilla Chips Chilli Lime Fiery Hot**. Cooked in sunflower oil, these corn based chips are high in fibre and very tasty. They are spicy with an intense chilli heat and a zesty burst of lime.

* Tortilla Chips Chilli Lime Fiery Hot		12x135g	18.00	2.00	<b>752345</b>
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## Sweet Snacks & Confections

### Trek Protein Flapjacks - vegan

New and on offer from Trek, a vegan **Biscoff Protein Flapjack** filled with hearty oats, soya protein crispies, smothered with a generous layer of Biscoff topping and packed with 9g of plant based protein for natural energy. This flapjack is not gluten-free. The pricing below represents a discount of 25%.

<input type="checkbox"/> Biscoff Protein Flapjack		16x50g	10.45 V	1.08	<b>766781</b>
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## Condiments, Stocks, Salt & Miscellaneous Foods

### Suma

New from Suma, organic vegan **Aquafaba** in two sizes of glass jar. Aquafaba is the broth left when cooking chickpeas in water. With a neutral taste, it can be used as an egg white substitute in baking. Alternatively whipped into a foam, it adds structure to vegan meringues and pavlovas. Aquafaba's mix of proteins, starches and plant solids give it emulsifying properties. It can be used to make vegan mayonnaise.

* Aquafaba - jar	organic	6x750ml	31.40	6.98	<b>795338</b>
* Aquafaba - jar	organic	6x250ml	12.45	2.77	<b>795339</b>

## Supplementary Foods

### Ayurvediq - glass jar

New and on offer from Ayurvediq, four organic vegan gluten-free food supplements with no additives in vegetable capsules. **Brahmi**, also known as Bacopa Monnieri, is traditionally used in Ayurvedic medicine for its cognitive and therapeutic benefits. **Cayenne Pepper** contains capsaicin which is known for its potential health benefits. **Neem Leaf**, also known as Azadirachta Indica, has a wide range of uses in immune health and skincare. **Tulsi**, also known as Holy Basil is considered sacred and is used for spiritual significance and adaptogenic properties. The pricing marked  below represents a discount of 15%.

<input type="checkbox"/> Brahmi - 60 capsules	organic	1x1jar	8.50 V	15.20	<b>850948</b>
<input type="checkbox"/> Cayenne Pepper - 60 capsules	organic	1x1jar	7.55 V	13.50	<b>850949</b>
<input type="checkbox"/> Neem Leaf - 60 capsules	organic	1x1jar	11.50 V	20.57	<b>850951</b>
<input type="checkbox"/> Tulsi - 60 capsules	organic	1x1jar	7.55 V	13.50	<b>850952</b>

### BetterYou

New and on offer from BetterYou, two fast acting magnesium powder drink formulations in a pouch. Both contain a triple blend of magnesium citrate, magnesium biglycinate and magnesium malate. **Magnesium Max Original Powder** contains the triple blend only and helps reduce tiredness and fatigue with 375g per dose which is 100% of your NRV (nutrient reference value). Add to a drink of your choice. **Magnesium Max Sleep - Passionflower - Powder** - blend with a hot milk of choice for a relaxing bedtime drink. The pricing below represents a discount of 25%.

<input type="checkbox"/> Magnesium Max Original Powder		6x120g	35.55 V	11.22	<b>850893</b>
<input type="checkbox"/> Magnesium Max Sleep - Passionflower - Powder		6x160g	35.55 V	11.22	<b>850894</b>

### Forest Wholefoods - retail pouches

New from Forest Wholefoods, a range of organic mushroom powders in pouches. **Lion's Mane** is grown in Gutian, an area close to Tibet. It is rich in polysaccharides and many other bioactive compounds that are of benefit to the brain. Add Lion's Mane to stir-fries, salads, pasta, pizza and soups. **Reishi** is grown in humid Asian locations; this brown fine powder has several molecules, including triterpenoids, polysaccharides and peptidoglycans, that may be responsible for health benefits. **7 Blend Mushroom Powder** is a combination of Reishi, Chaga, Shiitake, Maitake, Lion's Mane, Cordyceps and White Fungus mushroom powder. **Shiitake** is extremely versatile. It has a full bodied, earthy flavour and is ideal to use in any savoury dish. The name is from Shii - a type of tree the mushroom was first known to grow around.

* Lion's Mane Mushroom Powder	organic	1x125g	7.95	10.60	<b>851925</b>
* Reishi Mushroom Powder	organic	1x125g	7.45	9.93	<b>851927</b>
* 7 Blend Mushroom Powder	organic	1x125g	6.65	8.87	<b>851929</b>
* Shiitake Mushroom Powder	organic	1x125g	6.95	9.27	<b>851931</b>

### Naturya

New from Naturya, organic vegan gluten-free **Cacao Nibs** 125g in a resealable pouch which replaces the 300g size. These high quality cacao nibs are hand harvested and roasted. Add to granola or yogurt for a tasty source of magnesium and copper.

* Cacao Nibs	organic	1x125g	4.40	6.49	<b>855421</b>
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## Kitchen & Household Goods

### Cheeky Panda Bamboo products

New and on offer from Cheeky Panda, **9 Toilet Rolls WWF Silky Soft - 3 ply - 190 sheets**. Cheeky Panda has partnered with the World Wildlife Fund with purchases contributing to many sustainable projects. The pricing below represents a discount of 15%. Also new and on offer are vegan FSC certified **Handy Wipes** - a pocket sized way to clean mess from sticky hands and snotty noses. They are biodegradable with no fragrance. There are 12 packs in a shelf ready card case. The pricing below represents a discount of 15%

<input type="checkbox"/> Handy Wipes		12x12p	10.50 V	1.40	<b>820568</b>
<input type="checkbox"/> 9 Toilet Rolls WWF Silky Soft - 3 ply - 190 sheets		5x9p	17.25 V	5.52	<b>820566</b>

### Ecoleaf - by Suma

New from Ecoleaf, 100% recycled, FSC, **EcoLeaf Kitchen Towels**. These replace code 911010 with a new case size and 55 extra sheets. The towels are still 3 ply and made without BPA, formaldehyde, dyes, chlorine or fragrances. The rolls are packed in a paper pack.

* EcoLeaf Kitchen Towels		10x2roll	23.95 V	3.83	<b>911011</b>
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\* new product  on offer  
▲ price rise ▼ fall

☆ size/other change  
◆ offer ended

## Household & Industrial Cleaning Products

### Bio-D - [www.biodegradable.biz](http://www.biodegradable.biz)

New from Bio-D. **Cotton Fresh** - a new vegan, cruelty free laundry fragrance in recyclable 1l and 5l containers suitable for septic tanks. **Cotton Fresh Laundry Liquid** is extra concentrated and non-biological. It has a crisp fragrance that evokes the feeling of fresh linen on a summers day. It cleans thoroughly while being gentle on fabrics and the planet. It is suitable for whites, colours and delicates all at low temperatures. **Cotton Fresh Fabric Conditioner** - **concentrated** softens and protects your clothes, reducing static while keeping them smooth.

* Cotton Fresh Laundry Liquid - concentrated	12x1l	33.80 V	4.65	<b>830526</b>
* Cotton Fresh Laundry Liquid - concentrated	1x5l	14.15 V	23.23	<b>830527</b>
* Cotton Fresh Fabric Conditioner - concentrated	12x1l	33.80 V	4.65	<b>830529</b>
* Cotton Fresh Fabric Conditioner - concentrated	1x5l	8.45 V	13.57	<b>830521</b>

### Ecoleaf - Vegan

As part of a re-brand, existing Ecoleaf lines are being replaced with new packaging, barcodes and fragrances. **Bathroom Cleaner** in a 750ml spray and 5l refill now has a lavender scent. The pine scented hard floor cleaner has been replaced by **Hard Floor Cleaner - Rose & Oud** in 750ml and 5l sizes, and **Multi Surface Cleaner** is now anti bacterial compliant with EN1276 and EN14476 with a citrus and petitgrain scent.

* Bathroom Cleaner - trigger spray - lavender	12x750ml	27.80 V	3.70	<b>831397</b>
* Bathroom Cleaner - lavender	1x5l	9.95 V	15.91	<b>831398</b>
* Hard Floor Cleaner - Rose & Oud	1x5l	12.65 V	20.23	<b>831404</b>
* Hard Floor Cleaner - Rose & Oud	12x750ml	27.80 V	3.70	<b>831403</b>
* Multi Surface Cleaner - antibac - citrus & petitgrain	12x750ml	27.80 V	3.70	<b>831434</b>
* Multi Surface Cleaner - antibac - citrus & petitgrain	20l	30.85 V	1.54	<b>831429</b>
* Multi Surface Cleaner - antibac - citrus & petitgrain	1x5l	9.95 V	15.91	<b>831431</b>

### Ecover - Zero range

New and on offer from Ecover, **All in One Zero Dishwasher Tablets - small**. These have a quick dry rinse aid formula and salt action to leave your dishes squeaky clean. These fragrance-free tablets do not come individually wrapped in plastic and instead use a plastic free coating to help protect them. The small recyclable compact card box means less waste and room for two more tablets. The pricing marked  below represents a discount of 20%.

<input type="checkbox"/> All in One Zero Dishwasher Tablets - small	12x24p	47.40 V	6.32	<b>831604</b>
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### Ecover Washing up

New and on offer from Ecover, a new range of **All in One Dishwasher tablets** including rinse aid and salt. They do not come individually wrapped in plastic, and instead use a plastic free coating to help protect them. The smaller compact recyclable card box means only tablets are being shipped. There are **All in One Dishwasher Tablets** with a mandarin and lemongrass fragrance in two sizes. These replace the existing wrapped tablets. There is now an **All in One Power** range in two sizes that feature 40% more enzymes than the standard tablets, for improved stain removal. Packaged in a compact card box with unwrapped tablets. The pricing marked  below represents a discount of 20%

<input type="checkbox"/> All in One Dishwasher Tablets - small	12x24p	47.40 V	6.32	<b>831981</b>
<input type="checkbox"/> All in One Dishwasher Tablets - large	4x72p	42.10 V	16.85	<b>831982</b>
<input type="checkbox"/> Power All in One Dishwasher Tablets - small	12x24p	53.70 V	7.16	<b>831983</b>
<input type="checkbox"/> Power All in One Dishwasher Tablets - large	4x72p	46.30 V	18.53	<b>831984</b>

## Toiletries & Natural Remedies

### Ben & Anna - vegan bodycare

New and on offer from Ben & Anna, a bath salt selection and a shower gel range. Both are COSMOS natural, recyclable, vegan & gluten-free. The bath salts combine high quality sea salt with almond oil and coconut oil. They are packaged beautifully in card tubs with a cork top. **Bathsalts - Cornflower** have delicate cornflower petals, for a refreshing regenerating bathing experience. **Bathsalts - Lavender** calm your senses and make your skin silky smooth. With **Bathsalts - Rose** -you can enjoy the calm and harmony of a rose garden in your own home. The shower gels are packaged in recycled aluminium bottles, they are gentle on the body with a pH-neutral formula for sensitive skin. **Shower Gel - Berry Infusion** has a fruity freshness. **Shower Gel - Blue Lagoon** has an invigorating fresh smell of the ocean. The pricing marked  below represents a discount of 20%

<input type="checkbox"/> Bathsalts - Cornflower	1x300g	3.50 V	6.30	<b>859586</b>
<input type="checkbox"/> Bathsalts - Lavender	1x300g	3.50 V	6.30	<b>859587</b>
<input type="checkbox"/> Bathsalts - Rose	1x300g	3.50 V	6.30	<b>859589</b>
<input type="checkbox"/> Shower Gel - Berry Infusion - alu bottle	1x250ml	3.05 V	5.50	<b>859590</b>
<input type="checkbox"/> Shower Gel - Blue Lagoon - alu bottle	1x250ml	3.05 V	5.50	<b>859591</b>
<input type="checkbox"/> Shower Gel - Magnolia Breeze - alu bottle	1x250ml	3.05 V	5.50	<b>859592</b>

### Bio-D - Vegan - BUAV approved

New from Bio-D, vegan **Cleansing Hand Wash Geranium & Grapefruit** in a 20l refill drum. It will gently cleanse your skin and has the herby rose smell of geranium with citrus grapefruit. Tested to food grade BSEN1276 it neutralises 99.9% of harmful bacteria.

* Cleansing Hand Wash Geranium & Grapefruit	20l	51.15 V	2.56	<b>859492</b>
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\* new product  on offer  
▲ price rise ▼ fall

# special offers

Please note that the prices listed below are the offer prices.

All offers run for two months, or while stocks last.

Prices are fixed at the point of ordering so that these prices apply to orders PLACED from 5pm 28th February to 5pm 30th April.

The non-offer prices will be printed in the May 2025 Catalogue.

## Flours & Baking Requisites

### Doves Farm

#### 15% off list March and April

<input type="checkbox"/> Wholemeal Strong Bread Flour	organic	5x1.5kg	7.70	2.05	<b>40540</b>
<input type="checkbox"/> Strong White Bread Flour	organic	5x1.5kg	8.25	2.20	<b>40560</b>
<input type="checkbox"/> Fine Plain Wholemeal Flour	organic	5x1kg	5.50	1.47	<b>40505</b>
<input type="checkbox"/> Self Raising Wholemeal Flour	organic	5x1kg	5.50	1.47	<b>40515</b>
<input type="checkbox"/> Plain White Flour	organic	5x1kg	6.10	1.63	<b>40545</b>
<input type="checkbox"/> Self Raising White Flour	organic	5x1kg	6.20	1.65	<b>40565</b>
<input type="checkbox"/> Malthouse Bread Flour	organic	5x1kg	7.15	1.91	<b>40574</b>
<input type="checkbox"/> Pasta & Pizza Flour	organic	5x1kg	7.40	1.97	<b>51070</b>
<input type="checkbox"/> Seedhouse Bread Flour	organic	5x1kg	11.75	3.13	<b>51067</b>

## Pasta

### Biona - spelt

#### 15% off list March and April

<input type="checkbox"/> Spelt Fusilli - wholemeal	organic	10x500g	18.40	2.45	<b>130352</b>
<input type="checkbox"/> Spelt Lasagne - wholemeal	organic	12x250g	24.40	2.71	<b>130358</b>
<input type="checkbox"/> Spelt Penne - wholemeal	organic	10x500g	18.40	2.45	<b>130357</b>
<input type="checkbox"/> Spelt Spaghetti - wholemeal	organic	12x500g	22.10	2.46	<b>130360</b>
<input type="checkbox"/> White Spelt Spaghetti	organic	12x500g	25.90	2.88	<b>140165</b>
<input type="checkbox"/> White Spelt Fusilli	organic	10x500g	21.60	2.88	<b>140170</b>
<input type="checkbox"/> White Spelt Penne	organic	10x500g	21.60	2.88	<b>140175</b>

### Explore Cuisine - vegan - gluten-free

#### 25% off list March and April

<input type="checkbox"/> Black Bean Spaghetti	organic	6x200g	10.45	2.32	<b>130705</b>
<input type="checkbox"/> Chickpea Fusilli	organic	6x250g	10.45	2.32	<b>130708</b>
<input type="checkbox"/> Edamame Bean Spaghetti	organic	6x200g	10.45	2.32	<b>130707</b>
<input type="checkbox"/> Edamame & Mung Bean Fettuccine	organic	6x200g	10.45	2.32	<b>130715</b>
<input type="checkbox"/> Green Lentil Penne	organic	6x250g	10.45	2.32	<b>130718</b>

### La Terra E Il Cielo - speciality pasta

#### 20% off list March and April

<input type="checkbox"/> White Fusilli	organic	12x500g	13.60	1.51	<b>131304</b>
<input type="checkbox"/> White Linguine (Flat Spaghetti)	organic	12x500g	13.60	1.51	<b>131312</b>
<input type="checkbox"/> White Penne	organic	12x500g	13.60	1.51	<b>131305</b>
<input type="checkbox"/> White Spaghetti	organic	12x500g	13.60	1.51	<b>131306</b>

### Profusion - protein rich - gluten-free - dried at 42 degrees C

#### 15% off list March and April

<input type="checkbox"/> Red Lentil Fusilli	organic	8x250g	17.25	2.87	<b>132106</b>
<input type="checkbox"/> Chickpea Fusilli	organic	8x250g	16.75	2.79	<b>132111</b>
<input type="checkbox"/> Yellow Lentil Lasagne Sheets	organic	12x250g	35.00	3.89	<b>132120</b>
<input type="checkbox"/> Chickpea Orzo	organic	12x250g	23.60	2.62	<b>132122</b>
<input type="checkbox"/> Red Lentil Orzo	organic	12x250g	23.60	2.62	<b>132123</b>

## Bread, Rice Cakes, Crackers etc

### Amisa - gluten-free

#### 15% off list March and April

<input type="checkbox"/> Buckwheat Crispbread	organic	12x120g	22.10	2.46	<b>169852</b>
<input type="checkbox"/> Chestnut Crispbread	organic	12x100g	18.25	2.03	<b>169853</b>
<input type="checkbox"/> Protein Lentil Crispbread	organic	12x100g	16.75	1.86	<b>169860</b>
<input type="checkbox"/> Veggie Garden Crispbread	organic	12x100g	14.45	1.61	<b>169870</b>

☆ size/other change  
◆ offer ended

## Clearspring - Rice Crackers

### 15% off list March and April

<input type="checkbox"/>	Brown Rice Crackers Black Pepper & Tamari	organic	12x40g	17.50	1.94	750299
<input type="checkbox"/>	Brown Rice Crackers Green Nori & Tamari	organic	12x40g	17.50	1.94	750296
<input type="checkbox"/>	Whole Sesame Brown Rice Crackers	organic	12x40g	17.50	1.94	750297
<input type="checkbox"/>	Black Sesame Brown Rice Crackers	organic	12x40g	17.50	1.94	750298

## Biscuits and Cakes

### Clearspring Oat biscuits

#### 15% off list March and April

<input type="checkbox"/>	Matcha Oat Biscuits	organic	12x40g	11.40	1.27	180480
<input type="checkbox"/>	Miso Maple Oat Biscuits	organic	12x40g	11.40	1.27	180481
<input type="checkbox"/>	Sweet Date Oat Biscuits	organic	12x40g	11.40	1.27	180482

### Nairn's Oat Biscuits - wheat-free

#### 20% off list March and April

<input type="checkbox"/>	Coconut & Chia Oat Biscuits		10x200g	12.00	1.61	182393
<input type="checkbox"/>	Mixed Berries Oat Biscuits		10x200g	12.00	1.61	182387
<input type="checkbox"/>	Stem Ginger Oat Biscuits		10x200g	12.00	1.61	182390

## Oils & Fats

### Farrington's Mellow Yellow Rapeseed Oil

#### 20% off list March and April

<input type="checkbox"/>	Mellow Yellow Cold Pressed Rapeseed Oil		6x500ml	15.70	3.49	200633
<input type="checkbox"/>	Mellow Yellow Balsamic Vinegar Dressing		6x250ml	12.35	2.74	200634
<input type="checkbox"/>	Mellow Yellow Chili Oil		6x250ml	11.75	2.61	200635
<input type="checkbox"/>	Mellow Yellow Ultimate Chili Dressing		6x250ml	12.35	2.74	200636
<input type="checkbox"/>	Mellow Yellow Classic Vinaigrette		6x250ml	12.35	2.74	200637
<input type="checkbox"/>	Mellow Yellow Honey & Mustard Dressing		6x250ml	12.35	2.74	200638

### Mani - Greek

#### 15% off list March and April

<input type="checkbox"/>	Olive Oil - Extra Virgin - New!	organic	3l	32.80	10.93	200583
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## Nut Butter, Pâté, Spreads & Jam

### Essential - Vitam-R

#### 20% off list March and April

<input type="checkbox"/>	Vitam-R (yeast extract low salt)		6x125g	18.00	4.00	251005
<input type="checkbox"/>	Vitam-R (yeast extract low salt)		6x250g	30.60	6.80	251010

### Meridian

#### 20% off list March and April

<input type="checkbox"/>	Crunchy Almond Butter 100%		6x170g	11.80	2.62	251502
<input type="checkbox"/>	Smooth Almond Butter 100%		6x170g	11.80	2.62	251503
<input type="checkbox"/>	Organic Smooth Almond Butter 100%	organic	6x170g	21.20	4.71	251506
<input type="checkbox"/>	Smooth Cashew Butter		6x170g	13.85	3.08	251515
<input type="checkbox"/>	Crunchy Cashew Butter		6x170g	13.85	3.08	251516
<input type="checkbox"/>	Organic Smooth Cashew Butter	organic	6x470g	37.75	8.39	251519
<input type="checkbox"/>	Protein Smooth Peanut Butter 100%		3x700g	13.10	5.83	251611

## Honey, Syrup, Sugar & Sweeteners

### St Lawrence Gold Canadian Maple Syrup & Honey

#### 20% off list March and April

<input type="checkbox"/>	Maple Syrup - amber grade A - glass	organic	12x330g	55.30	6.14	316515
<input type="checkbox"/>	Maple Syrup - dark grade A - glass	organic	12x330g	55.30	6.14	316516
<input type="checkbox"/>	Maple Syrup - amber grade A - plastic jug	organic	12x500ml	102.85	11.43	316517
<input type="checkbox"/>	Maple Syrup - amber grade A - plastic jug	organic	1x1l	16.55	22.07	316518
<input type="checkbox"/>	Maple Syrup - dark grade A - bag in box	organic	5l	69.25	13.85	316521
<input type="checkbox"/>	Maple Syrup - very dark grade A - plastic pail	organic	20l	273.20	13.66	316520
<input type="checkbox"/>	Maple Sugar Granulated - glass	organic	12x125g	52.50	5.83	316522
<input type="checkbox"/>	Maple Butter - glass	organic	12x150g	58.40	6.49	316524

## Olives, Pickles and Preserved Vegetables

### Mani - Greek Organic products

#### 15% off list March and April

<input type="checkbox"/>	Garlic with Herbs in e.v. olive oil - New!	organic	6x190g	17.15	3.81	350368
<input type="checkbox"/>	Mediterranean Mix in e.v. olive Oil - New!	organic	6x190g	17.15	3.81	350381

### Morgiel

#### 15% off list March and April

<input type="checkbox"/>	Beetroot & Horseradish Relish	organic	6x300g	11.90	2.83	350400
<input type="checkbox"/>	Pickled Baby Beetroots	organic	6x300g	11.90	2.83	350402
<input type="checkbox"/>	Pickled Gherkins with Red Peppers	organic	6x670g	14.95	3.56	350404
<input type="checkbox"/>	Plain Sauerkraut	organic	6x680g	11.90	2.83	350406
<input type="checkbox"/>	Sauerkraut with Carrot	organic	6x680g	11.90	2.83	350408
<input type="checkbox"/>	Gherkins in Brine	organic	6x820g	15.60	3.71	350410

## Vinegars

### Aspall

#### 20% off list March and April

<input type="checkbox"/>	Apple Balsamic Vinegar		6x350ml	14.25	3.17	370503
<input type="checkbox"/>	Balsamic Vinegar	organic	6x350ml	14.25	3.17	370504
<input type="checkbox"/>	Balsamic Vinegar	organic	5l	28.65	5.73	370507
<input type="checkbox"/>	Cyder Vinegar	organic	20l	37.00	1.85	370511
<input type="checkbox"/>	Cyder Vinegar	organic	5l	12.60	2.52	370512
<input type="checkbox"/>	Cyder Vinegar	organic	6x500ml	8.20	1.82	370516
<input type="checkbox"/>	Cyder Vinegar	organic	6x350ml	7.20	1.60	370518
<input type="checkbox"/>	Raw Apple Cyder Vinegar with Honey 35%		6x500ml	12.80 V	3.41	370522
<input type="checkbox"/>	Raw Unfiltered Cyder Vinegar	organic	6x500ml	10.30	2.29	370519
<input type="checkbox"/>	Raw Unfiltered Cyder Vinegar	organic	5l	12.60	2.52	370520
<input type="checkbox"/>	Red Wine Vinegar	organic	6x350ml	7.05	1.57	370535
<input type="checkbox"/>	White Wine Vinegar	organic	6x350ml	7.05	1.57	370550
<input type="checkbox"/>	Organic White Wine Vinegar	organic	5l	12.75	2.55	370552
<input type="checkbox"/>	Red Wine Vinegar		5l	8.40	1.68	370517
<input type="checkbox"/>	White Wine Vinegar (not organic)		5l	8.40	1.68	370523

## Sauces, Fruit and Vegetable Products

### Biona - Tomato Products

#### 15% off list March and April

<input type="checkbox"/>	Passata	organic	12x680g	17.50	1.94	390115
<input type="checkbox"/>	Passata with Basil	organic	12x680g	17.50	1.94	390117
<input type="checkbox"/>	Passata Rustica	organic	12x680g	19.80	2.20	390119
<input type="checkbox"/>	Arrabbiata Pasta Sauce (hot & spicy)	organic	6x350g	11.40	2.53	390129
<input type="checkbox"/>	Basilico Tomato & Basil Sauce	organic	6x350g	11.40	2.53	390130
<input type="checkbox"/>	Toscana Pasta Sauce (Tuscan)	organic	6x350g	11.40	2.53	390139

### Clearspring - pouches

#### 15% off list March and April

<input type="checkbox"/>	Apple & Blueberry Purée - single pouch - New!	organic	18x100g	15.95	1.18	390582
<input type="checkbox"/>	Apple & Mango Purée - single pouch - New!	organic	18x100g	15.95	1.18	390583
<input type="checkbox"/>	Banana, Blueberry & Strawberry Purée - New!	organic	18x100g	15.95	1.18	390584
<input type="checkbox"/>	Banana, Strawberry & Mango Purée - New!	organic	18x100g	15.95	1.18	390587
<input type="checkbox"/>	Pear Purée - single pouch - New!	organic	18x100g	15.95	1.18	390588

### Essential Trading

#### 20% off list March and April

<input type="checkbox"/>	Tom Purée Tube Double Conc. - tube	organic	12x130g	11.15	1.24	391230
<input type="checkbox"/>	Chopped Tomatoes	organic	12x400g	9.30	1.03	391235

### Suma

#### 15% off list March and April

<input type="checkbox"/>	Mayonnaise - egg	organic	6x300g	17.60	3.91	392742
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## Convenience Foods

### Amaizin - cans

#### 20% off list March and April

<input type="checkbox"/>	Aduki Beans	organic	6x400g	6.55	1.46	440501
<input type="checkbox"/>	Baked Beans	organic	6x400g	7.88	1.75	440503
<input type="checkbox"/>	Black Beans	organic	6x400g	5.95	1.32	440505
<input type="checkbox"/>	Feijoad Beans - black beans in spiced sauce	organic	6x400g	7.50	1.67	440506
<input type="checkbox"/>	Mixed Beans with corn - small	organic	12x200g	9.65	1.07	440508
<input type="checkbox"/>	Red Kidney Beans in Chilli Sauce	organic	6x400g	8.85	1.97	440510
<input type="checkbox"/>	Taco Bean Mix - in spicy sauce	organic	6x400g	7.00	1.56	440511

### Biona - tinned beans & pulses

#### 15% off list March and April

<input type="checkbox"/>	Baked Beans in tins	organic	12x400g	12.90	1.43	390099
<input type="checkbox"/>	Brown Lentil Curry - BPA-free can	organic	6x400g	8.35	1.86	390120
<input type="checkbox"/>	Chilli Black Beans - BPA-free can	organic	6x410g	6.45	1.43	390146
<input type="checkbox"/>	Chilli Red Kidney Beans in tins	organic	6x395g	6.45	1.43	390149

### Free & Easy - canned organic soups

#### 15% off list March and April

<input type="checkbox"/>	Butternut Squash & Ginger Soup	organic	6x400g	9.10	2.02	441122
<input type="checkbox"/>	Pea & Mint Soup	organic	6x400g	9.10	2.02	441130
<input type="checkbox"/>	Sweet Potato & Chia Seed Soup	organic	6x400g	9.10	2.02	441132
<input type="checkbox"/>	Tomato Soup	organic	6x400g	9.10	2.02	441135

### Free & Easy - canned low salt organic soups

#### 15% off list March and April

<input type="checkbox"/>	Sweet Potato & Quinoa Soup - low salt	organic	6x400g	9.10	2.02	441144
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### La Bio Idea - cans

#### 20% off list March and April

<input type="checkbox"/>	Beluga Lentils - small	organic	12x200g	10.80	1.20	442661
<input type="checkbox"/>	Borlotti Beans	organic	6x400g	6.10	1.36	442662
<input type="checkbox"/>	Fagioli Toscani	organic	6x400g	7.50	1.67	440512
<input type="checkbox"/>	Butter Beans	organic	6x400g	6.45	1.43	442665
<input type="checkbox"/>	Cannellini Beans	organic	6x400g	6.10	1.36	442667
<input type="checkbox"/>	Chickpeas	organic	6x400g	5.70	1.27	442670
<input type="checkbox"/>	Chickpeas - small	organic	12x200g	8.85	0.98	442671
<input type="checkbox"/>	Brown Lentils	organic	6x400g	6.10	1.36	442672
<input type="checkbox"/>	Green Dupuis Lentils	organic	6x400g	7.45	1.66	442673
<input type="checkbox"/>	Mixed Beans	organic	6x400g	6.10	1.36	442675
<input type="checkbox"/>	Red Kidney Beans	organic	6x400g	6.10	1.36	442677
<input type="checkbox"/>	Red Kidney Beans - small	organic	12x200g	8.75	0.97	442678

### Mr Organic - ring-pull cans

#### 15% off list March and April

<input type="checkbox"/>	Aduki Beans	organic	12x400g	11.40	1.27	442748
<input type="checkbox"/>	Baked Beans	organic	12x400g	12.15	1.35	442750
<input type="checkbox"/>	Beluga Lentils	organic	12x400g	11.40	1.27	442753
<input type="checkbox"/>	Black Beans	organic	12x400g	10.60	1.18	442752
<input type="checkbox"/>	Borlotti Beans	organic	12x400g	11.40	1.27	442755
<input type="checkbox"/>	Cannellini Beans	organic	12x400g	11.40	1.27	442757
<input type="checkbox"/>	Chickpeas	organic	12x400g	10.60	1.18	442760
<input type="checkbox"/>	Chilli Mixed Beans	organic	12x400g	13.65	1.52	442761
<input type="checkbox"/>	Butter Beans	organic	12x400g	12.15	1.35	442762
<input type="checkbox"/>	Haricot Beans	organic	12x400g	11.40	1.27	442763
<input type="checkbox"/>	Lentils - green	organic	12x400g	11.40	1.27	442765
<input type="checkbox"/>	Low Sugar Baked Beans	organic	12x400g	13.65	1.52	442766
<input type="checkbox"/>	Mixed Beans	organic	12x400g	12.15	1.35	442767
<input type="checkbox"/>	Moroccan Style Chickpeas	organic	12x400g	15.95	1.77	442772
<input type="checkbox"/>	Red Kidney Beans	organic	12x400g	11.40	1.27	442770

### Mr Organic - glass jar

#### 15% off list March and April

<input type="checkbox"/>	Butter Beans - jar	organic	6x350g	8.80	1.96	442791
<input type="checkbox"/>	Cannellini Beans - jar	organic	6x350g	8.80	1.96	442792
<input type="checkbox"/>	Chickpeas - jar	organic	6x350g	8.80	1.96	442793
<input type="checkbox"/>	Lentils - jar	organic	6x350g	8.80	1.96	442794

## RIFCo - Really Interesting Food Company - vegan gluten-free

### 15% off list March and April

<input type="checkbox"/>	Thai Green Curry	organic	6x400g	12.40	2.76	443786
<input type="checkbox"/>	Spanish Chickpea Casserole	organic	6x400g	12.40	2.76	443788
<input type="checkbox"/>	Thai Temple Curry	organic	6x400g	12.40	2.76	443792

## Baby & Children's Food and Baby Products

### Cheeky Panda Bamboo products

#### 15% off list March and April

<input type="checkbox"/>	Bamboo Baby Wipes		12x60p	19.05 V	2.54	830981
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### Organix Brands - Baby

#### 15% off list March and April

<input type="checkbox"/>	Banana & Plum Porridge	organic	4x200g	9.50	3.17	470710
<input type="checkbox"/>	Apple Rice Cake Clouds	organic	6x40g	7.55	1.68	470820
<input type="checkbox"/>	Banana Rice Cake Clouds	organic	6x40g	7.55	1.68	470822
<input type="checkbox"/>	Strawberry Rice Cake Clouds	organic	6x40g	7.55	1.68	470824
<input type="checkbox"/>	Summer Fruits Rice Cake Clouds	organic	6x40g	7.55	1.68	470826
<input type="checkbox"/>	Little Ruskits Baby Biscuits	organic	4x54g	6.15	2.05	470833
<input type="checkbox"/>	Melty Tomato Slices	organic	5x20g	2.75	0.73	470857
<input type="checkbox"/>	Melty Carrot Puffs	organic	8x20g	4.30	0.72	470924
<input type="checkbox"/>	Melty Sweetcorn Rings	organic	8x20g	4.30	0.72	470926
<input type="checkbox"/>	Banana Weaning Wands	organic	5x25g	5.10	1.36	470976
<input type="checkbox"/>	Strawberry Weaning Wands	organic	5x25g	5.10	1.36	470978

### Organix - Toddler & Kids

#### 15% off list March and April

<input type="checkbox"/>	Chunky Apple & Date Fruit Bars	organic	6x6x17g	14.45	3.21	470881
<input type="checkbox"/>	Chunky Banana & Date Fruit Bars	organic	6x6x17g	14.45	3.21	470882
<input type="checkbox"/>	Kids Crazy Choco Orange Mini Flapjack Bites	organic	4x4x23g	9.55	3.17	470869
<input type="checkbox"/>	Kids Lemon & Lime Oaty Bars	organic	6x6x23g	14.40	3.19	470873
<input type="checkbox"/>	Kids Marvellous Mandarin & Apple Oaty Bars	organic	6x6x23g	14.40	3.19	470874
<input type="checkbox"/>	Mini Oaty Bites - raspberry, orange + apple	organic	5x100g	9.60	2.55	470859
<input type="checkbox"/>	Oaty Split Stix - apple blackcurrant bars	organic	6x5x23g	11.90 V	3.16	470860
<input type="checkbox"/>	Oaty Split Stix - choco banana bars	organic	6x5x23g	11.90 V	3.16	470904
<input type="checkbox"/>	Wavy Apple Snackers - Kids	organic	5x15g	3.60	0.96	470879
<input type="checkbox"/>	Raisins - box	organic	4x12x14g	8.80	2.93	470884
<input type="checkbox"/>	Banana Bread Biscuits - New!	organic	6x6x135g	11.55	2.57	470862
<input type="checkbox"/>	Farm Animal Biscuits	organic	5x100g	8.20	2.19	470907
<input type="checkbox"/>	Cocoa & Vanilla Gruffalo Biscuits	organic	3x5x20g	5.35	2.38	470889
<input type="checkbox"/>	Gingerbread Men - large	organic	6x135g	11.55	2.57	470909
<input type="checkbox"/>	Jammie Monsters - strawberry & apple biscuits	organic	4x4x64g	8.95	2.98	470863
<input type="checkbox"/>	Carrot Stix	organic	6x15g	2.15	0.48	470914
<input type="checkbox"/>	Cheese & Herb Corn Puffs	organic	6x15g	2.15	0.48	470920
<input type="checkbox"/>	Barbeque Gruffalo Claws	organic	3x4x15g	5.80	2.57	470901
<input type="checkbox"/>	Cheese & Onion Gruffalo Claws	organic	3x4x15g	5.80	2.57	470905
<input type="checkbox"/>	Cheese & Herbs Puffs - multipack - New!	organic	3x4x15g	5.80	2.57	470890
<input type="checkbox"/>	Melty Carrot Puffs multi pack	organic	4x4x18g	7.65	2.54	470923
<input type="checkbox"/>	Mini Cheese Cracker multipack	organic	3x4x20g	5.65	2.50	470918

## Japanese Products, Miso, Soy Sauce, Tofu

### Ocean's Halo

#### 20% off list March and April

<input type="checkbox"/>	Miso Broth - tetra	organic	6x946ml	18.15	4.04	481040
<input type="checkbox"/>	Pho Broth - tetra	organic	6x946ml	18.15	4.04	481042
<input type="checkbox"/>	Ramen Broth - tetra	organic	6x946ml	18.15	4.04	481044

## Sea Vegetables

### Clearspring

#### 15% off list March and April

<input type="checkbox"/>	Ginger Seaveg Crispies - toasted nori snack	organic	20x4g	16.45	1.10	531041
<input type="checkbox"/>	Multipack Ginger Seaveg Crispies	organic	6x5x4g	19.05	4.23	531043
<input type="checkbox"/>	Turmeric Seaveg Crispies - toasted nori snack	organic	20x4g	16.45	1.10	531045
<input type="checkbox"/>	Multipack Turmeric Seaveg Crispies	organic	6x5x4g	19.05	4.23	531047

\* new product  on offer  
▲ price rise ▼ fall

☆ size/other change  
◆ offer ended

<input type="checkbox"/>	Original Seaveg Crispiess - toasted nori snack	organic	20x4g	16.45	1.10	531050
<input type="checkbox"/>	Multipack Original Seaveg Crispiess	organic	6x5x4g	19.05	4.23	531052
<input type="checkbox"/>	Chilli Seaveg Crispiess - toasted nori snack	organic	20x4g	16.45	1.10	531059
<input type="checkbox"/>	Multipack Chilli Seaveg Crispiess	organic	6x5x4g	19.05	4.23	531061

#### Ocean's Halo

##### 20% off list March and April

<input type="checkbox"/>	Sushi Nori Sheets	organic	12x28g	28.40	3.16	531590
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#### Teas - Herb

##### 11 O'clock Tea

##### 20% off list March and April

<input type="checkbox"/>	11 O'clock Rooibosch Tea Bags	organic	4x40bgs	6.95	2.32	575010
<input type="checkbox"/>	11 O'clock Rooibosch Tea Bags	organic	4x80bgs	12.90	4.30	575015

#### Clipper Infusions - envelope-string-tag

##### 15% off list March and April

<input type="checkbox"/>	Ginger & Turmeric (was Restoring Roots)	organic	4x20bgs	7.65	2.55	560362
<input type="checkbox"/>	Sleep Time - chamomile & lemonbalm etc	organic	4x20bgs	7.65	2.55	560371
<input type="checkbox"/>	Blackcurrant & Blueberry Infusion	organic	4x20bgs	7.65	2.63	560421
<input type="checkbox"/>	Chamomile & Peach Infusion	organic	4x20bgs	7.65	2.63	560422
<input type="checkbox"/>	Orange & Turmeric Infusion	organic	4x20bgs	7.65	2.63	560426
<input type="checkbox"/>	Peppermint & Spearmint Infusion	organic	4x20bgs	7.65	2.63	560428

#### Dragonfly - Organic Herb Teas

##### 20% off list March and April

<input type="checkbox"/>	Golden Balance Turmeric Bags	organic	4x20bgs	6.90	2.30	560551
<input type="checkbox"/>	Happy Times Tulsi Bags	organic	4x20bgs	6.90	2.30	560556
<input type="checkbox"/>	Lively Lemon & Ginger Bags	organic	4x20bgs	6.90	2.30	560561
<input type="checkbox"/>	Mint Garden Digestif Bags	organic	4x20bgs	6.90	2.30	560554
<input type="checkbox"/>	Cape Malay Rooibos Chai Bags	organic	4x20bgs	6.30	2.10	560555
<input type="checkbox"/>	Mountain Honeybush Tea Bags	organic	4x20bgs	6.30	2.10	560565
<input type="checkbox"/>	Night Sky Calm Bags	organic	4x20bgs	6.90	2.30	560567
<input type="checkbox"/>	Sleepy Mint & Honeybush Bags	organic	4x20bgs	6.90	2.30	560563
<input type="checkbox"/>	Sweet Rosehip & Raspberry Bags	organic	4x20bgs	6.90	2.30	560564
<input type="checkbox"/>	Three Mint Medley Bags	organic	4x20bgs	6.90	2.30	560566

#### Dragonfly - Rooibos Teas

##### 20% off list March and April

<input type="checkbox"/>	Rooibos	organic	4x40bgs	7.30	2.43	544008
<input type="checkbox"/>	Rooibos - Earl Grey	organic	4x40bgs	7.30	2.43	544110
<input type="checkbox"/>	Rooibos - Vanilla	organic	4x40bgs	7.30	2.43	544112

#### Hampstead - string & tag envelope- Infusion

##### 25% off list March and April

<input type="checkbox"/>	Herbal Harmonies Selection Pack	demeter	4x20bgs	8.95	2.99	560809
<input type="checkbox"/>	Camomile Mellow	organic	4x20bgs	8.50	2.84	560808
<input type="checkbox"/>	Digest Well - was Fennel & Peppermint	demeter	4x20bgs	8.50	2.84	560810
<input type="checkbox"/>	Lemon Ginger	demeter	4x20bgs	8.50	2.84	560815
<input type="checkbox"/>	Peppermint & Spearmint	demeter	4x20bgs	8.50	2.84	560820
<input type="checkbox"/>	Meditate Lavender & Valerian	demeter	4x20bgs	8.50	2.84	560823
<input type="checkbox"/>	Rooibos	organic	4x20bgs	8.50	2.84	560824
<input type="checkbox"/>	Rosehip Hibiscus	organic	4x20bgs	8.50	2.84	560825
<input type="checkbox"/>	Sleep Well	organic	4x20bgs	8.50	2.84	560826
<input type="checkbox"/>	Turmeric & Cinnamon	organic	4x20bgs	8.50	2.84	560828

#### Tick Tock Rooibos

##### 20% off list March and April

<input type="checkbox"/>	Rooibos Tea Bags	organic	4x40bgs	6.45	2.15	561712
<input type="checkbox"/>	Rooibos Tea Bags	organic	4x80bgs	12.60	4.20	561716
<input type="checkbox"/>	Rooibos Tea Loose	organic	6x100g	9.60	2.13	561717
<input type="checkbox"/>	Green Rooibos Tea Bags	organic	4x40bgs	6.80	2.27	561718
<input type="checkbox"/>	Rooibos Earl Grey Tea Bags		4x40bgs	6.80	2.27	561722

#### Teas - Black, Green & White

##### Dragonfly Tea

##### 20% off list March and April

<input type="checkbox"/>	Classic Earl Grey Tea Bags	organic	4x20bgs	6.30	2.10	581020
<input type="checkbox"/>	Golden Breakfast Tea Bags - New!		4x40bgs	7.05	2.35	581022
<input type="checkbox"/>	Traditional English Breakfast Tea Bags	organic	4x20bgs	6.30	2.10	581025
<input type="checkbox"/>	Indian Spice Chai Bags	organic	4x20bgs	6.30	2.10	580340
<input type="checkbox"/>	Pure Green Mountain Tea	organic	4x20bgs	6.30	2.10	580345
<input type="checkbox"/>	Moroccan Mint Green Tea Bags	organic	4x20bgs	6.30	2.10	580346
<input type="checkbox"/>	Moonlight Jasmine Green Tea Bags	organic	4x20bgs	6.30	2.10	580347
<input type="checkbox"/>	Swirling Mist White Tea Bags	organic	4x20bgs	6.90	2.30	580350
<input type="checkbox"/>	Digestive Chai Pu'er Tea Bags	organic	4x20bgs	6.90	2.30	580354
<input type="checkbox"/>	Digestive Lemon Pu'er Tea Bags	organic	4x20bgs	6.90	2.30	580348
<input type="checkbox"/>	Digestive Pu'er Tea Bags - was Good Dragon	organic	4x20bgs	6.30	2.10	580349

##### Hampstead - Demeter/Organic

##### 25% off list March and April

<input type="checkbox"/>	Black Tea Bags Selection Pack	organic	4x20bgs	8.95	2.98	580481
<input type="checkbox"/>	Green Tea Bags Selection Pack	organic	4x20bgs	8.95	2.98	580482
<input type="checkbox"/>	Assam Loose	organic	6x100g	21.90	4.87	580479
<input type="checkbox"/>	Assam Tea Bags	organic	4x20bgs	8.50	2.83	580483
<input type="checkbox"/>	Green Tea Loose - Single Estate	demeter	6x100g	21.90	4.87	580455
<input type="checkbox"/>	Green Tea Bags	demeter	4x20bgs	8.50	2.83	580484
<input type="checkbox"/>	Matcha Green Tea & Nettle Bags	organic	4x20bgs	8.50	2.83	580494
<input type="checkbox"/>	Ginger Green Tea Bags	demeter	4x20bgs	8.50	2.83	580486
<input type="checkbox"/>	Jasmine Green Tea Bags	organic	4x20bgs	8.50	2.83	580487
<input type="checkbox"/>	Mint Green Tea Bags	demeter	4x20bgs	8.50	2.83	580489
<input type="checkbox"/>	Earl Grey Loose	demeter	6x100g	21.90	4.87	580459
<input type="checkbox"/>	Earl Grey Tea Bags	demeter	4x20bgs	8.75	2.92	580490
<input type="checkbox"/>	English Breakfast Loose	demeter	6x100g	21.90	4.87	580464
<input type="checkbox"/>	English Breakfast Tea Bags	organic	4x20bgs	8.75	2.92	580491
<input type="checkbox"/>	First Flush Loose	demeter	6x100g	30.35	6.75	580465
<input type="checkbox"/>	Darjeeling Loose	demeter	6x100g	21.90	4.87	580470
<input type="checkbox"/>	Darjeeling Bags	demeter	4x20bgs	8.50	2.83	580493
<input type="checkbox"/>	Oolong Loose	demeter	6x50g	21.90	4.87	580475
<input type="checkbox"/>	Green Tea & Raspberry	organic	4x20bgs	8.50	2.83	580476
<input type="checkbox"/>	French Vanilla Black Tea Bags	demeter	4x20bgs	8.50	2.83	580478
<input type="checkbox"/>	Indian Chai - spiced black tea bags	organic	4x20bgs	8.50	2.84	580466
<input type="checkbox"/>	Focus Well - was Oriental Chai	organic	4x20bgs	8.50	2.84	580467

##### Qi Herbal Health - FairTrade - green tea bags

##### 20% off list March and April

<input type="checkbox"/>	Decaffeinated Green Tea Bags	organic	6x20bgs	14.35	3.19	580396
<input type="checkbox"/>	Green Tea Bags	organic	6x25bgs	9.00	2.00	580397
<input type="checkbox"/>	Green Tea Bags Detox	organic	6x25bgs	11.85	2.63	580402
<input type="checkbox"/>	Green Tea Bags with Ginger	organic	6x25bgs	10.80	2.39	580401
<input type="checkbox"/>	Jasmine Green Tea Bags	organic	6x25bgs	14.35	3.19	580404
<input type="checkbox"/>	Green Tea Bags & Matcha	organic	6x20bgs	10.80	2.39	580442

##### Qi Herbal Health - Lifestyle Range

##### 20% off list March and April

<input type="checkbox"/>	China Green Tea Pure & Simple - 80's		5x80bgs	8.70	2.32	591145
<input type="checkbox"/>	Green Tea Clarity		6x20bgs	13.30	2.96	591148
<input type="checkbox"/>	WellBeing Green Tea - 20's		6x20bgs	9.30	2.07	591164

##### Qi Herbal Health - FairTrade - white tea bags

##### 20% off list March and April

<input type="checkbox"/>	White Tea Bags	organic	6x25bgs	10.05	2.23	580415
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##### Qi Herbal Health - loose

##### 20% off list March and April

<input type="checkbox"/>	Green Tea Loose (Chun Mee)	organic	6x100g	12.60	2.79	580395
<input type="checkbox"/>	Jasmine Loose Leaf Green Tea	organic	6x100g	24.90	5.54	580406

## Coffee

### CaféDirect FairTrade R&G

#### 15% off list March and April

<input type="checkbox"/>	CaféDirect Colombia Reserva - 3		6x200g	21.40	4.75	<b>600481</b>
<input type="checkbox"/>	CaféDirect Mayan Gold - 5	organic	6x200g	21.40	4.75	<b>600489</b>

### CaféDirect roast coffee beans FairTrade

#### 15% off list March and April

<input type="checkbox"/>	Whole Coffee Beans - Machu Picchu - 4	organic	6x200g	21.40	4.75	<b>600497</b>
<input type="checkbox"/>	Whole Coffee Beans - Mayan Gold - 5	organic	6x200g	21.40	4.75	<b>600499</b>

### Equal Exchange Original FairTrade R&G Coffee

#### 20% off list March and April

<input type="checkbox"/>	Dark City Roast Coffee Ground - 4	organic	8x200g	28.80	4.80	<b>600610</b>
<input type="checkbox"/>	Medium R&G Coffee - 3	organic	8x200g	28.80	4.80	<b>600605</b>
<input type="checkbox"/>	Italian Coffee R&G - 5	organic	8x200g	28.80	4.80	<b>600685</b>
<input type="checkbox"/>	Women Grew This Coffee R&G - 3	organic	8x200g	28.80	4.80	<b>600695</b>

### Equal Exchange FairTrade Coffee Beans

#### 20% off list March and April

<input type="checkbox"/>	Coffee Beans Roast-Italian - 5	organic	8x200g	28.80	4.80	<b>600654</b>
<input type="checkbox"/>	Coffee Beans - Medium roast - 3	organic	8x200g	28.80	4.80	<b>600657</b>
<input type="checkbox"/>	Coffee Beans - Dark City roast - 4	organic	8x200g	28.80	4.80	<b>600660</b>
<input type="checkbox"/>	Coffee Beans - Women grown - 3	organic	8x200g	28.80	4.80	<b>600664</b>

### Source - climate change coffee - single origin

#### 15% off list March and April

<input type="checkbox"/>	Decaf Mexican Cloud Forest - R&G	organic	6x227g	32.30	7.18	<b>601331</b>
<input type="checkbox"/>	Decaf Mexican Cloud Forest - Bean	organic	6x227g	32.30	7.18	<b>601333</b>
<input type="checkbox"/>	Gishwati Rwandan Cloud Forest Coffee R&G	organic	6x227g	28.70	6.38	<b>601330</b>
<input type="checkbox"/>	Kilimanjaro Espresso Cloud Forest Coffee R&G	organic	6x227g	28.70	6.38	<b>601332</b>
<input type="checkbox"/>	Mexican La Sierra Cloud Forest Coffee R&G	organic	6x227g	28.70	6.38	<b>601335</b>
<input type="checkbox"/>	Rio Coco Nicaragua Cloud Forest Coffee R&G	organic	6x227g	28.70	6.38	<b>601347</b>
<input type="checkbox"/>	Uganda Mount Elgon Cloud Forest R&G	organic	6x227g	28.70	6.38	<b>601336</b>

## Drinks - Herbal, Tonic, Coconut and Iced Tea

### Gusto organic Drinks - glass bottle

#### 15% off list March and April

<input type="checkbox"/>	Gusto Original Organic Energy	organic	12x250ml	14.00 V	1.87	<b>641605</b>
<input type="checkbox"/>	Gusto - Organic Cherry Cola	organic	12x275ml	13.15 V	1.75	<b>641604</b>
<input type="checkbox"/>	Gusto - Organic Real Cola - FT	organic	12x275ml	13.15 V	1.75	<b>641606</b>
<input type="checkbox"/>	Gusto - Fiery Ginger with Jalapeño - FT	organic	12x275ml	13.15 V	1.75	<b>641608</b>
<input type="checkbox"/>	Gusto - Sicilian Blood Orange - FT	organic	12x275ml	13.15 V	1.75	<b>641609</b>
<input type="checkbox"/>	Gusto - Yuzu Lemonade - FT	organic	12x275ml	14.00 V	1.87	<b>641611</b>

### Hip Pop

#### 20% off list March and April

<input type="checkbox"/>	Apple & Elderflower Kombucha		12x330ml	9.95 V	1.33	<b>641616</b>
<input type="checkbox"/>	Blueberry & Ginger Kombucha		12x330ml	9.95 V	1.33	<b>641617</b>
<input type="checkbox"/>	Ginger & Yuzu Kombucha		12x330ml	9.95 V	1.33	<b>641619</b>
<input type="checkbox"/>	Strawberry & Pineapple Kombucha		12x330ml	9.95 V	1.33	<b>641620</b>

### Lazy Moon Kombucha - glass

#### 30% off list March and April

<input type="checkbox"/>	Ginger & Turmeric Kombucha	organic	12x330ml	17.30 V	2.31	<b>641489</b>
<input type="checkbox"/>	Passion Fruit Kombucha	organic	12x330ml	17.30 V	2.31	<b>641491</b>
<input type="checkbox"/>	Raspberry Kombucha	organic	12x330ml	17.30 V	2.31	<b>641493</b>

## Drinks - Fruit & Vegetable Juices, Cordials & Water

### Biona Juices & Drinks - glass bottles

#### 15% off list March and April

<input type="checkbox"/>	Apple Juice - large	organic	6x750ml	11.40 V	3.04	<b>660693</b>
<input type="checkbox"/>	Beetroot Juice - 100%	organic	6x750ml	12.05 V	3.22	<b>660716</b>
<input type="checkbox"/>	Carrot Juice	organic	6x750ml	12.40 V	3.31	<b>660694</b>
<input type="checkbox"/>	Orange Juice	organic	6x750ml	18.75 V	5.01	<b>660695</b>
<input type="checkbox"/>	Red Grape Juice	organic	6x750ml	15.55 V	4.15	<b>660696</b>
<input type="checkbox"/>	Tomato Juice	organic	6x750ml	12.40 V	3.31	<b>660697</b>

### James White - Beet It

#### 10% off list March and April

<input type="checkbox"/>	Beetroot Juice - Beet It - large - glass	organic	6x750ml	12.65 V	3.37	<b>664555</b>
<input type="checkbox"/>	Beetroot Juice - Beet It - small - glass	organic	24x250ml	24.90 V	1.67	<b>664590</b>
<input type="checkbox"/>	Beet It - Shot - conc. beetroot juice - plastic	organic	15x70ml	18.75	1.66	<b>664592</b>
<input type="checkbox"/>	Beet It & Ginger - Shot - New!	organic	15x70ml	18.75	1.66	<b>664593</b>
<input type="checkbox"/>	Beet It & Turmeric - Shot - New!	organic	15x70ml	18.75	1.66	<b>664594</b>
<input type="checkbox"/>	Ginger Beet It - glass	organic	6x750ml	13.00 V	3.47	<b>664595</b>
<input type="checkbox"/>	1l Tetra Beetroot Juice - Beet It	organic	8x1l	18.90 V	3.78	<b>664605</b>

### Pip Organic - fruity water - tetra with straw (can also be sold singly)

#### 15% off list March and April

<input type="checkbox"/>	Blackcurrant, Raspberry, Apple Juice + water	organic	6x4x180ml	16.15 V	4.31	<b>472698</b>
<input type="checkbox"/>	Mango, Orange & Apple Fruity Juice with water	organic	6x4x180ml	16.15 V	4.31	<b>472699</b>

### Pip Organic - pure juice - tetra with straw (can also be sold singly)

#### 15% off list March and April

<input type="checkbox"/>	Cloudy Apple Juice	organic	6x4x180ml	16.15 V	4.31	<b>472705</b>
<input type="checkbox"/>	Smooth Orange Juice	organic	6x4x180ml	16.15 V	4.31	<b>472608</b>
<input type="checkbox"/>	Pineapple & Mango Smoothie	organic	6x4x180ml	16.15 V	4.31	<b>472710</b>
<input type="checkbox"/>	Strawberry & Blackcurrant Juice	organic	6x4x180ml	16.15 V	4.31	<b>472715</b>
<input type="checkbox"/>	Strawberry, Banana & Purple Carrot Smoothie	organic	6x4x180ml	16.15 V	4.31	<b>472718</b>

## Drinks - Carbonated

### Fentimans Botanical Brews - glass

#### 25% off list March and April

<input type="checkbox"/>	Cherry Cola		12x275ml	11.45 V	1.53	<b>671795</b>
<input type="checkbox"/>	Curiosity Cola		12x275ml	11.45 V	1.53	<b>671802</b>
<input type="checkbox"/>	Dandelion & Burdock		12x275ml	11.45 V	1.53	<b>671803</b>
<input type="checkbox"/>	Traditional Ginger Beer - small		12x275ml	11.45 V	1.53	<b>671805</b>
<input type="checkbox"/>	Raspberry Lemonade		12x275ml	11.45 V	1.53	<b>671801</b>
<input type="checkbox"/>	Rose Lemonade - small		12x275ml	11.45 V	1.53	<b>671807</b>
<input type="checkbox"/>	Victorian Lemonade		12x275ml	11.45 V	1.53	<b>671810</b>
<input type="checkbox"/>	Mandarin Seville Orange Jigger		12x275ml	11.45 V	1.53	<b>671815</b>
<input type="checkbox"/>	Sparkling Elderflower		12x275ml	11.45 V	1.53	<b>671816</b>

### Pip Organic

#### 15% off list March and April

<input type="checkbox"/>	Apple Fizz	organic	24x250ml	19.55 V	1.30	<b>661619</b>
<input type="checkbox"/>	Cherry Fizz	organic	24x250ml	19.55 V	1.30	<b>661620</b>

## Drinks - Soya, Nut, Grain, Milk & Desserts

### Koko - vegan milk - tetra

#### 20% off list March and April

<input type="checkbox"/>	Barista Coconut alternative to milk + Calcium		6x1l	8.00	1.78	<b>723203</b>
<input type="checkbox"/>	Original Coconut alternative to milk + Calcium		6x1l	7.70	1.71	<b>723205</b>
<input type="checkbox"/>	Unsweetened Coconut alternative to milk + Calcium		6x1l	7.75	1.72	<b>723211</b>

### Rude Health - gluten-free

#### 15% off list March and April

<input type="checkbox"/>	Barista Almond Drink		6x1l	9.50	2.11	<b>724606</b>
<input type="checkbox"/>	Barista Coconut Drink		6x1l	9.50	2.11	<b>724607</b>
<input type="checkbox"/>	Barista Oat Drink		6x1l	7.65	1.70	<b>724608</b>
<input type="checkbox"/>	Oat Barista Drink	organic	6x1l	9.50	2.11	<b>724584</b>
<input type="checkbox"/>	Barista Soya Drink	organic	6x1l	7.65	1.70	<b>724005</b>

\* new product  on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

## Savoury Snacks

### Clearspring - gluten-free snacking

#### 15% off list March and April

<input type="checkbox"/>	Roasted Tamari Almonds	organic	15x30g	15.85 V	1.69	750287
<input type="checkbox"/>	Tamari Roasted Cashew Nuts	organic	15x30g	15.85 V	1.69	750290
<input type="checkbox"/>	Tamari Roasted Pumpkin Seeds	organic	15x30g	14.25	1.28	750295

### DJ&A

#### 10% off list March and April

<input type="checkbox"/>	Broccoli Florets		12x25g	23.30	2.78	751070
<input type="checkbox"/>	Crispy Beetroot Slices		10x35g	19.40	2.77	751072
<input type="checkbox"/>	Crispy Garlic Cloves		12x45g	23.30	2.78	751073
<input type="checkbox"/>	Mixed Mushroom Crisps		12x30g	23.30	2.78	751074
<input type="checkbox"/>	Pickle-Licious - New!		9x50g	20.20	3.21	751071
<input type="checkbox"/>	Shitake Mushroom Crisps		12x30g	23.30	2.78	751075
<input type="checkbox"/>	Shitake Mushroom Crisps Gravy Flavour		12x35g	23.30	2.78	751076
<input type="checkbox"/>	Shitake Mushroom Crisps Smoked Chilli & Garlic		12x30g	23.30	2.78	751077
<input type="checkbox"/>	Sugar Snap Pea Crisps		10x30g	19.40	2.77	751078
<input type="checkbox"/>	Yellow Sweet Potato Crisps		10x55g	19.40	2.77	751079

## Sweet Snacks & Confections

### Clif Bars

#### 20% off list March and April

<input type="checkbox"/>	Blueberry Almond Crisp Bars		12x68g	13.00 V	1.73	762350
<input type="checkbox"/>	Chocolate Almond Fudge Bars		12x68g	13.00 V	1.73	762355
<input type="checkbox"/>	Chocolate Chip Bars		12x68g	13.00 V	1.73	762360
<input type="checkbox"/>	Crunchy Peanut Butter Bars		12x68g	13.00 V	1.73	762365
<input type="checkbox"/>	Peanut Butter Banana Bars		12x68g	13.00 V	1.73	762366
<input type="checkbox"/>	White Chocolate Macadamia Bars		12x68g	13.00 V	1.73	762375

### Clif organic nut butter filled bars

#### 20% off list March and April

<input type="checkbox"/>	Chocolate Chip Peanut Butter - Filled Bar	organic	12x50g	15.65 V	2.09	762393
<input type="checkbox"/>	Chocolate Peanut Butter - Filled Bar	organic	12x50g	15.65 V	2.09	762396
<input type="checkbox"/>	Peanut Butter - Filled Bar	organic	12x50g	15.65 V	2.09	762398

### Jealous Sweets

#### 20% off list March and April

<input type="checkbox"/>	Fizzy Lips - share bag		10x125g	13.85 V	2.22	764250
<input type="checkbox"/>	Grizzly Bears - share bag		10x125g	13.85 V	2.22	764251
<input type="checkbox"/>	Tangy Worms - share bag		10x125g	13.85 V	2.22	764252
<input type="checkbox"/>	Tropical Wonder - share bag		10x125g	13.85 V	2.22	764253
<input type="checkbox"/>	Grizzly Bears - impulse bag		10x40g	6.85 V	1.10	764256
<input type="checkbox"/>	Love Bears (sugar free) - impulse bag		10x40g	6.85 V	1.10	764257
<input type="checkbox"/>	Tangy Worms - impulse bag		10x40g	6.85 V	1.10	764258
<input type="checkbox"/>	Grizzly Bears - shot bag		20x24g	9.15 V	0.73	764260
<input type="checkbox"/>	Love Bears (sugar free) - shot bag		20x24g	9.15 V	0.73	764261
<input type="checkbox"/>	Tangy Worms - shot bag		20x24g	9.15 V	0.73	764262

### Pip Organic - fruit bars

#### 15% off list March and April

<input type="checkbox"/>	Mango Pipstick	organic	24x18g	12.75	0.71	767667
<input type="checkbox"/>	Pineapple & Mango Pipstick	organic	24x18g	12.75	0.71	767669

### Trek Protein Flapjacks - vegan

#### 25% off list March and April

<input type="checkbox"/>	Biscoff Protein Flapjack - New!		16x50g	10.45 V	1.08	766781
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### Wild Thingz vegan sweets from Just Wholefoods

#### 20% off list March and April

<input type="checkbox"/>	Wild Thingz - Fruity Flyers share bag	organic	10x130g	17.40 V	2.78	769100
<input type="checkbox"/>	Wild Thingz - Gummy Grubs share bag	organic	10x130g	17.40 V	2.78	769102
<input type="checkbox"/>	Wild Thingz - Zesty Pests share bag	organic	10x130g	17.40 V	2.78	769103
<input type="checkbox"/>	Wild Thingz - Fruity Flyers treat bag	organic	34x25g	21.20 V	1.00	769104
<input type="checkbox"/>	Wild Thingz - Gummy Grubs treat bag	organic	34x25g	21.20 V	1.00	769106
<input type="checkbox"/>	Wild Thingz - Zesty Pests treat bag	organic	34x25g	21.20 V	1.00	769107

## Supplementary Foods

### Ayurvediq - glass jar

#### 15% off list March and April

<input type="checkbox"/>	Brahmi - 60 capsules - New!	organic	1x1jar	8.50 V	15.20	850948
<input type="checkbox"/>	Cayenne Pepper - 60 capsules - New!	organic	1x1jar	7.55 V	13.50	850949
<input type="checkbox"/>	Neem Leaf - 60 capsules - New!	organic	1x1jar	11.50 V	20.57	850951
<input type="checkbox"/>	Tulsi - 60 capsules - New!	organic	1x1jar	7.55 V	13.50	850952

### BetterYou

#### 25% off list March and April

<input type="checkbox"/>	Magnesium Max Original Powder - New!		6x120g	35.55 V	11.22	850893
<input type="checkbox"/>	Magnesium Max Sleep - Passionflower- Powder - New!		6x160g	35.55 V	11.22	850894

### Microbz

#### 20% off list March and April

<input type="checkbox"/>	Breathe - Lungs and Respiration		1x475ml	10.40 V	18.72	855440
<input type="checkbox"/>	Detox - Liver and Gall Bladder		1x475ml	10.40 V	18.72	855442
<input type="checkbox"/>	Immunity - Support Resilience		1x475ml	10.40 V	18.72	855444
<input type="checkbox"/>	Kids - Digestive Health		1x475ml	10.40 V	18.72	855445
<input type="checkbox"/>	Simple - Only Beneficial Microbes		1x1l	12.90 V	22.02	855446
<input type="checkbox"/>	Sustain - Digestive health		1x475ml	10.40 V	18.72	855447
<input type="checkbox"/>	Women - Hormone health		1x475ml	10.40 V	18.72	855448

### Raw Living - Mushroom Magic

#### 20% off list March and April

<input type="checkbox"/>	8 Mushroom 8:1 Extract Blend - pouch	organic	1x50g	10.60	15.13	857931
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## Pet Products

### Faith in Nature vegan Dog Shampoos

#### 25% off list March and April

<input type="checkbox"/>	Chamomile Dog Shampoo - sensitive		6x400ml	20.95 V	5.99	810600
<input type="checkbox"/>	Coconut Dog Shampoo - detangling		6x400ml	20.95 V	5.98	810602
<input type="checkbox"/>	Lavender Dog Shampoo - deep cleaning		6x400ml	20.95 V	5.98	810604

## Kitchen & Household Goods

### Cheeky Panda Bamboo products

#### 15% off list March and April

<input type="checkbox"/>	Flat Box Facial Tissues with Aloe - 64s		12x160g	14.65 V	1.95	820557
<input type="checkbox"/>	Handy Wipes - New!		12x12p	10.50 V	1.40	820568
<input type="checkbox"/>	9 Toilet Rolls WWF Silky Soft - 3 ply - 190 sheets		5x9p	17.25 V	5.52	820566

### Suma Refuse Sacks - min 50% post-consumer

#### 20% off list March and April

<input type="checkbox"/>	Black Bin Liners - 50% recycled		12x8bgs	13.50 V	1.80	912005
<input type="checkbox"/>	Black Bin Liners - 50% recycled		1x200bgs	26.35 V	42.16	912010

## Household & Industrial Cleaning Products

### Bio-D - [www.biodegradable.biz](http://www.biodegradable.biz)

#### 20% off list March and April

<input type="checkbox"/>	Dishwasher Tablets - 30 tabs		8x360g	30.25 V	6.13	830502
<input type="checkbox"/>	Dishwasher Rinse Aid		12x750ml	21.95 V	2.94	830501
<input type="checkbox"/>	Washing Up Liquid		12x750ml	15.25 V	2.06	830507
<input type="checkbox"/>	Grapefruit Washing Up Liquid		12x750ml	16.30 V	2.20	830503
<input type="checkbox"/>	Mandarin Washing Up Liquid		12x750ml	16.30 V	2.20	830511
<input type="checkbox"/>	Rhubarb Washing Up Liquid		12x750ml	16.35 V	2.21	830513
<input type="checkbox"/>	Concentrated Floor Cleaner		12x750ml	22.60 V	3.03	830531
<input type="checkbox"/>	Toilet Cleaner - with nozzle		12x750ml	16.65 V	2.22	830540
<input type="checkbox"/>	Toilet Cleaner Pine & Cedarwood - with nozzle		12x750ml	17.10 V	2.28	830571
<input type="checkbox"/>	Spray - All Purpose Sanitiser - Mandarin		12x500ml	19.85 V	2.66	830568
<input type="checkbox"/>	Spray - All Purpose Sanitiser - Rhubarb		12x500ml	19.75 V	2.65	830574
<input type="checkbox"/>	Spray - All Purpose Sanitiser - ready to use		12x500ml	18.80 V	2.52	830542
<input type="checkbox"/>	Spray - Bathroom Cleaner		12x500ml	19.35 V	2.60	830553
<input type="checkbox"/>	Spray - Limescale Remover		12x500ml	22.80 V	3.06	830563
<input type="checkbox"/>	Multi-Surface Cleaner - concentrated		12x750ml	18.75 V	2.50	830544
<input type="checkbox"/>	Spray - Glass & Mirror Cleaner		12x500ml	19.60 V	2.64	830557



**Ecoleaf - Vegan****15% off list March and April**

<input type="checkbox"/>	Fabric Conditioner - Jasmine	20l	26.30 V 1.32	<b>831414</b>
<input type="checkbox"/>	Laundry Liquid - Jasmine	20l	44.10 V 2.21	<b>831428</b>
<input type="checkbox"/>	Washing Powder Concentrated - non bio	10kg	23.45 V 2.35	<b>831424</b>
<input type="checkbox"/>	Washing Up Liquid - Citrus Fruit	6x1l	11.00 V	2.93 <b>831425</b>
<input type="checkbox"/>	Toilet Cleaner - Fresh Green	6x750ml	8.40 V	2.24 <b>831432</b>

**Ecover - Zero range****20% off list March and April**

<input type="checkbox"/>	All in One Zero Dishwasher Tablets - small - New!	12x24p	47.40 V	6.32 <b>831604</b>
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**Ecover Washing up****20% off list March and April**

<input type="checkbox"/>	All in One Dishwasher Tablets - small - New!	12x24p	47.40 V	6.32 <b>831981</b>
<input type="checkbox"/>	All in One Dishwasher Tablets - large - New!	4x72p	42.10 V	16.85 <b>831982</b>
<input type="checkbox"/>	Power All in One Dishwasher Tablets - small - New!	12x24p	53.70 V	7.16 <b>831983</b>
<input type="checkbox"/>	Power All in One Dishwasher Tablets - large - New!	4x72p	46.30 V	18.53 <b>831984</b>

**Miniml - household cleaning****20% off list March and April**

<input type="checkbox"/>	Anti-Bac Surface Cleaner French Lavender	6x750ml	9.80 V	2.80 <b>850105</b>
<input type="checkbox"/>	Anti-Bac Surface Cleaner French Lavender	5l	7.20 V 1.44	<b>850106</b>
<input type="checkbox"/>	Multi-Surface Cleaner - Blood Orange	6x750ml	9.80 V	2.80 <b>850108</b>
<input type="checkbox"/>	Multi-Surface Cleaner - Blood Orange	5l	7.20 V 1.44	<b>850109</b>
<input type="checkbox"/>	Dishwasher Rinse Aid - Unscented	6x750ml	9.80 V	2.80 <b>850111</b>
<input type="checkbox"/>	Dishwasher Rinse Aid - Unscented	5l	9.30 V 1.86	<b>850112</b>
<input type="checkbox"/>	Toilet Cleaner Spearmint & Peppermint	6x1l	9.80 V	2.80 <b>850113</b>
<input type="checkbox"/>	Toilet Cleaner Spearmint & Peppermint	5l	7.20 V 1.44	<b>850114</b>
<input type="checkbox"/>	Washing Up Liquid - Rhubarb & Lemon	6x500ml	9.80 V	2.80 <b>850115</b>
<input type="checkbox"/>	Washing Up Liquid - Rhubarb & Lemon - refill pouch	6x1l	11.15 V	3.19 <b>850116</b>
<input type="checkbox"/>	Washing Up Liquid - Rhubarb & Lemon	5l	6.70 V 1.34	<b>850117</b>
<input type="checkbox"/>	Washing Up Liquid - Apple Orchard	6x500ml	9.80 V	2.80 <b>850118</b>
<input type="checkbox"/>	Washing Up Liquid - Apple Orchard	5l	6.70 V 1.34	<b>850119</b>
<input type="checkbox"/>	White Vinegar Spray - unscented	6x750ml	8.40	2.00 <b>850120</b>
<input type="checkbox"/>	White Vinegar - unscented	5l	4.60 0.92	<b>850121</b>

**Miniml - laundry****20% off list March and April**

<input type="checkbox"/>	Fabric Conditioner - Fresh Linen	6x1l	16.65 V	4.76 <b>850126</b>
<input type="checkbox"/>	Fabric Conditioner - Fresh Linen	5l	6.70 V 1.34	<b>850127</b>
<input type="checkbox"/>	Laundry Liquid Non-Bio Fresh Linen	6x1l	18.15 V	5.19 <b>850128</b>
<input type="checkbox"/>	Laundry Liquid Non-Bio Fresh Linen - refill pouch	6x1l	15.80 V	4.51 <b>850129</b>
<input type="checkbox"/>	Laundry Liquid Non-Bio Fresh Linen	5l	10.00 V 2.00	<b>850130</b>

**Toiletries & Natural Remedies****Alter/Native -Boxed vegan coconut/olive soap bars - by Suma****20% off list March and April**

<input type="checkbox"/>	Coconut Milk & Ylang Ylang - boxed soap	6x95g	9.45 V	2.52 <b>859142</b>
<input type="checkbox"/>	Cinnamon & Orange - boxed soap	6x95g	9.45 V	2.52 <b>859143</b>
<input type="checkbox"/>	Grapefruit & Mandarin - boxed soap	6x95g	9.45 V	2.52 <b>859145</b>
<input type="checkbox"/>	Lemongrass & Chamomile - boxed soap	6x95g	9.45 V	2.52 <b>859144</b>
<input type="checkbox"/>	Patchouli & Hemp - boxed soap	6x95g	9.45 V	2.52 <b>859146</b>
<input type="checkbox"/>	Rose & Geranium - boxed soap	6x95g	9.45 V	2.52 <b>859148</b>
<input type="checkbox"/>	Tea Tree & Eucalyptus - boxed soap	6x95g	9.45 V	2.52 <b>859149</b>

**Alter/Native - vegan bodywash liquid - by Suma****20% off list March and April**

<input type="checkbox"/>	Tea Tree & Aloe Vera Bodywash	1x5l	22.00 V	35.20 <b>850154</b>
<input type="checkbox"/>	Coconut & Argan Oil Bodywash	1x5l	22.00 V	35.20 <b>850162</b>

**Alter/Native - vegan shampoo and conditioner liquid - by Suma****10% off list March and April**

<input type="checkbox"/>	Coconut & Argan Oil Conditioner - normal/dry hair	20l	89.10 V 4.46	<b>850190</b>
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**Ben & Anna - vegan bodycare****20% off list March and April**

<input type="checkbox"/>	Bathsalts - Cornflower - New!	1x300g	3.50 V	6.30 <b>859586</b>
<input type="checkbox"/>	Bathsalts - Lavender - New!	1x300g	3.50 V	6.30 <b>859587</b>
<input type="checkbox"/>	Bathsalts - Rose - New!	1x300g	3.50 V	6.30 <b>859589</b>
<input type="checkbox"/>	Shower Gel - Berry Infusion - alu bottle - New!	1x250ml	3.05 V	5.50 <b>859590</b>
<input type="checkbox"/>	Shower Gel - Blue Lagoon - alu bottle - New!	1x250ml	3.05 V	5.50 <b>859591</b>
<input type="checkbox"/>	Shower Gel - Magnolia Breeze - alu bottle - New!	1x250ml	3.05 V	5.50 <b>859592</b>

**Dr Bronner's - Magic Soaps - liquid - vegan****15% off list March and April**

<input type="checkbox"/>	Almond Liquid Soap (1/2 case)	organic	6x475ml	46.15 V	13.17 <b>851072</b>
<input type="checkbox"/>	Baby Mild Liquid Unscented Soap (1/2 case)	organic	6x473ml	46.15 V	13.17 <b>851022</b>
<input type="checkbox"/>	Cherry Blossom Liquid Soap (1/2 case)	organic	6x475ml	46.15 V	13.17 <b>851058</b>
<input type="checkbox"/>	Citrus-Orange Liquid Soap (1/2 case)	organic	6x473ml	46.15 V	13.17 <b>851074</b>
<input type="checkbox"/>	Eucalyptus Liquid Soap (1/2 case)	organic	6x473ml	46.15 V	13.17 <b>851079</b>
<input type="checkbox"/>	Lavender Liquid Soap (1/2 case)	organic	6x473ml	46.15 V	13.17 <b>851077</b>
<input type="checkbox"/>	Peppermint Liquid Soap (1/2 case)	organic	6x473ml	46.15 V	13.17 <b>851082</b>
<input type="checkbox"/>	Rose Liquid Soap (1/2 case)	organic	6x473ml	46.15 V	13.17 <b>851087</b>
<input type="checkbox"/>	Tea Tree Liquid Soap (1/2 case)	organic	6x473ml	46.15 V	13.17 <b>851089</b>

**Ecoleaf - vegan****15% off list March and April**

<input type="checkbox"/>	Liquid Hand Soap - Grapefruit & Mandarin	6x500ml	13.85 V	3.69 <b>851035</b>
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**Faith in Nature - for men****25% off list March and April**

<input type="checkbox"/>	Blue Cedar Shampoo	6x400ml	20.90 V	5.96 <b>852962</b>
<input type="checkbox"/>	Blue Cedar Body Wash	6x400ml	16.90 V	4.83 <b>852964</b>

**Faith in Nature hand wash / liquid soap****25% off list March and April**

<input type="checkbox"/>	Hand Wash - Aloe Vera & Tea Tree	6x400ml	12.80 V	3.65 <b>853198</b>
<input type="checkbox"/>	Hand Wash - Coconut	6x400ml	12.80 V	3.65 <b>853199</b>
<input type="checkbox"/>	Hand Wash - Dragon Fruit	6x400ml	12.80 V	3.65 <b>853200</b>
<input type="checkbox"/>	Hand Wash - Lavender & Geranium	6x400ml	12.80 V	3.65 <b>853201</b>
<input type="checkbox"/>	Hand Wash - Grapefruit & Orange	6x400ml	12.80 V	3.65 <b>853202</b>
<input type="checkbox"/>	Hand Wash - Seaweed & Citrus	6x400ml	12.80 V	3.65 <b>853203</b>
<input type="checkbox"/>	Hand Wash - Wild Rose	6x400ml	12.80 V	3.65 <b>853205</b>

**Faith in Nature hand & body lotion****25% off list March and April**

<input type="checkbox"/>	Coconut Hand & Body Lotion	6x400ml	21.05 V	6.00 <b>853206</b>
<input type="checkbox"/>	Grapefruit & Orange Hand & Body Lotion	6x400ml	21.05 V	6.00 <b>853208</b>
<input type="checkbox"/>	Lavender & Geranium Hand & Body Lotion	6x400ml	21.05 V	6.00 <b>853209</b>

**Faith in Nature shampoos****25% off list March and April**

<input type="checkbox"/>	Aloe Vera Shampoo	6x400ml	20.90 V	5.96 <b>853520</b>
<input type="checkbox"/>	Avocado Shampoo	6x400ml	20.90 V	5.96 <b>853518</b>
<input type="checkbox"/>	Coconut Shampoo	6x400ml	20.90 V	5.96 <b>853502</b>
<input type="checkbox"/>	Dragon Fruit Shampoo	6x400ml	20.90 V	5.96 <b>853503</b>
<input type="checkbox"/>	Fragrance Free Shampoo	6x400ml	20.90 V	5.96 <b>853504</b>
<input type="checkbox"/>	Grapefruit & Orange Shampoo	6x400ml	20.90 V	5.96 <b>853509</b>
<input type="checkbox"/>	Jobaba Shampoo	6x400ml	20.90 V	5.96 <b>853510</b>
<input type="checkbox"/>	Lavender & Geranium Shampoo	6x400ml	20.90 V	5.96 <b>853525</b>
<input type="checkbox"/>	Rosemary Shampoo	6x400ml	20.90 V	5.96 <b>853515</b>
<input type="checkbox"/>	Seaweed & Citrus Shampoo	6x400ml	20.90 V	5.96 <b>853505</b>
<input type="checkbox"/>	Shea & Argan Shampoo	6x400ml	20.90 V	5.96 <b>853501</b>
<input type="checkbox"/>	Wild Rose Shampoo	6x400ml	20.90 V	5.96 <b>853536</b>

**Faith in Nature conditioners****25% off list March and April**

<input type="checkbox"/>	Aloe Vera Conditioner	6x400ml	20.90 V	5.96 <b>854020</b>
<input type="checkbox"/>	Avocado Conditioner	6x400ml	20.90 V	5.96 <b>854022</b>
<input type="checkbox"/>	Coconut Conditioner	6x400ml	20.90 V	5.96 <b>853987</b>
<input type="checkbox"/>	Dragon Fruit Conditioner	6x400ml	20.90 V	5.96 <b>853989</b>
<input type="checkbox"/>	Fragrance Free Conditioner	6x400ml	20.90 V	5.96 <b>853988</b>
<input type="checkbox"/>	Grapefruit & Orange Conditioner	6x400ml	20.90 V	5.96 <b>853992</b>
<input type="checkbox"/>	Jobaba Conditioner	6x400ml	20.90 V	5.96 <b>854010</b>

<input type="checkbox"/>	Lavender & Geranium Conditioner	6x400ml	20.90 V	5.96	<b>854002</b>
<input type="checkbox"/>	Rosemary Conditioner	6x400ml	20.90 V	5.96	<b>854015</b>
<input type="checkbox"/>	Seaweed & Citrus Conditioner	6x400ml	20.90 V	5.96	<b>854005</b>
<input type="checkbox"/>	Shea & Argan Conditioner	6x400ml	20.90 V	5.96	<b>854008</b>
<input type="checkbox"/>	Tea Tree Conditioner (2% oil)	6x400ml	20.90 V	5.96	<b>854025</b>
<input type="checkbox"/>	Wild Rose Conditioner	6x400ml	20.90 V	5.96	<b>854028</b>

**Faith in Nature body wash**

**25% off list March and April**

<input type="checkbox"/>	Aloe Vera Body Wash	6x400ml	16.90 V	4.82	<b>854030</b>
<input type="checkbox"/>	Avocado Body Wash	6x400ml	16.90 V	4.82	<b>854031</b>
<input type="checkbox"/>	Coconut Body Wash	6x400ml	16.90 V	4.82	<b>854033</b>
<input type="checkbox"/>	Dragon Fruit Body Wash	6x400ml	16.90 V	4.82	<b>854037</b>
<input type="checkbox"/>	Fragrance Free Body Wash	6x400ml	16.90 V	4.82	<b>854036</b>
<input type="checkbox"/>	Grapefruit & Orange Body Wash	6x400ml	16.90 V	4.82	<b>854035</b>
<input type="checkbox"/>	Lavender & Geranium Body Wash	6x400ml	16.90 V	4.82	<b>854040</b>
<input type="checkbox"/>	Mint Body Wash	6x400ml	16.90 V	4.82	<b>854041</b>
<input type="checkbox"/>	Seaweed & Citrus Body Wash	6x400ml	16.90 V	4.82	<b>854050</b>
<input type="checkbox"/>	Tea Tree Body Wash	6x400ml	16.90 V	4.82	<b>854055</b>
<input type="checkbox"/>	Wild Rose Body Wash	6x400ml	16.90 V	4.82	<b>854059</b>

**Minimi - Personal Care**

**20% off list March and April**

<input type="checkbox"/>	Bodywash & Bubble Bath - Pink Grapefruit & Aloe	6x500ml	13.85 V	3.96	<b>855620</b>
<input type="checkbox"/>	Bodywash & Bubble Bath - Pink Grapefruit & Aloe	5l	17.70 V 3.54		<b>855621</b>
<input type="checkbox"/>	Anti-Bac Hand Soap - Sweet Clementine	6x500ml	12.45 V	3.56	<b>855622</b>
<input type="checkbox"/>	Anti-Bac Hand Soap - Sweet Clementine	5l	12.55 V 2.51		<b>855623</b>
<input type="checkbox"/>	Hand Soap - Cucumber & Aloe	6x500ml	12.45 V	3.56	<b>855624</b>
<input type="checkbox"/>	Hand Soap - Cucumber & Aloe	5l	12.55 V 2.51		<b>855626</b>
<input type="checkbox"/>	Balancing Shampoo - Pink Grapefruit & Aloe	6x500ml	13.85 V	3.96	<b>855627</b>
<input type="checkbox"/>	Balancing Shampoo - Pink Grapefruit & Aloe	5l	17.70 V 3.54		<b>855630</b>
<input type="checkbox"/>	Balancing Conditioner - Pink Grapefruit & Aloe	6x500ml	13.85 V	3.96	<b>855631</b>
<input type="checkbox"/>	Balancing Conditioner - Pink Grapefruit & Aloe	5l	17.70 V 3.54		<b>855632</b>

**Natracare - www.natracare.com**

**10% off list March and April**

<input type="checkbox"/>	Wrapped Normal Panty Liners	10x18	13.15	1.88	<b>900508</b>
<input type="checkbox"/>	Cotton Panty Liners - Ultra Thin	16x22	25.10	2.24	<b>900511</b>
<input type="checkbox"/>	Mini Panty Liners	10x30	12.70	1.88	<b>900509</b>
<input type="checkbox"/>	Curved Panty Liners	16x30	20.35	1.88	<b>900516</b>
<input type="checkbox"/>	Tanga-style Panty Liners	16x30	20.35	1.88	<b>900518</b>
<input type="checkbox"/>	Wrapped Long Panty Liners	10x16	13.15	1.88	<b>900515</b>

**Natracare - incontinence - vegan**

**10% off list March and April**

<input type="checkbox"/>	Dry & Light Slim Incontinence Pads	6x20	15.80	3.76	<b>900570</b>
<input type="checkbox"/>	Dry & Light Plus Incontinence Pads	6x16	18.10	4.31	<b>900572</b>

**Urtekram - deodorants**

**15% off list March and April**

<input type="checkbox"/>	Crystal Deo - Sensitive Skin - Fragrance Free	organic	6x50ml	17.55 V	5.01	<b>858663</b>
<input type="checkbox"/>	Cream Deo - Men's - roll-on	organic	6x50ml	23.75 V	6.79	<b>859097</b>

**Urtekram - soaps and shower gels**

**15% off list March and April**

<input type="checkbox"/>	Hair & Body Wash - Men's	organic	6x200ml	24.55 V	7.02	<b>858882</b>
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**Urtekram - skincare**

**15% off list March and April**

<input type="checkbox"/>	Face Cream - Men's	organic	6x75ml	26.75 V	7.64	<b>859129</b>
<input type="checkbox"/>	Face Wash - Men's	organic	6x150ml	26.75 V	7.64	<b>859133</b>

**Urtekram - Spa Range**

**15% off list March and April**

<input type="checkbox"/>	Sensitive Scalp Shampoo Fragrance Free	organic	6x250ml	21.55 V	6.17	<b>858751</b>
<input type="checkbox"/>	Sensitive Scalp Shampoo Fragrance Free	organic	6x500ml	38.65 V	11.04	<b>859139</b>
<input type="checkbox"/>	Sensitive Scalp Conditioner Fragrance Free	organic	6x180ml	20.35 V	5.82	<b>858852</b>
<input type="checkbox"/>	Sensitive Skin Body Lotion Fragrance Free	organic	6x245ml	26.45 V	7.56	<b>859120</b>
<input type="checkbox"/>	Sensitive Skin Body Wash Fragrance Free	organic	6x200ml	24.40 V	6.98	<b>858876</b>
<input type="checkbox"/>	Sensitive Skin Body Wash Fragrance Free	organic	6x500ml	40.10 V	11.46	<b>859147</b>
<input type="checkbox"/>	Sensitive Skin Hand Cream - Fragrance Free	organic	6x75ml	17.25 V	4.94	<b>859124</b>
<input type="checkbox"/>	Sensitive Skin Hand Wash - Fragrance Free	organic	6x300ml	20.80 V	5.94	<b>858879</b>

# changes

**Cereal Grains**

**IBIS**

◆	Brown Long Grain Rice	organic	6x1kg	22.40	4.98	<b>10816</b>
◆	Brown Long Grain Rice	organic	6x500g	13.40	2.98	<b>10818</b>
◆	White Long Grain Rice	organic	6x1kg	22.40	4.98	<b>10822</b>
◆	White Long Grain Rice	organic	6x500g	13.40	2.98	<b>10824</b>

**Flours & Baking Requisites**

**Amisa - gluten-free**

◆	Chestnut Flour	organic	6x350g	26.50	5.89	<b>40202</b>
◆	Chickpea Flour	organic	6x400g	15.25	3.39	<b>40203</b>

**Infinity - Pre-Packed Gluten-free Organic Flours**

▲	Buckwheat Flour	organic	6x500g	15.00	3.34	<b>3020</b>
▲	Chickpea Flour	organic	6x500g	16.00	3.56	<b>3022</b>
▲	Coconut Flour	organic	6x500g	11.50	2.56	<b>3023</b>

**Breakfast Cereals & Cereal Flakes**

**Bulk Organic Cereal Flakes**

☆	Buckwheat Flakes - gluten-free	organic	25kg	87.50	3.50	<b>20509</b>
▼	Toasted Wheat Flakes	organic	12.5kg	33.00	2.64	<b>61005</b>

**Bear**

◆	Cocoa Alpha Bites		4x350g	8.65	2.88	<b>70506</b>
◆	Multigrain Alpha Bites		4x350g	8.65	2.88	<b>70509</b>

**Bio & Me**

◆	Berry Burst Gluten-free Granola		5x350g	15.95	4.25	<b>705520</b>
◆	Cashew & Almond Gluten-free Granola		5x350g	15.95	4.25	<b>705522</b>
◆	Low Sugar Naturally Granola		5x360g	15.35	4.09	<b>705524</b>
◆	Super Seedy & Nutty Granola		5x360g	15.35	4.09	<b>705526</b>
◆	Toffee Ginger Granola		5x360g	15.35	4.09	<b>705528</b>
◆	Apple & Cinnamon Porridge		5x400g	11.20	2.99	<b>705529</b>
◆	Super Seedy & Nutty Porridge		5x400g	11.20	2.99	<b>705530</b>

**Biona**

▼	Choco-Coconut Granola	organic	6x375g	21.10	4.69	<b>60402</b>
▼	Granola Nutty Clusters Low Sugar	organic	6x375g	23.80	5.29	<b>60403</b>
▼	Honey & Hazel Crunch Granola	organic	6x375g	22.45	4.99	<b>60405</b>
▼	Wild Berry Crisp Granola - boxed	organic	6x375g	25.60	5.69	<b>60412</b>
▼	Pure Oaty Granola - wheat-free	organic	6x375g	18.40	4.09	<b>60413</b>

**Doves Farm - gluten free - vegan**

◆	Ancient Grain Breakfast Flakes	organic	5x375g	17.60	4.69	<b>61528</b>
◆	Ancient Grain Cereal Hoops	organic	5x300g	16.85	4.49	<b>61530</b>
◆	Ancient Grain Fruit & Fibre Flakes	organic	5x375g	18.70	4.99	<b>61532</b>
◆	Wholegrain Cocoa Rice Pops	organic	5x300g	13.30	3.55	<b>61534</b>

**IBIS**

☆	Wholegrain Rice Pops	organic	6x275g	13.45	2.99	<b>61620</b>
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**Infinity - Pre-Packed Organic Breakfast Cereals**

▲	Fig & Walnut Granola Muesli	organic	6x500g	15.50	3.45	<b>4031</b>
▲	Fig & Walnut Granola Muesli	organic	6x1kg	28.40	6.31	<b>4032</b>
▼	Toasted Wheat Flakes	organic	6x250g	6.80	1.51	<b>2065</b>

**Nature's Path - Gluten-free (except Millet Rice Flakes)**

◆	Blueberry Raspberry Yogurt Nobbly Granola	organic	5x300g	20.35	5.43	<b>63188</b>
◆	Choco Chimps	organic	4x284g	13.25	4.42	<b>63199</b>
◆	Maple Sunrise	organic	4x332g	13.85	4.62	<b>63207</b>
◆	Mesa Sunrise	organic	4x355g	14.35	4.78	<b>63230</b>
◆	Millet Rice Flakes (not gluten-free)	organic	4x375g	12.45	4.15	<b>63235</b>
◆	Gorilla Munch	organic	4x300g	13.25	4.42	<b>63241</b>

### Rude Health - muesli

◆ The Ultimate Muesli - vegan *organic* 6x400g 20.95 4.99 **71739**

### Rude Health - Granola

◆ The Ultimate Granola *organic* 6x400g 20.95 4.99 **71776**

◆ Roasted Almond Granola 6x400g 16.80 3.99 **71778**

◆ Wild Berry Granola *organic* 6x400g 20.95 4.99 **71779**

### Rude Health

◆ Puffed Brown Rice - gluten-free 4x225g 6.70 2.39 **71755**

## Beans Peas and Pulses

### Bulk Organic Beans Peas and Pulses

▲ Beluga Lentils (black) *organic* 25kg 140.00 5.60 **80615**

▲ Beluga Lentils (black) *organic* 5kg 29.80 5.96 **80617**

▲ French Type Lentils *organic* 25kg 130.00 5.20 **80570**

▲ French Type Lentils *organic* 5kg 27.50 5.50 **80575**

### Infinity Pre-Packed Organic Beans Peas & Pulses

▲ Beluga Lentils *organic* 6x500g 19.80 4.40 **5015**

▲ French Type Lentils *organic* 6x500g 18.40 4.09 **5085**

## Nuts and Seeds

### Bulk Organic Nuts and Seeds

▲ Cashews Whole *organic* 22.68kg 249.55 11.00 **90524**

▲ Cashews Whole *organic* 2.5kg 29.30 11.72 **90526**

▲ Cashews Large Pieces *organic* 22.68kg 189.85 8.37 **90536**

▲ Cashews Large Pieces *organic* 2.5kg 22.70 9.08 **90537**

▲ Chia Seeds *organic* 25kg 102.75 4.11 **90527**

▲ Chia Seeds *organic* 2kg 10.00 5.00 **90528**

▲ Coconut Desiccated *organic* 25kg 136.90 5.48 **90529**

▲ Coconut Desiccated *organic* 3kg 18.25 6.08 **90530**

▲ Coconut Chips *organic* 10kg 62.90 6.29 **90532**

▲ Coconut Chips *organic* 3kg 20.65 6.88 **90533**

▲ Toasted Coconut Chips *organic* 10kg 67.15 6.72 **90531**

▲ Toasted Coconut Chips *organic* 3kg 21.95 7.32 **90544**

▲ Hazelnuts *organic* 25kg 284.15 11.37 **90551**

▲ Hazelnuts *organic* 10kg 115.25 11.53 **90535**

▲ Hazelnuts *organic* 2.5kg 30.20 12.08 **90540**

▲ Nut Mix *organic* 25kg 254.25 10.17 **90534**

▲ Nut Mix *organic* 2.5kg 27.20 10.88 **90554**

▼ Omega Four Seed Mix *organic* 25kg 96.00 3.84 **90571**

▼ Omega Four Seed Mix *organic* 3kg 13.30 4.43 **90556**

▲ Raw Pistachio Kernels *organic* 10kg 317.50 31.75 **90547**

▲ Raw Pistachio Kernels *organic* 5kg 160.55 32.11 **90548**

▲ Raw Pistachio Kernels *organic* 0.75kg 25.60 34.13 **90549**

▼ Pumpkin Seeds - AA grade *organic* 25kg 128.35 5.13 **90564**

▼ Pumpkin Seeds - AA grade *organic* 2kg 12.05 6.03 **90570**

▼ Sesame Seeds - whole - brown *organic* 25kg 89.55 3.58 **90582**

▼ Sesame Seeds - whole - brown *organic* 5kg 19.70 3.94 **90583**

▼ Black Sesame Seeds - whole *organic* 25kg 89.55 3.58 **90587**

▼ Black Sesame Seeds - whole *organic* 3kg 12.55 4.18 **90588**

▲ Trail Mix *organic* 3kg 19.95 6.65 **90607**

### Coconut Merchant

▲ Creamed Coconut *organic* 12x200g 27.00 3.00 **90718**

### Infinity Pre-Packed Organic Nuts & Seeds

▲ Cashews Whole *organic* 6x125g 11.30 2.51 **6041**

▲ Cashews Whole *organic* 6x250g 19.55 4.35 **6042**

▲ Cashews Whole *organic* 6x500g 36.05 8.01 **6043**

▲ Cashews Whole *organic* 6x1kg 69.05 15.34 **6051**

▲ Cashews Large Pieces *organic* 6x250g 15.65 3.48 **6063**

▲ Cashews Large Pieces *organic* 6x500g 28.20 6.27 **6064**

▲ Chia Seeds *organic* 6x250g 9.25 2.06 **6052**

▲ Chia Seeds *organic* 6x500g 15.40 3.42 **6053**

▲ Coconut Desiccated *organic* 6x250g 11.30 2.51 **6035**

▲ Coconut Desiccated *organic* 6x500g 19.50 4.33 **6040**

▲ Coconut Chips *organic* 6x250g 12.50 2.78 **6037**

▲ Toasted Coconut Chips *organic* 6x250g 13.15 2.92 **6039**

▲ Hazelnuts *organic* 6x125g 11.60 2.58 **6045**

▲ Hazelnuts *organic* 6x250g 20.15 4.48 **6050**

▲ Hazelnuts *organic* 6x500g 37.20 8.27 **6055**

▼ Nut Mix *organic* 6x250g 18.35 4.09 **6080**

▼ Nut Mix *organic* 6x500g 33.60 7.48 **6082**

▲ Raw Pistachio Kernels *organic* 6x125g 26.90 5.99 **6101**

▲ Raw Pistachio Kernels *organic* 6x250g 50.70 11.27 **6102**

▼ Pumpkin Seeds - AA grade *organic* 6x125g 6.40 1.42 **6100**

▼ Pumpkin Seeds - AA grade *organic* 6x250g 10.75 2.39 **6105**

▼ Pumpkin Seeds - AA grade *organic* 6x500g 18.45 4.10 **6110**

▼ Pumpkin Seeds - AA grade *organic* 6x1kg 34.85 7.74 **6112**

▼ Sesame Seeds - whole - brown *organic* 6x250g 8.45 1.88 **6125**

▼ Sesame Seeds - whole - brown *organic* 6x400g 11.65 2.59 **6127**

▼ Black Sesame Seeds - whole *organic* 6x250g 8.45 1.88 **6128**

▲ Trail Mix *organic* 6x250g 13.05 2.90 **6143**

### Bulk Nuts and Seeds

▲ Almonds 22.68kg 175.00 7.72 **91010**

▲ Almonds 3kg 24.95 8.32 **91015**

▲ Flaked Almonds 10kg 88.90 8.89 **91030**

▲ Flaked Almonds 3kg 28.45 9.48 **91035**

▲ Ground Almonds 10kg 77.35 7.74 **91040**

▲ Ground Almonds 3kg 25.00 8.33 **91045**

▲ Cashews - large pieces 22.68kg 130.50 5.75 **91070**

▲ Cashews - large pieces 5kg 30.55 6.11 **91075**

▲ Cashews Whole 22.68kg 200.95 8.86 **91080**

▲ Cashews Whole 3kg 28.38 9.46 **91085**

▲ Macadamia Nuts - raw 11.34kg 138.50 12.21 **91147**

▲ Macadamia Nuts - raw 5kg 62.85 12.57 **91146**

▲ Macadamia Nuts - raw 1kg 14.00 14.00 **91148**

▲ Pecans Halves 13.6kg 190.50 14.01 **91170**

▲ Pecans Halves 2kg 29.80 14.90 **91175**

▲ Pistachios - roasted & salted 10kg 125.50 12.55 **91190**

▲ Pistachios - roasted & salted 2kg 26.90 13.45 **91195**

▲ Pistachio Kernels - raw 10kg 240.50 24.05 **91192**

▲ Pistachio Kernels - raw 5kg 122.05 24.41 **91194**

▲ Pistachio Kernels - raw 0.75kg 19.85 26.47 **91193**

### Infinity Pre-Packed Nuts & Seeds

▲ Almonds 6x125g 8.85 1.97 **6515**

▲ Almonds 6x250g 14.65 3.26 **6520**

▲ Almonds 6x500g 26.25 5.83 **6525**

▲ Cashews - large pieces 6x250g 11.70 2.60 **6620**

▲ Cashews - large pieces 6x500g 20.30 4.52 **6625**

▲ Cashews Whole 6x125g 9.70 2.16 **6635**

▲ Cashews Whole 6x250g 16.35 3.63 **6640**

▲ Cashews Whole 6x500g 29.65 6.60 **6643**

▲ Chia Seeds 6x250g 8.40 1.87 **6705**

▲ Chia Seeds 6x500g 13.75 3.06 **6710**

▲ Macadamia Nuts - raw 6x125g 12.25 2.72 **6828**

▲ Pecans Halves 6x125g 13.60 3.02 **6830**

▲ Pecans Halves 6x250g 24.10 5.36 **6835**

▲ Pistachios - roasted & salted 6x125g 12.50 2.78 **6860**

▲ Pistachios - roasted & salted 6x250g 21.90 4.87 **6865**

▲ Pistachio Kernels - raw 6x125g 21.10 4.69 **6875**

▲ Pistachio Kernels - raw 6x250g 39.15 8.71 **6877**

▲ Sunflower Seeds 6x250g 5.35 1.19 **6915**

▲ Sunflower Seeds 6x500g 7.65 1.70 **6920**

## Dried Fruit

### Bulk Organic Dried Fruit

▲ Chopped Figs *organic* 10kg 68.50 6.85 **100549**

▲ Chopped Figs *organic* 1kg 8.65 8.65 **100530**

### Infinity Pre-Packed Organic Dried Fruit

☆ Apricots Whole *organic* 6x350g 21.80 4.84 **7010**

☆ Figs *organic* 6x350g 22.95 5.10 **7050**

\* new product □ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

## Herbs and Spices

### Organic Herb Trading

▲	Chilli Flakes	organic	1kg	34.60	993016
▲	Chilli Powder - ground cayenne pepper	organic	1kg	33.25	993017
▲	Cinnamon Powder	organic	1kg	20.45	993020
▲	Chinese Five Spice Blend	organic	1kg	33.80	993021
▲	Garam Masala Powder	organic	1kg	33.25	993039
▲	Garlic Powder	organic	1kg	19.30	993038
▼	Ginger Powder	organic	1kg	18.00	993040
▲	Harissa Blend	organic	1kg	33.10	993043
▲	Mixed Spice Powder	organic	1kg	34.45	993060
▲	Onion Powder	organic	1kg	22.45	993068
▲	Peppercorns Black Whole	organic	1kg	26.30	993100
▲	Peppercorns Black Ground	organic	1kg	33.30	993101
▲	Peppercorns White Whole	organic	1kg	31.90	993103
▲	Rosemary cut	organic	1kg	18.70	993110
▼	Star Anise	organic	1kg	30.00	993122
▲	Sumac	organic	1kg	19.90	993125
▼	Turmeric	organic	1kg	13.85	993140

### Hambleden - in jars

◆	Ground Allspice	organic	5x50g	14.20	3.79	990203
◆	Basil	organic	5x13g	10.15	2.71	990205
◆	Bay Leaf	organic	5x2g	10.15	2.71	990210
◆	Caraway Seed	organic	5x40g	12.20	3.25	990220
◆	Cardamom Pods	organic	5x30g	14.20	3.79	990225
◆	Cayenne - Ground	organic	5x45g	10.15	2.71	990227
◆	Ground Chilli	organic	5x40g	14.20	3.79	990230
◆	Ground Cinnamon	organic	5x35g	14.50	3.87	990250
◆	Cinnamon Quills	organic	5x10g	10.15	2.71	990255
◆	Coriander Seed	organic	5x25g	10.15	2.71	990275
◆	Ground Coriander	organic	5x30g	10.15	2.71	990280
◆	Cumin Seed	organic	5x40g	12.20	3.25	990285
◆	Ground Cumin	organic	5x45g	12.20	3.25	990290
◆	Curry Powder - Mild	organic	5x30g	12.20	3.25	990294
◆	Fennel Seed	organic	5x35g	12.20	3.25	990305
◆	Garam Masala	organic	5x40g	12.20	3.25	990315
◆	Garlic Chips - in grinder	organic	5x45g	16.25	4.33	990318
◆	Ground Garlic	organic	5x40g	10.15	2.71	990320
◆	Ground Ginger	organic	5x30g	12.20	3.25	990325
◆	Herbes de Provence	organic	5x15g	10.15	2.71	990330
◆	Juniper Berry	organic	5x30g	12.20	3.25	990340
◆	Lemon Grass	organic	5x9g	10.15	2.71	990345
◆	Mixed Herbs	organic	5x13g	10.15	2.71	990370
◆	Mixed Spice	organic	5x45g	14.20	3.79	990375
◆	Mustard Seed - Brown	organic	5x65g	12.20	3.25	990385
◆	Mustard Seed - Yellow	organic	5x65g	12.20	3.25	990390
◆	Nutmeg - Whole	organic	5x40g	18.30	4.88	990400
◆	Nutmeg - Ground	organic	5x50g	18.30	4.88	990402
◆	Oregano	organic	5x13g	10.15	2.71	990410
◆	Ground Paprika	organic	5x40g	14.20	3.79	990415
◆	Peppercorns Black - in grinder	organic	5x40g	16.25	4.33	990425
◆	Rosemary	organic	5x22g	10.15	2.71	990445
◆	Sage	organic	5x12g	10.15	2.71	990450
◆	Star Anise	organic	5x15g	12.20	3.25	990460
◆	Thyme	organic	5x17g	10.15	2.71	990470
◆	Ground Turmeric	organic	5x35g	12.20	3.25	990480

### Infinity Foods Herbs & Spices - packets

☆	Bay Leaves	organic	6x4g	5.95	1.32	9203
☆	Cinnamon Sticks	organic	6x15g	7.85	1.74	9208

## Pasta

### BioFair - gluten-free

◆	Rice Quinoa Fusilli	organic	6x250g	17.05	3.79	130450
◆	Rice Quinoa Spaghetti	organic	12x250g	34.10	3.79	130452

### Cornwall Pasta Co. - Seasonal range

▲	Beetroot Lumaconi	organic	12x350g	48.00	5.33	140339
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### La Bio Idea - durum wheat

▲	Wholewheat Lasagne	organic	12x250g	15.15	1.68	131001
☆	White Tricolore Shells	organic	6x500g	12.40	2.76	150524

## Noodles

### Clearspring - wheat-free

▲	Brown Rice Vermicelli Noodles GF	organic	8x180g	23.90	3.98	490505
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## Bread, Rice Cakes, Crackers etc

### Amaizin - tortilla wraps and shells

▲	Taco Shells (12 corn shells) - gluten-free	organic	6x150g	15.50	3.67	169803
▲	Soft Tortilla Wraps (6 wheat wraps)	organic	16x240g	30.70	2.56	169805
▲	Extra Fibre Tortilla Wraps (6 wheat wraps)	organic	16x240g	30.70	2.56	169807

### Amisa - gluten-free

☆	Classic Baguette French Style	organic	9x180g	22.85	3.39	169863
☆	Olive Ciabatta Bread	organic	9x180g	24.90	3.69	169854
☆	Sun-Dried Tomato Ciabatta Bread	organic	9x180g	24.90	3.69	169864
☆	Seeded Baguette Rustic Style	organic	9x160g	22.85	3.39	169868

### Dillon

◆	Keto Bread Beetroot Flax	organic	6x250g	22.45	4.99	170533
◆	Keto Bread Chia Flax	organic	6x250g	22.45	4.99	170534
◆	Keto Bread Original Flax	organic	6x250g	22.45	4.99	170535
◆	Olive Gluten Free Bread	organic	4x275g	14.95	4.98	170536
◆	Seeded Gluten Free Bread	organic	4x275g	14.95	4.98	170537

### Everfresh - vegan - long-life

▲	Malted Raisin Loaf	organic	8x330g	12.80	2.13	176510
▲	Sprouted Rye Bread	organic	8x400g	15.15	2.53	176480
▲	Sprouted Spelt Bread	organic	8x400g	20.45	3.41	176482
▲	Sprouted Spelt Raisin Bread	organic	8x400g	21.80	3.63	176485
▲	Sprouted Wheat Fruit & Almond Bread	organic	8x400g	17.80	2.97	176528
▲	Sprouted Wheat Bread	organic	8x400g	15.00	2.50	176535

### IBIS

◆	Wholegrain Rice Cake	organic	12x130g	16.05	1.78	173340
◆	Wholegrain Rice Cake Kep Salt	organic	12x130g	16.05	1.78	173342
◆	WG Rice Cake Kep Salt & Kampot Pepper	organic	12x130g	16.05	1.78	173344

### Island Bakery

◆	Cheese Biscuits - Traditional Farmhouse Cheddar	12x100g	31.05	3.45	173350
◆	Cheese Biscuits - Harissa with Chilli & Cumin	12x100g	35.00	3.89	173351
◆	Cheese Biscuits - Onion & Thyme	12x100g	35.00	3.89	173352

### Nairn's

▲	Scottish Oatcakes	organic	12x250g	17.00	1.89	174705
▲	Super Seeded Oatcakes	organic	8x200g	12.85	2.14	174712
▲	Cheese Oatcakes	12x200g	19.25	2.14	174715	
▲	Fruit and Seed Oatcakes	8x225g	12.85	2.14	174723	

## Biscuits and Cakes

### Everfresh - vegan - sprouted - long-life

▲	Banana & Walnut Cake - Sprouted	organic	8x350g	24.75	4.13	183503
▲	Carrot Cake with Raisins - Sprouted	organic	8x350g	22.40	3.73	183504
▲	Chocolate Cake - Sprouted	organic	8x350g	23.00	3.83	183506
▲	Date & Pecan Cake - Sprouted	organic	8x350g	26.75	4.46	183508
▲	Fig & Orange Cake - Sprouted	organic	8x350g	23.00	3.83	183511
▲	Fruit Cake - Sprouted	organic	8x350g	22.40	3.73	183514
▲	Rye Stem Ginger Cake - Sprouted	organic	8x350g	26.75	4.46	183518
▲	Stem Ginger Cake - Sprouted	organic	8x350g	26.75	4.46	183519

### Island Bakery

◆	Apple Crumbles	organic	12x125g	28.95	3.22	182940
◆	Chocolate Gingers	organic	12x133g	30.35 V	4.05	182946
◆	Lime Melts	organic	12x133g	30.35 V	4.05	182950
◆	Lemon Melts	organic	12x133g	30.35 V	4.05	182952
◆	Oat Crumbles	organic	12x125g	24.45	2.72	182954
◆	Orange Melts	organic	12x133g	30.35 V	4.05	182956
◆	Shortbread	organic	12x125g	24.45	2.72	182957

\* new product ☐ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

### Nairn's - gluten-free oat biscuit breaks - vegan

▲ Oats & Chocolate Chip biscuit break	12x160g	24.95	2.77	18 2397
▲ Oat & Fruit Biscuit Break	12x160g	24.95	2.77	18 2398
▲ Oat & Stem Ginger Biscuit Break	12x160g	24.95	2.77	18 2396

### Nairn's Oat Biscuits - wheat-free

◆ Chocolate Orange Oat Biscuits	6x200g	9.00	2.01	18 2391
◆ Dark Chocolate Chip Oat Biscuits	8x200g	12.00	2.01	18 2392

### Sweet FA gluten free vegan cookies from Island Bakery

◆ Cranberry & Orange Cookies	organic 12x125g	26.95	2.99	18 2480
◆ Double Choc Chip Cookies	organic 12x125g	26.95	2.99	18 2482
◆ Oat & Raisin Cookies	organic 12x125g	26.95	2.99	18 2484
◆ Peanut Butter Cookies	organic 12x125g	26.95	2.99	18 2486

## Oils & Fats

### Biona Oils - not heat extracted

▲ 610ml Mild Coconut Oil Cuisine	organic 6x610ml	31.45	6.99	20 0407
▲ 470ml Mild Coconut Oil Cuisine	organic 6x470ml	26.50	5.89	20 0408
▲ Sesame Oil	organic 6x500ml	35.50	7.89	20 0404
▲ Sunflower Oil - cold pressed	organic 12x750ml	53.90	5.99	20 0411

### Clearspring - www.clearspring.co.uk

▼ Avocado Oil	organic 8x250ml	45.50	7.59	20 0491
▼ Tunisian Olive Oil - Extra Virgin	organic 6x500ml	44.95	9.99	20 0515
▼ Tunisian Olive Oil - Extra Virgin	organic 6x1l	76.45	16.99	20 0516
▼ Sunflower Oil	organic 6x500ml	20.20	4.49	20 0525
▼ Sunflower Oil	organic 6x1l	33.70	7.49	20 0527
▼ Sunflower Oil - clear plastic	organic 1x2l	9.35	12.46	20 0529
▼ Sunflower Oil - for Frying	organic 6x500ml	21.55	4.79	20 0530
▼ Sunflower Oil - for Frying	organic 6x1l	35.05	7.79	20 0532
▼ Sunflower Oil - for Frying - clear plastic	organic 1x2l	10.10	13.49	20 0534

### Coconut Merchant

▲ Coconut Oil - raw extra virgin - plastic tub	organic 20l	218.85	10.94	20 0588
▲ Coconut Oil - raw extra virgin - plastic tub	organic 4l	45.70	11.43	20 0590
◆ Coconut Oil - raw extra virgin - glass	organic 12x500ml	75.50	8.39	20 0595
▲ MCT Coconut Oil	1x500ml	18.90	25.20	20 0597

### Happy Butter

▲ Ghee	organic 6x580g	85.50	19.00	20 0649
▲ Ghee	organic 6x300g	49.35	11.00	20 0650
▲ Ghee	organic 12x150g	58.30	6.50	20 0654

### Mani - Greek

▼ Kalamata Olive Oil - Extra Virgin	organic 6x500ml	51.70	11.49	20 0578
▼ Olive Oil - Extra Virgin	organic 6x500ml	51.70	11.49	20 0580
▼ Olive Oil - Extra Virgin	organic 6x1l	89.90	19.98	20 0582

### Raw Vibrant Living

▼ Raw Greek Extra Virgin Olive Oil	organic 6x500ml	53.95	11.99	20 1702
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## Nut Butter, Pâté, Spreads & Jam

### Biona - Chocolate Spreads

▲ Chocolate Spread - vegan	organic 6x350g	23.80	5.29	25 0150
▲ Milk Chocolate Hazelnut Spread	organic 6x350g	27.85	6.19	25 0155

### Biona - Nut & Seed Butters

◆ Unsalted Peanut Butter Smooth - tub	organic 6x1kg	51.70	11.49	25 0218
◆ Salted Dark Roast Peanut Butter Smooth	organic 6x250g	19.30	4.29	25 0213
◆ Salted Peanut Butter Crunchy - tub	organic 6x1kg	51.70	11.49	25 0224
◆ Salted Super Crunch Peanut Butter	organic 6x250g	19.30	4.29	25 0214
▲ Pumpkin Seed Butter	organic 6x170g	21.10	4.69	25 0226

### Bonsan organic vegan spreads - glass

◆ Beetroot Horseradish Spread	organic 6x130g	13.45	2.99	29 0770
◆ Cashew Chive - cheese free spread	organic 6x135g	17.05	3.79	29 0773
◆ Toscana Style - cream cheese alternative	organic 6x135g	13.00	2.89	29 0775
◆ Red Pepper & Cashew Spread	organic 6x130g	13.45	2.99	29 0774

### Bonsan organic vegan sweet spreads - glass

▲ Mylk Hazelnut Cocoa Spread - no palm oil	organic 6x350g	26.95	5.99	29 0786
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### Carley's Organic Foods - raw

▲ Raw Hazelnut Butter	organic 6x250g	31.95	7.35	25 0258
▲ Raw Pecan Butter	organic 6x170g	30.20	6.95	25 0245

### Carley's Organic Foods

▲ Hazelnut Butter	organic 6x170g	22.40	5.15	25 0240
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### FruTeto Italia

▲ Apricot 100% Fruit Spread	organic 6x250g	18.30	4.07	29 0908
▲ Blueberry 100% Fruit Spread	organic 6x250g	20.80	4.62	29 0909
▲ Cherry 100% Fruit Spread	organic 6x250g	19.95	4.43	29 0911
▼ Raspberry 100% Fruit Spread	organic 6x250g	20.80	4.62	29 0926
▲ Sicilian Orange+ with ginger & turmeric	organic 6x250g	18.30	4.07	29 0931
▲ Strawberry 100% Fruit Spread	organic 6x250g	18.70	4.16	29 0929
▲ Super Berries+ with açai & pomegranate	organic 6x250g	19.95	4.43	29 0933

### Meridian

◆ Bulk Smooth Almond Butter 100% - plastic	6x1kg	77.60	17.24	25 1504
◆ Smooth Almond Butter 100%	6x470g	38.25	8.49	25 1511
◆ Bulk Peanut Butter Crunchy 100% - plastic	6x1kg	38.20	8.49	25 1565
◆ Peanut Butter Crunchy 100% - glass	6x470g	21.15	4.69	25 1566
◆ Bulk Peanut Butter Smooth 100% - plastic	6x1kg	38.20	8.49	25 1605
◆ Peanut Butter Smooth 100% - glass	6x470g	21.15	4.69	25 1606

### Suma - pâtés & spreads

◆ Edamame Hummus in a jar	organic 6x135g	11.65	2.59	26 1507
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## Honey, Syrup, Sugar & Sweeteners

### Billingtons Organic

☆ Organic Icing Sugar - white	organic 25kg	89.50	3.58	32 0738
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### Coconut Merchant - jar

◆ Coconut Nectar - honey alternative	organic 12x300g	41.90	4.66	31 1590
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### Dillon

◆ Chicory Fibre Syrup	6x230g	35.95	7.99	31 2020
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### Equal Exchange - Fair Trade

▲ Raw Cane Sugar	organic 10x500g	27.50	3.67	32 1405
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### Seggiano

▲ Acacia Raw Honey	6x500g	63.60	14.13	31 4530
▲ Chestnut Raw Honey	6x500g	52.80	11.73	31 4532
▲ Orange Blossom Honey	6x500g	50.40	11.20	31 4534

## Olives, Pickles and Preserved Vegetables

### Biona - in jars

◆ Aubergine Pesto	organic 6x140g	14.80	3.29	35 0603
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### Mani - Greek Organic products

▼ Kalamata Olives in e.v. Olive oil	organic 6x280g	22.40	4.98	35 0380
▼ Capers in e.v. Olive Oil	organic 6x180g	22.40	4.98	35 0385

## Vinegars

### Clearspring

▲ Balsamic Vinegar - large	organic 6x500ml	49.45	10.99	37 0910
▲ Balsamic Vinegar - small	organic 6x250ml	26.95	6.00	37 0912
▲ Apple Balsamic Vinegar - large	organic 6x500ml	49.45	10.99	37 0915
▲ Apple Balsamic Vinegar - small	organic 6x250ml	26.95	6.00	37 0917
▲ Apple Cider Vinegar + the mother	organic 6x500ml	22.45	5.00	37 0919
▲ ACV - Ginger, Turmeric Black Pepper	organic 6x500ml	23.80	5.30	37 0934
▲ Red Wine Vinegar	organic 6x500ml	22.45	5.00	37 0920
▲ White Wine Vinegar	organic 6x500ml	22.45	5.00	37 0925

## Sauces, Fruit and Vegetable Products

### Amaizin Mexican

▲ Taco Seasoning - packet	organic 12x27g	14.15	1.57	38 9886
▲ Jalapeño Peppers - jar	organic 6x170g	12.85	2.86	38 9890
▲ Taco Sauce Hot	organic 6x220g	12.60	2.80	38 9892
▲ Taco Sauce Mild	organic 6x220g	12.60	2.80	38 9894

\* new product □ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

### Biona - Canned Veg Products

▲ Green Curry Coconut Milk *organic* 6x400ml 13.45 2.99 **390202**

### Biona - Fruit Products

▲ Large Apple Purée - jar *organic* 6x700g 15.70 3.49 **390102**  
 ▲ Small Apple Purée - jar *demeter* 6x360g 9.85 2.19 **390104**  
 ▲ Apple & Apricot Purée - jar *organic* 6x360g 11.20 2.49 **390106**  
 ▲ Apple & Banana Purée - jar *organic* 6x360g 11.20 2.49 **390100**  
 ▲ Apple & Mango Purée - jar *organic* 6x360g 11.20 2.49 **390101**  
 ▲ Apple & Rhubarb Purée - jar *organic* 6x360g 11.20 2.49 **390114**  
 ▲ Pear Purée - jar *organic* 6x360g 10.75 2.39 **390116**  
 ▲ Pineapple Pieces - tinned in juice *organic* 6x400g 19.75 4.39 **389060**  
 ▲ Pineapple Rings - tinned in juice *organic* 6x400g 19.75 4.39 **389065**

### Biona - Sauces, Mustards, Pastes, Relish

◆ Garlic Paste *organic* 6x130g 14.35 3.19 **390088**  
 ◆ Garlic & Ginger Paste *organic* 6x130g 14.35 3.19 **390089**  
 ◆ Ginger Paste *organic* 6x130g 14.35 3.19 **390090**  
 ◆ Green Pesto with pine kernels *organic* 6x120g 19.30 4.29 **390118**  
 ◆ Red Pesto with SD tomatoes *organic* 6x120g 16.15 3.59 **390123**  
 ▲ Tomato Ketchup with agave syrup *organic* 6x340g 15.70 3.49 **390137**

### Biona - Tomato Products

◆ Tomatoes Chopped Peeled - 4 Pack *organic* 6x4x400g 24.25 5.39 **390179**  
 ◆ Tomatoes Chopped with Basil *organic* 12x400g 14.30 1.59 **390107**  
 ◆ Tomatoes Chopped with Garlic & Oregano *organic* 12x400g 17.00 1.89 **390111**  
 ▲ Tomato Purée - jar *organic* 6x200g 11.20 2.49 **390135**

### Coconut Merchant

◆ Coconut Milk - bag *organic* 1x5l 18.60 24.90 **390749**  
 ◆ Coconut Milk *organic* 6x400ml 8.35 1.86 **390752**  
 ◆ Coconut Milk *organic* 12x200ml 13.35 1.48 **390754**

## Convenience Foods

### Biona - tinned beans & pulses

◆ Black Beans - BPA-free can *organic* 6x400g 6.25 1.39 **390121**  
 ▲ Black Beluga Lentils in tins *organic* 6x400g 8.05 1.79 **390124**  
 ◆ Chickpeas in tins *organic* 6x400g 6.70 1.49 **390145**  
 ◆ Green Lentils in tins *organic* 6x400g 6.25 1.39 **390147**  
 ▲ Red Kidney Beans in tins *organic* 6x400g 7.60 1.69 **390150**

### Biona - ambient long life soya in jar

◆ Plain Tofu - 250g drained weight *organic* 6x500g 22.45 4.99 **390177**  
 ◆ Tempeh - 175g drained weight *organic* 6x400g 19.75 4.39 **390178**

### Biona - ambient seitan in jar

◆ Seitan Pieces in ginger & soya Sauce *organic* 6x350g 24.70 5.49 **390185**

### Mr Organic - gnocchi & filled pasta - vegan

▲ Gnocchi - gluten-free *organic* 8x350g 22.50 3.75 **442800**

### Profusion gluten-free, vegan

▼ Protein Chunks - Pea & Fava *organic* 12x125g 31.40 3.49 **443764**  
 ▼ Protein Mince - Pea & Fava *organic* 12x125g 31.40 3.49 **443766**

### Mr Organic - ring-pull cans

☆ Black Bean Vegetable Soup *organic* 6x400g 10.30 2.29 **442774**  
 ☆ Pumpkin, Carrot & Chilli Soup *organic* 6x400g 10.30 2.29 **442781**

### Suma - baked beans and canned meals

◆ Baked Beans - Low Sugar *organic* 12x400g 13.00 1.44 **444491**

### Suma - beans & pulses easy-open cans

◆ Black Chickpeas *organic* 12x400g 11.25 1.25 **444506**

## Japanese Products, Miso, Soy Sauce, Tofu

### Biona Japanese sauces

▲ Tamari Soya Sauce - glass bottle *organic* 6x145ml 14.80 3.29 **510428**  
 ▲ Tamari Soya Sauce - glass bottle *organic* 6x250ml 21.55 4.79 **510430**

### Clearspring Japanese sauces

◆ Japanese Yaemon Tamari - double strength *organic* 6x500ml 47.25 10.50 **480515**  
 ◆ Japanese Yaemon Tamari - double strength *organic* 6x150ml 17.95 3.99 **480520**  
 ◆ Japanese Yaemon Tamari - double strength *organic* 6x250ml 26.95 5.99 **480521**

### Clearspring - Ambient Tofu- Tetra Pak

◆ Long Life Tofu - ambient *organic* 12x300g 20.60 2.29 **480590**

## Sea Vegetables

### Clearspring

▲ Japanese Arame 8x30g 35.90 5.98 **531009**

### The Cornish Seaweed Company - www.cornishseaweedcompany.co.uk

▲ Dulse *organic* 5x20g 19.25 5.15 **531065**  
 ▲ Irish Moss *organic* 5x15g 18.35 4.89 **531071**  
 ▲ Kelp (was "Kombu") *organic* 5x30g 19.25 5.13 **531075**  
 ▲ Sea Greens *organic* 5x15g 18.55 4.96 **531077**  
 ▲ Dulse Flakes *organic* 5x40g 25.15 6.71 **531078**  
 ▲ Kelp Flakes *organic* 5x60g 23.25 6.20 **531079**  
 ▲ Mixed Seaweed Flakes *organic* 5x60g 23.25 6.20 **531082**  
 ▲ Sea Salad Flakes *organic* 5x30g 24.30 6.48 **531080**  
 ▲ Sea Spaghetti *organic* 5x40g 19.25 5.13 **531085**  
 ▲ Cornish Seaweed Salt *organic* 8x70g 21.65 3.61 **531090**

## Teas - Herb

### English Tea Shop

◆ Chamomile Tea Bags *organic* 6x20bgs 11.90 2.64 **544130**  
 ◆ Lemongrass Citrus & Ginger Tea Bags *organic* 6x20bgs 11.90 2.64 **544132**  
 ◆ Perfect Peppermint - FT - Tea Bags *organic* 6x20bgs 11.90 2.64 **544134**  
 ◆ Rooibos - FT - Tea Bags *organic* 6x20bgs 11.90 2.64 **544136**

### Organic Herb Trading Co. organic loose tea

▲ Chamomile Flower - EU & NOP *organic* 1x500g 22.35 29.88 **560851**  
 ▲ Elderberry Rosehip & Hibiscus *organic* 1x500g 16.60 22.13 **560852**  
 ▼ Hibiscus Flower Pieces - teabag cut *organic* 1x500g 9.80 13.07 **560856**  
 ▼ Rooibos Leaf *organic* 1x500g 11.65 15.54 **560857**

### Pukka - Ayurvedics - tea bags

◆ Breathe In with Eucalyptus *organic* 4x20bgs 14.85 4.96 **561488**  
 ◆ Chamomile, Vanilla & Manuka Honey *organic* 4x20bgs 14.85 4.96 **561490**  
 ◆ Feel New - aniseed, fennel & licorice *organic* 4x20bgs 14.85 4.96 **561500**  
 ◆ Herbal Tea collection *organic* 4x20bgs 16.45 5.48 **561494**  
 ◆ Elderberry & Echinacea *organic* 4x20bgs 14.85 4.96 **561501**  
 ◆ Joy - lemony herbs with orange Tea *organic* 4x20bgs 14.85 4.96 **561496**  
 ◆ Lemon, Ginger & A Touch of Manuka Honey *organic* 4x20bgs 14.85 4.96 **561504**  
 ◆ Lemongrass & Ginger *organic* 4x20bgs 14.85 4.96 **561495**  
 ◆ Love - rose, chamomile & lavender Tea *organic* 4x20bgs 14.85 4.96 **561515**  
 ◆ Licorice & Cinnamon *organic* 4x20bgs 14.85 4.96 **561517**  
 ◆ Morning Berry *organic* 4x20bgs 14.85 4.96 **561521**  
 ◆ Night Time Berry *organic* 4x20bgs 14.85 4.96 **561516**  
 ◆ Peace - chamomile, spearmint, hemp, licorice *organic* 4x20bgs 14.85 4.96 **561531**  
 ◆ Peppermint & Licorice *organic* 4x20bgs 14.85 4.96 **561506**  
 ◆ Radiance - nettle, fennel & aloe vera *organic* 4x20bgs 14.85 4.96 **561518**  
 ◆ Relax - chamomile, fennel & marshmallow *organic* 4x20bgs 14.85 4.96 **561510**  
 ◆ Turmeric Active Herbal Tea *organic* 4x20bgs 14.85 4.96 **561511**  
 ◆ Wild Apple Cinnamon with Ginger *organic* 4x20bgs 14.85 4.96 **561554**  
 ◆ Winter Warmer *organic* 4x20bgs 14.85 4.96 **561553**  
 ◆ Womankind - rose, vanilla & shatavari *organic* 4x20bgs 14.85 4.96 **561555**  
 ◆ Vanilla Spice Chai - cinnamon & sweet vanilla *organic* 4x20bgs 14.85 4.96 **561520**  
 ◆ Night Time Tea *organic* 4x20bgs 14.85 4.96 **561530**  
 ◆ Three Chamomile Tea *organic* 4x20bgs 14.85 4.96 **561532**  
 ◆ Three Fennel Tea *organic* 4x20bgs 14.85 4.96 **561537**  
 ◆ Three Ginger Tea *organic* 4x20bgs 14.85 4.96 **561540**  
 ◆ Three Mint Tea *organic* 4x20bgs 14.85 4.96 **561545**  
 ◆ Tulsi Clarity Tea *organic* 4x20bgs 14.85 4.96 **561551**

### Yogi Tea - Ayurvedic Tea Bags

◆ Alkaline Herbs *organic* 6x17bgs 12.35 2.75 **571702**  
 ◆ Ashwaganda Balance *organic* 6x17bgs 12.35 2.75 **571703**  
 ◆ Echinacea Tea *organic* 6x17bgs 12.35 2.75 **571710**  
 ◆ Tulsi Relax Tea *organic* 6x17bgs 12.35 2.75 **571724**

### Yogi Tea - women's ayurvedic tea

◆ Women's Balance Tea *organic* 6x17bgs 12.35 2.75 **571996**

## Teas - Black, Green & White

### Clearspring - Japanese

◆ Kukicha Roasted Twig Tea Bags - boxed	organic	4x20bgs	10.45	3.49	500516
◆ Sencha Green Tea Bags - boxed	organic	4x20bgs	10.45	3.49	500521
◆ Hojicha Roasted Green Tea Bags - boxed	organic	4x20bgs	10.45	3.49	500526
◆ Genmaicha Green Tea bags + Brown Rice	organic	4x20bgs	10.45	3.49	500541
◆ Matcha Shot	organic	6x(8x1)g	28.10	6.25	500546
◆ Caddy Powder Matcha Green Tea	organic	4x30g	50.95	16.99	500547
◆ Sachet Powder Matcha Green Tea	organic	10x40g	82.40	10.99	500548
◆ Matcha Sencha Green Tea Bags	organic	4x20bgs	11.95	3.99	500551
◆ Matcha Genmaicha Green Tea Bags	organic	4x20bgs	11.95	3.99	500554
◆ Matcha Ginger Green Tea Bags	organic	4x20bgs	11.95	3.99	500556
◆ Matcha Three Mint Green Tea Bags	organic	4x20bgs	11.95	3.99	500558
◆ Matcha Turmeric Green Tea Bags	organic	4x20bgs	11.95	3.99	500560
◆ Oolong Semi-Fermented Blue Tea Bags	organic	4x20bgs	11.95	3.99	500557

### English Tea Shop

◆ Luxury Tea Collection - White Tin - 36 bags	organic	6x74g	40.80	9.07	560773
◆ Chai Black Tea Bags	organic	6x20bgs	11.90	2.64	560760
◆ Darjeeling Black Tea Bags	organic	6x20bgs	11.90	2.64	560762
◆ English Breakfast Tea Bags - FT	organic	6x20bgs	11.90	2.64	560764
◆ Earl Grey Tea Bags - FT	organic	6x20bgs	11.90	2.64	560766
◆ Pure Green Tea Bags	organic	6x20bgs	11.90	2.64	560770

### Organic Herb Trading Co. organic loose tea

▲ Assam GBOP Loose Leaf Tea	organic	1x500g	12.60	16.80	580532
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### Pukka - black tea - FairTrade

◆ Elegant English Breakfast	organic	4x20bgs	14.85	4.96	581030
◆ Gorgeous Earl Grey	organic	4x20bgs	14.85	4.96	581032

### Pukka - chai

◆ Original Chai - cinnamon & cardamom	organic	4x20bgs	14.85	4.96	581050
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### Pukka - green tea

◆ Supreme Green Matcha Tea Bags - Fair Trade	organic	4x20bgs	14.85	4.96	580620
◆ Clean Matcha Green Tea Bags	organic	4x20bgs	14.85	4.96	580651
◆ Ginseng Matcha Green Tea Bags	organic	4x20bgs	14.85	4.96	580654
◆ Mint Matcha Green Tea Bags	organic	4x20bgs	14.85	4.96	580656

## Coffee

### Bird & Wild organic Fairtrade shade grown coffee

▲ Dark Roast beans	organic	6x200g	24.00	5.34	600460
▲ Dark Roast R&G	organic	6x200g	24.00	5.34	600462
▲ Light Roast beans	organic	6x200g	24.00	5.34	600464
▲ Light Roast R&G	organic	6x200g	24.00	5.34	600465
▲ Medium Roast beans	organic	6x200g	24.00	5.34	600468
▲ Medium Roast R&G	organic	6x200g	24.00	5.34	600469

### Clipper FairTrade

▲ Instant Coffee House Blend- 4 - tin	organic	1x500g	29.80	39.73	600572
▲ Instant Decaf Coffee - 3 - tin	organic	1x500g	33.75	45.00	600571
▲ Instant Decaffeinated Coffee	organic	6x100g	40.75	9.06	600575
▲ Instant Coffee - House Blend	organic	6x100g	36.90	8.20	600578
▲ Instant Coffee - Latin American	organic	6x100g	37.05	8.23	600576
▲ Instant Decaf Coffee - Latin American	organic	6x100g	40.75	9.06	500577
▲ Instant Coffee - Rich Roast	organic	6x100g	36.85	8.19	600579
▲ House Blend Coffee R&G	organic	8x227g	37.05	6.17	600580
▲ Italian Style Coffee R&G	organic	8x227g	37.05	6.17	600587
▲ Decaffeinated Coffee R&G	organic	8x227g	43.50	7.25	600592

### Equal Exchange Original FairTrade R&G Coffee

▲ Decaf Medium Roast Ground Coffee - 3	organic	8x200g	45.00	7.50	600615
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### Equal Exchange Single Origin FairTrade R&G Coffee

▲ Ethiopian Yirgacheffe R&G Coffee - 3	organic	8x200g	42.00	7.00	600550
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### Equal Exchange FairTrade Coffee Beans

▲ Coffee Beans - decaffeinated - 3	organic	8x200g	45.00	7.50	600662
▲ Coffee Beans - medium roast - 3 - single	organic	1x1000g	18.83	25.13	600635
▲ Coffee Beans - dark roast - 4 - single	organic	1x1000g	18.83	25.13	600640

▲ Coffee Beans - espresso - 4 - single	organic	1x1000g	18.83	25.13	600645
▲ Coffee Beans - Italian - 5 - single	organic	1x1000g	18.83	25.13	600647
▲ Coffee Beans - Women grown - 3	organic	1x1000g	18.83	25.13	600648

### Grumpy Mule Ground - FairTrade

▲ Colombia Ground - 4	organic	6x200g	28.65	6.38	600845
▲ Honduras Ground - 4	organic	6x200g	28.65	6.37	600846
▲ Peru Ground Femenino - 4 - Bird Friendly	organic	6x200g	28.65	6.38	600847
▲ Sumatra Ground Gayo Highlands - 4	organic	6x200g	28.65	6.38	600848
▲ Easy Does It - Decaf - 3	organic	6x200g	30.00	6.67	600849
▲ Top Notch - 3	organic	6x200g	28.65	6.37	600850

### Grumpy Mule Beans - FairTrade

▲ Beans - Sumatra - 4	organic	6x200g	28.65	6.38	600833
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### Red Roaster Speciality Coffee

☆ Glasshouse - bag wholebean	organic	5x200g	24.40	6.51	601374
☆ Colombian Single Origin - bag wholebean	organic	6x200g	30.35	6.75	601376

## Coffee Subs, Malt Drinks, Carob & Cocoa Products

### Equal Exchange - FairTrade

▲ Cocoa Powder (tub)	organic	6x250g	36.85	8.19	611510
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### Green & Black - Fair Trade - www.greenandblacks.com

▲ Cooking Chocolate Bar - 70%	organic	15x150g	39.90	3.55	611715
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### Infinity Foods - Bulk Chocolate Couverture

▲ 55% Dark Couverture	organic	5kg	131.85	26.37	612030
▲ 73% Very Dark Couverture	organic	5kg	145.25	29.05	612035
▲ Milk Couverture	organic	5kg	131.85	26.37	612040
▲ White Couverture	organic	5kg	136.35	27.27	612045
▲ 55% Dark Couverture	organic	2.5kg	67.00	26.80	612050
▲ 73% Very Dark Couverture	organic	2.5kg	73.75	29.50	612055
▲ Milk Couverture	organic	2.5kg	67.00	26.80	612060
▲ White Couverture	organic	2.5kg	69.45	27.78	612065

### Infinity Foods - Retail Chocolate Couverture

▲ Cooking Chocolate - 73% very dark	organic	6x300g	58.00	12.89	9093
▲ Cooking Chocolate - milk	organic	6x300g	53.10	11.80	9094

## Drinks - Herbal, Tonic, Coconut and Iced Tea

### Agua de Madre Sparkling vegan water Kefir

◆ Blood Orange Bitters Water Kefir	24x330ml	44.80	2.49	639085
◆ Lemon & Ginger Water Kefir	24x330ml	44.80	2.49	639087
◆ Passion Fruit & Raspberry Water Kefir	24x330ml	44.80	2.49	639089
◆ Pink Grapefruit & Lime Water Kefir	24x330ml	44.80	2.49	639090
◆ Pomegranate & Hibiscus Water Kefir	24x330ml	44.80	2.49	639092

### Hip Pop

◆ Cherry & Blackberry CBD Kombucha	12x330ml	16.00 V	2.13	641621
◆ Blood Orange & Grapefruit CBD Kombucha	12x330ml	16.00 V	2.13	641622
◆ Passion Fruit & Guava CBD Kombucha	12x330ml	16.00 V	2.13	641623
◆ Cola Gut Lovin Soda	12x330ml	12.45 V	1.66	641626
◆ Ginger & Turmeric Living Soda	12x330ml	12.45 V	1.66	641627
◆ Lemonade Gut Lovin Soda	12x330ml	12.45 V	1.66	641632
◆ Orange Gut Lovin Soda	12x330ml	12.45 V	1.66	641633
◆ Pink Grapefruit Living Soda	12x330ml	12.45 V	1.66	641624
◆ Tropical Peach Living Soda	12x330ml	12.45 V	1.66	641625

### Lo Bros Vegan Kombucha - glass

◆ Cola Kombucha Living Soda	12x330ml	18.80 V	2.51	641514
◆ Blueberry Lemonade Kombucha	12x330ml	18.80 V	2.51	641521
◆ Fruit Crush Kombucha Limited Edition	12x330ml	18.80 V	2.51	641522
◆ Ginger & Lemon Kombucha	12x330ml	18.80 V	2.51	641524
◆ Raspberry & Blackcurrant Kombucha	12x330ml	18.80 V	2.51	641528
◆ Raspberry & Lemon Kombucha	12x330ml	18.80 V	2.51	641526
◆ Passion Fruit Kombucha	12x330ml	18.80 V	2.51	641628

### UFC - coconut water - Tetra - Thai

◆ Coconut Water	6x1l	11.90 V	3.17	642905
◆ Watermelon Coconut Water	6x1l	14.50 V	3.87	642914

\* new product □ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

## Drinks - Fruit & Vegetable Juices, Cordials & Water

### BetterYou - aluminium can

◆ Magnesium Water Energy - pomegranate & rhubarb	12x250ml	15.35 V	2.05	672000
◆ Magnesium Water Focus - blueberry & mint	12x250ml	15.35 V	2.05	672001
◆ Magnesium Water Hydrate - lime & bergamot	12x250ml	15.35 V	2.05	672002

### Biona Juices & Drinks - glass bottles

◆ Acerola Cherry Juice - pure 100%	organic	6x330ml	28.05 V	7.49	660675
◆ Blackcurrant Pure Juice - 100%	organic	6x330ml	17.55 V	4.69	660677
◆ Blueberry Juice - 100%	organic	6x330ml	31.80 V	8.49	660685
▲ Cranberry Juice - 100% - small	organic	6x330ml	23.55 V	6.29	660712
▲ Cranberry Juice -100% - large	organic	6x750ml	41.20 V	11.00	660714
◆ Elderberry Juice - 100%	organic	6x330ml	19.80 V	5.28	660717
▲ Apple & Mango Juice	organic	6x750ml	22.45 V	5.99	660713

### Cawston Press - Tetra

▲ Cloudy Apple		6x1l	15.15 V	4.04	661157
▲ Apple & Ginger		6x1l	15.15 V	4.04	661159
▲ Apple & Rhubarb		6x1l	15.15 V	4.04	661160
▲ Brilliant Beetroot		6x1l	15.15 V	4.04	661162
▲ Squeezed Orange		6x1l	19.95 V	5.32	661164
▲ Apple & Mango Fruit Water - multipack		6x3x200ml	13.30 V	3.55	661170
▲ Apple & Pear Fruit Water - multipack		6x3x200ml	13.30 V	3.55	661172
▲ Apple & Summer Berries Fruit Water - multipack		6x3x200ml	13.30 V	3.55	661174
▲ Sunshine Orange Fruit Water - multipack		6x3x200ml	13.30 V	3.55	661175

### OHMG

◆ OHMG - Sparkling Magnesium Water		12x330ml	13.70 V	1.99	662480
◆ OHMG - Raspberry & Lemon Balm		12x330ml	13.70 V	1.99	662482
◆ OHMG - Peach & Rosemary		12x330ml	13.70 V	1.99	662484
◆ OHMG - Pineapple & Grapefruit		12x330ml	13.70 V	1.99	662485
◆ OHMG - Blackcurrant & Vitamin C		12x330ml	13.70 V	1.99	662486

## Drinks - Carbonated

### Cawston Press - cans

▲ Cloudy Apple Sparkling		24x330ml	21.90 V	1.46	661200
▲ Cloudy Lemonade Sparkling		24x330ml	21.90 V	1.46	661202
▲ Elderflower Lemonade		24x330ml	21.90 V	1.46	661204
▲ Ginger Beer Sparkling		24x330ml	21.90 V	1.46	661208
▲ Orange Sparkling		24x330ml	21.90 V	1.46	661210
▲ Rhubarb Sparkling		24x330ml	21.90 V	1.46	661212

## Drinks - Soya, Nut, Grain, Milk & Desserts

### Bonsoy - soya alternative to milk

◆ Bonsoy		6x1l	15.95	3.54	726505
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### Glebe Farm - gluten-free

▲ Organic Pure Oaty Barista - gluten-free	organic	6x1l	10.90	2.41	722219
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### Minor Figures - vegan

◆ Barista Oat		6x1l	9.65	2.14	723540
◆ Barista Oat (Organic)	organic	6x1l	10.15	2.26	723546
◆ Everyday Oat		6x1l	9.65	2.14	723547

### Nutty Bruce - vegan

◆ Activated Almond M*lk	organic	6x1l	12.30	2.73	723560
◆ Activated Almond & Coconut M*lk	organic	6x1l	12.30	2.73	723564
◆ Activated Almond & Oat M*lk	organic	6x1l	12.30	2.73	723568

### Oatly - vegan

◆ Whole Oat Drink (calcium & vitamins)		6x1l	9.60	2.13	725711
◆ Semi Oat Drink (calcium & vitamins)		6x1l	9.60	2.13	725707
◆ No Sugars Oat Drink (calcium & vitamins)		6x1l	9.60	2.13	725709
◆ Chocolate Oat Drink with calcium & vitamins		6x1l	9.20	2.04	725713
◆ Barista Edition Lighter Taste Oat Drink		6x1l	10.00	2.22	725719
◆ Oat Drink Vanilla Flavour		6x1l	9.20	2.04	725718

### Rude Health - gluten-free

◆ Ultimate Almond - pure almond drink	organic	6x1l	17.30	3.85	724587
◆ Almond Drink - with rice - Large	organic	6x1l	12.10	2.69	724590
◆ Cashew Drink	organic	6x1l	15.70	3.49	724591
◆ Coconut Drink	organic	6x1l	13.45	2.99	724593
◆ Hazelnut Drink	organic	6x1l	13.45	2.99	724594
◆ Oat Drink	organic	6x1l	11.20	2.49	724595

### Sojade - plant based drinks & cream

◆ Soya Natural - unsweetened	organic	8x1l	11.65	1.94	724605
◆ Soya Sweetened with wheat syrup - gluten free	organic	8x1l	12.90	2.15	724611
◆ Soya Protein - unsweetened	organic	8x750ml	11.65	1.94	724612
◆ Soya + Vanilla	organic	8x1l	14.30	2.39	724615

### UFC - coconut milk

◆ Velvet Coconut Milk With Chocolate		6x1l	8.55	1.90	726615
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### Yogi Tea - chai concentrate no caffeine - tetra

▲ Barista Chai Classic concentrate	organic	6x1l	15.20	3.46	726555
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## Savoury Snacks

### Eat Real - hummus chips - large - vegan - gluten-free

◆ Chilli & Lemon Hummus Chips - large		10x110g	16.05	2.29	751193
◆ Sea Salt & Balsamic Hummus Chips - large		10x110g	16.05	2.29	751194
◆ Sour Cream & Chives Hummus Chips - large		10x110g	16.05	2.29	751195
◆ Tomato & Basil Hummus Chips - large		10x110g	16.05	2.29	751196
◆ Sea Salt Hummus Chips - large		10x110g	16.05	2.29	751197

### Eat Real - hummus chips - small - vegan - gluten-free

◆ Sea Salt Hummus Chips		18x45g	11.85	0.98	751201
◆ Sour Cream & Chives Hummus Chips		18x45g	11.85	0.98	751202
◆ Tomato & Basil Hummus Chips		18x45g	11.85	0.98	751203

### Eat Real - lentil chips - vegan - gluten-free

◆ Chilli & Lemon Lentil Chips - large		10x95g	16.05	2.29	751217
◆ Creamy Dill Lentil Chips - large		10x95g	16.05	2.29	751218
◆ Mango & Mint Lentil Chips - large		10x95g	16.05	2.29	751219
◆ Sea Salt Lentil Chips - large		10x95g	16.05	2.29	751221
◆ Chilli & Lemon Lentil Chips		18x40g	11.85	0.98	751224
◆ Creamy Dill Lentil Chips		18x40g	11.85	0.98	751226
◆ Sea Salt Lentil Chips		18x40g	11.85	0.98	751231

### Eat Real - quinoa chips - large - vegan - gluten-free

◆ Sour Cream & Chives Quinoa Chips		10x90g	16.05	2.29	751251
◆ Sundried Tomato & Roast Garlic Quinoa Chips		10x90g	16.05	2.29	751254

### Eat Real - quinoa chips - small - vegan - gluten-free

◆ Sour Cream & Chives Quinoa Chips - small		18x40g	11.85	0.98	751271
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### Eat Real - veggie straws - vegan - gluten-free

◆ Veggie Straws - small		18x45g	11.85	0.98	751287
◆ Veggie Straws - large		10x110g	16.05	2.17	751288
◆ Veggie Straws Sea Salt Black Pepper - large		10x110g	16.05	2.17	751289
◆ Veggie Straws Smoked Paprika & Chilli - large		10x110g	16.05	2.17	751291

### Eat Real - multipacks - vegan - gluten-free

◆ Chips Multi Pack		8x5pack	18.00	3.04	721291
◆ Kids Straws Multi Pack		24x20g	11.65 V	0.79	721292

### Fairfields - potato crisps - vegan - gluten-free

◆ Bacon & Tomato		36x40g	16.80 V	0.76	751000
◆ Cheese & Onion		36x40g	16.80 V	0.76	751002
◆ Lightly Sea Salted		36x40g	16.80 V	0.76	751004
◆ Roast Rib of Beef		36x40g	16.80 V	0.76	751006
◆ Prawn Cocktail		36x40g	16.80 V	0.76	751007
◆ Sea Salt & Aspal Cyder Vinegar		36x40g	16.80 V	0.76	751008
◆ Sea Salt & Black Pepper		36x40g	16.80 V	0.76	751010
◆ Sweet Chilli		36x40g	16.80 V	0.76	751012

### Fairfields - potato crisps - vegan - gluten-free

◆ Bacon & Tomato		10x150g	12.25 V	1.99	751016
◆ Cheese & Onion		10x150g	12.25 V	1.99	751018
◆ Lightly Sea Salted		10x150g	12.25 V	1.99	751020
◆ Prawn Cocktail		10x150g	12.25 V	1.99	751019

\* new product □ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended



◆	Roast Rib of Beef	10x150g	12.25 V	1.99	751022
◆	Sea Salt & Aspal Cyder Vinegar	10x150g	12.25 V	1.99	751024
◆	Sea Salt & Black Pepper	10x150g	12.25 V	1.99	751026
◆	Sweet Chili	10x150g	12.25 V	1.99	751028

#### Infinity Snacks

☆	Japanese Rice Crackers	8kg	58.00 V 7.25		752035
☆	Wasabi Peas	10kg	74.00 7.40		752038
☆	Wasabi Peas	1kg	9.20 9.20		752040

#### Infinity Pre-Packed Savoury Snacks

☆	Japanese Rice Crackers	6x125g	8.60 V	2.29	8050
☆	Japanese Rice Crackers	6x250g	14.05 V	3.75	8055

#### Marigold

◆	Popcorn Plus	18x20g	11.10 V	0.99	752350
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#### Mister Free'd

◆	Tortilla Chips Avocado	12x135g	18.00	2.00	752340
◆	Tortilla Chips Blue Maize	12x135g	18.00	2.00	752342
◆	Tortilla Chips Chia Seed	12x135g	18.00	2.00	752343
◆	Tortilla Chips Kale Spinach	12x135g	18.00	2.00	752347

#### Natco

▼	Pappadums - Garlic	10x200g	12.10	1.61	752650
▼	Pappadums - Plain	10x200g	11.30	1.51	752655

## Sweet Snacks & Confections

#### Bear - Paws

◆	Raspberry & Blueberry - Paws	18x20g	8.90	0.66	760211
◆	Strawberry & Apple - Paws	18x20g	8.90	0.66	760212

#### Bear - Splits - Multipacks

◆	Strawberry & Apple - Splits	8x5x20g	19.60	3.27	760216
◆	Pineapple & Raspberry - Splits	8x5x20g	19.60	3.27	760223

#### Bear - Fruit Treasures - Multipacks - 3+ years

◆	Berry - Treasures	4x5x20g	9.30	3.10	760224
◆	Tropical - Treasures	4x5x20g	9.30	3.10	760231

#### Bear - Yoyos

◆	Blackcurrant Yoyo Fruit Rolls	18x20g	9.75	0.72	760229
◆	Mango Yoyo Fruit Rolls	18x20g	9.75	0.72	760226
◆	Raspberry Yoyo Fruit Rolls	18x20g	9.75	0.72	760230
◆	Strawberry Yoyo Fruit Rolls	18x20g	9.75	0.72	760235

#### Bear - Yoyos - Multipacks

◆	Multipack Apple Yoyo Fruit Rolls	6x5x20g	14.70	3.27	760245
◆	Multipack Blackcurrant Yoyo Fruit Rolls	6x5x20g	14.70	3.27	760246
◆	Multipack Mango Yoyo Fruit Rolls	6x5x20g	14.70	3.27	760247
◆	Multipack Raspberry Yoyo Fruit Rolls	6x5x20g	14.70	3.27	760248
◆	Multipack Strawberry Yoyo Fruit Rolls	6x5x20g	14.70	3.27	760250

#### Bear - Giant Yoyos - Multipacks

◆	Apple & Blackcurrant Giant Yoyo	6x5x20g	14.70	3.27	760254
◆	Strawberry & Mango Giant Yoyo	6x5x20g	14.70	3.27	760256

#### Biona - coated fruit & nuts & treats

▲	Milk Chocolate covered Almonds	organic 12x70g	32.15 V	4.29	760385
▲	Milk Chocolate covered Raisins	organic 12x60g	24.65 V	3.29	760386
▲	Dark Chocolate covered Brazils	organic 12x80g	34.40 V	4.59	760387

#### Chocolate and Love - Chocolate Bars (contain milk) - fairly traded

▲	Creamy Dark Chocolate 55% Cacao Nibs	organic 14x80g	40.85 V	4.67	762192
▲	Milk Chocolate Caramelised Hazelnuts + Salt	organic 14x80g	40.85 V	4.67	762193
▲	Sea Salt 55% Chocolate with Caramel	organic 14x80g	38.60 V	4.41	762194

#### Chocolate and Love - Dark Chocolate Bars - fairly traded - vegan

▼	Passion Fruit Filled Bar - Dark Choc 65%	organic 12x85g	37.40 V	4.99	762201
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#### Devon Cottage - organic FairTrade fudge

▲	Chocolate Crumbly Fudge	organic 6x150g	17.80 V	4.75	761935
▲	Boxed Chocolate Crumbly Fudge - 4 pack	organic 4x300g	21.25 V	8.50	761937
▲	Clotted Cream Crumbly Fudge	organic 6x150g	17.80 V	4.75	761940
▲	Boxed Clotted Cream Crumbly Fudge - 4 pack	organic 4x300g	21.25 V	8.50	761942

▲	Coffee Crumbly Fudge	organic 6x150g	17.80 V	4.75	761945
▲	Sea Salted Crumbly Fudge	organic 6x150g	17.80 V	4.75	761957
▲	Vanilla Crumbly Fudge	organic 6x150g	17.80 V	4.75	761960

#### Devon Cottage - organic vegan fudge

▲	Dairy Free Sea Salted Fudge - Bag	organic 6x150g	17.80 V	4.75	761977
▲	Dairy Free Chocolate Fudge - Bag	organic 6x150g	17.80 V	4.75	761979

#### Divine - chocolate FairTrade

▲	85% Dark Chocolate	15x90g	35.80 V	3.82	763495
▲	70% Dark Chocolate	15x90g	35.80 V	3.82	763503
▲	Dark Smooth Hazelnut Chocolate	15x90g	35.80 V	3.82	763502
▲	Dark Chocolate with Himalayan Salt	15x90g	35.80 V	3.82	763516
▲	Mint Dark Chocolate - 70%	15x90g	35.80 V	3.82	763504
▲	Ginger & Orange Dark Chocolate - 70%	15x90g	35.80 V	3.82	763512
▲	Raspberry Dark Chocolate	15x90g	35.80 V	3.82	763510
▲	Milk Chocolate - 45% Cocoa	15x90g	35.80 V	3.82	763518
▲	Salted Caramel Milk Chocolate	15x90g	35.80 V	3.82	763577

#### Hu Chocolate bars - organic gluten-free FairTrade

◆	Almond Butter + Crispy Quinoa Dark Choc Bar	organic 12x60g	25.25 V	3.50	764130
◆	Cashew Butter + Pure Vanilla Dark Choc Bar	organic 12x60g	25.25 V	3.50	764131
◆	Crunchy Mint Dark Chocolate Bar	organic 12x60g	25.25 V	3.50	764134
◆	Hazelnut Butter Dark Chocolate Bar	organic 12x60g	25.25 V	3.50	764136
◆	Salty Dark Chocolate Bar	organic 12x60g	25.25 V	3.50	764138
◆	Simple Dark Chocolate Bar	organic 12x60g	25.25 V	3.50	764140
◆	Vanilla Crunch Dark Chocolate Bar	organic 12x60g	25.25 V	3.50	764141

#### Infinity Foods retail packed chocolate

▲	Dark Chocolate (73%) Buttons	organic 6x200g	42.95 V	11.45	9005
▲	Milk Chocolate Buttons	organic 6x200g	39.65 V	10.57	9010
▲	White Chocolate Buttons	organic 6x200g	40.80 V	10.88	9015
▲	Mixed (Dark, Milk & White) Chocolate Buttons	organic 6x200g	40.85 V	10.89	9020

#### Nakd - Protein Bars and Fibre Bars

◆	Fruit & Fibre - Apple & Cinnamon	16x44g	13.40 V	1.35	766629
◆	Fruit & Fibre - Strawberry & Raspberry	16x44g	13.40 V	1.35	766631
◆	Protein Caramel Bar	16x45g	13.40 V	1.35	766633
◆	Protein Cocoa Hazelnut Bar	16x45g	13.40 V	1.35	766634
◆	Protein Peanut Butter Bar	16x45g	13.40 V	1.35	766637

#### Nakd - Raw Fruit & Nut Bars - vegan & gluten-free

◆	Bakewell Tart Raw Wholefood Bar	18x35g	11.50 V	1.02	766647
◆	Berry Delight Raw Wholefood Bar	18x35g	11.50 V	1.02	766648
◆	Blueberry Muffin Raw Wholefood Bar	18x35g	11.50 V	1.02	766644
◆	Cashew Cookie Raw Wholefood Bar	18x35g	11.50 V	1.02	766650
◆	Cocoa Delight Raw Wholefood Bar	18x35g	11.50 V	1.02	766651
◆	Cocoa Orange Raw Wholefood Bar	18x35g	11.50 V	1.02	766652
◆	Lemon Drizzle	18x35g	11.50 V	1.02	766659
◆	Peanut Delight Raw Wholefood Bar	18x35g	11.50 V	1.02	766656
◆	Salted Caramel Raw Wholefood Bar	18x35g	11.50 V	1.02	766664

#### Nakd - Multipack Bars

◆	Multipack Cocoa Orange Raw Wholefood Bar	12x4x35g	26.80 V	3.57	766815
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#### Peppersmith Dental - vegan - xylitol sweetened

☆	Pouch Peppermint Dental Chewing Gum - 33 gums	18x50g	36.70 V	3.26	766704
☆	Pouch Spearmint Dental Chewing Gum - 33 gums	18x50g	36.70 V	3.26	766726

#### Rhythm 108 - single-serve biscuits - vegan - gluten-free

◆	Chocolate Peanut Butter Soft Baked Cookie	organic 12x50g	14.40	1.60	767532
◆	Hazelnut Chocolate Praline Soft Baked Cookie	organic 12x50g	14.40	1.60	767536

#### Rhythm 108 - biscuit sharing - vegan - gluten-free

◆	Hazelnut Chocolate Praline Gift Tube	organic 1x195g	6.75	9.00	767543
◆	Almond Biscotti Biscuit Share Bag	organic 8x135g	20.00	3.57	767544
◆	Chocolate & Salted Caramel Biscuit Share Bag	organic 8x135g	21.20	3.79	767541
◆	Coconut Crunch Biscuit Share Bag	organic 8x135g	20.00	3.57	767545
◆	Double Choco Hazelnut Biscuit Share Bag	organic 8x135g	20.00	3.57	767546
◆	Hazelnut Chocolate Chip Share Bag	organic 8x135g	20.00	3.57	767547
◆	Hazelnut Chocolate Praline Share Bag	organic 8x135g	21.20	3.79	767549
◆	Lemon Ginger & Chia Biscuit Share Bag	organic 8x135g	20.00	3.57	767548

\* new product □ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

### Rhythm 108 - vegan Swiss chocolate

◆ Dark Chocolate Truffles Bag		10x144g	56.25 V	8.99	7 6 7 5 6 2
◆ Chocolate Orange Swiss Dark Chocolate Bar	organic	15x33g	17.80 V	1.90	7 6 7 5 6 3
◆ Hazelnut Praline Dark Chocolate Bar	organic	15x33g	17.80 V	1.90	7 6 7 5 6 4
◆ Hazelnut Praline Dark Chocolate Bar	organic	12x3x33g	33.65 V	4.49	7 6 7 5 6 1
◆ Creamy Coconut Dark Chocolate Bar	organic	15x33g	17.80 V	1.90	7 6 7 5 6 6
◆ Almond & Sea Salt Milk Chocolate Bar	organic	15x33g	17.80 V	1.90	7 6 7 5 6 8
◆ Hazelnut Truffle Filled Milk Chocolate Tablet	organic	9x100g	23.75 V	4.27	7 6 7 5 7 2
◆ Dark Cocoa Orange Filled Milk Choc Tablet	organic	9x100g	23.75 V	4.27	7 6 7 5 7 6
◆ Roasted Almond Butter Filled Choc Tablet	organic	9x100g	23.75 V	4.27	7 6 7 5 7 8

### Ricola

◆ Eucalyptus Cherry Cough Drops with Stevia - bag		12x70g	12.40 V	1.65	7 6 7 7 5 9
◆ Original Swiss Herb Soothe & Clear - bag		12x75g	12.40 V	1.65	7 6 7 7 6 0
◆ Cough Drops Honey Lemon Echinacea - bag		12x75g	12.40 V	1.65	7 6 7 7 6 2
◆ Blackcurrant with Stevia - box		20x45g	19.90 V	1.59	7 3 7 7 6 3
◆ Delicious Elderflower with Stevia - box		20x45g	19.90 V	1.59	7 6 7 7 6 4
◆ Luxurious Licorice with Stevia - box		20x45g	19.90 V	1.59	7 6 7 7 6 6
◆ Raspberry Mint with Stevia - box		20x45g	19.90 V	1.59	7 6 7 7 6 5
◆ Refreshing Lemon Mint with Stevia - box		20x45g	19.90 V	1.59	7 6 7 7 6 7
◆ Tasty Cranberry with Stevia - box		20x45g	19.90 V	1.59	7 6 7 7 6 8
◆ The Original with Stevia - box		20x45g	19.90 V	1.59	7 6 7 7 7 0

### Trek Bars - vegan - gluten-free

◆ Biscoff Power		16x55g	24.05 V	2.45	7 6 6 6 8 1
◆ Cocoa Chaos		16x55g	13.45 V	1.37	7 6 6 6 8 7
◆ Choc Orange Power		16x55g	24.05 V	2.45	7 6 6 6 8 6
◆ Millionaire Shortbread Power		16x55g	24.05 V	2.45	7 6 6 6 8 8
◆ Peanut Butter Crunch Power		16x55g	24.05 V	2.45	7 6 6 6 8 9

### Trek Bars - Multipack - vegan - gluten-free

◆ Multipack - Cocoa Chaos		12x3x55g	26.90 V	3.66	7 6 6 8 6 8
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### Trek Protein Flapjacks - vegan

◆ Cocoa Coconut Protein Flapjack		16x50g	13.90 V	1.44	7 6 6 7 8 2
◆ Cocoa Oat Protein Flapjack		16x50g	13.90 V	1.44	7 6 6 7 8 5
◆ Original Oat Protein Flapjack		16x50g	13.90 V	1.44	7 6 6 7 9 5
◆ Salted Caramel Protein Flapjack		16x50g	13.90 V	1.44	7 6 6 7 9 6
◆ Smooth Lemon Protein Bar		16x50g	13.90 V	1.44	7 6 6 7 9 4
◆ White Chocolate & Raspberry Protein Bar		16x50g	13.90 V	1.44	7 6 6 8 0 9

### Tropical Wholefoods - Fair Trade - www.tropicalwholefoods.com

◆ Apricot & Almond Just 5 Bar	organic	18x40g	15.50	1.15	7 6 8 8 1 6
◆ Date & Cocoa Just 5 Bar	organic	18x40g	15.50	1.15	7 6 8 8 2 3
◆ Date & Walnut Just 5 Bar	organic	18x40g	15.50	1.15	7 6 8 8 1 8
◆ Mango & Brazil Just 5 Bar	organic	18x40g	15.50	1.15	7 6 8 8 2 0
◆ Pineapple & Cashew Just 5 Bar	organic	18x40g	15.50	1.15	7 6 8 8 2 4

### Vego - vegan, gluten-free, Fair Trade

▲ 150g Whole Hazelnut Chocolate Bar	organic	20x150g	57.55 V	4.60	7 6 8 8 3 0
▲ Mini Whole Hazelnut Chocolate Bar	organic	20x65g	31.30 V	2.50	7 6 8 8 3 2
▲ Nuts & Berries Vego Dark Bar	organic	12x85g	34.00 V	4.55	7 6 8 8 3 4
▲ Vego Crisp - Chocolate & Rice Crisp Bar	organic	20x40g	25.00 V	2.00	7 6 8 8 3 6

### Condiments, Stocks, Salt & Miscellaneous Foods

#### Hambleden Herbs

◆ Rock Salt - in grinder		5x120g	10.55	2.81	7 9 1 6 8 0
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#### Little Pod

▼ Madagascan Vanilla Pods	organic	6x2p	26.65	5.92	7 9 3 6 9 8
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#### Marigold

◆ Engevita Yeast Flakes with Vitamin D, Super B12		6x100g	20.20	4.49	7 9 4 5 2 9
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### Sel de Guerande - Certified (Celtic Sea Salt)

▲ Sel de Guérande - Fine - shaker - large	certified	12x250g	32.60	3.62	7 9 1 4 0 5
▲ Sel de Guérande - Fine - bag	certified	12x1kg	47.80	5.31	7 9 1 4 1 0
▲ Sel de Guérande - Coarse - bag	certified	12x1kg	32.60	3.62	7 9 1 4 1 5

### Supplementary Foods

#### Raw Living - Mushroom Magic

☆ Chaga Mushroom	organic	1x50g	13.30	18.99	8 5 7 9 3 2
☆ Cordyceps Mushroom	organic	1x50g	13.30	18.99	8 5 7 9 3 3
☆ Lion's Mane Mushroom	organic	1x50g	13.30	18.99	8 5 7 9 3 4
☆ Reishi (Duanwood) Mushroom	organic	1x50g	13.30	18.99	8 5 7 9 3 5

#### Royal Green

▲ Ashwagandha Bio 60 vegicaps	organic	1x1jar	14.60 V	26.15	8 5 8 0 0 7
▲ Bone Food Complex 60 vegicaps	organic	1x1jar	17.30 V	30.99	8 5 8 0 1 1
▲ Immune & Energy E/D 60 vegicaps	organic	1x1jar	15.70 V	28.12	8 5 8 0 1 4
▲ Maca 60 vegicaps	organic	1x1jar	12.45 V	22.30	8 5 8 0 1 6

### Kitchen & Household Goods

#### Alter/Native by Suma - soap containers

▲ Travel Soap Tin - Single Size		1x1tin	4.85 V	7.76	8 5 9 1 4 1
▲ Travel Soap Tin - Double Size		1x1tin	4.25 V	6.80	8 5 9 1 6 1
▲ Travel Soap Tin - Round		1x1tin	4.85 V	7.76	8 5 9 1 6 3

#### Cheeky Panda Bamboo products

☆ 9 Toilet Rolls - Silky Soft - 3 ply - 200 sheets		5x9p	25.80 V	8.26	8 2 0 5 6 4
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### Household & Industrial Cleaning Products

#### Bio-D - www.biodegradable.biz

☆ Laundry Liquid - Fragrance Free		12x1l	45.20 V	6.03	8 3 0 5 2 0
☆ Laundry Liquid - Fragrance Free		1x5l	16.85 V	26.98	8 3 0 5 2 5

#### Ecoegg -

◆ Bamboo Towels - 20 sheets		12x1roll	80.25 V	11.46	8 3 2 4 5 6
◆ Detox Tablets - washing machine cleaner		12x6p	33.50 V	4.79	8 3 2 4 5 7
◆ Dryer Egg - Fragrance Free		6x1p	31.45 V	8.99	8 3 2 4 5 9
◆ Laundry Egg 70 Wash - Fragrance Free		5x1egg	31.25 V	10.00	8 3 2 4 6 1
◆ Laundry Egg Refill 50 Wash - Fragrance Free		10x1p	33.75 V	5.79	8 3 2 4 6 2
◆ Laundry Egg 70 Wash - Fresh Linen		5x1egg	33.55 V	11.50	8 3 2 4 5 8
◆ Laundry Egg Refill 50 Wash - Fresh Linen		10x1p	33.75 V	5.79	8 3 2 4 6 0
◆ Laundry Egg 70 Wash - Spring Blossom		5x1egg	33.55 V	11.50	8 3 2 4 6 3
◆ Laundry Egg Refill 50 Wash - Spring Blossom		10x1p	33.55 V	5.75	8 3 2 4 6 4

#### Ecoleaf - Vegan

◆ Dishwasher Tablets 25		6x25tab	21.35 V	5.71	8 3 1 4 0 0
◆ Dishwasher Tablets 70		5x70tab	44.05 V	14.17	8 3 1 4 0 2
◆ Multi Surface Cleaner		20l	30.85 V 1.54		8 3 1 4 2 1
◆ Washing Up Liquid - Citrus Fruit		20l	29.75 V 1.49		8 3 1 4 3 0
◆ Toilet Cleaner - Fresh Green		20l	30.25 V 1.51		8 3 1 4 3 6

#### Ecover - Zero range

◆ Zero Washing Up Liquid		8x450ml	10.50 V	2.10	8 3 1 6 0 3
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#### Ecover Washing up

◆ All in One Dishwasher Tablets - small		6x22x20g	32.05 V	8.55	8 3 1 9 8 6
◆ All in One Dishwasher Tablets - large		5x68x20g	61.60 V	19.73	8 3 1 9 9 6
◆ Classic Dishwash Tablets - large		5x70x20g	52.95 V	16.94	8 3 2 0 0 2
◆ Classic Dishwash Tablets - small		6x25x20g	27.25 V	7.27	8 3 2 0 0 5
◆ Dishwash Rinse Aid		8x450ml	18.90 V	3.78	8 3 2 0 1 0
◆ Wash Up Liquid - Chamomile & Clementine		8x450ml	10.55 V	2.11	8 3 2 1 2 1
◆ Wash Up Liquid - Chamomile & Clementine		1x5l	10.55 V	16.88	8 3 2 1 1 0
◆ Wash Up Liquid - Lemon & Aloe Vera		8x950ml	19.05 V	3.81	8 3 2 1 2 6
◆ 5l Wash Up Liquid - Lemon & Aloe Vera		1x5l	10.55 V	16.88	8 3 2 1 2 4

#### Ecover Bag-in-Box Refill Station

◆ Wash Up Liquid - Lemon & Aloe Vera		15l	27.05 V 1.80		8 3 2 1 7 0
◆ Wash Up Liquid - Chamomile & Clementine		15l	27.05 V 1.80		8 3 2 1 7 5

### Toiletries & Natural Remedies

#### Alter/Native - rectangular glycerine vegan soap bars - by Suma

◆ Coffee & Cedarwood Glycerine Soap		6x90g	11.80 V	3.15	8 5 9 1 6 8
◆ Hemp & Jasmine Musk Glycerine Soap		6x90g	11.80 V	3.15	8 5 9 1 7 0
◆ Coconut & Argan Glycerine Soap		6x90g	11.80 V	3.15	8 5 9 1 7 2
◆ Lavender & Geranium Glycerine Soap		6x90g	11.80 V	3.15	8 5 9 1 7 4

\* new product □ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

◆ Patchouli & Sandalwood Glycerine Soap	6x90g	11.80 V	3.15	859176
◆ Pink Grapefruit & Aloe Glycerine Soap	6x90g	11.80 V	3.15	859179
◆ Rose & Geranium Glycerine Soap	6x90g	11.80 V	3.15	859181
◆ Tea Tree & Aloe Glycerine Soap	6x90g	11.80 V	3.15	859184

#### Alter/Native - vegan shampoo and conditioner liquid - by Suma

◆ Tea Tree & Aloe Vera Shampoo - normal/oily hair	1x5l	27.50 V	44.00	850170
◆ Tea Tree & Aloe Vera Conditioner - normal/oily hair	1x5l	27.50 V	44.00	850176
◆ Coconut & Argan Oil Shampoo - normal/dry hair	1x5l	27.50 V	44.00	850186
◆ Coconut & Argan Oil Conditioner - normal/dry hair	1x5l	27.50 V	44.00	850192

#### BetterYou

◆ Magnesium Oil Original Body Spray	6x100ml	44.15 V	13.95	858580
◆ Magnesium Sleep Body Spray	6x100ml	44.15 V	13.95	858582
◆ Magnesium Menopause Body Spray	6x100ml	44.15 V	13.95	858581
◆ Magnesium Flakes	6x1kg	34.60 V	10.95	858584
◆ Magnesium Flakes Sleep	6x1kg	34.60 V	10.95	858586
◆ Magnesium Flakes Muscle	6x1kg	34.60 V	10.95	858587
◆ Magnesium Flakes Menopause	6x750g	22.15 V	7.01	858589
◆ Magnesium Flakes Relax	6x750g	26.70 V	8.45	858588

#### Ecoleaf - vegan

◆ Liquid Hand Soap - Grapefruit & Mandarin	20l	42.10 V 2.11		851040
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#### Faith in Nature - for men

▲ Blue Cedar Soap	6x100g	12.25 V	3.49	852960
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#### Faith in Nature soaps - www.faithproducts.com

▲ Aloe Vera Soap	6x100g	12.25 V	3.49	852985
▲ Coconut Soap	6x100g	12.25 V	3.49	852988
▲ Dragon Fruit Soap	6x100g	12.25 V	3.49	852989
▲ Grapefruit Soap	6x100g	12.25 V	3.49	852995
▲ Hemp, Lemongrass & Green Tea Soap	6x100g	12.25 V	3.49	853035
▲ Lavender Soap	6x100g	12.25 V	3.49	853020
▲ Orange Soap	6x100g	12.25 V	3.49	853010
▲ Rosemary Soap	6x100g	12.25 V	3.49	853015
▲ Fragrance Free Soap - with Seaweed	6x100g	12.25 V	3.49	853030
▲ Tea Tree Soap	6x100g	12.25 V	3.49	852990
▲ Wild Rose Soap	6x100g	12.25 V	3.49	852992

#### Faith in Nature bulk soaps

▲ Aloe Vera Soap	18x100g	27.95 V	2.64	853105
▲ Coconut Soap	18x100g	27.95 V	2.64	853109
▲ Grapefruit Soap	18x100g	27.95 V	2.64	853112
▲ Hemp, Lemongrass & Green Tea Soap	18x100g	27.95 V	2.64	853140
▲ Lavender Soap	18x100g	27.95 V	2.64	853125
▲ Orange Soap	18x100g	27.95 V	2.64	853115
▲ Rosemary Soap	18x100g	27.95 V	2.64	853120
▲ Fragrance Free Soap - with Seaweed	18x100g	27.95 V	2.64	853135
▲ Tea Tree Soap	18x100g	27.95 V	2.64	853110

#### Faith in Nature shampoos

◆ Grapefruit & Orange Shampoo - Aluminium	6x500ml	33.00 V	9.42	853511
◆ Lavender & Geranium Shampoo - Aluminium	6x500ml	33.00 V	9.42	853567
◆ Shea & Argan Shampoo - Aluminium	6x500ml	33.00 V	9.42	853572

#### Faith in Nature conditioners

◆ Grapefruit & Orange Conditioner - Aluminium	6x500ml	33.00 V	9.42	853993
◆ Lavender & Geranium Conditioner - Aluminium	6x500ml	33.00 V	9.42	853994
◆ Shea & Argan Conditioner - Aluminium	6x500ml	33.00 V	9.42	853996

#### Faith in Nature body wash

◆ Coconut Body Wash - Aluminium	6x500ml	26.05 V	7.43	854038
◆ Grapefruit & Orange Body Wash - Aluminium	6x500ml	26.05 V	7.43	854039
◆ Lavender & Geranium Body Wash - Aluminium	6x500ml	26.05 V	7.43	854044

#### Faith in Nature refill hand & body lotion

▲ Bulk Coconut Hand & Body Lotion	5l	39.00 V 7.80		853480
▲ Bulk Grapefruit & Orange Hand & Body Lotion	5l	39.00 V 7.80		853484
▲ Bulk Lavender & Geranium Hand & Body Lotion	5l	39.00 V 7.80		853486

#### Faith in Nature refill pumps and bottle

▲ 5 litre pump for refilling	1x1	3.75 V		853575
▲ 20 litre Pump - 30ml dispense	1x1	4.20 V		853576

#### Herbatint™

▲ Application Kit (brush, measure cup, cape)	1x1p	2.90 V	5.17	854587
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#### Weleda - Almond facial skin care

☆ Almond Soothing Cleansing Lotion - Vegan	5x75ml	39.15 V	13.42	859205
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#### Weleda - body care range

☆ Skin Food - large	5x75ml	43.60 V	14.96	859290
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## Toothpaste, Brushes & Oral Hygiene

#### Sarakan

▲ Natural Toothpaste	6x50ml	13.50 V	3.60	861705
▲ Mouthfresh Rinse	6x300ml	18.25 V	4.87	861710

## Aromatherapy, Candles & Incense

#### Greater Goods - The Mother's Fragrances vegan jos sticks

▲ Cinnamon and Spice Incense Sticks	6x12stick	7.15 V	2.07	880990
▲ Frankincense Incense Sticks	6x12stick	7.15 V	2.07	880992
▲ Jasmine Incense Sticks	6x12stick	7.15 V	2.07	880994
▲ Lotus Incense Sticks	6x12stick	7.15 V	2.07	880996
▲ Musk Incense Sticks	6x12stick	7.15 V	2.07	880998
▲ Opium Incense Sticks	6x12stick	7.15 V	2.07	881001
▲ Orange Blossom Incense Sticks	6x12stick	7.15 V	2.07	881002
▲ Patchouli Incense Sticks	6x12stick	7.15 V	2.07	881004
▲ Sandalwood Incense Sticks	6x12stick	7.15 V	2.07	881007
▲ Vanilla Incense Sticks	6x12stick	7.15 V	2.07	881006

#### Greater Goods - The Mother's India Fair Trade vegan jos sticks

▲ Amrita Incense Sticks	5x20stick	9.95 V	3.46	881216
▲ Ganesh Incense Sticks	5x20stick	9.95 V	3.46	881218
▲ Oudh Incense Sticks	5x20stick	9.95 V	3.46	881219
▲ Om Incense Sticks	5x20stick	9.95 V	3.46	881220
▲ Prem Incense Sticks	5x20stick	9.95 V	3.46	881222
▲ Shanti Incense Sticks	5x20stick	9.95 V	3.46	881224
▼ Yoga Incense Sticks	5x20stick	9.95 V	3.46	881226

#### Heaven Scent - Reed Diffusers - 50ml bottle + 10 reeds

☆ Citrus Lemongrass Tonic - Reed Diffusers	3x50ml	15.55 V	8.90	891434
☆ Lavender - Reed Diffusers	3x50ml	15.55 V	8.90	891436
☆ Orange Clove Cinnamon - Reed Diffusers	3x50ml	16.60 V	9.50	891438

## Easter 2025 - 18th April to 21st April

#### Cocoa Loco - Fair Trade

▲ Milk Chocolate Easter Egg + buttons	organic	6x225g	52.40 V	14.00	766551
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#### Rhythm 108 - organic, vegan, gluten-free

◆ Hazelnut Chocolate Praline Gift Tube	organic	1x195g	6.75	9.00	767543
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# discontinued

● White Long Grain Rice	organic	6x500g	IBIS	10824
● Peeled Roasted Chestnuts		12x80g	Trustin	90899
<i>(see 90837 Realfoods by Organico 12x200g for substitute)</i>				
● Penne Wholegrain Rice	organic	10x500g	Amisa	130230
● Spelt Spaghetti	organic	20x500g	La Terra e il Cielo	131340
● Pitta Breads - White	organic	18x260g	Florentin	170398
● Pitta Breads - Wholewheat	organic	18x280g	Florentin	170399
● Pitta Breads - Spelt	organic	18x260g	Florentin	170400
● Olive Oil - Virgin	organic	6x1l	La Bio-Idea	200510
● Olive Oil with Lemon	organic	6x250ml	Mani	200585
● Walnut Oil - cold pressed	organic	6x250ml	Sun & Seed	202035
<i>(see 200537 Clearspring 8x250ml for substitute)</i>				
● Organic Crunchy Peanut Butter 100%	organic	6x470g	Meridian	251526
● Peanut Butter Crunchy salted	organic	6x280g	Meridian	251527
● Organic Smooth Peanut Butter 100%	organic	6x470g	Meridian	251528
● Peanut Butter Crunchy salted - glass		6x280g	Meridian	251550
● Bulk Peanut Butter Smooth salted - plastic		6x1kg	Meridian	251585
● Cocoa & Peanut Butter		6x280g	Meridian	251616

\* new product □ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

● Caromel Cashew Nut Butter	organic	6x170g	Nutcessity	252030	● Multipack - Cocoa Chaos	12x3x55g	Trek	766868	
● Chocolate Haz Braz Nut Butter	organic	6x170g	Nutcessity	252032	● Multipack - Peanut Power	12x3x55g	Trek	766869	
● Coffee & Walnut Nut Butter	organic	6x170g	Nutcessity	252034	● Original Oat Bake	16x120g	Oatopia	766972	
● Date & Walnut Nut Butter	organic	6x170g	Nutcessity	252038	(see 766978 15x60g for substitute)				
● Gingerbread Almond Nut Butter	organic	6x170g	Nutcessity	252040	● Peanut Butter Oat Bake	16x120g	Oatopia	766973	
● Maple Pecan Treenut Butter	organic	6x170g	Nutcessity	252041	(see 766979 15x60g for substitute)				
● Toasted & Textured Almond Butter - salted	organic	6x170g	Nutcessity	252044	● Almond Bakewell Oat Bake	16x120g	Oatopia	766974	
● Toasted & Textured Cashew Butter - salted	organic	6x170g	Nutcessity	252046	(see 766977 15x60g for substitute)				
● Chunky Tomato & Lentil Veggie Dip	organic	6x140g	Kallo	290936	● Salted Caramel Oat Bake	16x120g	Oatopia	766976	
● Pear & Apple Spread		12x300g	Sunwheel	292550	(see 766981 15x60g for substitute)				
(see 292505 Suma for substitute)					● Vegolino - fine nougat pralines	organic	8x180g	Vego	768835
● Dark Agave Dessert Syrup	organic	6x250g	Geo-Organics	314110	● Beefish - broth	organic	4x40g	Uhhmami	791674
(see 310405 Biona for substitute)					● Ocean'ish - broth	organic	4x40g	Uhhmami	791678
● Light Agave Sweetening Syrup	organic	6x250g	Geo-Organics	314115	● Vegetables - broth	organic	4x40g	Uhhmami	791681
(see 310402 Biona for substitute)					● French Onion Stock Cubes	organic	15x6x11g	Kallo	793005
● Organic Barley Malt Extract	organic	6x370g	Meridian	315022	● Tomato & Herb Stock Cubes	organic	15x6x11g	Kallo	793020
● On-the-go Apple & Blueberry Purée	organic	8x120g	Clearspring	390581	● Vegetable Bouillon - Organic	organic	25kg	Marigold	794506
(see 390582 18x100g for substitute)					(see 794491 12.5kg for substitute)				
● On-the-go Apple & Mango Purée	organic	8x120g	Clearspring	390586	● Bouillon Cubes	organic	12x8p	Marigold	794523
(see 390583 18x100g for substitute)					● 1000ml Stainless Nude Epic		1x1000ml	One Green Bottle	820759
● On-the-go Pear Purée - single pouch	organic	8x120g	Clearspring	390591	● 1200ml Stainless Evolution Ocean Colour Flask		1x1200ml	One Green Bottle	820763
(see 390588 18x100g for substitute)					● 800ml Stainless Evolution Ocean Colour Flask		1x800ml	One Green Bottle	820769
● Olive Chilli & Garlic Pasta Sauce	organic	6x360g	Realfoods by Organico	393060	● 500ml Stainless Evolution Buff Flask with screw cap		1x500ml	One Green Bottle	820771
● Wine & Porcini Pasta Sauce	organic	6x360g	Realfoods by Organico	393065	● All Purpose Sanitiser - ready to use		1x5l	Bio-D	830539
● Burst Relish - gluten-free	organic	6x200g	Westcountry Spice	394321	● Bathroom Cleaner		6x500ml	Ecoleaf	831394
● Spinach Mushroom & Ric***a Sauce with lentils		6x340g	Zest	395517	(see 831397 Lavender 12x750ml for substitute)				
● Cashew & Cranberry Nut Roast - gluten-free		6x200g	Artisan Grains	440773	● Hard Floor Cleaner		8x750ml	Ecoleaf	831411
● Country Veg & Cashew Nut Roast		6x200g	Artisan Grains	440775	(see 831403 Rose & Oud 12x750ml for substitute)				
● Mediterranean Sundried Tomato Nut Roast		6x200g	Artisan Grains	440776	● Hard Floor Cleaner - pine		1x5l	Ecoleaf	831413
● Brownie Mix - vegan	organic	6x318g	Just Wholefoods	442488	(see 831404 Rose & Oud for substitute)				
● Matcha Pancake Mix - vegan	organic	6x188g	Just Wholefoods	442496	● Multi Surface Cleaner		6x500ml	Ecoleaf	831418
● Focaccia Mix - rosemary & thyme	organic	12x300g	Sun & Seed	445730	(see 831434 Citrus & Petitgrain for substitute)				
● Focaccia Mix - tomato & oregano	organic	12x300g	Sun & Seed	445732	● Multi Surface Cleaner		5l	Ecoleaf	831419
● Mini Gingerbread Men	organic	8x20g	Organix	470911	(see 831431 Citrus & Petitgrain for substitute)				
● Post-Birth Relief Spray	organic	6x100ml	Lansinoh	472628	● Soapnuts - single bag		1x500g	Greenfrog	832710
● Pre-Birth Preparation Oil	organic	6x50ml	Lansinoh	472630	● Acai Powder	organic	1x250g	Forest WF	851902
● Infusion Selection Box - bags	organic	1x45bgs	Clipper	560359	(see 855410 Natarya for substitute)				
● Sleeptime Infusion	organic	4x20bgs	Clipper	560429	● Cocoa Butter Facial Cleansing Bar		6x95g	Friendly Soap	854252
● Cape Rooibos & Honeybush Bags	organic	4x20bgs	Dragonfly Tea	560568	● Soap Rack - Bamboo - 12x9x0.15cm		6x36g	Friendly Soap	854269
● Chai Rooibos Tea	organic	12x20bgs	BOS	575025	● FF6 - Orange - Hair Colour		1x1p	Herbatint	854662
● Green Tea & Mint Fairtrade Teabags - 80's	organic	4x80bgs	Clipper	590633	● Loofah Soap		1x55g	incognito	855110
● Rio Coco Nicaragua Cloud Forest Coffee R&G	organic	6x227g	Source	601347	● Organic Nipple Balm - glass jar	organic	6x60ml	Lansinoh	855316
● Mulled Winter Punch - non-alcoholic		6x750ml	Belvoir	640105	● Cacao Nibs	organic	1x300g	Naturya	855418
● Spiced Ginger Punch - non-alcoholic		6x750ml	Belvoir	640110	● Mint & Lemon Shower Gel Flakes	organic	1x2x20g	Ben & Anna	858541
● Lemon & Mint Cordial	organic	6x500ml	Belvoir	660566	● Body Wash - Sweet Ginger Flower	organic	6x200ml	Urtekram	859091
● Mulled Winter Cordial		6x500ml	Belvoir	660569	● Coconut & Argan Oil Conditioner Bar		6x90g	Alter-Native by Suma	859151
● Wild Elderflower Bubbly		24x270ml	Luscombe	661604	● Wild Rose Smoothing Night Cream		6x30ml	Weleda	859235
● Velvet Coconut Milk With Chocolate		6x1l	UFC	726615	● Wild Rose Smoothing Eye Cream		1x10ml	Weleda	859240
● Velvet Coconut Milk Unsweetened		6x1l	UFC	726616	● One Step Cleanser & Toner		1x100ml	Weleda	859255
● Maple Glazed Ham		10x150g	Fairfields	751021	● Kids Red Bamboo Toothbrush - Soft		12x1	Hydrophil	859568
● Multipack Blueberry + Banana Smoothie Yoyo		6x5x20g	Bear	760251	● Blue Toothbrush Holder - Ceramic		12x1	Hydrophil	859576
● Smooth Dark Chocolate Bar - FT	organic	15x90g	Green & Black	764033	● FSC Wooden Empty Incense Display Stand		1p	Greater Goods	880988
● Buttons Coco Mylk Chocolate 58%	organic	15x25g	Ombar	765780	● Original Ecoleaf Kitchen Towels		12x2roll	Suma	911010
● Liquorice Bears - bag		12x125g	Panda	766524	(see 911011 10x2 for substitute)				
● Double Chocolish Big Bite		16x50g	Nakd	766591	● Liquid Dill	organic	12x40ml	Tarantella	996208
● Cocoa Chaos		16x55g	Trek	766687	● Liquid Ginger	organic	12x40ml	Tarantella	998210
					● Liquid Rosemary	organic	12x40ml	Tarantella	998212
					● Liquid Thyme	organic	12x40ml	Tarantella	998213

\* new product □ on offer  
▲ price rise ▼ fall

☆ size/other change  
◆ offer ended