

new products

Flours & Baking Requisites

Forest Whole Foods

New from Forest Wholefoods, an organic vegan **Blanched Almond Flour** with a fine, light texture and naturally gluten-free credentials. Made from almonds that have been carefully blanched and finely milled, it offers a mild, aromatic flavour and an excellent nutritional profile, including Vitamin E, magnesium, manganese and Vitamin B2. A keto staple, it is lighter than standard ground almonds, with less fat and a finer consistency that works beautifully in baking and cooking.

✱	Blanched Almond Flour	organic	6x250g	23.80	5.29	41320
---	-----------------------	---------	--------	-------	------	-------

Breakfast Cereals & Cereal Flakes

New & On Offer from Bio&Me, a gut friendly range for busy mornings. There are six delicious vegan breakfast cereals, two granolas, two high-fibre mueslis, and two overnight oats. Each one is bursting with plant diversity to help you and your microbes thrive. **Blueberry Immunity Support Granola** is rich in fibre and packed with juicy blueberries, almonds, and mixed seeds. With 12 plant ingredients and natural sources of zinc and copper, it is designed to support immune health. **Fruit & Nut Gluten-Free Granola** is a plant-powered mix featuring 13 nutrient-dense ingredients and 16g of protein per 100g. It is specially designed to support wellbeing during menopause and proudly carries the menopause-friendly symbol. The two mueslis bring comforting, hearty blends: **Fruit & Nut Muesli** is a healthy blend of oats, wheat, barley, malt flakes, nuts, fruits, and seeds. Packed with 12+ plant ingredients it is perfect with your favourite milk or yoghurt. **Super Nutty Muesli** is a crunchy, nourishing combination of almonds, cashews, brazil nuts, flakes, and seeds. The cereals are created using Bio&Me's "Delicious Diversity" concept, because when it comes to plants, more is merrier! The two oat cereals can, as the name suggests, be soaked overnight in your favourite milk for a beautifully creamy texture. Alternatively, if time is not on your side, you can add milk in the morning and they will be ready to eat in three minutes. **Cocoa Gluten Free Overnight Oats** are smooth and chocolately, with cocoa, peanuts and nutritious seeds, delivering 12 diverse plant ingredients for a delicious start to the day. **Raspberry & Coconut Overnight Oats** is bright, fruity, and refreshingly creamy, made with raspberries, coconut, and mixed seeds. With 14 diverse plant-based ingredients, it delights your tastebuds and keeps your gut microbes smiling. The pricing below represents a discount of 15%

Bio & Me

☐	Blueberry Immunity Support Granola	5x360g	13.10	3.49	705521
☐	Cocoa Gluten-free Overnight Oats	5x350g	11.45	3.05	705535
☐	Fruit & Nut Muesli	5x450g	10.90	2.91	705532
☐	Fruit and Nut Gluten-free Granola	5x350g	13.50	3.60	705525
☐	Raspberry & Coconut Overnight Oats	5x350g	11.45	3.05	705536
☐	Super Nutty Muesli - New!	5x450g	10.90	2.91	705533

Biona

Biona introduces three new organic spelt cereals that bring simple, wholesome starts to the day. **Crispy Spelt Flakes** use wholegrain spelt for a naturally high fibre bowl that works beautifully with milk or yoghurt. **Spelt Puffs** offer light, airy grains made from spelt alone, giving an easy eating, high fibre option. For gentle sweetness, **Honey Spelt Puffs** blend just spelt and honey for a naturally comforting breakfast. All come in card boxes with a protective plastic inner.

✱	Crispy Spelt Flakes	organic	6x300g	14.80	3.29	60417
✱	Honey Spelt Puffs	organic	7x200g	18.30	3.49	60418
✱	Spelt Puffs	organic	6x200g	12.10	2.69	60419

Herbs and Spices

Krokos Kozanis

Krokos Kozanis introduces its Grade 1 **Greek Saffron in Filaments**, a rare, hand harvested spice known for exceptional purity and depth. Grown organically in the sun rich fields of Greece and certified to the highest ISO 3632 standards, it brings vibrant colour, a delicate aromatic lift and a naturally luxurious flavour. A distinguished choice for elevating fine dishes and crafted creations.

✱	Greek Saffron in filaments - Grade 1	organic	12x0.5g	52.00	5.78	992406
---	--------------------------------------	---------	---------	-------	------	--------

Pasta

La Bio Idea - durum wheat

New from La Bio Idea, organic vegan **Wholewheat Fregola**, an authentic Sardinian toasted pasta made from whole durum wheat. The gently toasted pearls have a nutty aroma and a firm, satisfying bite that holds up well in broths and richer sauces. A staple of Mediterranean cooking, this versatile fregola absorbs flavours beautifully and works equally well in soups, salads, seafood dishes and warm grain bowls.

✱	Wholewheat Fregola	organic	6x400g	12.85	2.86	131007
---	--------------------	---------	--------	-------	------	--------

Bread, Rice Cakes, Crackers etc

Kallo Foods - gluten-free

New from Kallo, vegan gluten-free **Lentil & Pea Veggie Cakes - Sweet Chilli**. Light, crispy and full of balanced sweet and spicy notes, they are made with wholesome lentils and peas and are naturally high in protein and fibre. A great choice for snacking, dipping or adding a lively crunch to meals.

✱	Lentil & Pea Veggie Cakes - Sweet Chilli	6x122g	16.75	3.72	173008
---	--	--------	-------	------	--------

Oils & Fats

Amaizin

Amaizin introduces its organic vegan **Crispy Chilli Oil**, a fragrant and crunchy blend made with sunflower oil, chili flakes, onion, sesame, buckwheat flakes, ginger, garlic, cane sugar, salt, cinnamon, star anise and bay leaves. It brings deep chili warmth and a satisfying crispy texture, making it an easy way to add flavour, heat and umami to noodles, rice, stir fries, salads and snacks. [No it's not a typo, Amaizin really are spelling Chilli with one "l". No doubt all to do with Dutch American Friendship. Ed]

✱	Crispy Chilli Oil	organic	6x170g	27.30	6.07	200300
---	-------------------	---------	--------	-------	------	--------

Biona Oils - not heat extracted

New from Biona, organic vegan **Greek Extra Virgin Olive Oil**. Crafted from hand-harvested Koroneiki olives grown in the sun-soaked hills of Greece, this premium extra virgin olive oil is cold-pressed within 24 hours of picking to preserve full flavour and nutritional integrity. It has a rich, peppery finish ideal for dressings, drizzling or dipping. Packed in a glass bottle.

✱	Greek Extra Virgin Olive Oil	organic	6x500ml	44.95	9.99	200414
---	------------------------------	---------	---------	-------	------	--------

Epikouros

Epikouros introduces an organic 2l can of **Extra Virgin Olive Oil** from Greece, now available in a handy tin ideal for keeping on the kitchen counter. Made from cold-pressed, organically grown Greek olives, this oil delivers a smooth, balanced flavour and a naturally golden hue. Drizzle over salads, pair with fresh bread, or use as a finishing flourish to bring depth and elegance to warm dishes.

✱	Can of Olive Oil - Extra Virgin - Greece	organic	1x2l	25.25	33.67	200622
---	--	---------	------	-------	-------	--------

Nut Butter, Pâté, Spreads & Jam

FruTeto Italia

New from FruTeto Italia, a new jar size of 215g The spreads are still organic, vegan and gluten-free and the ingredients remain the same. These will feed through as the bigger jars run out.

✱	Campanian Strawberry 100% Fruit Spread	organic	6x215g	18.70	4.16	290901
✱	Morello Cherry 100% Fruit Spread	organic	6x215g	20.80	4.62	290906
✱	Romagna Apricot 100% fruit spread	organic	6x215g	18.70	4.16	290900
✱	Sicilian Orange with Ginger & Turmeric	organic	6x215g	18.70	4.16	290902
✱	Super Berries with açai	organic	6x215g	20.80	4.62	290903
✱	Wild Blueberry 100% fruit spread	organic	6x215g	23.30	5.18	290904

Lion's Den

New from Lion's Den, a vegan peanut butter elevated with Lion's Mane and Shiitake mushroom powders, delivering both rich flavour and nutritional benefits. This umami-packed spread works beautifully as a breakfast staple, a cooking ingredient, or a unique twist in your favourite recipes. Available in crunchy and smooth varieties, conveniently packed in a jar.

✱	Peanut Butter Crunchy + Lion's Mane	6x250g	25.70	5.71	251460
✱	Peanut Butter Smooth + Lion's Mane	6x250g	25.70	5.71	251461

St Dalfour Spreads

New and on offer from St Dalfour, a range of vegan fruit spreads in glass jars. St Dalfour is handcrafted in the vineyards of Aquitaine, where carefully selected fruits and juices are gently cooked in traditional kettles. Using grape must, the naturally sweet by-product of winemaking, St Dalfour creates a healthier spread that allows the true flavour of the fruit to shine through. The brand supports farmers with fair working hours and pay, and is dedicated to sustainability and biodiversity. One example of their working practices is that soil health is enhanced through the filtering and reuse of residual water. The pricing below represents a discount of 15%.

☐	Apricot Spread	6x284g	12.75	2.83	261240
☐	Black Cherry Spread	6x284g	12.75	2.83	261242
☐	Blueberry Spread	6x284g	12.90	2.87	261244
☐	Four Fruits Spread	6x284g	12.75	2.83	261245
☐	Orange & Ginger	6x284g	12.75	2.83	261248
☐	Orange Spread	6x284g	12.90	2.87	261246
☐	Raspberry Spread	6x284g	12.90	2.87	261249
☐	Strawberry Spread	6x284g	12.90	2.87	261250

✱ new product ☐ on offer
▲ price rise ▼ fall

☆ size/other change
◆ offer ended

Olives, Pickles and Preserved Vegetables

Lion's Den

Returning from Lion's Den, two delicious relishes. **Shiitake Relish** is a sweet, smoky, umami-rich relish packed with shiitake mushrooms and onions. An all round crowd pleaser! Also returning is **Chipotle Shiitake Relish** with a smoky and spicy chipotle warmth. Both are perfect for cheeses, toasties, rice dishes, burritos, pizzas, and spicy dishes.

✱	Chipotle Shiitake Relish	6x220g	18.15	4.03	350340
✱	Shiitake Relish	6x220g	18.15	4.03	350342

Sauces, Fruit and Vegetable Products

Byodo

New from Byodo, organic **Free Range Egg Mayonnaise** in a plastic tub. This is a creamy, velvety mayo made with 100% organic ingredients, including sunflower oil and free-range eggs. It has no artificial additives or preservatives, just natural, wholesome flavour perfect for sandwiches, dips, and dressings.

✱	Free Range Egg Mayonnaise - tub	organic	5kg	38.10	7.62	390350
---	---------------------------------	---------	-----	-------	------	---------------

Suma

Back in stock from Suma, this organic vegan **Tomato Purée** returns in easy-to-use tubes. Double concentrated for maximum flavour, it enriches sauces, soups, stews and casseroles with a smooth, intense tomato depth. Its versatility makes it a staple across Mediterranean, Middle Eastern and Indian cooking, adding natural richness to everything from pasta dishes to curries. A reliable everyday essential.

✱	Tomato Puree - tubes	organic	24x200g	36.00	2.00	392740
---	----------------------	---------	---------	-------	------	---------------

White Mausü vegan chilli oils & rayu

New from White Mausü, a vibrant range of vegan chilli sauces in glass jars, each bringing its own bold personality. **Peanut Rayu** is the signature blend of crisp garlic, roasted peanuts, sesame, smoky gochugaru, sweet agave and tamari, creating a crunchy, spicy and versatile sauce that works on almost anything. **Peanut Rayu Extra Hot** turns up the heat with the addition of chilli de arbol for an irresistibly fiery kick. **Black Bean Rayu** delivers salty, funky depth with Chinese black beans, chilli, star anise and cinnamon for a rich hit of umami warmth. **Smoky Chilli Oil** is infused in a two part process with Morita chipotle to create a fruity, smoky taste that lifts rice, vegetables, beans and all kinds of savoury dishes. It makes everything groovy.

✱	Black Bean Rayu	6x240g	28.55	6.34	394360
✱	Peanut Rayu	6x240g	28.55	6.34	394362
✱	Peanut Rayu Extra Hot	6x240g	28.55	6.34	394364
✱	Smoky Chilli Oil	6x240g	28.55	6.34	394365

Convenience Foods

Biona - beans in jars

New from Biona organic vegan **Aduki Beans** in a glass jar. Small but mighty, these vibrant red aduki beans are a true nutritional powerhouse. They are naturally fat-free and rich in plant protein, fibre, iron, and magnesium. Cooked simply with water and nothing else, they offer pure, wholesome flavour in every spoonful.

✱	Aduki Beans	organic	6x350g	10.30	2.29	350607
---	-------------	---------	--------	-------	------	---------------

Biona - world bean meals in jar

New from Biona, a range of organic bean meals in glass jars. Perfect for quick, nourishing lunches and effortless plant-based inspiration. **Bean Chilli - Mexican Style** - a bold and hearty blend of kidney and black beans, simmered with vegetables and warming spices in a rich tomato sauce. **Chickpea Coconut Curry** - a creamy curry packed with chickpeas, garden peas and carrots, delicately seasoned with turmeric, cumin and ginger for a comforting, aromatic dish. **Chickpea Tagine - Moroccan Style** - a rich, warming Moroccan-inspired stew featuring organic chickpeas, vibrant vegetables and an uplifting mix of North African spices. **Baked Beans - Hot & Spicy** - a fiery twist on a classic; high-protein, high-fibre haricot beans slow-cooked in a lightly spiced tomato sauce. Perfect on toast, with rice bowls or jacket potatoes.

✱	Baked Beans Hot & Spicy	organic	6x350g	15.70	3.49	350606
✱	Bean Chilli - Mexican Style	organic	6x350g	15.70	3.49	350595
✱	Chickpea Coconut Curry	organic	6x350g	15.70	3.49	350597
✱	Chickpea Tagine Moroccan Style	organic	6x350g	15.70	3.49	350598

Bold Bean Co. - in a jar

New and on offer from Bold Bean, two gluten-free, vegan 570g jars that complete the range. **Queen Borlotti Beans** are a deeply savoury bean which are buttery and creamy and melt in the mouth. They are perfect for dishes like pasta e fagioli or for adding richness to salads. **Queen Carlin Peas** are gently cooked for a soft texture and have a subtle nuttiness which makes them a great alternative to chickpeas. Try them in a hearty French onion bake, or crisp them up in a salad with sticky aubergines and garlicky yogurt for an irresistible combination of textures and tastes. The pricing below includes a 15% discount on the 570g jars.

☐	Queen Borlotti Beans	6x570g	13.95	3.10	390257
☐	Queen Carlin Peas	6x570g	13.95	3.10	390259

Teas - Herb

Clipper Infusions - envelope-string-tag

New from Clipper, three organic herbal infusions, each blended and packed at their tea factory in southern England. **Chamomile, Lemon & Honey Infusion** is a bright, soothing blend with a gentle lift - perfect for rebalancing. **Liquorice & Mint Infusion** combines organically grown liquorice and peppermint for a naturally sweet, refreshing cup that helps curb mid-afternoon sugar cravings. **Lemon & Ginger Infusion** brings zesty citrus balanced with warm, invigorating ginger. A comforting trio to add variety and vibrancy to your herbal tea selection.

✱	Chamomile Lemon & Honey Infusion	organic	4x20bgs	9.30	3.10	560431
✱	Lemon and Ginger Infusion	organic	4x20bgs	9.30	3.10	560400
✱	Liquorice & Mint Infusion	organic	4x20bgs	9.30	3.10	560401

Pukka - Ayurvedics - tea bags

Pukka presents a selection of organic teas, with two new 20 bag blends and three bestselling favourites now available in larger 40 bag boxes. **Night Time Apple Chai** is a warming bedtime blend with chamomile to relax, cinnamon to warm the senses and apple for gentle sweetness, while **Uplift Citrus Yerba Green** brings together green tea, yerba mate, guarana and zesty citrus fruits for an energising lift. Among the expanded favourites, **Three Mint** combines field mint, peppermint and spearmint for a refreshing, uplifting cup. **Lemon, Ginger and a touch of Manuka** offers a sweet and spicy mix of ginger, turmeric, lemon and honey for a soothing herbal embrace to keep the chills away. **Night Time** provides a calming blend of chamomile, lavender, oat flowering tops and valerian root to aid relaxation. All teas come in paper home-compostable bags with compostable strings and FSC®-certified recyclable card and paper. The prices below reflect a 12.5% discount on the 40 bag boxes and 20% on the 20 bag boxes.

☐	Lemon, Ginger & a touch of Manuka	organic	4x40bgs	18.65	6.22	561519
☐	Night Time	organic	4x40bgs	18.65	6.22	561528
☐	Night Time Apple Chai	organic	4x20bgs	11.90	3.97	561529
☐	Three Mint	organic	4x40bgs	18.65	6.22	561547
☐	Uplift Citrus Yerba Green	organic	4x20bgs	11.90	3.97	561524

Teas - Black, Green & White

Clearspring - Japanese

Returning and on offer is Clearspring organic **Japanese Hojicha Roasted Green Tea** in loose leaf form. Grown in the rolling hills around Kyoto and Kyushu, regions known for ideal climate and soil, it is produced using traditional ageing and roasting techniques that give the leaves their distinctive nutty aroma and gently smoky flavour. Naturally calming and easy to enjoy at any time, it is especially welcome after a meal or as a soothing evening tea to help you unwind. The pricing below represents a discount of 15%.

☐	Japanese Hojicha, Roasted Green Tea - loose	organic	6x70g	20.25	4.50	500528
--------------------------	---	---------	-------	-------	------	---------------

Pukka - green tea

New and on offer from Pukka, organic **Supreme Matcha Green**. This smooth and uplifting blend combines three types of green tea with the power of matcha, now in a larger 40 bag format. The teas are packaged in paper home-compostable tea bags with a home-compostable string, and FSC®-certified recyclable card and paper. The pricing below represents a discount of 12.5%

☐	Supreme Matcha Green	organic	4x40bgs	18.65	6.22	580625
--------------------------	----------------------	---------	---------	-------	------	---------------

Coffee

Revolver Co-operative Coffee

Revolver introduces a new range of coffees sourced exclusively from co-operatives, each one crafted to highlight origin, character and farmer led production. **Peru Ground and Whole Bean** coffees come from UNICAFEC, an organic Fairtrade co-operative of smallholder farmers near the Ecuadorian border that supports women's empowerment, and they offer a full bodied, smooth cup with hazelnut and cocoa aromas. The **Swiss Water Process® Decaffeinated Ground Coffee** is an organic Fairtrade option made using the chemical free Swiss water method in Vancouver, delivering intense chocolate notes with a smooth, nutty finish. **Copacabana Blend Coffee Beans** bring together four exceptional Fairtrade Arabicas from Brazil, Colombia, Ethiopia and Sumatra for a bold, chocolate rich profile. **Cuba Ground and Whole Bean** coffee is grown in the historic Sierra Maestra region where the French introduced coffee in 1748. With ideal growing conditions, this area produces high quality Altura Arabica with a mellow character, a hint of honey and low acidity. **Honduras Ground Coffee** is an organic Fairtrade coffee grown by the Cocafal co-operative in the Capacus region of Honduras, uniting twelve farming communities to create a medium bodied cup with mild acidity and notes of caramel and apricot. Revolver is a UK based co-operative committed to supporting smallholder farmers, strengthening co-operatives and championing responsible, traceable production.

✱	Copacabana Blend Coffee Beans		6x250g	35.90	7.98	601390
✱	Cuba Coffee Beans		6x200g	43.10	9.58	601391
✱	Cuba Ground Coffee		6x200g	43.10	9.58	601392
✱	Honduras Ground Coffee	organic	6x200g	33.60	7.47	601399
✱	Peru Coffee Beans	organic	6x200g	33.60	7.47	601394
✱	Peru Ground Coffee	organic	6x200g	33.60	7.47	601395
✱	Swiss Water Process® Decaf Ground Coffee	organic	6x200g	44.85	9.97	601396

✱ new product ☐ on offer
▲ price rise ▼ fall

☆ size/other change
◆ offer ended

Drinks - Herbal, Tonic & Coconut Drinks

Agua de Madre - Sparkling Agua Fresca

Agua Fresca is a traditional Mexican drink made from fresh fruits, herbs, and water. It is light, naturally flavourful, and perfect for a gentle digestive boost. **Lemon & Ginger** is made with crushed whole lemon, ginger and live cultures for a bright, zesty lift. **Blackcurrant & Cherry** is a bold blend of blackcurrants, cherries, lemon, ginger and live cultures for a naturally radiant glow. Refreshing, gut-loving and full of feel-good flavour.

✱	Blackcurrant & Cherry Agua Fresca	12x330ml	15.20 V	2.03	639080
✱	Lemon & Ginger Agua Fresca	12x330ml	15.20 V	2.03	639082

Biona - Kombucha - glass

New from Biona organic vegan **Kombucha Passionfruit & Lemon**. This is a zesty, tropical twist on traditional kombucha, infused with fragrant passionfruit and lemon. The naturally fermented organic tea drink has no artificial sweeteners or additives and is is refreshingly fizzy and gently tart. It is packed in a glass bottle.

✱	Kombucha Passionfruit & Lemon	organic	6x330ml	12.70 V	3.39	641013
---	-------------------------------	---------	---------	---------	------	--------

Ferment Fizz

New from Ferment Fizz, three vegan fruit drinks made through slow fruit fermentation for naturally lower sugar, added fibre and gentle gut support. **Lemon Lemonade** uses whole fermented lemons for a bright, clean, refreshing taste. **Lemon & Raspberry Lemonade** blends lemons and raspberries for a vivid pink fizz that's sour-sweet, lively and gut-friendly. **Orange & Mango Lemonade** mellows oranges and mangoes into a smooth tropical sip with less sugar and more fibre. Easy, sunny and naturally supportive - tropical refreshment with a gentler touch.

✱	Lemon & Raspberry Lemonade	12x330ml	18.55 V	2.47	640396
✱	Lemon Lemonade	12x330ml	18.55 V	2.47	640395
✱	Orange & Mango Lemonade	12x330ml	18.55 V	2.47	640398

Living Things Soda - tin

Discover the new range of vegan gluten free sodas from Living Things, available at 20% off. Each lightly sparkling drink is prebiotic, low in sugar and high in fibre, offering clean refreshment without excess sweetness. Lemon and Ginger Soda brings a gentle citrus lift with a subtle warming note, while Peach and Blood Orange Soda balances natural peach richness with bright blood orange for an ultra refreshing sip. Raspberry and Pomegranate Soda shines with vibrant berry and pomegranate flavours, Rhubarb and Apple Soda offers a crisp blend of tart and sweet, and Watermelon and Lime Soda delivers delicate watermelon with a zesty lime finish for a beautifully light, refreshing drink.

☐	Lemon & Ginger Soda	12x330ml	12.90 V	1.72	641495
☐	Peach & Blood Orange Soda	12x330ml	12.90 V	1.72	641496
☐	Raspberry & Pomegranate Soda	12x330ml	12.90 V	1.72	641497
☐	Rhubarb & Apple Soda	12x330ml	12.90 V	1.72	641498
☐	Watermelon & Lime Soda	12x330ml	12.90 V	1.72	641499

Purdey's vegan drinks in glass bottle

New from Purdey's vegan **Berry & Dragon Fruit Natural Energy** in a bottle. A bright and refreshing blend of juicy blackberry and exotic dragon fruit, this sparkling energy drink combines 34% natural fruit juice with gentle botanical energy from guarana (natural caffeine), ginseng, damiana and oak bark. Naturally uplifting, it delivers smooth, clean energy supported by B-vitamins and vitamin C.

✱	Berry & Dragon Fruit Natural Energy	12x330ml	14.65 V	1.95	641027
---	-------------------------------------	----------	---------	------	--------

Drinks - Fruit and Vegetable Juices, Cordials & Water

Oakwood Farm - glass

Returning from Oakwood Farm is organic vegan **Cox Apple Juice Blend**. A naturally cloudy apple juice crafted from a heritage blend of traditional varieties, including the aromatic Cox's Orange Pippin. Bursting with rich, balanced sweetness and crisp acidity, this juice captures the full flavour of hand-pressed orchard apples. Perfect as a refreshing drink or a wholesome addition to recipes. This unfiltered juice is packaged in a glass bottle.

✱	Cox Apple Juice Blend	organic	6x1l	17.00 V	4.53	662440
---	-----------------------	---------	------	---------	------	--------

OHMG

Returning and on offer is OHMG **Pineapple & Grapefruit Sparkling Magnesium Water**. This refreshing functional drink blends sparkling spring water with natural pineapple and grapefruit flavour for a bright, uplifting taste. With 60 mg of bioavailable magnesium and added vitamin D, it supports daily wellbeing while keeping things light and crisp. Completely sugar-free, it is an easy, delicious choice for daily hydration. The pricing below represents a discount of 25%.

☐	OHMG - Pineapple & Grapefruit	12x330ml	10.30 V	1.49	662485
---	-------------------------------	----------	---------	------	--------

Drinks - Carbonated

Gaza Cola - cans

Gaza Cola is a vegan cola in a can. It is a product of Palestine House, London which reinvests in Palestinian communities. All profits go to rebuilding hospitals in Gaza.

✱	Gaza Cola	24x250ml	10.65 V	0.71	661270
---	-----------	----------	---------	------	--------

Minor Figures - vegan

New and on offer from Minor Figures, gluten-free vegan **Barista Oat (Regenerative)** drink in a tetra pack. This is the first barista oat in the UK made with fully traceable regeneratively grown oats. It has a fuller bodied texture for a more luxurious coffee experience and is fortified with vitamins and minerals. Minor Figures have produced this in partnership with Wildfarmed who follow regenerative farming practices that improve soil health, enhance biodiversity and reduce carbon and water pollution. The pricing below represents a discount of 20%

☐	Barista Oat (Regenerative)	6x1l	8.65	1.92	723550
---	----------------------------	------	------	------	--------

Savoury Snacks

Trafo - Snacks

New from Trafo organic **Corn Tortilla Cheese Chips**. Crispy triangular corn chips with a gentle cheese seasoning. Great for snacking, dipping and sharing.

✱	Corn Tortilla Cheese Chips	organic	15x75g	22.35	1.99	753267
---	----------------------------	---------	--------	-------	------	--------

Sweet Snacks & Confections

Biona - sweetsies

Biona introduces two gluten-free organic vegan dark chocolate covered bars in a convenient card multipack. The **Brownie Bar** is a richly indulgent plant based treat made with real dark chocolate for full flavour without compromise. The **Coconut Bar** features a chewy tropical coconut centre wrapped in organic dark chocolate and sweetened with coconut blossom sugar, made with just seven ingredients and offering simple, satisfying plant based indulgence.

✱	Brownie Bar coated in dark choc - multipack	organic	10x3x40g	31.15 V	4.98	760446
✱	Coconut Bar coated in dark choc - multipack	organic	10x3x40g	31.15 V	4.98	760447

DJ&A - Freeze Dried Dried Fruit

New and on offer from DJ&A, a freeze dried vegan snack that is plant-based and a good source of dietary fibre. Available in three delicious flavours: **Yellow Peach, Lychee & Strawberries, Strawberries and Mango**. Light, convenient and full of natural fruit flavour, they are perfect for snacking anytime, anywhere. Packed in a handy pouch. The pricing below reflects a 15% discount

☐	Freeze Dried Mango	10x35g	21.15	2.82	765321
☐	Freeze Dried Strawberries	10x25g	18.35	2.45	765323
☐	Freeze Dried Yellow Peach, Lychee & Strawberries	10x35g	21.15	2.82	765327

Mummy Meegz - vegan chocolate no palm oil

Discover the new vegan chocolate collection from Mummy Meegz - a joyful, indulgent range designed to bring fun, flavour and creamy plant-based pleasure to your treat time. **M'z Gems - Creamy Milk Chocolate** in a Crunchy Chocolate Shell. These bite-sized treats blend velvety smooth milk chocolate with a crisp, crunchy shell, making them the perfect vegan chocolate snack. Enjoy them straight from the bag, share them around, or sprinkle over your favourite desserts for extra indulgence For those who love nutty sweetness, the **Peanut M'z Gems** deliver roasted peanuts wrapped in silky milk chocolate and coated in a colourful crunchy sugar shell. They are irresistibly moreish and ideal for on-the-go nibbling or a satisfying afternoon pick-me-up. The **Choccy Balls** bring truffle-level indulgence to the range. Made with rich oat milk chocolate and filled with a silky smooth centre, they melt beautifully with every bite. Choose the 3-pack for a portion-friendly treat or the 12-pack card box for gifting, sharing, or stocking your cupboard. Each truffle is individually wrapped for freshness and convenience. A playful, creamy and fully vegan assortment that proves plant-based chocolate can be every bit as indulgent.

✱	Choccy Balls - 12 pack	8x144g	40.60 V	8.12	766049
✱	Choccy Balls - 3 pack	22x36g	27.25 V	1.98	766048
✱	M'z Gems - bag	12x80g	21.40 V	2.85	766050
✱	Peanut M'z Gems - bag	12x80g	21.40 V	2.85	766051

Oatopia vegan flapjacks

New and on offer from Oatopia, vegan **Dark Chocolate & Raspberry Oat Bake**. Soft-baked and irresistibly moreish, this indulgent bar combines rich dark chocolate pieces with a burst of zingy raspberry for the perfect balance of tart and sweet. Plant-based, palm oil free, and baked to a soft, buttery texture that keeps customers coming back again and again. The pricing below represents a discount of 15%

☐	Dark Chocolate & Raspberry Oat Bake	15x60g	13.55	1.20	766982
---	-------------------------------------	--------	-------	------	--------

Ombar - Oat M'lK chocolate bars

New and on offer from Ombar organic vegan **Blonde Caramelised White Choco bar**. A smooth and creamy caramelised white chocolate bar, offering a rich toasted sweetness with subtle hints of coconut. Luxuriously melt-in-the-mouth and irresistibly indulgent. The pricing below represents a discount of 15%

☐	Blonde caramelised white choco bar - large	organic	10x70g	18.85 V	3.01	765783
---	--	---------	--------	---------	------	--------

Ricola

New and on offer from Ricola is gluten-free nut-free vegan **Glacier Peppermint with Stevia**. As refreshing as a mountain stream and invigorating as an Alpine breeze, this tiny yet mighty Swiss herbal sweet is truly the peak of freshness, crafted with top-quality Glacier Peppermint and their iconic herbal blend. The pricing below represents a discount of 15%.

☐	Glacier Peppermint with Stevia - box	20x45g	16.90 V	1.35	767769
---	--------------------------------------	--------	---------	------	--------

✱ new product ☐ on offer
▲ price rise ▼ fall

☆ size/other change
◆ offer ended

Vivani organic chocolate bars - not vegan					
New from Vivani, discover a selection of organic and one Demeter-certified chocolate bars, crafted for indulgence. Espresso Milk combines smooth 38% biodynamic milk chocolate with hand-sprinkled espresso powder for added texture. Peppermint Chocolate pairs fine dark chocolate with a creamy peppermint filling. Indulgently rich yet refreshingly crisp, this timeless classic delivers a perfectly balanced treat. Cappuccino Chocolate brings together white and milk chocolate with Italian espresso for a melt-in-the-mouth treat. Inspired by Italian gelato, Stracciarella White Chocolate with Cacao Nibs offers creamy white chocolate laced with bourbon vanilla and crunchy cacao nibs. Every bite is like a short trip to Italy. Buon Appetito!					
✱	Cappuccino Chocolate	organic	10x100g	26.80 V	4.29 7 6 8 8 7 7
✱	Espresso Milk	Demeter	10x90g	31.15 V	4.98 7 6 8 8 7 9
✱	Peppermint Chocolate	organic	10x100g	24.90 V	3.98 7 6 8 8 7 5
✱	Stracciarella White Chocolate with Cacao Nibs	organic	10x80g	31.15 V	4.98 7 6 9 0 0 2

Vivani organic vegan chocolate bars					
New from Vivani, a selection of organic and one Demeter-certified chocolate bars. The 100% Cocoa Blood Orange bar with no added sugar combines pure cacao with essential blood orange oil for a clean, intense profile softened by gentle citrus notes. Fine Dark 75% features mild Panama cocoa sweetened with coconut blossom sugar, creating a natural caramel-like flavour that is smooth, aromatic and too good to resist. Superior Dark with Cranberry , 70% Dominican cocoa meets bright, fruity cranberries for a perfect combination of fruity berries and dark chocolate. Dark with Orange offers another Dominican 70% chocolate, Rainforest Alliance certified and infused with orange essential oil for a lively, fragrant finish. Vivani's Choco Dragées collection completes the range. Cashew Dragées - roasted cashews coated in 74% dark chocolate. Cranberry Dragées - tart cranberries dipped in 65% chocolate. Espresso Dragées - peaberry coffee beans have been carefully selected due to their unique and intense flavour. Hand-picked, they have been refined in a special roasting process to ensure the perfect crunch with no splintering. These delicious treats contain 91% chocolate content. Ideal for sharing, gifting and a little personal indulgence.					
✱	100% Cocoa Blood Orange	Demeter	10x90g	37.40 V	5.98 7 6 8 8 7 1
✱	Choco Dragées Cashew	organic	8x75g	32.40 V	6.48 7 6 9 0 0 5
✱	Choco Dragées Cranberry	organic	8x75g	32.40 V	6.48 7 6 9 0 0 6
✱	Choco Dragées Espresso	organic	8x75g	32.40 V	6.48 7 6 9 0 0 7
✱	Dark with Orange	organic	10x80g	26.80 V	4.29 7 6 8 8 8 8
✱	Fine Dark 75% cocoa + coconut blossom sugar	organic	10x80g	31.15 V	4.98 7 6 8 8 7 3
✱	Superior Dark with Cranberry	organic	10x80g	26.80 V	4.29 7 6 8 8 7 4

✱	100% Cocoa Blood Orange	Demeter	10x90g	37.40 V	5.98 7 6 8 8 7 1
✱	Choco Dragées Cashew	organic	8x75g	32.40 V	6.48 7 6 9 0 0 5
✱	Choco Dragées Cranberry	organic	8x75g	32.40 V	6.48 7 6 9 0 0 6
✱	Choco Dragées Espresso	organic	8x75g	32.40 V	6.48 7 6 9 0 0 7
✱	Dark with Orange	organic	10x80g	26.80 V	4.29 7 6 8 8 8 8
✱	Fine Dark 75% cocoa + coconut blossom sugar	organic	10x80g	31.15 V	4.98 7 6 8 8 7 3
✱	Superior Dark with Cranberry	organic	10x80g	26.80 V	4.29 7 6 8 8 7 4

Supplementary Foods

Kaapa Mushrooms					
New and on offer from Kappa Mushrooms: an organic, alcohol-free Lion's Mane Mushroom Cognitive Function Elixir . Crafted in Finland from 100% organic fruiting bodies, it offers a smooth, chocolate-like taste. Produced using Ultrasonic Assisted Extraction (UAE) for maximum bioavailability, it supports daily focus, clarity and overall wellbeing. Fully traceable and popular with families - kids included. The pricing below reflects a 20% discount					
☐	Lion's Mane Cognitive Function Elixir	organic	1x50ml	15.25 V	26.14 8 5 5 3 7 9

Naturya					
New from Naturya, vegan Fairtrade gluten-free Cacao Powder Single Origin in a resealable pouch. This cacao powder has a rich, dark chocolate flavour and is extremely nutrient-dense. It is high in protein and iron, and is also a source of zinc to protect your body from oxidative stress. This will replace the organic version when it runs out due to supply problems.					
✱	Cacao Powder Single Origin Fairtrade		1x250g	6.00	8.99 8 5 5 4 2 4

Household & Industrial Cleaning Products

Bio-D					
Returning is Bio-D vegan All Purpose Sanitiser - ready to use . It is a convenient, Multi-Purpose Cleaner for use on all hard surfaces. Just squirt, wait and wipe.					
✱	All Purpose Sanitiser - ready to use		1x5l	6.60 V	10.66 8 3 0 5 3 9

Toiletries & Natural Remedies

Earth Conscious - natural deodorants					
New from Earth Conscious, vegan Natural Deodorant Sticks in 90g, these will gradually replace the 60g sticks.					
✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	10.00 8 5 1 0 5 1
✱	Lemon & Rosemary Stick		6x90g	33.60 V	10.00 8 5 1 0 5 3
✱	Peppermint & Spearmint Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 4 9
✱	Pure Unscented Stick		6x90g	33.60 V	10.00 8 5 1 0 5 4

✱	Grapefruit & Lemon Stick		6x90g	33.60 V	10.00 8 5 1 0 4 8
✱	Indian Bay & Orange Stick - strong protection		6x90g	33.60 V	10.00 8 5 1 0 5 0
✱	Jasmine & Rose Stick		6x90g	33.60 V	9.88 8 5 1 0 5 2
✱	Lavender & Tea Tree Stick		6x90g	33.60 V	

Play in Choc organic vegan card toys						
Returning for Easter are the Play in Choc Rabbits that contain two individually wrapped delicious organic dairy free chocolates, a delightful 3D puzzle toy to assemble and a fun facts card. There are 6 different rabbits to collect. The toys are made from recycled card and the chocolates are wrapped in home compostable film.						
✱	Rabbits 3d puzzle toy with chocolate	organic	18x50g	24.00 V	2.20	7 6 7 6 3 2

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 31st December to 5pm 27th February
The non-offer prices will be printed in the March 2026 Catalogue.

Flours & Baking Requisites

Doves Farm

50% off while stocks last

☐	Coconut Flour - dated 1/6/26 - half price	organic	4x500g	5.95	1.98	4 0 5 3 8
--------------------------	---	---------	--------	------	------	------------------

Breakfast Cereals & Cereal Flakes

Bear

15% off list January and February

☐	Cocoa Alpha Bites		4x350g	7.35	2.45	7 0 5 0 6
☐	Multigrain Alpha Bites		4x350g	7.35	2.45	7 0 5 0 9

Bio & Me

15% off list January and February

☐	Apple & Cinnamon Porridge		5x400g	9.50	2.53	7 0 5 5 2 9
☐	Berry Burst Gluten-free Granola		5x350g	13.55	3.61	7 0 5 5 2 0
☐	Blueberry Immunity Support Granola - New!		5x360g	13.10	3.49	7 0 5 5 2 1
☐	Cashew & Almond Gluten-free Granola		5x350g	13.55	3.61	7 0 5 5 2 2
☐	Cocoa & Hazelnut Protein Boosted Granola		5x360g	13.10	3.49	7 0 5 5 2 3
☐	Cocoa Gluten-free Overnight Oats - New!		5x350g	11.45	3.05	7 0 5 5 3 5
☐	Fruit & Nut Muesli - New!		5x450g	10.90	2.91	7 0 5 5 3 2
☐	Fruit and Nut Gluten-free Granola - New!		5x350g	13.50	3.60	7 0 5 5 2 5
☐	Low Sugar Naturally Granola		5x360g	13.10	3.49	7 0 5 5 2 4
☐	Raspberry & Coconut Overnight Oats - New!		5x350g	11.45	3.05	7 0 5 5 3 6
☐	Super Nutty Muesli - New!		5x450g	10.90	2.91	7 0 5 5 3 3
☐	Super Seedy & Nutty Granola		5x360g	13.10	3.49	7 0 5 5 2 6
☐	Super Seedy & Nutty Porridge		5x400g	9.50	2.53	7 0 5 5 3 0

Doves Farm - gluten free - vegan

20% off list January and February

☐	Ancient Grain Breakfast Flakes	organic	5x375g	14.10	3.76	6 1 5 2 8
☐	Ancient Grain Cereal Hoops	organic	5x300g	13.50	3.60	6 1 5 3 0
☐	Ancient Grain Fruit & Fibre Flakes	organic	5x375g	14.95	3.99	6 1 5 3 2
☐	Wholegrain Cocoa Rice Pops	organic	5x300g	10.65	2.84	6 1 5 3 4

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

15% off list January and February

☐	Blueberry Raspberry Yogurt Nobbly Granola	organic	5x300g	17.30	4.61	6 3 1 8 8
☐	Choco Chimps	organic	4x284g	11.25	3.75	6 3 1 9 9
☐	Gorilla Munch	organic	4x300g	11.25	3.75	6 3 2 4 1
☐	Maple Sunrise	organic	4x332g	11.75	3.92	6 3 2 0 7
☐	Mesa Sunrise	organic	4x355g	12.20	4.07	6 3 2 3 0
☐	Millet Rice Flakes (not gluten-free)	organic	4x375g	10.60	3.53	6 3 2 3 5

Rude Health

15% off list January and February

☐	Puffed Brown Rice - gluten-free		4x225g	5.70	2.04	7 1 7 5 5
--------------------------	---------------------------------	--	--------	------	------	------------------

Rude Health - Granola

15% off list January and February

☐	Roasted Almond Granola		6x400g	14.30	3.40	7 1 7 7 8
☐	The Ultimate Granola	organic	6x400g	17.80	4.24	7 1 7 7 6

Rude Health - muesli

15% off list January and February

☐	The Ultimate Muesli - vegan	organic	6x400g	17.80	4.24	7 1 7 3 9
--------------------------	-----------------------------	---------	--------	-------	------	------------------

Dried Fruit

Tropical Wholefoods

15% off list January and February

☐	Sun-dried Chewy Banana Chips	organic	6x150g	17.65	3.92	1 0 2 0 0 1
☐	Sun-Dried Mango	organic	6x100g	17.65	3.92	1 0 2 0 1 2
☐	Sun-dried Pineapple - FT	organic	6x100g	17.65	3.92	1 0 2 0 0 3

Pasta

BioFair - gluten-free

15% off list January and February

☐	Rice Quinoa Fusilli	organic	6x250g	14.50	3.22	1 3 0 4 5 0
☐	Rice Quinoa Spaghetti	organic	12x250g	29.00	3.22	1 3 0 4 5 2

Explore Cuisine - vegan - gluten-free

15% off list January and February

☐	Black Bean Spaghetti	organic	6x200g	11.80	2.62	1 3 0 7 0 5
☐	Chickpea Fusilli	organic	6x250g	11.80	2.62	1 3 0 7 0 8
☐	Edamame & Mung Bean Fettuccine	organic	6x200g	11.80	2.62	1 3 0 7 1 5
☐	Edamame Bean Spaghetti	organic	6x200g	11.80	2.62	1 3 0 7 0 7
☐	Edamame Lasagne	organic	6x120g	11.80	2.62	1 3 0 7 1 1
☐	Red Lentil Elbows	organic	6x225g	11.80	2.62	1 3 0 7 1 2
☐	Red Lentil Penne	organic	6x225g	11.80	2.62	1 3 0 7 1 3

Bread, Rice Cakes, Crackers etc

Amisa - gluten-free

15% off list January and February

☐	Buckwheat Crispbread	organic	12x120g	22.10	2.46	1 6 9 8 5 2
☐	Chestnut Crispbread	organic	12x100g	18.30	2.03	1 6 9 8 5 3
☐	Chickpea Crispbread	organic	12x100g	16.75	1.86	1 6 9 8 5 9
☐	Protein Lentil Crispbread	organic	12x100g	17.50	1.94	1 6 9 8 6 0
☐	Quinoa Fibre Plus Crispbread	organic	12x100g	14.45	1.61	1 6 9 8 6 5
☐	Rice & Corn Crispbread	organic	12x120g	16.00	1.78	1 6 9 8 5 1
☐	Veggie Garden Crispbread	organic	12x100g	14.45	1.61	1 6 9 8 7 0

Clearspring - Rice Crackers

15% off list January and February

☐	Black Sesame Brown Rice Crackers	organic	12x40g	17.50	1.94	7 5 0 2 9 8
☐	Brown Rice Crackers Black Pepper & Tamari	organic	12x40g	17.50	1.94	7 5 0 2 9 9
☐	Whole Sesame Brown Rice Crackers	organic	12x40g	17.50	1.94	7 5 0 2 9 7

Dillon

20% off list January and February

☐	Keto Bagel Original Flax	organic	6x150g	21.55	4.79	1 7 0 5 5 8
☐	Keto Bread Beetroot Flax	organic	6x250g	17.95	3.99	1 7 0 5 3 3
☐	Keto Bread Chia Flax	organic	6x250g	17.95	3.99	1 7 0 5 3 4
☐	Keto Bread Original Flax	organic	6x250g	17.95	3.99	1 7 0 5 3 5
☐	Olive Gluten Free Bread	organic	4x275g	11.95	3.98	1 7 0 5 3 6
☐	Seeded Gluten Free Bread	organic	4x275g	11.95	3.98	1 7 0 5 3 7

Biscuits and Cakes

Clearspring Oat biscuits

15% off list January and February

☐	Matcha Oat Biscuits	organic	12x40g	11.40	1.27	1 8 0 4 8 0
☐	Miso Maple Oat Biscuits	organic	12x40g	11.40	1.27	1 8 0 4 8 1
☐	Sweet Date Oat Biscuits	organic	12x40g	11.40	1.27	1 8 0 4 8 2

✱ new product ☐ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

Freee - from Doves Farm - gluten-free - vegan						
15% off list January and February						
☐	Lemon Zest Cookie	organic	12x150g	15.15	1.68	181525
☐	Stern Ginger Cookies	organic	12x150g	15.15	1.68	181542

Island Bakery						
15% off list January and February						
☐	Apple Crumbles	organic	12x125g	30.05	3.34	182940
☐	Chocolate Gingers	organic	12x133g	31.50 V	4.20	182946
☐	Lemon Melts	organic	12x133g	31.50 V	4.20	182952
☐	Lime Melts	organic	12x133g	31.50 V	4.20	182950
☐	Oat Crumbles	organic	12x125g	25.35	2.82	182954
☐	Orange Melts	organic	12x133g	31.50 V	4.20	182956
☐	Shortbread	organic	12x125g	25.35	2.82	182957

Nairn's Oat Biscuits - wheat-free						
20% off list January and February						
☐	Chocolate Orange Oat Biscuits		6x200g	7.20	1.61	182391
☐	Coconut & Chia Oat Biscuits		10x200g	12.00	1.61	182393
☐	Dark Chocolate Chip Oat Biscuits		8x200g	9.60	1.61	182392
☐	Mixed Berries Oat Biscuits		10x200g	12.00	1.61	182387
☐	Stern Ginger Oat Biscuits		10x200g	12.00	1.61	182390

Sweet FA gluten free vegan cookies from Island Bakery						
15% off list January and February						
☐	Cranberry & Orange Cookies	organic	12x125g	27.95	3.11	182480
☐	Double Choc Chip Cookies	organic	12x125g	27.95	3.11	182482
☐	Oat & Raisin Cookies	organic	12x125g	27.95	3.11	182484
☐	Peanut Butter Cookies	organic	12x125g	27.95	3.11	182486

Nut Butter, Pâté, Spreads & Jam

Biona - Nut & Seed Butters						
15% off list January and February						
☐	Cashew Butter	organic	6x170g	19.10	4.24	250210
☐	Hazel Butter	organic	6x170g	29.40	6.53	250215
☐	Mixed Nut Butter	organic	6x170g	17.15	3.81	250217
☐	Salted Dark Roast Peanut Butter Smooth	organic	6x250g	16.40	3.64	250213
☐	Salted Peanut Butter Crunchy - tub	organic	6x1kg	43.95	9.77	250224
☐	Unsalted Peanut Butter Smooth - tub	organic	6x1kg	43.95	9.77	250218
☐	White Almond Butter - unroasted	organic	6x170g	26.75	5.94	250207

Bonsan organic vegan spreads - glass						
15% off list January and February						
☐	Beetroot Horseradish Spread	organic	6x130g	11.45	2.54	290770
☐	Cashew Chive - cheese free spread	organic	6x135g	14.50	3.22	290773
☐	Red Pepper & Cashew Spread	organic	6x130g	11.45	2.54	290774
☐	Toscana Style - cream cheese alternative	organic	6x135g	11.05	2.46	290775

Meridian						
20% off list January and February						
☐	Bulk Peanut Butter Crunchy 100% - plastic		6x1kg	30.55	6.79	251565
☐	Bulk Peanut Butter Smooth 100% - plastic		6x1kg	30.55	6.79	251605
☐	Bulk Smooth Almond Butter 100% - plastic		6x1kg	62.10	13.80	251504
☐	Peanut Butter Crunchy 100% - glass		6x470g	16.90	3.75	251566
☐	Peanut Butter Smooth 100% - glass		6x470g	16.90	3.75	251606
☐	Protein Smooth Peanut Butter 100%		3x700g	13.10	5.83	251611
☐	Smooth Almond Butter 100%		6x470g	30.60	6.79	251511

St Dalfour Spreads						
15% off list January and February						
☐	Apricot Spread - New!		6x284g	12.75	2.83	261240
☐	Black Cherry Spread - New!		6x284g	12.75	2.83	261242
☐	Blueberry Spread - New!		6x284g	12.90	2.87	261244
☐	Four Fruits Spread - New!		6x284g	12.75	2.83	261245
☐	Orange & Ginger - New!		6x284g	12.75	2.83	261248
☐	Orange Spread - New!		6x284g	12.90	2.87	261246
☐	Raspberry Spread - New!		6x284g	12.90	2.87	261249
☐	Strawberry Spread - New!		6x284g	12.90	2.87	261250

Honey, Syrup, Sugar & Sweeteners

Dillon						
20% off list January and February						
☐	Chicory Fibre Syrup		6x230g	28.75	6.39	312020

St Lawrence Gold Canadian Maple Syrup						
20% off list January and February						
☐	Maple Sugar Granulated - glass	organic	12x125g	52.50	5.83	316522
☐	Maple Syrup - amber grade A - glass	organic	12x330g	55.30	6.14	316515
☐	Maple Syrup - amber grade A - plastic jug	organic	12x500ml	102.85	11.43	316517
☐	Maple Syrup - amber grade A - plastic jug	organic	1x1l	16.55	22.07	316518
☐	Maple Syrup - dark grade A - bag in box	organic	5l	69.30	13.86	316521
☐	Maple Syrup - dark grade A - glass	organic	12x330g	55.30	6.14	316516
☐	Pure Maple Butter	organic	12x160g	57.60	6.40	316524

Olives, Pickles and Preserved Vegetables

Epikouros Organic Olives - exclusive to Infinity Foods						
15% off list January and February						
☐	Green Olives	organic	6x200g	13.60	3.02	350300
☐	Green Olives Pitted	organic	6x170g	14.40	3.20	350305
☐	Kalamata Olives	organic	6x200g	14.95	3.32	350310
☐	Kalamata Olives Pitted	organic	6x170g	15.75	3.50	350315
☐	Mixed Olives	organic	6x200g	14.40	3.20	350320
☐	Mixed Olives Pitted	organic	6x170g	15.20	3.38	350325

Morgiel						
15% off list January and February						
☐	Beetroot & Horseradish Relish	organic	6x300g	11.90	2.83	350400
☐	Gherkins in Brine	organic	6x820g	15.65	3.73	350410
☐	Pickled Baby Beetroots	organic	6x300g	11.90	2.83	350402
☐	Pickled Gherkins with Red Peppers	organic	6x670g	14.95	3.56	350404
☐	Plain Sauerkraut	organic	6x680g	11.90	2.83	350406
☐	Sauerkraut with Carrot	organic	6x680g	11.90	2.83	350408

Sauces, Fruit and Vegetable Products

Biona - Sauces. Mustards, Pastes, Relish						
15% off list January and February						
☐	Aubergine Pesto	organic	6x140g	12.60	2.80	350603
☐	Garlic & Ginger Paste	organic	6x130g	12.20	2.71	390089
☐	Garlic Paste	organic	6x130g	12.20	2.71	390088
☐	Ginger Paste	organic	6x130g	12.20	2.71	390090
☐	Ginger Turmeric Paste	organic	6x130g	12.20	2.71	390087
☐	Green Pesto with pine kernels	organic	6x120g	16.40	3.64	390118
☐	Red Pesto with SD tomatoes	organic	6x120g	13.75	3.06	390123

Biona - Tomato Products						
15% off list January and February						
☐	Tomatoes Chopped Peeled - 4 Pack	organic	6x4x400g	20.60	4.58	390179
☐	Tomatoes Chopped with Basil	organic	12x400g	12.15	1.35	390107
☐	Tomatoes Chopped with Garlic & Oregano	organic	12x400g	14.45	1.61	390111

Convenience Foods

Biona - tinned beans & pulses						
15% off list January and February						
☐	Black Beans - BPA-free can	organic	6x400g	5.30	1.18	390121
☐	Black Beluga Lentils in tins	organic	6x400g	6.85	1.52	390124
☐	Chickpeas in tins	organic	6x400g	5.70	1.27	390145
☐	Green Lentils in tins	organic	6x400g	5.30	1.18	390147
☐	Red Kidney Beans in tins	organic	6x400g	6.85	1.52	390150

Bold Bean Co. - in a jar						
15% off list January and February						
☐	Chickpeas	organic	6x570g	13.95	3.10	390268
☐	Queen Blackbean		6x570g	13.95	3.10	390263
☐	Queen Borlotti Beans - New!		6x570g	13.95	3.10	390257
☐	Queen Butterbean		6x570g	13.95	3.10	390264
☐	Queen Cannellini Beans		6x570g	13.95	3.10	390265
☐	Queen Carlin Peas - New!		6x570g	13.95	3.10	390259
☐	Queen Chickpeas		6x570g	13.95	3.10	390266
☐	Queen Red Beans		6x570g	13.95	3.10	390267
☐	White Beans	organic	6x570g	13.95	3.10	390269

Suma - baked beans and canned meals						
10% off list January and February						
☐	Aloo Sag - Potatoes & Spinach	organic	12x400g	27.45	3.05	444489
☐	Baked Beans & Lincoln Vegan Sausages		12x400g	24.20	2.69	444492
☐	Chickpea & Lentil Daal	organic	12x400g	21.00	2.33	444496
☐	Mac 'N' Cheeze		12x400g	24.20	2.69	444493
☐	Spicy Chorizo Vegan Stew		12x400g	21.00	2.33	444503
☐	Vegan Meatball Bolognese		12x400g	24.30	2.70	444498
☐	Vegetable Stew & Dumplings		12x400g	21.00	2.33	444504

Suma - beans & pulses easy-open cans						
15% off list January and February						
☐	Green Lentils	organic	12x400g	9.85	1.09	445512
☐	Mixed Beans	organic	12x400g	9.85	1.09	445514

Suma - soup in easy-open cans						
15% off list January and February						
☐	Chik'n Soup		12x400g	19.05	2.12	445585
☐	Minestrone Soup	organic	12x400g	19.05	2.12	445586
☐	Mushroom Soup	organic	12x400g	19.05	2.12	445587
☐	Pea & Vegan Ham Soup		12x400g	19.05	2.12	445591
☐	Pea Soup	organic	12x400g	19.05	2.12	445589
☐	Rustic Vegetable Soup	organic	12x400g	17.50	1.95	445590
☐	Spicy Lentil Soup	organic	12x400g	17.50	1.94	445594
☐	Tomato Soup	organic	12x400g	17.50	1.95	445597
☐	Tuscan Bean Soup	organic	12x400g	16.00	1.78	445598

Teas - Herb

Essential						
15% off list January and February						
☐	Camomile Tea Sachets	organic	4x20bgs	7.65	2.55	571906
☐	Fennel Tea Sachets	organic	4x20bgs	7.65	2.55	571907
☐	Ginger & Lemon Tea Sachets	organic	4x20bgs	7.65	2.55	571908
☐	Hibiscus Tea Sachets	organic	4x20bgs	7.65	2.55	571909
☐	Liquorice Tea Sachets	organic	4x20bgs	7.65	2.55	571911
☐	Peppermint & Spearmint Tea Sachets	organic	4x20bgs	7.65	2.55	571912
☐	Peppermint Tea Sachets	organic	4x20bgs	7.65	2.55	571913

Hampstead - string & tag envelope- Infusion						
20% off list January and February						
☐	Camomile Mellow	organic	4x20bgs	9.10	3.04	560808
☐	Digest Well - was Fennel & Peppermint	demeter	4x20bgs	9.10	3.04	560810
☐	Herbal Harmonies Selection Pack	demeter	4x20bgs	9.55	3.19	560809
☐	Lemon Ginger	demeter	4x20bgs	9.10	3.04	560815
☐	Meditate Lavender & Valerian	demeter	4x20bgs	9.10	3.04	560823
☐	Peppermint & Spearmint	demeter	4x20bgs	9.10	3.04	560820
☐	Rooibos	organic	4x20bgs	9.10	3.04	560824
☐	Rosehip Hibiscus	organic	4x20bgs	9.10	3.04	560825
☐	Sleep Well	organic	4x20bgs	9.10	3.04	560826
☐	Turmeric & Cinnamon	organic	4x20bgs	9.10	3.04	560828

Pukka - Ayurvedics - tea bags						
20% off list January and February						
☐	After Dinner	organic	4x20bgs	11.90	3.97	561500
☐	Chamomile, Vanilla & Manuka Honey	organic	4x20bgs	11.90	3.97	561490
☐	Elderberry & Echinacea	organic	4x20bgs	11.90	3.97	561501
☐	Herbal Tea collection	organic	4x20bgs	13.15	4.38	561494
☐	Lemon, Ginger & A Touch of Manuka Honey	organic	4x20bgs	11.90	3.97	561504
☐	Lemongrass & Ginger	organic	4x20bgs	11.90	3.97	561495
☐	Morning Berry - rooibos, ginseng, blackcurrant	organic	4x20bgs	11.90	3.97	561521
☐	Night Time Apple Chai - New!	organic	4x20bgs	11.90	3.97	561529
☐	Night Time Berry	organic	4x20bgs	11.90	3.97	561516
☐	Night Time Tea	organic	4x20bgs	11.90	3.97	561530
☐	Peace - chamomile, spearmint, hemp, licorice	organic	4x20bgs	11.90	3.97	561531
☐	Peppermint & Licorice	organic	4x20bgs	11.90	3.97	561506
☐	Radiance - nettle, fennel & aloe vera	organic	4x20bgs	11.90	3.97	561518
☐	Relax - chamomile, fennel & marshmallow	organic	4x20bgs	11.90	3.97	561510
☐	Three Chamomile	organic	4x20bgs	11.90	3.97	561532
☐	Three Ginger	organic	4x20bgs	11.90	3.97	561540
☐	Three Mint	organic	4x20bgs	11.90	3.97	561545
☐	Turmeric Ginger & Orange	organic	4x20bgs	11.90	3.97	561511
☐	Uplift Citrus Yerba Green - New!	organic	4x20bgs	11.90	3.97	561524
☐	Vanilla Spice Chai - cinnamon & sweet vanilla	organic	4x20bgs	11.90	3.97	561520
☐	Wild Apple Cinnamon with Ginger	organic	4x20bgs	11.90	3.97	561554
☐	Winter Warmer	organic	4x20bgs	11.90	3.97	561553

Pukka - Ayurvedics - tea bags						
12.5% off list January and February						
☐	Lemon, Ginger & a touch of Manuka - New!	organic	4x40bgs	18.65	6.22	561519
☐	Night Time - New!	organic	4x40bgs	18.65	6.22	561528
☐	Three Mint - New!	organic	4x40bgs	18.65	6.22	561547

Taka Turmeric Tea Bags						
15% off list January and February						
☐	Chamomile Rosehip Turmeric Tea Bags	organic	4x15bgs	10.40	3.47	561588
☐	Ginger Lemon Turmeric Tea Bags	organic	4x15bgs	10.40	3.47	561590
☐	Hibiscus Cinnamon Turmeric Tea Bags	organic	4x15bgs	10.40	3.47	561592
☐	Rooibos Honeybush Turmeric Tea Bags	organic	4x15bgs	10.40	3.47	561597

the herbtender - mushroom tea						
20% off list January and February						
☐	And Breathe	organic	4x18bgs	11.70	3.90	561599
☐	Good Morning	organic	4x18bgs	11.70	3.90	561600
☐	Good Night	organic	4x18bgs	11.70	3.90	561601
☐	Pure Focus	organic	4x18bgs	11.70	3.90	561602
☐	Vital Glow	organic	4x18bgs	11.70	3.90	561603

Yogi Tea - Ayurvedic Tea Bags						
20% off list January and February						
☐	Breathe Deep Tea	organic	6x17bgs	9.90	2.20	571955
☐	Echinacea Tea	organic	6x17bgs	9.90	2.20	571710

Yogi Tea - women's ayurvedic tea						
20% off list January and February						
☐	Women's Balance Tea	organic	6x17bgs	9.90	2.20	571996
☐	Women's Energy Tea	organic	6x17bgs	9.90	2.20	571730

Teas - Black, Green & White

Clearspring - Japanese						
15% off list January and February						
☐	Genmaicha Green Tea bags with Brown Rice	organic	4x20bgs	8.90	2.97	500541
☐	Genmaicha Roasted Rice Tea - loose	organic	6x90g	26.75	5.94	500543
☐	Hojicha Roasted Green Tea Bags - boxed	organic	4x20bgs	8.90	2.97	500526
☐	Japanese Hojicha, R Green Tea - loose - New!	organic	6x70g	20.25	4.50	500528
☐	Kukicha Roasted Twig Tea - loose	organic	6x90g	16.80	3.73	500506
☐	Kukicha Roasted Twig Tea Bags - boxed	organic	4x20bgs	8.90	2.97	500516
☐	Matcha Genmaicha Green Tea Bags	organic	4x20bgs	10.15	3.39	500554
☐	Matcha Ginger Green Tea Bags	organic	4x20bgs	10.15	3.39	500556

☐	Matcha Sencha Green Tea Bags	organic	4x20bgs	10.15	3.39	500551
☐	Matcha Sencha Green Tea loose - tin	organic	6x85g	49.70	11.04	500561
☐	Matcha Three Mint Green Tea Bags	organic	4x20bgs	10.15	3.39	500558
☐	Matcha Turmeric Green Tea Bags	organic	4x20bgs	10.15	3.39	500560
☐	Oolong Semi-Fermented Blue Tea Bags	organic	4x20bgs	10.15	3.39	500557
☐	Sencha Green Tea Bags - boxed	organic	4x20bgs	8.90	2.97	500521
☐	Sencha Traditional Green Tea - loose	organic	6x90g	28.65	6.37	500536

Clipper - black tea

15% off list January and February

☐	Fairtrade Everyday Tea Bags	organic	4x80bgs	11.80	3.93	580329
☐	Fairtrade Decaffeinated Tea Bags	organic	4x80bgs	18.30	6.10	580334

Hampstead - Demeter/Organic

20% off list January and February

☐	Assam Loose	organic	6x100g	23.35	5.19	580479
☐	Assam Tea Bags	organic	4x20bgs	9.10	3.03	580483
☐	Black Tea Bags Selection Pack	organic	4x20bgs	9.55	3.18	580481
☐	Darjeeling Bags	demeter	4x20bgs	9.10	3.03	580493
☐	Darjeeling Loose	demeter	6x100g	23.35	5.19	580470
☐	Earl Grey Loose	demeter	6x100g	23.35	5.19	580459
☐	Earl Grey Tea Bags	demeter	4x20bgs	9.30	3.10	580490
☐	English Breakfast Loose	demeter	6x100g	23.35	5.19	580464
☐	English Breakfast Tea Bags	organic	4x20bgs	9.30	3.10	580491
☐	First Flush Loose	demeter	6x100g	32.35	7.20	580465
☐	Focus Well - was Oriental Chai	organic	4x20bgs	9.10	3.04	580467
☐	French Vanilla Black Tea Bags	demeter	4x20bgs	9.10	3.03	580478
☐	Ginger Green Tea Bags	demeter	4x20bgs	9.10	3.03	580486
☐	Green Tea & Raspberry	organic	4x20bgs	9.10	3.03	580476
☐	Green Tea Bags	demeter	4x20bgs	9.10	3.03	580484
☐	Green Tea Bags Selection Pack	organic	4x20bgs	9.55	3.18	580482
☐	Green Tea Loose - Single Estate	demeter	6x100g	23.35	5.19	580455
☐	Indian Chai - spiced black tea bags	organic	4x20bgs	9.10	3.04	580466
☐	Jasmine Green Tea Bags	organic	4x20bgs	9.10	3.03	580487
☐	Matcha Green Tea & Nettle Bags	organic	4x20bgs	9.10	3.03	580494
☐	Mint Green Tea Bags	demeter	4x20bgs	9.10	3.03	580489
☐	Oolong Loose	demeter	6x50g	23.35	5.19	580475

Pukka - black tea - FairTrade

20% off list January and February

☐	Elegant English Breakfast	organic	4x20bgs	11.90	3.97	581030
☐	Gorgeous Earl Grey	organic	4x20bgs	11.90	3.97	581032

Pukka - chai

20% off list January and February

☐	Original Chai - cinnamon & cardamom	organic	4x20bgs	11.90	3.97	581050
--------------------------	-------------------------------------	---------	---------	-------	------	---------------

Pukka - green tea

12.5% off list January and February

☐	Supreme Matcha Green - New!	organic	4x40bgs	18.65	6.22	580625
--------------------------	-----------------------------	---------	---------	-------	------	---------------

Pukka - green tea

20% off list January and February

☐	Mint Matcha Green	organic	4x20bgs	11.90	3.97	580656
☐	Supreme Green Matcha - Fair Trade	organic	4x20bgs	11.90	3.97	580620

Taka Turmeric tea bags

15% off list January and February

☐	Masala Chai Turmeric Tea Bags	organic	4x15bgs	10.40	3.47	561598
--------------------------	-------------------------------	---------	---------	-------	------	---------------

Yogi green tea bags

20% off list January and February

☐	Green Energy Tea	organic	6x17bgs	9.90	2.20	571885
--------------------------	------------------	---------	---------	------	------	---------------

Coffee

CaféDirect FairTrade R&G

20% off list January and February

☐	CaféDirect Colombia Reserva - 3		6x200g	24.15	5.36	600481
☐	CaféDirect Decaf Machu Picchu		6x200g	24.15	5.36	600487
☐	CaféDirect Machu Picchu R&G - 4	organic	6x200g	24.15	5.36	600485
☐	CaféDirect Mayan Gold - 5	organic	6x200g	24.15	5.36	600489

CaféDirect roast coffee beans FairTrade

20% off list January and February

☐	Whole Coffee Beans - Machu Picchu - 4	organic	6x200g	24.15	5.36	600497
☐	Whole Coffee Beans - Mayan Gold - 5	organic	6x200g	24.15	5.36	600499

Drinks - Herbal, Tonic & Coconut Drinks

Hip Pop

20% off list January and February

☐	Apple & Elderflower Kombucha		12x330ml	9.95 V	1.33	641616
☐	Berries & Cherries Living Soda		12x330ml	9.95 V	1.33	641634
☐	Blueberry & Ginger Kombucha		12x330ml	9.95 V	1.33	641617
☐	Cherry & Blackberry CBD Kombucha		12x330ml	12.80 V	1.71	641621
☐	Ginger & Turmeric Living Soda		12x330ml	9.95 V	1.33	641627
☐	Ginger & Yuzu Kombucha		12x330ml	9.95 V	1.33	641619
☐	Passion Fruit & Guava CBD Kombucha		12x330ml	12.80 V	1.71	641623
☐	Pink Grapefruit Living Soda		12x330ml	9.95 V	1.33	641624
☐	Strawberry & Pineapple Kombucha		12x330ml	9.95 V	1.33	641620
☐	Tropical Peach Living Soda		12x330ml	9.95 V	1.33	641625

Living Things Soda - tin

20% off list January and February

☐	Lemon & Ginger Soda - New!		12x330ml	12.90 V	1.72	641495
☐	Peach & Blood Orange Soda - New!		12x330ml	12.90 V	1.72	641496
☐	Raspberry & Pomegranate Soda - New!		12x330ml	12.90 V	1.72	641497
☐	Rhubarb & Apple Soda - New!		12x330ml	12.90 V	1.72	641498
☐	Watermelon & Lime Soda - New!		12x330ml	12.90 V	1.72	641499

Suma

15% off list January and February

☐	Apple Plum & Cinnamon Kombucha	organic	24x250ml	23.00 V	1.53	641021
☐	Ginger Kombucha	organic	24x250ml	23.00 V	1.54	641035
☐	Peach & Turmeric Kombucha	organic	24x250ml	23.00 V	1.54	641036

Drinks - Fruit and Vegetable Juices, Cordials & Water

Biona Juices & Drinks - glass bottles

15% off list January and February

☐	Acerola Cherry Juice - pure 100%	organic	6x330ml	23.85 V	6.37	660675
☐	Blackcurrant Pure Juice - 100%	organic	6x330ml	14.90 V	3.98	660677
☐	Ginger Juice - 100%	organic	6x250ml	18.10 V	4.83	660721
☐	Lemon Juice -100%	organic	6x250ml	9.15	2.03	660723
☐	Lime Juice -100%	organic	6x250ml	11.45	2.54	660724

James White - Beet It

10% off list January and February

☐	1l Tetra Beetroot Juice - Beet It	organic	8x1l	19.00 V	3.80	664605
☐	Beetroot Juice - Beet It - large - glass	organic	6x750ml	13.60 V	3.62	664555
☐	Beetroot Juice - Beet It - small - glass	organic	24x250ml	26.75 V	1.79	664590
☐	Ginger Beet It - glass	organic	6x750ml	13.95 V	3.72	664595

James White - Zingers - intense shots						
25% off list January and February						
☐	Ginger Zinger - 5 Shots	organic	6x330ml	13.25 V	3.53	664628
☐	Ginger Zinger Shot	organic	15x70ml	12.30 V	1.31	664622
☐	Golden Turmeric Juice Zinger Shot	organic	15x70ml	12.30 V	1.31	664627
☐	Intense Sour Cherry Zinger Shot		15x70ml	12.30 V	1.31	664624
☐	Lime & Chilli Zinger Shot	organic	15x70ml	12.30 V	1.31	664620
☐	Turmeric Zinger - 5 Shots	organic	6x330ml	13.25 V	3.53	664630
☐	Xtra Hot Ginger Zinger Shot	organic	15x70ml	12.30 V	1.31	664625

OHMG						
25% off list January and February						
☐	OHMG - Blackcurrant & Vitamin C		12x330ml	10.30 V	1.49	662486
☐	OHMG - Peach & Rosemary		12x330ml	10.30 V	1.49	662484
☐	OHMG - Pineapple & Grapefruit - New!		12x330ml	10.30 V	1.49	662485
☐	OHMG - Raspberry & Lemon Balm		12x330ml	10.30 V	1.49	662482
☐	OHMG - Sparkling Magnesium Water		12x330ml	10.30 V	1.49	662480

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

Dr Antonio Martins						
20% off list January and February						
☐	Coconut Milk - Semi	organic	6x1l	12.50	2.79	726510
☐	Coconut Milk - Whole	organic	6x1l	12.50	2.79	726511
Kallo Oat Milks						
15% off list January and February						
☐	Gluten-free Oat	organic	6x1l	8.60	1.91	725042
☐	Oat & Protein	organic	6x1l	8.60	1.91	725041

Minor Figures - vegan						
20% off list January and February						
☐	Barista Oat (Organic)	organic	6x1l	8.10	1.80	723546
☐	Barista Oat (Regenerative) - New!		6x1l	8.65	1.92	723550

Rude Health - gluten-free						
dated 21/3/26 - 33% off while stocks last						
☐	Soya Drink	organic	6x1l	6.95	1.54	724601

Rude Health - gluten-free						
15% off list January and February						
☐	Almond Drink - with rice - Large	organic	6x1l	10.30	2.29	724590
☐	Cashew Drink	organic	6x1l	13.35	2.97	724591
☐	Coconut Drink	organic	6x1l	11.45	2.54	724593
☐	Hazelnut Drink	organic	6x1l	11.45	2.54	724594
☐	Oat Drink	organic	6x1l	9.50	2.11	724595
☐	Ultimate Almond - pure almond drink	organic	6x1l	14.70	3.27	724587

Sproud pea milk						
15% off list January and February						
☐	Sproud - Unsweetened		6x1l	8.50	1.89	726530
☐	Sproud Barista		6x1l	8.50	1.89	726536
☐	Sproud Barista Zero		6x1l	8.50	1.89	726537
☐	Sproud Matcha		6x1l	11.40	2.53	726535
☐	Sproud Vanilla		6x1l	8.50	1.89	726539

Savoury Snacks

Amaizin corn rolls (rolled corn chips)						
15% off list January and February						
☐	Tomato Corn Rolls	organic	14x100g	17.70	1.68	750135
☐	Tortilla Rolls - Jalapeño	organic	14x100g	17.70	1.68	750136
Amaizin maize chips & dips - gluten-free						
15% off list January and February						
☐	Chilli Corn Chips	organic	15x75g	15.20	1.35	750110
☐	Extra Large Natural Corn Chips	organic	10x250g	18.55	2.47	750124
☐	Family Bag Natural Corn Chips	organic	10x150g	13.25	1.77	750123

☐	Natural Corn Chips (small)	organic	15x75g	14.45	1.28	750105
☐	Paprika Corn Chips	organic	15x75g	15.20	1.35	750120
☐	Salsa Chip-Dip - Hot	organic	6x260g	11.05	2.46	750126
☐	Salsa Chip-Dip - Sweet	organic	6x260g	11.05	2.46	750131

Clearspring - gluten-free snacking						
15% off list January and February						
☐	Roasted Tamari Almonds	organic	15x30g	15.85 V	1.69	750287
☐	Tamari Roasted Cashew Nuts	organic	15x30g	15.85 V	1.69	750290
☐	Tamari Roasted Pumpkin Seeds	organic	15x30g	14.25	1.28	750295

DJ&A						
15% off list January and February						
☐	Broccoli Florets		12x25g	22.00	2.62	751070
☐	Crispy Beetroot Slices		10x35g	18.35	2.62	751072
☐	Crispy Garlic Cloves		12x45g	22.00	2.62	751073
☐	Mixed Mushroom Crisps		12x30g	22.00	2.62	751074
☐	Pickle-Licious - Pickle Flavoured Cucumber Crisps		9x50g	19.05	3.03	751071
☐	Shiitake Mushroom Crisps		12x30g	22.00	2.62	751075
☐	Shiitake Mushroom Crisps Gravy Flavour		12x30g	22.00	2.62	751076
☐	Shiitake Mushroom Crisps Smoked Chilli & Garlic		12x30g	22.00	2.62	751077
☐	Sugar Snap Pea Crisps		10x30g	18.35	2.62	751078
☐	Yellow Sweet Potato Crisps		10x55g	18.35	2.62	751079

Eat Real - hummus chips - large - vegan - gluten-free						
25% off list January and February						
☐	Belazu Rose Harissa & Yogurt Hummus Chips		10x110g	12.05	1.72	751189
☐	Caramelised Onion & Balsamic Vinegar Hummus Chips		10x110g	12.05	1.72	751191
☐	Chilli & Lemon Hummus Chips - large		10x110g	12.05	1.72	751193
☐	Chilli Lime & Sea Salt Hummus Chips - large		10x110g	12.05	1.72	751198
☐	Italian Cheese & Black Pepper Hummus Chips - large		10x110g	12.05	1.72	751199
☐	Sea Salt Hummus Chips - large		10x110g	12.05	1.72	751197
☐	Sour Cream & Chives Hummus Chips - large		10x110g	12.05	1.72	751195
☐	Tomato & Basil Hummus Chips - large		10x110g	12.05	1.72	751196

Eat Real - hummus chips - small - vegan - gluten-free						
25% off list January and February						
☐	Caramelised Onion & Balsamic Vinegar Hummus Chips		18x45g	8.90	0.74	751204
☐	Italian Cheese & Black Pepper Hummus Chips		18x45g	8.90	0.74	751206
☐	Sea Salt Hummus Chips		18x45g	8.90	0.74	751201
☐	Sour Cream & Chives Hummus Chips		18x45g	8.90	0.74	751202
☐	Tomato & Basil Hummus Chips		18x45g	8.90	0.74	751203

Eat Real - lentil chips - vegan - gluten-free						
25% off list January and February						
☐	Chargrilled Red Pepper Lentil Chips - large		10x95g	12.05	1.72	751215
☐	Chilli & Lemon Lentil Chips		18x40g	8.90	0.74	751224
☐	Chilli & Lemon Lentil Chips - large		10x95g	12.05	1.72	751217
☐	Creamy Dill Lentil Chips		18x40g	8.90	0.74	751226
☐	Creamy Dill Lentil Chips - large		10x95g	12.05	1.72	751218
☐	Greek Cheese Tomato & Herb Lentil Chips - large		10x95g	12.05	1.72	751233
☐	Mango & Mint Lentil Chips - large		10x95g	12.05	1.72	751219
☐	Sea Salt Lentil Chips		18x40g	8.90	0.74	751231
☐	Sea Salt Lentil Chips - large		10x95g	12.05	1.72	751221

Eat Real - quinoa chips - large - vegan - gluten-free						
25% off list January and February						
☐	Sour Cream & Chives Quinoa Chips		10x90g	12.05	1.72	751251
☐	Sundried Tomato & Roast Garlic Quinoa Chips		10x90g	12.05	1.72	751254

Eat Real - quinoa chips - small - vegan - gluten-free						
25% off list January and February						
☐	Sour Cream & Chives Quinoa Chips - small		18x40g	8.90	0.74	751271
Eat Real - veggie straws - vegan - gluten-free						
25% off list January and February						
☐	Veggie Straws - large		10x110g	12.05	1.63	751288
☐	Veggie Straws - small		18x45g	8.90	0.74	751287
☐	Veggie Straws Sea Salt Black Pepper - large		10x110g	12.05	1.63	751289
☐	Veggie Straws Smoked Paprika & Chilli - large		10x110g	12.05	1.63	751291

Fairfields - potato crisps - vegan - gluten-free						
15% off list January and February						
☐	Bacon & Tomato	36x40g	15.10 V	0.68	751000	
☐	Bacon & Tomato	10x150g	11.45 V	1.86	751016	
☐	Cheese & Onion	36x40g	15.10 V	0.68	751002	
☐	Cheese & Onion	10x150g	11.45 V	1.86	751018	
☐	Lightly Sea Salted	36x40g	15.10 V	0.68	751004	
☐	Lightly Sea Salted	10x150g	11.45 V	1.86	751020	
☐	Prawn Cocktail	36x40g	15.10 V	0.68	751007	
☐	Prawn Cocktail	10x150g	11.45 V	1.86	751019	
☐	Roast Rib of Beef	36x40g	15.10 V	0.68	751006	
☐	Roast Rib of Beef	10x150g	11.45 V	1.86	751022	
☐	Sea Salt & Aspal Cyder Vinegar	36x40g	15.10 V	0.68	751008	
☐	Sea Salt & Aspal Cyder Vinegar	10x150g	11.45 V	1.86	751024	
☐	Sea Salt & Black Pepper	36x40g	15.10 V	0.68	751010	
☐	Sea Salt & Black Pepper	10x150g	11.45 V	1.86	751026	
☐	Sweet Chilli	36x40g	15.10 V	0.68	751012	
☐	Sweet Chilli	10x150g	11.45 V	1.86	751028	

Junk Food - organic crisps						
15% off list January and February						
☐	Beetroot Crisps	organic	12x100g	21.10	2.34	752080
☐	Mixed Veg Crisps	organic	12x100g	21.10	2.34	752082
☐	Potato Crisps	organic	12x100g	21.10 V	2.81	752083
☐	Sweet Potato Crisps	organic	12x100g	21.10	2.34	752084

Mister Free'd						
15% off list January and February						
☐	Tortilla Chips Avocado Guacamole		12x135g	15.30	1.70	752340
☐	Tortilla Chips Blue Maize		12x135g	15.30	1.70	752342
☐	Tortilla Chips Chia Seed		12x135g	15.30	1.70	752343
☐	Tortilla Chips Chilli Lime Fiery Hot		12x135g	15.30	1.70	752345
☐	Tortilla Chips Kale Spinach		12x135g	15.30	1.70	752347

Shore Seaweed Chips						
15% off list January and February						
☐	Lightly Salted Seaweed Chips		14x25g	9.80	1.00	752770
☐	Lightly Salted Seaweed Chips - Share Bag		12x80g	16.75	1.98	752776
☐	Peking Duck Seaweed Chips		14x25g	9.80	1.00	752772
☐	Peking Duck Seaweed Chips - Share Bag		12x80g	16.75	1.98	752778
☐	Salt & Balsamic Seaweed Chips		14x25g	9.80	1.00	752771
☐	Salt & Balsamic Seaweed Chips - Share Bag		12x80g	16.75	1.98	752777
☐	Sweet Sriracha Seaweed Chips		14x25g	9.80	1.00	752774
☐	Sweet Sriracha Seaweed Chips - Share Bag		12x80g	16.75	1.98	752780

Sweet Snacks & Confections

Bear - Fruit Treasures - Multipacks - 3+ years						
15% off list January and February						
☐	Berry - Treasures		4x5x20g	7.90	2.63	760224
☐	Tropical - Treasures		4x5x20g	7.90	2.63	760231

Bear - Giant Yoyos - Multipacks						
15% off list January and February						
☐	Apple & Blackcurrant Giant Yoyo		6x5x20g	12.50	2.78	760254
☐	Strawberry & Mango Giant Yoyo		6x5x20g	12.50	2.78	760256

Bear - Paws						
15% off list January and February						
☐	Raspberry & Blueberry - Paws		18x20g	7.55	0.56	760211
☐	Strawberry & Apple - Paws		18x20g	7.55	0.56	760212

Bear - Splits						
15% off list January and February						
☐	Pineapple & Raspberry - Splits		18x20g	9.55	0.71	760207
☐	Strawberry & Apple - Splits		18x20g	9.55	0.71	760206

Bear - Splits - Multipacks						
15% off list January and February						
☐	Pineapple & Raspberry - Splits		8x5x20g	16.65	2.78	760223
☐	Strawberry & Apple - Splits		8x5x20g	16.65	2.78	760216

Bear - Yoyos						
15% off list January and February						
☐	Blackcurrant Yoyo Fruit Rolls		18x20g	8.30	0.61	760229
☐	Mango Yoyo Fruit Rolls		18x20g	8.30	0.61	760226
☐	Raspberry Yoyo Fruit Rolls		18x20g	8.30	0.61	760230
☐	Strawberry Yoyo Fruit Rolls		18x20g	8.30	0.61	760235

Bear - Yoyos - Multipacks						
15% off list January and February						
☐	Multipack Apple Yoyo Fruit Rolls		6x5x20g	12.50	2.78	760245
☐	Multipack Blackcurrant Yoyo Fruit Rolls		6x5x20g	12.50	2.78	760246
☐	Multipack Mango Yoyo Fruit Rolls		6x5x20g	12.50	2.78	760247
☐	Multipack Raspberry Yoyo Fruit Rolls		6x5x20g	12.50	2.78	760248
☐	Multipack Strawberry Yoyo Fruit Rolls		6x5x20g	12.50	2.78	760250

Bonny Bite						
15% off list January and February						
☐	Crunchy & Puffed Apple	organic	6x18g	11.25	2.50	750210
☐	Crunchy & Puffed Melon	organic	6x18g	11.25	2.50	750212
☐	Crunchy & Puffed Strawberries	organic	6x18g	11.25	2.50	750213
☐	Crunchy & Puffed Veg Medley	organic	6x18g	11.25	2.50	750214
☐	Dried Kiwi	organic	6x40g	11.25	2.50	750215
☐	Dried Melon	organic	6x40g	11.25	2.50	750216
☐	Dried Watermelon	organic	6x40g	11.25	2.50	750217

DJ&A - Freeze Dried Fruit						
15% off list January and February						
☐	Freeze Dried Mango - New!		10x35g	21.15	2.82	765321
☐	Freeze Dried Strawberries - New!		10x25g	18.35	2.45	765323
☐	Freeze Dried Yellow Peach, Lychee & Strawberries		10x35g	21.15	2.82	765327

Hu Chocolate bars - organic gluten-free FairTrade						
20% off list January and February						
☐	Almond Butter + Crispy Quinoa Dark Choc Bar	organic	12x60g	23.05 V	3.20	764130
☐	Cashew Butter + Pure Vanilla Dark Choc Bar	organic	12x60g	23.05 V	3.20	764131
☐	Crunchy Mint Dark Chocolate Bar	organic	12x60g	23.05 V	3.20	764134
☐	Hazelnut Butter Dark Chocolate Bar	organic	12x60g	23.05 V	3.20	764136
☐	Salty Dark Chocolate Bar	organic	12x60g	23.05 V	3.20	764138
☐	Simple Dark Chocolate Bar	organic	12x60g	23.05 V	3.20	764140
☐	Vanilla Crunch Dark Chocolate Bar	organic	12x60g	23.05 V	3.20	764141

Montezuma's - Milk Chocolate (the dark side)						
15% off list January and February						
☐	Darkside - Dark/Milk Chocolate	organic	12x90g	22.25 V	3.01	766264
☐	Splotch - Dark Milk Butterscotch	organic	12x90g	22.25 V	3.01	766262

Montezuma's Dark Chocolate						
15% off list January and February						
☐	Dark Chocolate Bar - Chilli Bonkers	organic	12x90g	22.25 V	3.01	766286
☐	FitzRoy - Very Dark Chocolate	organic	12x90g	22.25 V	3.01	766289
☐	Happy Hippy - Dark Chocolate Orange & Geraniuorganic		12x90g	22.25 V	3.01	766301
☐	Royal Mint - Dark Chocolate	organic	12x90g	22.25 V	3.01	766302

Montezuma's Milk Chocolate						
15% off list January and February						
☐	Hot Pickle - Milk Chocolate Chilli & Lime	organic	12x90g	22.25 V	3.01	766266
☐	Smooth Operator - Milk Chocolate	organic	12x90g	22.25 V	3.01	766261

Montezuma's Non-Organic Chocolate						
15% off list January and February						
☐	Absolute Black - 100% Cocoa		12x90g	22.25 V	3.01	766215
☐	Absolute Black with Almonds - 100%		12x90g	22.25 V	3.01	766217
☐	Absolute Black with Orange & Cocoa Nibs - 100%		12x90g	22.25 V	3.01	766218

☐	Black Forest Cherry		12x90g	22.25 V	3.01	766241
☐	Lordy Lord - Dark with Cocoa Nibs		12x90g	22.25 V	3.01	766244
☐	Minted - Milk with Crunchy Peppermint		12x90g	22.25 V	3.01	766246
☐	Sea Dog - Dark with Lime & Sea Salt		12x90g	22.25 V	3.01	766248
☐	Spice It Up - Dark with Ginger		12x90g	22.25 V	3.01	766249

Montezuma's White Chocolate

15% off list January and February

☐	Great White Chocolate	organic	12x90g	22.25 V	3.01	766267
--------------------------	-----------------------	---------	--------	---------	------	---------------

Nakd - Multipack Bars

20% off list January and February

☐	Multipack Cocoa Orange Raw Wholefood Bar		12x4x35g	21.45 V	2.86	766815
--------------------------	--	--	----------	---------	------	---------------

Nakd - Protein Bars and Fibre Bars

20% off list January and February

☐	Fruit & Fibre - Apple & Cinnamon		16x44g	11.90 V	1.19	766629
☐	Fruit & Fibre - Strawberry & Raspberry		16x44g	11.90 V	1.19	766631
☐	Protein Caramel Bar		16x45g	11.90 V	1.19	766633
☐	Protein Cocoa Hazelnut Bar		16x45g	11.90 V	1.19	766634
☐	Protein Peanut Butter Bar		16x45g	11.90 V	1.19	766637

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

20% off list January and February

☐	Bakewell Tart Raw Wholefood Bar		18x35g	10.10 V	0.90	766647
☐	Berry Delight Raw Wholefood Bar		18x35g	10.10 V	0.90	766648
☐	Blueberry Muffin Raw Wholefood Bar		18x35g	10.10 V	0.90	766644
☐	Cashew Cookie Raw Wholefood Bar		18x35g	10.10 V	0.90	766650
☐	Cocoa Delight Raw Wholefood Bar		18x35g	10.10 V	0.90	766651
☐	Cocoa Orange Raw Wholefood Bar		18x35g	10.10 V	0.90	766652
☐	Lemon Drizzle		18x35g	10.10 V	0.90	766659
☐	Peanut Delight Raw Wholefood Bar		18x35g	10.10 V	0.90	766656
☐	Salted Caramel Raw Wholefood Bar		18x35g	10.10 V	0.90	766664

Oatopia vegan flapjacks

15% off list January and February

☐	Almond Bakewell Oat Bake		15x60g	12.70	1.13	766977
☐	Dark Chocolate & Raspberry Oat Bake - New!		15x60g	13.55	1.20	766982
☐	Original Oat Bake		15x60g	12.70	1.13	766978
☐	Peanut Butter Oat Bake		15x60g	12.70	1.13	766979
☐	Salted Caramel Oat Bake		15x60g	12.70	1.13	766981

Ombar - Oat M'lk chocolate bars

15% off list January and February

☐	Blonde caramelised white choco bar	organic	10x70g	18.85 V	3.01	765783
☐	Oat M'lk Hazelnut - chocolate	organic	10x70g	15.75 V	2.52	765752
☐	Oat M'lk Smooth & Creamy - chocolate	organic	10x70g	15.75 V	2.52	765756

Ombar - raw chocolate bars & buttons

15% off list January and February

☐	100% Cacao - large	organic	10x70g	18.85 V	3.02	765787
☐	Coco Almond Chocolate - large	organic	10x70g	18.85 V	3.02	765784
☐	Coco Mylk Chocolate - large	organic	10x70g	18.85 V	3.02	765786
☐	Coconut & Vanilla Centres Chocolate - large	organic	10x70g	18.85 V	3.02	765790
☐	Dark 72% Chocolate - large	organic	10x70g	18.85 V	3.02	765788
☐	Dark 90% Chocolate - large	organic	10x70g	18.85 V	3.02	765789
☐	Hazelnut Truffle Centres Chocolate - large	organic	10x70g	18.85 V	3.02	765791
☐	Pistachio Centres Chocolate - large	organic	10x70g	18.85 V	3.02	765792
☐	Raspberry & Coconut Centres Choc - large	organic	10x70g	18.85 V	3.02	765794
☐	Salt & Nibs Chocolate - large	organic	10x70g	18.85 V	3.02	765796

Ricola

15% off list January and February

☐	Blackcurrant with Stevia - box		20x45g	16.90 V	1.35	737763
☐	Cherry Cough Drops with Stevia - bag		12x70g	10.55 V	1.41	767758
☐	Cough Drops Honey Lemon Echinacea - bag		12x75g	10.55 V	1.41	767762
☐	Delicious Elderflower with Stevia - box		20x45g	16.90 V	1.35	767764
☐	Glacier Peppermint with Stevia - box - New!		20x45g	16.90 V	1.35	767769
☐	Luxurious Liquorice with Stevia - box		20x45g	16.90 V	1.35	767766

☐	Original Swiss Herb Soothe & Clear - bag		12x75g	10.55 V	1.41	767760
☐	Raspberry Mint with Stevia - box		20x45g	16.90 V	1.35	767765
☐	Refreshing Lemon Mint with Stevia - box		20x45g	16.90 V	1.35	767767
☐	Tasty Cranberry with Stevia - box		20x45g	16.90 V	1.35	767768
☐	The Original with Stevia - box		20x45g	16.90 V	1.35	767770

Trek Bars - vegan - gluten-free

20% off list January and February

☐	Biscoff Power		16x55g	19.25 V	1.96	766681
--------------------------	---------------	--	--------	---------	------	---------------

Trek High Protein Low Sugar bars - vegan

20% off list January and February

☐	Biscoff High Protein bar - reduced sugar		12x55g	17.30 V	2.37	766691
☐	Choc Caramel High Protein bar - low sugar		12x55g	17.30 V	2.37	766694
☐	Choc Peanut Butter High Protein bar - low sugar		12x55g	17.30 V	2.37	766696

Trek Protein Flapjacks - vegan

20% off list January and February

☐	Biscoff Protein Flapjack		16x50g	12.30 V	1.27	766781
☐	Cocoa Coconut Protein Flapjack		16x50g	12.30 V	1.27	766782
☐	Cocoa Oat Protein Flapjack		16x50g	12.30 V	1.27	766785
☐	Original Oat Protein Flapjack		16x50g	12.30 V	1.27	766795
☐	Salted Caramel Protein Flapjack		16x50g	12.30 V	1.27	766796
☐	Smooth Lemon Protein Flapjack		16x50g	12.30 V	1.27	766794
☐	White Chocolate & Raspberry Protein Flapjack		16x50g	12.30 V	1.27	766809

Condiments, Stocks, Salt & Miscellaneous Foods

Kallo

15% off list January and February

☐	Vegetable Broth	organic	12x500ml	27.35	3.04	793096
--------------------------	-----------------	---------	----------	-------	------	---------------

Suma

20% off list January and February

☐	Aquafaba - jar	organic	6x750ml	25.10	5.58	795338
☐	Aquafaba - jar	organic	6x250ml	9.95	2.21	795339

Supplementary Foods

Kaapa Mushrooms

20% off list January and February

☐	Cordyceps Mushroom Tincture	organic	1x50ml	12.90 V	22.11	855376
☐	Lion's Mane Extract Powder	organic	1x30g	16.15 V	27.69	855375
☐	Lion's Mane Cognitive Function Elixir - New!	organic	1x50ml	15.25 V	26.14	855379
☐	Lion's Mane Mushroom Tincture	organic	1x50ml	12.90 V	22.11	855377
☐	Reishi Mushroom Tincture	organic	1x50ml	12.90 V	22.11	855378

Taka Turmeric Capsules

15% off list January and February

☐	Immune Support - 90 capsules	organic	1x1jar	9.50 V	17.02	858964
☐	Joint Care - 90 capsules	organic	1x1jar	9.50 V	17.04	858963
☐	Turmeric & Black Pepper - 120 capsules	organic	1x1jar	8.50 V	15.25	858962
☐	Turmeric & Black Pepper - 60 capsules	organic	1x1jar	5.70 V	10.27	858961

Kitchen & Household Goods

Ecoleaf - by Suma

20% off list January and February

☐	Bulk EcoLeaf Toilet Tissue		6x12roll	25.90 V	6.91	910998
☐	EcoLeaf Kitchen Towels		10x2roll	19.15 V	3.06	911011

Household & Industrial Cleaning Products

Ecoleaf - Vegan

15% off list January and February

☐	Dishwasher Tablets 25		6x25tab	18.15 V	4.85	831400
☐	Dishwasher Tablets 70		5x70tab	37.45 V	12.05	831402
☐	Fabric Conditioner - Jasmine		20l	26.30 V	1.32	831414
☐	Laundry Liquid - Jasmine		20l	44.10 V	2.21	831428

✱ new product ☐ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

☐	Multi Surface Cleaner - antibac - citrus & petitgrain	20l	26.20 V	1.31	831429
☐	Toilet Cleaner - Fresh Green	20l	25.70 V	1.29	831436
☐	Washing Powder Concentrated - non bio	10kg	23.40 V	2.34	831424
☐	Washing Up Liquid - Citrus Fruit	20l	25.30 V	1.27	831430

Ecover - Zero range

20% off list January and February

☐	All in One Zero Dishwasher Tablets - small	12x24p	47.40 V	6.32	831604
☐	Zero Washing Up Liquid	8x450ml	9.35 V	1.87	831603

Ecover - Zero range

15% off list January and February

☐	Wash Up Liquid - Zero	1x5l	9.85 V	15.76	831622
--------------------------	-----------------------	------	--------	-------	---------------

Ecover Bag-in-Box Refill Station

15% off list January and February

☐	Wash Up Liquid - Chamomile & Clementine	15l	23.00 V	1.53	832175
☐	Wash Up Liquid - Lemon & Aloe Vera	15l	23.00 V	1.53	832170

Ecover Washing up

20% off list January and February

☐	All in One Dishwasher Tablets - large	4x72p	42.10 V	16.85	831982
☐	All in One Dishwasher Tablets - small	12x24p	47.40 V	6.32	831981
☐	Classic Dishwash Tablets - large	5x70x20g	42.35 V	13.55	832002
☐	Classic Dishwash Tablets - small	6x25x20g	21.80 V	5.81	832005
☐	Dishwash Rinse Aid	8x450ml	15.10 V	3.02	832010
☐	Power All in One Dishwasher Tablets - large	4x72p	46.30 V	18.53	831984
☐	Power All in One Dishwasher Tablets - small	12x24p	53.70 V	7.16	831983
☐	Wash Up Liquid - Chamomile & Clementine	8x950ml	16.90 V	3.38	832116
☐	Wash Up Liquid - Chamomile & Clementine	8x450ml	9.35 V	1.87	832121
☐	Wash Up Liquid - Lemon & Aloe Vera	8x950ml	16.90 V	3.38	832126
☐	Wash Up Liquid - Lemon & Aloe Vera	8x450ml	9.35 V	1.87	832129

Ecover Washing up

15% off list January and February

☐	5l Wash Up Liquid - Lemon & Aloe Vera	1x5l	9.65 V	15.44	832124
☐	Wash Up Liquid - Chamomile & Clementine	1x5l	9.85 V	15.76	832110

Ocean Saver

20% off list January and February

☐	Bio Laundry Detergent Sheets - 30 Pack	10x30sheets	34.90 V	5.58	833300
☐	Bio Laundry Detergent Sheets - 60 Pack	10x60sheets	65.00 V	10.40	833305
☐	Bio Laundry EcoCaps - 30 Pack	5x30caps	24.95 V	7.98	833310
☐	Non-Bio Laundry Detergent Sheets - 30 Pack	10x30sheets	34.90 V	5.58	833315
☐	Non-Bio Laundry Detergent Sheets - 60 Pack	10x60sheets	65.00 V	10.40	833320
☐	Non-Bio Laundry EcoCaps - 30 Pack	5x30caps	24.95 V	7.98	833325

Toiletries & Natural Remedies

Alter/Native - vegan bodywash liquid - by Suma

10% off list January and February

☐	Coconut & Argan Oil Bodywash	20l	89.10 V	4.46	850160
☐	Tea Tree & Aloe Vera Bodywash	20l	89.10 V	4.46	850150

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

20% off list January and February

☐	Coconut & Argan Oil Conditioner - normal/dry hair	1x5l	24.80 V	39.68	850192
☐	Coconut & Argan Oil Shampoo - normal/dry hair	1x5l	24.80 V	39.68	850186
☐	Tea Tree & Aloe Vera Conditioner - normal/oily hair	1x5l	24.80 V	39.68	850176
☐	Tea Tree & Aloe Vera Shampoo - normal/oily hair	1x5l	24.80 V	39.68	850170

Ecoleaf - vegan

15% off list January and February

☐	Liquid Hand Soap - Grapefruit & Mandarin	20l	35.80 V	1.79	851040
--------------------------	--	-----	---------	------	---------------

Faith in Nature refill body wash

25% off list January and February

☐	Bulk Aloe Vera Body Wash	5l	22.50 V	4.50	853560
☐	Bulk Coconut Body Wash	5l	22.50 V	4.50	853562
☐	Bulk Dragon Fruit Body Wash	5l	22.50 V	4.50	853561
☐	Bulk Fragrance Free Body Wash	5l	22.50 V	4.50	856564
☐	Bulk Grapefruit & Orange Body Wash	5l	22.50 V	4.50	853563
☐	Bulk Lavender & Geranium Body Wash	5l	22.50 V	4.50	853565
☐	Bulk Wild Rose Body Wash	5l	22.50 V	4.50	853571

Faith in Nature refill conditioners

25% off list January and February

☐	Bulk Aloe Vera Conditioner	5l	26.95 V	5.39	853550
☐	Bulk Coconut Conditioner	5l	26.95 V	5.39	853552
☐	Bulk Dragonfruit Conditioner	5l	26.95 V	5.39	853551
☐	Bulk Fragrance Free Conditioner	5l	26.95 V	5.39	853556
☐	Bulk Grapefruit & Orange Conditioner	5l	26.95 V	5.39	853554
☐	Bulk Jojoba Conditioner	5l	26.95 V	5.39	853553
☐	Bulk Lavender & Geranium Conditioner	5l	26.95 V	5.39	853555
☐	Bulk Wild Rose Conditioner	5l	26.95 V	5.39	853569

Faith in Nature refill hand & body lotion

25% off list January and February

☐	Bulk Coconut Hand & Body Lotion	5l	29.25 V	5.85	853480
☐	Bulk Grapefruit & Orange Hand & Body Lotion	5l	29.25 V	5.85	853484
☐	Bulk Lavender & Geranium Hand & Body Lotion	5l	29.25 V	5.85	853486

Faith in Nature refill hand wash

25% off list January and February

☐	Bulk Hand Wash - Coconut	5l	22.50 V	4.50	853513
☐	Bulk Hand Wash - Dragonfruit	5l	22.50 V	4.50	853514
☐	Bulk Hand Wash - Grapefruit & Orange	5l	22.50 V	4.50	853517
☐	Bulk Hand Wash - Lavender & Geranium	5l	22.50 V	4.50	853535
☐	Bulk Hand Wash - Wild Rose	5l	22.50 V	4.50	853564

Faith in Nature refill shampoos

25% off list January and February

☐	Bulk Aloe Vera Shampoo	5l	26.95 V	5.39	853540
☐	Bulk Coconut Shampoo	5l	26.95 V	5.39	853542
☐	Bulk Dragonfruit Shampoo	5l	26.95 V	5.39	853544
☐	Bulk Fragrance Free Shampoo	5l	26.95 V	5.39	853546
☐	Bulk Grapefruit & Orange Shampoo	5l	26.95 V	5.39	853541
☐	Bulk Jojoba Shampoo	5l	26.95 V	5.39	853543
☐	Bulk Lavender & Geranium Shampoo	5l	26.95 V	5.39	853545
☐	Bulk Wild Rose Shampoo	5l	26.95 V	5.39	853566

changes

Cereal Grains

Bulk Organic Cereal Grains

▲	British White Quinoa Grain - gluten-free	organic	25kg	135.85	5.43	10588
▲	British White Quinoa Grain - gluten-free	organic	5kg	29.00	5.80	10589
▲	Buckwheat Groats	organic	5kg	12.85	2.57	10530
▼	White Basmati Rice - Indian	organic	25kg	80.00	3.20	10625
▼	White Basmati Rice - Indian	organic	5kg	17.85	3.57	10627
▲	Wild Rice Mix	organic	25kg	120.25	4.81	10657
▲	Wild Rice Mix	organic	2.5kg	13.85	5.54	10660

Infinity - Pre-Packed Organic Cereal Grains

▲	British White Quinoa Grain - gluten-free	organic	6x450g	17.70	3.93	1125
▲	White Basmati Rice - Indian	organic	6x500g	12.60	2.80	1165
▼	White Basmati Rice - Indian	organic	6x1kg	22.20	4.93	1167
▲	Wild Rice Mix	organic	6x500g	17.75	3.94	1185

✱ new product ☐ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

Flours & Baking Requisites									
Bulk Flour									
☆	Chickpea Flour - gluten-free	organic	20kg	54.40	2.72			4	1016
Doves Farm - baking requisites									
◆	Baking Powder - gluten-free		5x130g	6.95	1.85			4	1203
◆	Bicarbonate of Soda - gluten-free		5x200g	6.35	1.69			4	1208
◆	Corn Starch Flour - gluten-free	organic	5x110g	8.25	2.20			4	1212
Freee - from Doves Farm - non-organic									
◆	Gluten-free Brown Bread Flour		5x1kg	11.85	3.16			5	1080
◆	Gluten-free Plain White Flour		5x1kg	11.25	3.00			5	1075
◆	Gluten-free Self-Raising White Flour		5x1kg	11.25	3.00			5	1077
◆	Gluten-free White Bread Flour		5x1kg	11.25	3.00			5	1082
◆	Gram Flour - gluten-free		5x1kg	11.25	3.00			5	1047
◆	Rice Flour (brown & white) - gluten-free		5x1kg	9.20	2.45			5	1037
◆	Wholegrain Buckwheat Flour - gluten-free		5x1kg	18.75	5.00			5	1044
Breakfast Cereals & Cereal Flakes									
Bulk Organic Cereal Flakes									
▲	Millet Flakes	organic	5kg	16.85	3.37			2	0513
▲	Millet Flakes - gluten-free	organic	20kg	60.00	3.00			2	0512
▼	Quinoa Flakes	organic	5kg	32.85	6.57			2	0527
▼	Quinoa Flakes - gluten-free	organic	25kg	155.00	6.20			2	0526
Infinity - Pre-Packed Organic Gluten-free Cereal Flakes									
▲	Millet Flakes - gluten-free	organic	6x500g	13.05	2.90			2	013
▼	Quinoa Flakes - gluten-free	organic	6x500g	22.65	5.05			2	040
Infinity Foods - breakfast cereals									
▲	Vitality Muesli	organic	25kg	114.25	4.57			6	1910
▲	Vitality Muesli	organic	5kg	24.70	4.94			6	1915
Infinity - Pre-Packed Organic Breakfast Cereals									
▲	Vitality Muesli	organic	6x500g	16.80	3.73			4	042
▲	Vitality Muesli	organic	6x1kg	31.00	6.90			4	043
Biona									
◆	Choco-Coconut Granola	organic	6x375g	21.10	4.69			6	0402
◆	Granola Nutty Clusters Low Sugar	organic	6x375g	23.80	5.29			6	0403
◆	Honey & Hazel Crunch Granola	organic	6x375g	22.45	4.99			6	0405
◆	Porridge Oats	organic	6x500g	9.85	2.19			6	0416
◆	Pure Oaty Granola - wheat-free	organic	6x375g	18.40	4.09			6	0413
◆	Wild Berry Crisp Granola - boxed	organic	6x375g	25.60	5.69			6	0412
Community Foods									
▲	De Luxe Muesli - 16 natural ingredients		25kg	73.90	2.96			7	0515
Beans Peas and Pulses									
Bulk Organic Beans Peas and Pulses									
▲	Green Split Peas - Italy	organic	25kg	60.00	2.40			8	0530
▲	Green Split Peas - Italy	organic	5kg	13.85	2.77			8	0535
Infinity Pre-Packed Organic Beans Peas & Pulses									
▲	Green Split Peas - Italy	organic	6x500g	10.20	2.27			5	045
Nuts and Seeds									
Bulk Organic Nuts and Seeds									
▲	Almonds	organic	10kg	106.95	10.70			9	0515
▲	Almonds	organic	25kg	254.00	10.16			9	0516
▲	Almonds	organic	2.5kg	27.30	10.92			9	0520
▲	Black Sesame Seeds - whole	organic	25kg	99.95	4.00			9	0587
▲	Black Sesame Seeds - whole	organic	3kg	13.85	4.62			9	0588
▲	Blanched Almonds	organic	10kg	120.95	12.10			9	0517
▲	Blanched Almonds	organic	2.5kg	32.10	12.84			9	0518
▲	Brazil Nuts	organic	2.5kg	52.45	20.98			9	0523
▲	Chia Seeds	organic	25kg	136.75	5.47			9	0527
▲	Chia Seeds	organic	2kg	12.80	6.40			9	0528
▲	Flaked Almonds	organic	10kg	119.95	12.00			9	0511
▲	Flaked Almonds	organic	2.5kg	31.85	12.74			9	0512
▲	Fruit & Nut Mix	organic	3kg	31.60	10.53			9	0557
▲	Ground Almonds	organic	10kg	117.95	11.80			9	0513
▲	Ground Almonds	organic	2.5kg	31.35	12.54			9	0514
▲	Hazelnuts	organic	10kg	215.25	21.53			9	0535
▲	Hazelnuts	organic	2.5kg	55.65	22.26			9	0540
▲	Hazelnuts	organic	25kg	535.15	21.41			9	0551
▲	Hemp Seeds - whole	organic	20kg	113.65	5.68			9	0542
▲	Hemp Seeds - whole	organic	5kg	30.25	6.05			9	0543
▲	Hulled Hemp Seeds	organic	20kg	188.25	9.41			9	0502
▲	Hulled Hemp Seeds	organic	5kg	48.90	9.78			9	0503
▲	Nut Mix	organic	25kg	327.50	13.10			9	0534
▲	Nut Mix	organic	2.5kg	34.60	13.84			9	0554
▲	Pine Kernels	organic	25kg	809.45	32.38			9	0562
▲	Pine Kernels	organic	1kg	34.20	34.20			9	0565
▲	Pine Kernels	organic	5kg	163.75	32.75			9	0568
▲	Roast Whole Hazelnuts	organic	25kg	672.50	26.90	V		9	0541
▲	Three Seed Mix - sunflower, pumpkin, pine	organic	3kg	19.70	6.57			9	0574
▲	Walnut Halves - Light	organic	10kg	97.25	9.73			9	0591
▲	Walnut Halves - Light	organic	2.5kg	26.20	10.48			9	0594
▲	Walnut Light Pieces	organic	10kg	83.50	8.35			9	0595
▲	Walnut Light Pieces	organic	2.5kg	22.70	9.08			9	0600
Infinity Pre-Packed Organic Nuts & Seeds									
▲	Almonds	organic	6x125g	10.70	2.38			6	015
▲	Almonds	organic	6x250g	18.35	4.08			6	020
▲	Almonds	organic	6x500g	33.60	7.48			6	025
▲	Almonds	organic	6x1kg	64.15	14.27			6	026
▲	Black Sesame Seeds - whole	organic	6x250g	9.05	2.01			6	128
▲	Blanched Almonds	organic	6x125g	12.15	2.70			6	017
▲	Blanched Almonds	organic	6x250g	21.20	4.72			6	018
▼	Cashews Whole	organic	6x250g	14.70	3.27			6	042
▼	Cashews Whole	organic	6x500g	26.35	5.86			6	043
▼	Cashews Whole	organic	6x1kg	49.65	11.03			6	051
▲	Chia Seeds	organic	6x250g	11.30	2.51			6	052
▲	Chia Seeds	organic	6x500g	19.50	4.33			6	053
▲	Flaked Almonds	organic	6x125g	12.05	2.68			6	011
▲	Flaked Almonds	organic	6x250g	21.05	4.69			6	012
▲	Fruit & Nut Mix	organic	6x250g	17.95	3.99			6	047
▲	Ground Almonds	organic	6x250g	20.75	4.62			6	014
▲	Ground Almonds	organic	6x500g	38.70	8.60			6	016
▲	Hazelnuts	organic	6x125g	19.15	4.26			6	045
▲	Hazelnuts	organic	6x250g	35.20	7.82			6	050
▲	Hazelnuts	organic	6x500g	67.30	14.96			6	055
▲	Hemp Seeds - whole	organic	6x250g	11.60	2.58			6	058
▲	Hulled Hemp Seeds	organic	6x125g	10.15	2.26			6	054
▲	Hulled Hemp Seeds	organic	6x250g	17.20	3.83			6	057
▲	Nut Mix	organic	6x250g	22.70	5.06			6	080
▲	Nut Mix	organic	6x500g	42.35	9.42			6	082
▲	Pine Kernels	organic	6x125g	27.35	6.10			6	095
▲	Pine Kernels	organic	6x250g	51.65	11.48			6	097
▲	Roast Whole Hazelnuts	organic	6x125g	26.90	7.17	V		6	056
▲	Three Seed Mix - sunflower, pumpkin, pine	organic	6x250g	12.00	2.67			6	113
▲	Walnut Halves - Light	organic	6x125g	10.35	2.30			6	160
▲	Walnut Halves - Light	organic	6x250g	17.65	3.93			6	165
▲	Walnut Halves - Light	organic	6x500g	32.25	7.17			6	167
▲	Walnut Light Pieces	organic	6x125g	9.35	2.08			6	145
▲	Walnut Light Pieces	organic	6x250g	15.60	3.47			6	150
▲	Walnut Light Pieces	organic	6x500g	28.10	6.24			6	155
Bulk Nuts and Seeds									
▲	Cashews - large pieces		22.68kg	135.50	5.97			9	1070
▲	Cashews - large pieces		5kg	31.70	6.34			9	1075
▼	Macadamia Nuts - raw		5kg	61.60	12.32			9	1146
▼	Macadamia Nuts - raw		11.34kg	135.50	11.95			9	1147
▼	Macadamia Nuts - raw		1kg	13.80	13.80			9	1148

<i>Infinity Pre-Packed Nuts & Seeds</i>					
▲	Cashews - large pieces	6x250g	12.05	2.68	6 6 2 0
▲	Cashews - large pieces	6x500g	21.00	4.67	6 6 2 5
▲	Chia Seeds	6x250g	9.60	2.13	6 7 0 5
▲	Chia Seeds	6x500g	16.15	3.59	6 7 1 0
▼	Macadamia Nuts - raw	6x125g	12.05	2.68	6 8 2 8
▲	Pecans Halves	6x125g	14.15	3.14	6 8 3 0
▲	Pecans Halves	6x250g	25.20	5.60	6 8 3 5

<i>Biona</i>					
▲	Hemp Seeds - whole	organic 8x250g	17.90	2.99	9 0 7 1 5

Dried Fruit

<i>Bulk Organic Dried Fruit</i>					
▼	Apricots Whole	organic 12.5kg	165.45	13.24	1 0 0 5 1 0
▼	Apricots Whole	organic 5kg	68.05	13.61	1 0 0 5 1 5
▼	Chopped Apricots	organic 10kg	97.20	9.72	1 0 0 5 1 7
▼	Chopped Apricots	organic 1kg	11.55	11.55	1 0 0 5 1 8
▲	Currants	organic 12.5kg	91.95	7.36	1 0 0 5 2 0
▲	Currants	organic 5kg	38.65	7.73	1 0 0 5 2 5
▼	Figs	organic 10kg	95.95	9.60	1 0 0 5 3 9
▼	Figs	organic 5kg	49.85	9.97	1 0 0 5 4 0
▼	Goji Berries	organic 10kg	108.00	10.80	1 0 0 5 4 3
▼	Goji Berries	organic 1kg	12.65	12.65	1 0 0 5 4 5
▲	Golden Berries	organic 20kg	390.40	19.52	1 0 0 5 4 1
▲	Golden Berries	organic 1kg	17.45	17.45	1 0 0 5 4 2
▲	Mango Strips - Burkina Faso	organic 2kg	23.60	11.80	1 0 0 5 6 9
▲	Mixed Vine Fruit	organic 5kg	33.75	6.75	1 0 0 5 4 8
▼	Raisins - s/f oil dressed	organic 12.5kg	69.50	5.56	1 0 0 5 6 0
▼	Raisins - s/f oil dressed	organic 5kg	29.65	5.93	1 0 0 5 6 5
▲	Sultanas - s/f oil dressed	organic 12.5kg	70.50	5.64	1 0 0 5 7 0
▲	Sultanas - s/f oil dressed	organic 5kg	28.65	5.73	1 0 0 5 7 5

<i>Infinity Pre-Packed Organic Dried Fruit</i>					
▼	Apricots Whole	organic 6x350g	31.90	7.09	7 0 1 0
▼	Apricots Whole	organic 6x500g	43.80	9.73	7 0 1 5
▼	Apricots Whole	organic 6x1kg	83.50	18.56	7 0 2 0
▼	Chopped Apricots	organic 6x250g	18.65	4.14	7 0 2 2
▲	Currants	organic 6x250g	15.10	3.36	7 0 2 5
▲	Currants	organic 6x500g	26.15	5.81	7 0 3 0
▼	Figs	organic 6x350g	24.25	5.39	7 0 5 0
▼	Figs	organic 6x500g	32.85	7.30	7 0 5 5
▼	Figs	organic 6x1kg	61.65	13.70	7 0 6 0
▼	Goji Berries	organic 6x125g	12.15	2.70	7 0 6 4
▼	Goji Berries	organic 6x250g	20.25	4.50	7 0 6 5
▲	Golden Berries	organic 6x250g	27.50	6.12	7 0 6 9
▲	Mixed Vine Fruit	organic 6x250g	13.65	3.03	7 0 6 2
▲	Mixed Vine Fruit	organic 6x500g	23.20	5.16	7 0 6 3
▼	Raisins	organic 6x250g	12.40	2.76	7 0 9 5
▼	Raisins	organic 6x500g	20.75	4.61	7 1 0 0
▼	Raisins	organic 6x1kg	37.45	8.32	7 1 0 5
▲	Sultanas	organic 6x250g	12.55	2.79	7 1 1 0
▲	Sultanas	organic 6x500g	21.00	4.67	7 1 1 5
▲	Sultanas	organic 6x1kg	37.90	8.42	7 1 2 0

<i>Bulk Dried Fruit</i>					
▲	Apricots Whole Yellow - SO2	12.5kg	145.00	11.60	1 0 1 0 3 5
▲	Apricots Whole Yellow - SO2	5kg	59.85	11.97	1 0 1 0 4 0
▲	Banana Chips	6.8kg	23.45	3.45	1 0 1 0 5 5
▲	Dates Chopped - some pips	10kg	25.00	2.50	1 0 1 0 7 5
▼	Dates Pitted	10kg	14.60	1.46	1 0 1 0 9 2
▼	Dates Pitted	5kg	9.15	1.83	1 0 1 0 9 3
☆	Prunes - Pitted	12.5kg	50.00	4.00	1 0 1 1 9 5

<i>Infinity Pre-Packed Dried Fruit</i>					
▲	Apricots Whole Yellow - SO2	6x250g	21.45	4.77	7 5 3 0
▲	Apricots Whole Yellow - SO2	6x500g	38.85	8.63	7 5 3 5
▼	Dates Pitted	6x250g	6.25	1.39	7 6 1 2
▼	Dates Pitted	6x500g	8.45	1.88	7 6 1 3

<i>Crazy Jack</i>					
▲	Apricots - Ready-to-Eat	organic 12x200g	52.50	5.83	1 0 0 7 8 2

Herbs and Spices

<i>Organic Herb Trading</i>					
▼	Cinnamon Powder	organic 1kg	19.10		9 9 3 0 2 0
▼	Garam Masala Powder	organic 1kg	29.90		9 9 3 0 3 9
▼	Mixed Spice Powder	organic 1kg	31.80		9 9 3 0 6 0
▲	Mustard Seed Brown	organic 1kg	25.25		9 9 3 0 6 5
▲	Star Anise	organic 1kg	46.00		9 9 3 1 2 2

Pasta

<i>Mr Organic - pasta</i>					
▲	White Fusilli	organic 12x500g	22.40	2.49	1 3 1 5 4 5
▲	White Penne Rigate	organic 12x500g	22.40	2.49	1 3 1 5 4 7
▲	White Spaghetti	organic 12x500g	22.40	2.49	1 3 1 5 4 8
▲	White Tagliatelle	organic 12x500g	22.40	2.49	1 3 1 5 4 9

Noodles

<i>Biona - vegan</i>					
◆	Asia Noodles - wheat	organic 8x250g	16.15	2.69	4 9 0 3 0 5

Bread, Rice Cakes, Crackers etc

<i>Amaizin - tortilla wraps and shells</i>					
▲	Extra Fibre Tortilla Wraps (6 wheat wraps)	organic 16x240g	35.80	2.98	1 6 9 8 0 7
▲	Soft Tortilla Wraps (6 wheat wraps)	organic 16x240g	35.80	2.98	1 6 9 8 0 5
<i>Biona - pizza bases</i>					
▲	Wheat Pizza Bases - 2 pack	organic 10x300g	23.15	3.09	1 7 0 1 0 5

<i>Nairn's</i>					
◆	Cheese Oatcakes	12x200g	19.25	2.14	1 7 4 7 1 5
◆	Fine Milled Oatcakes	12x218g	12.80	1.42	1 7 4 7 2 0
◆	Fruit and Seed Oatcakes	8x225g	12.85	2.14	1 7 4 7 2 3
◆	Rough Oatcakes	10x291g	11.60	1.55	1 7 4 7 1 7
◆	Scottish Oatcakes	organic 12x250g	17.00	1.89	1 7 4 7 0 5
◆	Super Seeded Oatcakes	organic 8x200g	12.85	2.14	1 7 4 7 1 2

Biscuits and Cakes

<i>Mr Organic - Italian organic vegan biscuits</i>					
▲	Cocoa Biscuits	organic 12x250g	23.30	2.59	1 8 2 3 6 0
▲	Digestive Biscuits With Chocolate Chips	organic 12x250g	25.10	2.79	1 8 2 3 5 9
▲	Orange Biscuits with Cocoa Beans	organic 12x250g	26.90	2.99	1 8 2 3 6 4

Oils & Fats

<i>Biona Oils - not heat extracted</i>					
▲	Italian E.V. Olive Oil - 1l	organic 6x1l	98.95	21.99	2 0 0 4 2 7
▲	Italian E.V. Olive Oil - 500ml	organic 6x500ml	55.75	12.39	2 0 0 4 2 5
▲	Sesame Oil	organic 6x500ml	35.95	7.99	2 0 0 4 0 4

<i>Cocofina</i>					
◆	Coconut Butter - glass	organic 6x500g	30.60	6.80	2 0 0 5 4 7
◆	Coconut Oil Neutral & Odourless - glass	organic 6x500ml	21.80	4.84	2 0 0 5 4 6
◆	Virgin Coconut Oil - glass	organic 6x500ml	34.95	7.77	2 0 0 5 4 5

<i>Epikouros</i>					
▼	Can of Olive Oil - Extra Virgin - Greece	organic 1x5l	61.40	81.87	2 0 0 6 2 0

<i>Essential Trading - raw - virgin</i>					
▲	Coconut Oil - large	organic 6x690ml	57.05	12.68	2 0 0 6 3 0
▼	Coconut Oil - small	organic 6x210ml	22.00	4.89	2 0 0 6 3 2

<i>Farrington's Mellow Yellow Rapeseed Oil</i>					
▲	Mellow Yellow Balsamic Vinegar Dressing	6x250ml	16.15	3.59	2 0 0 6 3 4
▲	Mellow Yellow Blackberry Vinaigrette	6x250ml	16.15	3.59	2 0 0 6 3 9
▲	Mellow Yellow Chilli Oil	6x250ml	15.40	3.42	2 0 0 6 3 5

* new product ☐ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

▲	Mellow Yellow Classic Vinaigrette		6x250ml	16.15		3.59	200637
▲	Mellow Yellow Cold Pressed Rapeseed Oil		6x500ml	20.80		4.62	200633
▲	Mellow Yellow Honey & Mustard Dressing		6x250ml	16.15		3.59	200638
▲	Mellow Yellow Ultimate Chilli Dressing		6x250ml	16.15		3.59	200636

Forest Wholefoods - in glass

☆	Cold Pressed E.V. Coconut Oil	organic	6x500ml	37.30		8.31	200640
---	-------------------------------	---------	---------	-------	--	------	---------------

Infinity Foods

▼	Olive Oil - Extra Virgin - Greece - glass bottle	organic	6x500ml	42.70		9.48	201498
▼	Olive Oil - Extra Virgin - Greece - glass bottle	organic	6x1l	79.75		17.72	201500

Mr Organic - in glass

▲	Rapeseed Oil - cold pressed - gluten-free	organic	6x750ml	31.45		6.99	200955
---	---	---------	---------	-------	--	------	---------------

Truffle Hunter

▼	Black & White Truffle Oil Gift Set		6x200ml	61.60		13.69	211104
---	------------------------------------	--	---------	-------	--	-------	---------------

Nut Butter, Pâté, Spreads & Jam

Biona - Chocolate Spreads

▲	Chocolate Spread - vegan	organic	6x350g	25.60		5.69	250150
▲	Milk Chocolate Hazelnut Spread	organic	6x350g	28.75		6.39	250155

Essential - organic spreads

◆	Dark Chocolate Spread - vegan	organic	6x400g	24.30		5.40	250606
◆	Hazelnut Chocolate Spread - vegan	organic	6x400g	23.30		5.18	250608

Mr Organic Dips & Spreads

▲	Chocolate Hazel Spread - Vegan	organic	6x200g	22.90		5.09	252505
▲	Dark Chocolate Hazel Spread - Vegan	organic	6x200g	26.05		5.79	252507

Thursday Cottage - reduced sugar preserves

▲	Reduced Sugar Marmalade - Orange		6x315g	14.85		3.31	293382
---	----------------------------------	--	--------	-------	--	------	---------------

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

▲	Crunchy Hazelnut Chocolate Spread	organic	6x350g	24.70		5.50	253391
---	-----------------------------------	---------	--------	-------	--	------	---------------

Honey, Syrup, Sugar & Sweeteners

Biona - dehydrated nectar - low GI

▲	Coconut Palm Sugar - small	organic	8x250g	20.90		3.48	321255
---	----------------------------	---------	--------	-------	--	------	---------------

Biona Sweeteners - in squeeze bottles

◆	Agave Nectar - Dark syrup	organic	6x350g	18.85		4.19	310405
◆	Blackstrap Molasses	organic	6x350g	13.45		2.99	310406
◆	Maple Agave Syrup	organic	6x350g	25.60		5.69	310412
◆	Rice Syrup	organic	6x350g	19.75		4.39	310410
◆	Small Agave Nectar - Light syrup	organic	6x350g	17.95		3.99	310402

Olives, Pickles and Preserved Vegetables

Biona - in jars

▲	Cornichons (baby gherkins)	organic	6x330g	21.10		4.69	350615
▲	Gherkins Sweet Sour - large	organic	6x680g	25.60		5.69	350623
▲	Gherkins Sweet Sour - small	organic	6x350g	22.00		4.89	350620
▲	Sauerkraut - large	organic	6x680g	17.05		3.79	350627
▲	Sweetcorn - jar	organic	6x350g	11.20		2.49	350630

Mr Organic - antipasti - vegan

▲	Grilled Artichoke Antipasti	organic	5x190g	20.55		5.49	350430
▲	Grilled Peppers Antipasti	organic	5x190g	16.80		4.49	350434
▲	Sundried Tomatoes & Capers Antipasti	organic	5x190g	16.80		4.49	350438

Vinegars

Biona

▲	Balsamic Glaze	organic	12x150ml	37.70		4.19	370615
◆	Balsamic Vinegar	organic	6x500ml	22.45		4.99	370603
▲	Cider Vinegar - raw + the mother	organic	1x5l	12.65		16.89	370612
◆	Coconut Vinegar + the mother	organic	6x250ml	14.80		3.29	370614

Raw Vibrant Living (was Raw Health)

▲	Raw Apple Cider Vinegar	organic	6x500ml	15.70		3.49	371605
▲	Raw Apple Cider Vinegar	organic	12x1l	44.90		4.99	371608

Seggiano

☆	Balsamic Modena Vinegar	organic	6x250ml	23.65		5.26	371640
---	-------------------------	---------	---------	-------	--	------	---------------

Sauces, Fruit and Vegetable Products

Amaizin Mexican

▲	Jalapeno Peppers - jar	organic	6x170g	16.10		3.58	389890
▲	Taco Sauce Hot	organic	6x220g	14.15		3.14	389892
▲	Taco Sauce Mild	organic	6x220g	14.15		3.14	389894
▲	Taco Seasoning - packet	organic	12x27g	16.20		1.80	389886

Biona - Fruit Products

▲	Large Apple Purée - jar	organic	6x700g	16.60		3.69	390102
---	-------------------------	---------	--------	-------	--	------	---------------

Biona - Sauces. Mustards, Pastes, Relish

◆	Chilli Paste made with Amando Peppers	demeter	6x125g	17.95		3.99	390091
◆	Sriracha Chilli Sauce	organic	6x130ml	14.80		3.29	390184
▲	Tikka Masala Simmer Sauce	organic	6x350g	18.85		4.19	390190

Biona - Tomato Products

▲	Tomato Purée - jar	organic	6x200g	12.10		2.69	390135
---	--------------------	---------	--------	-------	--	------	---------------

Essential Trading

▲	Chopped Tomatoes	organic	12x400g	13.40		1.49	391235
▲	Coconut Milk	organic	3x3l	37.25		16.56	391220
▲	Tom Purée Tube Double Conc. - tube	organic	12x130g	22.40		2.49	391230

Essential Trading - canned - no added sugar

▼	Jackfruit (young chunks) in salted water	organic	6x400g	11.20		2.49	391207
▼	Jackfruit (young chunks) in salted water - large	organic	3x3kg	24.85		11.04	391208
▲	Mango Chunks in juice	organic	6x400g	15.20		3.38	391210
▼	Pineapple Chunks in juice	organic	6x400g	17.05		3.79	391213
▲	Tropical Fruits in juice	organic	6x400g	12.10		2.69	391215

Foresta Food - dried

▲	Chanterelle Forest Mushrooms		10x25g	34.65		4.62	393750
▲	Mixed Forest Mushrooms		10x25g	28.65		3.82	393752
▲	Porcini+ Forest Mushrooms		10x25g	32.20		4.29	393755
▲	Shiitake Forest Mushrooms		10x25g	28.65		3.82	393757

La Bio Idea

▲	Passata	organic	12x680g	22.35		2.48	391655
▲	Passata Basilico (with Basil)	organic	12x680g	23.65		2.63	391657
▲	Pesto Genovese - vegetarian	organic	12x130g	33.90		3.77	391665
▲	Pesto Rosso - vegan	organic	12x130g	33.90		3.77	391662
▲	Pesto Siciliano - vegetarian	organic	12x130g	33.90		3.77	391660
▲	Tomato Purée - cans	organic	6x890g	27.20		6.04	391672
▲	Tomato Purée - jar	organic	12x200g	18.70		2.08	391673
▲	Tomatoes - chopped in tins	organic	12x400g	15.05		1.67	391685
▲	Tomatoes - peeled in tins	organic	12x400g	15.20		1.69	391680

Mr Organic - Italy - canned - vegan

▲	Cherry Tomatoes - BPA-free	organic	12x400g	17.90		1.99	392125
▲	Chopped Tomatoes - BPA-free	organic	12x400g	14.30		1.59	392130
▲	Chopped Tomatoes -4 Pack	organic	6x4x400g	26.05		5.79	392128
▲	Peeled Tomatoes - BPA-free	organic	12x400g	14.30		1.59	392132

Mr Organic - Italy - vegan

▲	Basilico Pasta Sauce	organic	6x350g	14.80		3.29	392135
▲	Basilico Smooth Pasta Sauce	organic	6x350g	14.80		3.29	392172
▲	Bolognese Pasta Sauce	organic	6x350g	14.80		3.29	392137
▲	Bolognese Smooth Pasta Sauce	organic	6x350g	14.80		3.29	392173
▲	Capers & Olives Pasta Sauce - no added sugar	organic	6x350g	14.80		3.29	392152
▲	Cherry Tomato Pasta Sauce	organic	6x350g	14.80		3.29	392138
▲	Chilli Arrabbiata Pasta Sauce	organic	6x350g	14.80		3.29	392139
▲	Ketchup	organic	6x480g	16.15		3.59	392142
▲	Ketchup - Naturally sweetened (apple juice)	organic	6x480g	17.50		3.89	392148
▲	Kids' Veggie Pasta Sauce - carrot sweet potato	organic	6x200g	11.20		2.49	392187
▲	Kids' Veggie Pasta Sauce - tomato carrot	organic	6x200g	11.20		2.49	392188
▲	Passata - large	organic	12x690g	23.30		2.59	392143
▲	Passata - small	organic	6x400g	9.40		2.09	392144
▲	Passata - with chilli & garlic	organic	6x400g	11.65		2.59	392159
▲	Passata - with mixed herbs	organic	6x400g	11.65		2.59	392158

✱ new product ☐ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

▲	Passata Rustica	organic	12x690g	24.20	2.69	392145
▲	Passata With Fresh Basil	organic	12x690g	23.30	2.59	392153
▲	Roast Garlic Pasta Sauce - no added sugar	organic	6x350g	14.80	3.29	392151
▲	Tomato & Garlic Purée	organic	6x200g	11.20	2.49	392168
▲	Tomato & Pepper Purée	organic	6x200g	11.20	2.49	392169
▲	Tomato Purée - jar	organic	6x200g	11.20	2.49	392149

The Real Organic Foods Co - Indian - jars

▲	Jalfrezi Cooking Sauce	organic	6x350g	22.45	4.99	394230
▲	Korma Cooking Sauce	organic	6x350g	22.45	4.99	394235
▲	Rogan Josh Cooking Sauce	organic	6x350g	22.45	4.99	394240
▲	Tikka Balti Cooking Sauce	organic	6x350g	22.45	4.99	394245

The Real Organic Foods Co - Italian - jars

▲	Arrabbiata Pasta Sauce	organic	6x350g	19.75	4.39	394205
▲	Mushroom & Red Wine Pasta Sauce	organic	6x350g	19.75	4.39	394207
▲	Sicilian Tomato & Olive Pasta Sauce	organic	6x350g	19.75	4.39	394215
▲	Tomato, Pepper & Herb Pasta Sauce	organic	6x350g	19.75	4.39	394210

The Real Organic Foods Co - Thai - jars

▲	Thai Green Curry Sauce	organic	6x350g	23.70	5.29	394260
▲	Thai Red Curry Sauce	organic	6x350g	23.80	5.32	394265
▲	Thai Yellow Curry Sauce	organic	6x350g	23.80	5.32	394270

Convenience Foods

Amazin - cans

▲	Aduki Beans	organic	6x400g	8.85	1.97	440501
◆	Baked Beans	organic	6x400g	11.65	2.59	440503
▲	Black Beans	organic	6x400g	8.05	1.79	440505
◆	Mixed Beans with corn - small	organic	12x200g	14.30	1.59	440508
◆	Red Kidney Beans in Chilli Sauce	organic	6x400g	11.20	2.49	440510
◆	Taco Bean Mix - in spicy sauce	organic	6x400g	10.35	2.30	440511

Biona - beans in jars

▲	Black Beans	organic	6x350g	9.85	2.19	350608
▲	Chickpeas	organic	6x350g	9.40	2.09	390157
▲	Red Kidney Beans	organic	6x350g	10.30	2.29	390165

Biona - tinned beans & pulses

▲	Garden Peas Freshly Canned	organic	6x340g	10.75	2.39	390156
---	----------------------------	---------	--------	-------	------	---------------

La Bio Idea - cans

◆	Beluga Lentils - small	organic	12x200g	15.35	1.71	442661
▲	Borlotti Beans	organic	6x400g	8.35	1.86	442662
◆	Brown Lentils	organic	6x400g	8.10	1.80	442672
▲	Butter Beans	organic	6x400g	9.50	2.11	442665
◆	Cannellini Beans	organic	6x400g	8.10	1.80	442667
◆	Chickpeas	organic	6x400g	8.10	1.80	442670
◆	Fagioli Toscani	organic	6x400g	11.10	2.47	440512
▲	Green Dupuis Lentils	organic	6x400g	10.55	2.34	442673
▲	Mixed Beans	organic	6x400g	8.35	1.86	442675
◆	Red Kidney Beans	organic	6x400g	8.60	1.91	442677
◆	Red Kidney Beans - small	organic	12x200g	13.20	1.47	442678

Mr Organic - gnocchi & filled pasta - vegan

▲	Gnocchi - gluten-free	organic	8x350g	23.90	3.99	442800
▲	Porcini Tortellini	organic	10x250g	32.15	4.29	442804
▲	Vegetable Tortellini	organic	10x250g	32.15	4.29	442806

Mr Organic - ring-pull cans

▲	Aduki Beans	organic	12x400g	15.20	1.69	442748
▲	Baked Beans	organic	12x400g	15.20	1.69	442750
▲	Beluga Lentils	organic	12x400g	14.30	1.59	442753
◆	Black Bean Vegetable Soup	organic	6x400g	10.30	2.29	442774
▲	Black Beans	organic	12x400g	13.40	1.49	442752
▲	Borlotti Beans	organic	12x400g	14.30	1.59	442755
▲	Cannellini Beans	organic	12x400g	14.30	1.59	442757
▲	Chickpeas	organic	12x400g	13.40	1.49	442760
▲	Chilli Mixed Beans	organic	12x400g	18.80	2.09	442761
◆	Creamy Red Pepper Soup	organic	6x400g	10.30	2.29	442777
◆	Garden Pea & Vegetable Soup	organic	6x400g	10.30	2.29	442779
▲	Haricot Beans	organic	12x400g	14.30	1.59	442763

◆	Leek & Potato Soup	organic	6x400g	10.30	2.29	442789
▲	Lentils - green	organic	12x400g	14.30	1.59	442765
▲	Low Sugar Baked Beans	organic	12x400g	17.00	1.89	442766
◆	Pumpkin, Carrot & Chilli Soup	organic	6x400g	10.30	2.29	442781
◆	Spicy Mixed Bean Soup	organic	6x400g	10.30	2.29	442771
◆	Tomato & Basil Soup	organic	6x400g	10.30	2.29	442776
◆	Tomato & Lentil Soup	organic	6x400g	10.30	2.29	442773

RIFCo - Really Interesting Food Company - vegan gluten-free

◆	Balinese Lentil & Red Pepper Soup	organic	6x400g	11.20	2.49	443780
◆	Mexican Bean Soup	organic	6x400g	11.20	2.49	443782
◆	Moroccan Chickpea Soup	organic	6x400g	11.20	2.49	443784
◆	Spanish Chickpea Casserole	organic	6x400g	15.70	3.49	443788
◆	Sri Lankan Lentil & Coconut Soup	organic	6x400g	11.20	2.49	443790
◆	Thai Green Curry	organic	6x400g	15.70	3.49	443786
◆	Thai Temple Curry	organic	6x400g	15.70	3.49	443792

Sunflower Family - vegan gluten-free

☆	Sunflower Bolomix	organic	10x90g	37.50	4.99	445709
☆	Sunflower Burgermix	organic	10x90g	37.50	4.99	445710
◆	Sunflower Chunks	organic	6x76g	22.50	4.99	445708
◆	Sunflower Mince	organic	6x76g	22.50	4.99	445711

Baby & Children's Food and Baby Products

Ella's Kitchen - 6 months plus

▲	The Green One - Smoothie Fruit - multi	organic	3x5x90g	15.20	6.76	470944
▲	The Pink One - Smoothie Fruit - multi	organic	3x5x90g	14.80	6.58	470953
▲	The Purple One - Smoothie Fruit - multi	organic	3x5x90g	15.20	6.76	470947
▲	The Red One - Smoothie Fruit - multi	organic	3x5x90g	15.20	6.76	470955
▲	The White One - Smoothie Fruit - multi	organic	3x4x90g	12.80	5.69	470954

Ella's Kitchen - 6 months+ - (min 5 months shelf life)

▲	Strawberry Greek Yoghurt	organic	6x90g	7.40	1.64	470964
---	--------------------------	---------	-------	------	------	---------------

Ella's Kitchen - baby food - 4 months plus - pouches

▲	Apples & Bananas	organic	7x120g	8.95	1.70	470930
▲	Baby Rice Apple & Pear	organic	7x120g	8.90	1.70	470931
▲	Baby Rice Banana & Apricot	organic	7x120g	8.90	1.70	470934
▲	Banana Apple & Blueberry Baby Rice	organic	7x120g	8.90	1.70	470929
▲	Broccoli, Pear & Peas	organic	7x120g	8.95	1.70	470932
▲	Butternut Squash, Carrot, Apples and Prunes	organic	7x120g	8.95	1.70	470933
▲	Carrot, Apple & Parsnip	organic	7x120g	8.95	1.70	470935
▲	Mango, Pear & Papaya	organic	7x120g	8.95	1.70	470949
▲	Peaches and Bananas	organic	7x120g	8.95	1.70	470936
▲	Red Pepper, Sweet Potato & Apple	organic	7x120g	8.95	1.70	470952
▲	Strawberries and Apples	organic	7x120g	8.95	1.70	470939
▲	Sweet Potato, Broccoli & Carrots	organic	7x120g	8.95	1.70	470940
▲	Sweet Potato, Pumpkin, Apple & Blueberry	organic	7x120g	8.95	1.70	470938

Ella's Kitchen - Dairy Free desserts -7 months plus

▲	Dairy Free Banana Yogurt - gluten free	organic	6x90g	7.80	1.73	470104
---	--	---------	-------	------	------	---------------

Ella's Kitchen - First Taste range - 4 months plus - pouches

▲	Apples Apples Apples	organic	7x70g	8.00	1.52	470870
▲	Bananas Bananas Bananas	organic	7x70g	8.00	1.52	470872
▲	Carrots Carrots Carrots	organic	7x70g	8.00	1.52	470871
▲	Mangoes Mangoes Mangoes	organic	7x70g	8.00	1.52	470875
▲	Pears Pears Pears	organic	7x70g	8.00	1.52	470877
▲	Prunes Prunes Prunes	organic	7x70g	8.00	1.52	470878
▲	Sweet Potato Sweet Potato	organic	7x70g	8.00	1.52	470880

Ella's Kitchen - 12 months plus

▲	Berry Oaty Smooshy - multi	organic	3x4x90g	13.00	5.78	470987
▲	Peach & Banana Oaty Smooshy - multi	organic	3x4x90g	13.00	5.78	470988

Organix - Toddler & Kids

▲	Banana Bread Biscuits	organic	6x6x135g	14.40	3.20	470862
▲	Barbeque Gruffalo Claws	organic	3x4x15g	7.25	3.21	470901
▲	Cheese & Herbs Puffs - multipack	organic	3x4x15g	7.25	3.21	470890
▲	Cheese & Onion Gruffalo Claws	organic	3x4x15g	7.25	3.21	470905
▲	Chunky Apple & Date Fruit Bars	organic	6x6x17g	18.70	4.16	470881
▲	Chunky Banana & Date Fruit Bars	organic	6x6x17g	18.70	4.16	470882

* new product ☐ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

▲	Cocoa & Vanilla Gruffalo Biscuits	organic	3x5x20g	6.40	2.84	470889
▲	Farm Animal Biscuits	organic	5x100g	10.85	2.89	470907
▲	Gingerbread Men - large	organic	6x135g	14.40	3.20	470909
▲	Gruffalo Crumble - Apple Soft Oaty Bars	organic	6x6x23g	16.50 V	4.39	470892
▲	Gruffalo Purple Prickle Fruit Bars	organic	6x6x17g	18.70 V	4.99	470891
▲	Jammie Monsters - strawberry & apple biscuits	organic	4x4x64g	10.70	3.57	470863
◆	Melty Carrot Puffs multi pack	organic	4x4x18g	9.00	2.99	470923
▲	Mini Cheese Cracker multipack	organic	3x4x20g	7.05	3.12	470918
▲	Mini Oaty Bites - raspberry & orange with apple	organic	5x100g	11.90 V	3.80	470859
▲	Raisins - box	organic	4x12x14g	11.40	3.80	470884

Organix Brands - Baby

◆	Banana & Plum Porridge	organic	4x200g	11.15	3.72	470710
◆	Banana Weaning Wands	organic	5x25g	6.00	1.60	470976
◆	Little Ruskits Baby Biscuits	organic	4x54g	8.15	2.72	470833
◆	Melty Carrot Puffs	organic	8x20g	5.05	0.84	470924
◆	Melty Sweetcorn Rings	organic	8x20g	5.05	0.84	470926
◆	Melty Tomato Slices	organic	5x20g	3.25	0.87	470857
◆	Strawberry Weaning Wands	organic	5x25g	6.00	1.60	470978

Japanese Products, Miso, Soy Sauce, Tofu

Biona

◆	Wasabi-style horseradish paste - tubes	organic	8x50g	23.30	3.89	510405
---	--	---------	-------	-------	------	---------------

Biona Japanese sauces

◆	Tamari Soya Sauce - glass bottle	organic	6x145ml	14.80	3.29	510428
---	----------------------------------	---------	---------	-------	------	---------------

Clearspring Japanese miso

◆	150g Brown Rice Miso - unpasteurised - jar	organic	6x150g	17.95	3.99	480461
◆	300g Brown Rice Miso - unpasteurised - jar	organic	6x300g	26.05	5.79	480460
◆	Barley Miso - unpasteurised - jar	organic	6x300g	31.45	6.99	480450
◆	Chickpea Miso - unpasteurised - jar	organic	6x150g	17.95	3.99	480467
◆	Hearty Red Miso Soup - instant	organic	8x4x10g	25.70	4.29	480531
◆	Instant Miso Soup Paste - Creamy Sesame	organic	8x4x15g	19.70	3.29	480535
◆	Instant Miso Soup Paste - Ginger & Turmeric	organic	8x4x15g	19.70	3.29	480533
◆	Instant Miso Soup Paste - Hot & Spicy	organic	8x4x15g	19.70	3.29	480534
◆	Instant Miso Soup Paste with Sea Vegetables	organic	8x4x15g	19.70	3.29	480538
◆	Instant Miso Soup with Sea Vegetables	organic	8x4x10g	23.95	3.99	480537
◆	Mellow White Miso Soup - instant	organic	8x4x8g	25.70	4.29	480553
◆	Reduced Salt Brown Rice Miso - unpasteurised	organic	6x270g	24.25	5.39	480465
◆	White Instant Miso Soup Paste + sea veg	organic	8x4x15g	19.70	3.29	480545
◆	White Miso - unpasteurised - jar	organic	6x270g	19.30	4.29	480468

Teas - Herb

11 O'clock Tea

◆	11 O'clock Rooibosch Tea Bags	organic	4x40bgs	8.70	2.90	575010
◆	11 O'clock Rooibosch Tea Bags	organic	4x80bgs	16.15	5.38	575015

Dragonfly - Rooibos Teas

◆	Rooibos	organic	4x40bgs	9.10	3.03	544008
◆	Rooibos - Earl Grey	organic	4x40bgs	9.10	3.03	544110
◆	Rooibos - Vanilla	organic	4x40bgs	9.10	3.03	544112

Dragonfly - Organic Herb Teas

◆	Cape Malay Rooibos Chai Bags	organic	4x20bgs	7.90	2.63	560555
◆	Cape Rooibos & Honeybush Bags	organic	4x40bgs	7.90	2.63	560568
◆	Golden Balance Turmeric Bags	organic	4x20bgs	8.65	2.88	560551
◆	Happy Times Tulsi Bags	organic	4x20bgs	8.65	2.88	560556
◆	Lively Lemon & Ginger Bags	organic	4x20bgs	8.65	2.88	560561
◆	Mint Garden Digestif Bags	organic	4x20bgs	8.65	2.88	560554
◆	Mountain Honeybush Tea Bags	organic	4x20bgs	7.90	2.63	560565
◆	Night Sky Calm Bags	organic	4x20bgs	8.65	2.88	560567
◆	Sleepy Mint & Honeybush Bags	organic	4x20bgs	8.65	2.88	560563
◆	Sweet Rosehip & Raspberry Bags	organic	4x20bgs	8.65	2.88	560564
◆	Three Mint Medley Bags	organic	4x20bgs	8.65	2.88	560566

Tick Tock Rooibos

◆	Green Rooibos Tea Bags	organic	4x40bgs	8.55	2.85	561718
◆	Rooibos Earl Grey Tea Bags		4x40bgs	8.55	2.85	561722
◆	Rooibos Tea Bags	organic	4x40bgs	8.05	2.68	561712
◆	Rooibos Tea Bags	organic	4x80bgs	15.75	5.25	561716
◆	Rooibos Tea Loose	organic	6x100g	12.00	2.67	561717

Yogi Tea - Ayurvedic Tea Bags

◆	Bedtime Tea	organic	6x17bgs	12.35	2.75	571705
◆	Classic Blend Yogi Tea	organic	6x17bgs	12.35	2.75	571732
◆	Immune Support	organic	6x17bgs	12.35	2.75	571979
◆	Maca Chai Tea	organic	6x17bgs	12.35	2.75	571989

Teas - Black, Green & White

Clipper - Fair Trade - string, tag & envelope

◆	Fairtrade Everyday Tea Bags - food service		6x100bgs	34.70		590810
---	--	--	----------	-------	--	---------------

Clipper - black tea

◆	Everyday Decaffeinated Tea Bags	organic	6x40bgs	18.80	4.18	580332
◆	Everyday Tea Bags	organic	4x80bgs	13.15	4.38	580331
◆	Fairtrade Everyday Tea Bags	organic	6x40bgs	15.45	3.43	580328

Clipper - Fair Trade - string, tag & envelope

◆	Earl Grey - food service	organic	250bgs	20.65		580320
---	--------------------------	---------	--------	-------	--	---------------

Clipper FairTrade - black tea

◆	Assam Tea Bags	organic	6x40bgs	13.40	2.98	580310
◆	Breakfast Fairtrade 40 Tea Bags	organic	6x40bgs	15.65	3.48	580314
◆	Decaf Earl Grey Fairtrade Tea Bags - 40's	organic	6x40bgs	18.80	4.18	580308
◆	Earl Grey Fairtrade Tea Bags - 40's	organic	6x40bgs	15.40	3.42	580321
◆	Earl Grey Tea Bags - 80's	organic	6x80bgs	21.60	4.80	580318
◆	English Breakfast Tea Bags - 80's	organic	4x80bgs	14.40	4.81	580330

Dragonfly Tea

◆	Classic Earl Grey Tea Bags	organic	4x20bgs	7.90	2.63	581020
◆	Digestive Chai Pu'er Tea Bags	organic	4x20bgs	8.65	2.88	580354
◆	Digestive Pu'er Tea Bags - was Good Dragon	organic	4x20bgs	7.90	2.63	580349
◆	Golden Breakfast Tea Bags		4x40bgs	8.85	2.95	581022
◆	Moonlight Jasmine Green Tea Bags	organic	4x20bgs	7.90	2.63	580347
◆	Moroccan Mint Green Tea Bags	organic	4x20bgs	7.90	2.63	580346
◆	Pure Green Mountain Tea	organic	4x20bgs	7.90	2.63	580345
◆	Swirling Mist White Tea Bags	organic	4x20bgs	8.65	2.88	580350
◆	Traditional English Breakfast Tea Bags	organic	4x20bgs	7.90	2.63	581025

Organic Herb Trading Co. organic loose tea

▼	Sencha Green Chinese Loose Leaf Tea	organic	1x500g	12.30	16.40	580544
---	-------------------------------------	---------	--------	-------	-------	---------------

Yogi green tea bags

◆	Morning Energy Tea	organic	6x17bgs	12.35	2.75	571896
---	--------------------	---------	---------	-------	------	---------------

Coffee

Grumpy Mule Beans - FairTrade

◆	Beans - Colombia - 4	organic	6x200g	34.40	7.65	600856
◆	Beans - Easy Does It Decaf - 3	organic	6x200g	36.00	8.01	600857
◆	Beans - High & Mighty Espresso Blend - 5		6x200g	34.40	7.65	600859
◆	Beans - Kick Ass House Blend - 4		6x200g	34.40	7.65	600860
◆	Beans - Peru Chiclayo - 3 - Bird Friendly	organic	6x200g	34.40	7.65	600861
◆	Beans - Top Notch - 3	organic	6x200g	34.40	7.65	600858

Grumpy Mule Ground - FairTrade

◆	Colombia Ground - 4	organic	6x200g	34.40	7.65	600845
◆	Easy Does It - Decaf - 3	organic	6x200g	36.00	8.00	600849
◆	High & Mighty Ground Espresso Blend - 5		6x200g	34.40	7.64	600851
◆	Honduras Ground - 4	organic	6x200g	34.40	7.64	600846
◆	Kick Ass House Blend Ground - 4		6x200g	34.40	7.65	600852
◆	Peru Ground - Chiclayo - 3	organic	6x200g	34.40	7.65	600847
◆	Sumatra Ground Gayo Highlands - 4	organic	6x200g	34.40	7.65	600848
◆	Top Notch - 3	organic	6x200g	34.40	7.64	600850

Coffee Substitutes, Malted Drinks, Carob & Cocoa Products

Infinity Foods - Bulk Chocolate Couverture

▼	55% Dark Couverture	organic	5kg	98.50	19.70	612030
▼	55% Dark Couverture	organic	2.5kg	50.10	20.04	612050
▼	73% Very Dark Couverture	organic	5kg	111.90	22.38	612035
▼	73% Very Dark Couverture	organic	2.5kg	56.85	22.74	612055
▼	Milk Couverture	organic	5kg	98.50	19.70	612040
▼	Milk Couverture	organic	2.5kg	50.10	20.04	612060
▼	White Couverture	organic	5kg	103.05	20.61	612045
▼	White Couverture	organic	2.5kg	52.55	21.02	612065

* new product ☐ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

Infinity Foods - Raw Cacao Nibs						
▼ Cacao Nibs - raw	organic	6x250g	31.80	7.07	8 0 7 5	
▼ Cacao Nibs - raw	organic	6x125g	17.65	3.92	8 0 8 0	
▼ Cacao Nibs - raw	organic	15kg	282.55	18.84	7 6 4 2 0 5	
▼ Cacao Nibs - raw	organic	1kg	20.65	20.65	7 6 4 2 1 0	

Infinity Foods - Retail Chocolate Couverture						
▼ Cooking Chocolate - 73% very dark	organic	6x300g	46.00	10.22	9 0 9 3	
▼ Cooking Chocolate - milk	organic	6x300g	41.10	9.13	9 0 9 4	

The Chicory Company - previously Prewett's						
◆ Instant Chicory Drink	organic	6x100g	25.00	5.56	6 1 2 8 5 5	
◆ Instant Roasted Chicory Barley Drink	organic	6x100g	20.45	4.54	6 1 2 8 5 6	
◆ Instant Roasted Chicory Coffee Drink	organic	6x100g	27.65	6.14	6 1 2 8 5 7	

Drinks - Herbal, Tonic & Coconut Drinks

Biona - Kombucha - glass						
▲ Kombucha Cherry & Mint	organic	6x330ml	12.70 V	3.39	6 4 1 0 1 6	
▲ Kombucha Ginger & Lime	organic	6x330ml	12.70 V	3.39	6 4 1 0 1 2	
▲ Kombucha Original	organic	6x330ml	12.70 V	3.39	6 4 1 0 1 4	

Counter Culture Vegan Sparkling Kombucha - tin						
▼ Against the Current - Rhubarb + Hibiscus	organic	12x330ml	14.40 V	1.96	6 4 0 3 6 6	
▼ Al of the Storm - Mango + Ginger + Lime	organic	12x330ml	14.40 V	1.96	6 4 0 3 6 8	
▼ Fruit Machine Learning - Raspberry & Elder	organic	12x330ml	14.40 V	1.96	6 4 0 3 7 1	
▼ Look Up - Lemongrass + Ginger	organic	12x330ml	14.40 V	1.96	6 4 0 3 7 0	
▼ Try Dry - Citrus Yuzu	organic	12x330ml	14.40 V	1.96	6 4 0 3 6 7	

Gusto organic Drinks - glass bottle						
▲ Gusto - Fiery Ginger with Jalapeño - FT	organic	12x275ml	16.80 V	2.24	6 4 1 6 0 8	
▲ Gusto - Low-Calorie Cola - FT		12x275ml	16.80 V	2.24	6 4 1 6 0 3	
▲ Gusto - Organic Cherry Cola	organic	12x275ml	16.80 V	2.24	6 4 1 6 0 4	
▲ Gusto - Organic Real Cola - FT	organic	12x275ml	16.80 V	2.24	6 4 1 6 0 6	
▲ Gusto - Sicilian Blood Orange - FT	organic	12x275ml	16.80 V	2.24	6 4 1 6 0 9	
▲ Gusto - Yuzu Lemonade - FT	organic	12x275ml	17.90 V	2.39	6 4 1 6 1 1	
▲ Gusto Original Organic Energy	organic	12x250ml	17.90 V	2.39	6 4 1 6 0 5	

Drinks - Fruit and Vegetable Juices, Cordials & Water

Big Tom - Spiced Tomato Mix from James White						
▲ Big Tom - small bottles		24x250ml	23.20 V	1.55	6 7 2 0 1 0	

Biona Juices & Drinks - glass bottles						
▲ Cranberry Drink - sweetened	organic	6x750ml	23.95 V	6.40	6 6 0 7 1 1	
▲ Elderberry Juice - 100%	organic	6x330ml	20.55 V	5.48	6 6 0 7 1 7	

James White - Beet It						
▲ Beet It - Shot - conc. beetroot juice - plastic	organic	15x70ml	22.05	1.96	6 6 4 5 9 2	
▲ Beet It & Ginger - Shot - conc. beetroot juice	organic	15x70ml	22.05	1.96	6 6 4 5 9 3	
▲ Beet It & Turmeric - Shot - conc. beetroot juice	organic	15x70ml	22.05	1.96	6 6 4 5 9 4	

James White unfiltered juices - glass						
▲ Apple & Crushed Ginger Juice	organic	6x750ml	16.00 V	4.27	6 6 4 5 0 7	
▲ Apple & Crushed Ginger Juice	organic	24x250ml	26.95 V	1.80	6 6 4 5 2 2	
▲ Apple Juice	organic	6x750ml	16.00 V	4.27	6 6 4 5 0 5	
▲ Apple Juice	organic	24x250ml	26.95 V	1.80	6 6 4 5 2 0	
▲ Carrot & Apple Juice	organic	6x750ml	16.00 V	4.27	6 6 4 5 1 0	
▲ Carrot & Apple Juice	organic	24x250ml	26.95 V	1.80	6 6 4 5 2 3	
▲ Carrot Juice	organic	6x750ml	16.00 V	4.27	6 6 4 5 6 0	
▲ Mixed Vegetables Juice	organic	6x750ml	16.00 V	4.27	6 6 4 5 6 5	
▲ Pear & Raspberry Juice	organic	6x750ml	20.20 V	5.39	6 6 4 5 1 9	
▲ Pear Juice	organic	6x750ml	16.00 V	4.27	6 6 4 5 1 8	
▲ Pear Juice	organic	24x250ml	26.95 V	1.80	6 6 4 5 3 0	
▲ Tomato Juice	organic	6x750ml	16.00 V	4.27	6 6 4 5 6 2	

Drinks - Carbonated

Drink Mamas - cans						
◆ Cola Mama - no caffeine - sparkling	organic	12x330ml	11.20 V	1.49	6 6 1 2 4 0	
◆ Ginger Mama with Lemon - sparkling	organic	12x330ml	11.20 V	1.49	6 6 1 2 4 2	
◆ Lemon Mama - sparkling	organic	12x330ml	11.20 V	1.49	6 6 1 2 4 3	
◆ Mango Mama with Orange - sparkling	organic	12x330ml	11.20 V	1.49	6 6 1 2 4 4	

◆ Orange Mama - sparkling	organic	12x330ml	11.20 V	1.49	6 6 1 2 4 6	
◆ Passion Mama - sparkling	organic	12x330ml	11.20 V	1.49	6 6 1 2 4 5	
◆ Pineapple Mama with Coconut water		12x330ml	11.20 V	1.49	6 6 1 2 4 7	

Luscombe - cans						
▼ Elderflower Bubbly - can	organic	12x320ml	12.35 V	1.65	6 6 1 5 4 8	
▼ Hot Ginger Beer - can	organic	12x320ml	12.35 V	1.65	6 6 1 5 4 9	
▼ Mango & Peach - can	organic	12x320ml	12.35 V	1.65	6 6 1 5 5 0	
▼ Rhubarb Crush - can	organic	12x320ml	12.35 V	1.65	6 6 1 5 5 1	
▼ Sicilian Citrus Crush - can	organic	12x320ml	12.35 V	1.65	6 6 1 5 5 2	
▼ Sicilian Lemonade - can	organic	12x320ml	12.35 V	1.65	6 6 1 5 5 3	

Luscombe - glass						
◆ Damascene Rose Bubbly	organic	12x270ml	18.10 V	2.41	6 6 1 5 6 1	
◆ Ginger Beer Cool	organic	12x270ml	17.85 V	2.38	6 6 1 5 6 2	
◆ Ginger Beer Hot	organic	12x270ml	17.85 V	2.38	6 6 1 5 6 3	
◆ Lemonade Sicilian	organic	12x270ml	17.85 V	2.38	6 6 1 5 6 6	
◆ Raspberry Crush	organic	12x270ml	19.95 V	2.66	6 6 1 5 6 9	
◆ Rhubarb Crush	organic	12x270ml	19.95 V	2.66	6 6 1 5 7 4	
◆ Sicilian Citrus Crush (formerly St Clements)	organic	12x270ml	18.60 V	2.48	6 6 1 5 7 6	

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

Plenish - gluten-free						
◆ Almond Barista	organic	6x1l	12.40	2.76	7 2 4 0 4 0	
◆ Almond Drink	organic	8x1l	16.50	2.75	7 2 4 0 3 8	
◆ Cashew Drink	organic	8x1l	16.50	2.75	7 2 4 0 4 4	
◆ Coconut Drink	organic	8x1l	16.50	2.75	7 2 4 0 4 6	
◆ Oat Barista	organic	6x1l	10.90	2.42	7 2 4 0 3 2	
◆ Oat Drink	organic	8x1l	14.40	2.40	7 2 4 0 3 0	
◆ Soya Drink	organic	8x1l	14.40	2.40	7 2 4 0 4 2	

Rude Health - gluten-free						
◆ Barista Almond Drink		6x1l	11.20	2.49	7 2 4 6 0 6	
◆ Barista Coconut Drink		6x1l	11.20	2.49	7 2 4 6 0 7	
◆ Barista Hazelnut		6x1l	20.30	4.51	7 2 4 8 5 4	
◆ Barista Oat Drink		6x1l	9.00	2.00	7 2 4 6 0 8	
◆ Barista Pistachio		6x1l	20.30	4.51	7 2 4 5 8 3	
◆ Barista Soya Drink	organic	6x1l	9.00	2.00	7 2 4 0 0 5	
◆ Oat Barista Drink	organic	6x1l	11.20	2.49	7 2 4 5 8 4	

Savoury Snacks

Infinity Foods - Savoury Snack-Packs						
▲ Nut Mix	organic	6x65g	8.30	1.84	8 2 0 7	

Sweet Snacks & Confections

Biona - coated fruit & nuts & treats						
◆ Dark Chocolate Cherries	organic	10x45g	21.80 V	3.49	7 6 0 3 9 0	
◆ Dark Chocolate Roasted Almonds	organic	10x30g	14.30 V	2.29	7 6 0 3 8 9	
◆ Dark Chocolate Strawberries	organic	10x45g	21.80 V	3.49	7 6 0 3 9 1	

Booja Booja organic vegan chocolate						
▼ Artist's Collection - Fine De Champagne (16)	organic	3x185g	46.85 V	24.99	7 6 6 1 5 8	
▼ Artist's Collection - Hazelnut - 16 truffles	organic	3x185g	46.85 V	24.99	7 6 6 1 5 9	

Cocoa Loco - FairTrade - chocolate bars						
▲ 73% Dark Chocolate Bar	organic	12x100g	41.60 V	5.55	7 6 2 1 7 0	
▲ Dark Chocolate & Orange Bar	organic	12x100g	41.60 V	5.55	7 6 2 1 7 1	
▲ Dark Chocolate & Sea Salt Bar	organic	12x100g	41.60 V	5.55	7 6 2 1 7 4	
▲ Milk Chocolate Bar	organic	12x100g	41.60 V	5.55	7 6 2 1 7 5	

Cocoa Loco - FairTrade - chocolate dipped						
▲ 73% Dark Chocolate Covered Ginger	organic	6x100g	29.05 V	7.76	7 6 2 2 1 5	
▲ 73% Dark Chocolate Dipped Mango	organic	6x110g	29.05 V	7.76	7 6 2 2 0 5	

Divine - chocolate FairTrade						
◆ 70% Dark Chocolate		15x90g	35.80 V	3.82	7 6 3 5 0 3	
◆ 85% Dark Chocolate		15x90g	35.80 V	3.82	7 6 3 4 9 5	
◆ Dark Chocolate - chunky		30x35g	26.70 V	1.42	7 6 3 5 8 1	
◆ Dark Chocolate with Himalayan Salt		15x90g	35.80 V	3.82	7 6 3 5 1 6	
◆ Dark Smooth Hazelnut Chocolate		15x90g	35.80 V	3.82	7 6 3 5 0 2	
◆ Ginger & Orange Dark Chocolate - 70%		15x90g	35.80 V	3.82	7 6 3 5 1 2	

* new product ☐ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

◆	Milk Chocolate - 45% Cocoa		15x90g	35.80 V	3.82	7 6 3 5 1 8
◆	Milk Chocolate - chunky		30x35g	26.70 V	1.42	7 6 3 5 2 1
◆	Milk Chocolate Salted Caramel - chunky		30x35g	26.70 V	1.42	7 6 3 5 2 3
◆	Mint Dark Chocolate - 70%		15x90g	35.80 V	3.82	7 6 3 5 0 4
◆	Orange Milk Chocolate - chunky		30x35g	26.70 V	1.42	7 6 3 5 2 7
◆	Raspberry Dark Chocolate		15x90g	35.80 V	3.82	7 6 3 5 1 0
◆	Salted Caramel Milk Chocolate		15x90g	35.80 V	3.82	7 6 3 5 7 7
◆	White Chocolate - chunky		30x35g	26.70 V	1.42	7 6 3 5 1 9

Infinity Foods - sweet snackpacks

▲	Fruit & Nut Mix	organic	6x70g	9.95	2.21	9 1 3 0
---	-----------------	---------	-------	------	------	---------

Infinity Foods retail packed chocolate

▼	Dark Chocolate (73%) Buttons	organic	6x200g	34.95 V	9.32	9 0 0 5
▼	Milk Chocolate Buttons	organic	6x200g	31.65 V	8.44	9 0 1 0
▼	Mixed (Dark, Milk & White) Chocolate Buttons	organic	6x200g	32.85 V	8.76	9 0 2 0
▼	White Chocolate Buttons	organic	6x200g	32.80 V	8.75	9 0 1 5

Raw Halo Chocolate - dairy & gluten-free

◆	Dark & Mint	organic	10x35g	13.70 V	2.19	7 6 7 6 6 1
◆	Dark & Orange	organic	10x35g	13.70 V	2.19	7 6 7 6 6 3
◆	Dark & Pink Himalayan Salt	organic	10x70g	22.45 V	3.59	7 6 7 6 5 1
◆	Dark & Salted Almond Truffle Centre Bar	organic	8x90g	19.75 V	3.95	7 6 7 6 4 7
◆	Dark & Salted Caramel	organic	10x70g	22.45 V	3.59	7 6 7 6 5 3
◆	Dark & Salted Caramel	organic	10x35g	13.70 V	2.19	7 6 7 6 6 5
◆	Dark & Salted Almond Giant Buttons	organic	8x90g	21.30 V	4.26	7 6 7 6 4 4
◆	Dark 76%	organic	10x70g	22.45 V	3.59	7 6 7 6 4 8
◆	Dark 76%	organic	10x35g	13.70 V	2.19	7 6 7 6 5 9
◆	Dark 85%	organic	10x70g	22.45 V	3.59	7 6 7 6 4 9
◆	Mylk & Hazelnut Giant Buttons	organic	8x90g	21.30 V	4.26	7 6 7 6 4 5
◆	Mylk & Hazelnut Truffle Centre Bar	organic	8x90g	19.75 V	3.95	7 6 7 6 4 6
◆	Mylk & Pink Himalayan Salt	organic	10x70g	22.45 V	3.59	7 6 7 6 5 4
◆	Mylk & Pink Himalayan Salt	organic	10x35g	13.70 V	2.19	7 6 7 6 7 0
◆	Mylk & Salted Caramel	organic	10x70g	22.45 V	3.59	7 6 7 6 5 5
◆	Mylk & Salted Caramel	organic	10x35g	13.70 V	2.19	7 6 7 6 7 2
◆	Mylk & Vanilla	organic	10x70g	22.45 V	3.59	7 6 7 6 5 7
◆	Mylk & Vanilla	organic	10x35g	13.70 V	2.19	7 6 7 6 7 3

Vego - vegan, gluten-free, Fair Trade

▲	150g Whole Hazelnut Chocolate Bar	organic	20x150g	65.00 V	5.20	7 6 8 8 3 0
▲	Mini Whole Hazelnut Chocolate Bar	organic	20x65g	33.65 V	2.69	7 6 8 8 3 2

Vivani organic vegan chocolate bars

☆	Dark with Nougat Chocolate	organic	12x80g	28.35 V	3.78	7 6 8 8 9 2
☆	Fine Dark 71% Chocolate	organic	12x80g	28.35 V	3.78	7 6 8 8 9 5
☆	Fine Dark 85% Chocolate	organic	10x80g	31.15 V	4.98	7 6 8 8 9 6

Condiments, Stocks, Salt & Miscellaneous Foods

Biona - Coconut Aminos glass

◆	Coconut Aminos - Original	organic	6x250ml	17.95	3.99	7 9 1 5 6 5
---	---------------------------	---------	---------	-------	------	-------------

Profusion - Pink Himalayan Salts

◆	Himalayan Rose Pink Salt - coarse		8x500g	23.95	3.99	7 9 5 1 5 5
◆	Himalayan Rose Pink Salt - fine		8x500g	23.95	3.99	7 9 5 1 5 0
◆	Himalayan Rose Pink Salt - fine - shaker		8x140g	16.10	2.68	7 9 5 1 6 5
◆	Salt Mill - Himalayan Rose Pink Salt		6x200g	29.95	6.66	7 9 5 1 7 2

Supplementary Foods

BetterYou

◆	Vitamin C Oral Spray		6x90ml	37.80 V	11.93	8 5 0 8 9 7
◆	Zinc Oral Spray		6x50ml	31.50 V	9.94	8 5 0 8 9 8

Raw Living

◆	Shilajit Resin	organic	1x40g	23.00	39.99	8 5 7 9 3 8
---	----------------	---------	-------	-------	-------	-------------

Pet Products

Benevo Pet Food - vegan

☆	Pawtato Knots - small		6x150g	11.20 V	2.99	8 1 0 5 4 4
---	-----------------------	--	--------	---------	------	-------------

Kitchen & Household Goods

Cheeky Panda Bamboo products

☆	Pocket Tissues		14x10p	6.10 V	0.70	8 2 0 5 6 3
---	----------------	--	--------	--------	------	-------------

Household & Industrial Cleaning Products

Bio-D

◆	All Purpose Sanitiser - Rhubarb		1x5l	7.50 V	12.11	8 3 0 5 7 6
◆	Rhubarb Washing Up Liquid		12x750ml	20.90 V	2.82	8 3 0 5 1 3
◆	Rhubarb Washing Up Liquid		1x5l	9.35 V	15.00	8 3 0 5 1 8
◆	Spray - All Purpose Sanitiser - Rhubarb		12x500ml	25.20 V	3.38	8 3 0 5 7 4

Ecoleaf - Vegan

◆	Bathroom Cleaner - lavender		1x5l	10.30 V	16.47	8 3 1 3 9 8
◆	Fabric Conditioner - Jasmine		1x5l	8.55 V	13.67	8 3 1 4 0 8
◆	Hard Floor Cleaner - Rose & Oud		1x5l	13.15 V	21.03	8 3 1 4 0 4
◆	Laundry Liquid - Jasmine		1x5l	14.95 V	23.90	8 3 1 4 2 6
◆	Multi Surface Cleaner - antibac - citrus & petitgrain		1x5l	10.15 V	16.23	8 3 1 4 3 1
◆	Toilet Cleaner - Fresh Green		1x5l	8.15 V	13.03	8 3 1 4 3 5
◆	Washing Up Liquid - Citrus Fruit		1x5l	8.95 V	14.36	8 3 1 4 2 7

Ecover Cleaners

☆	Toilet Cleaner Pine & Mint		8x750ml	14.00 V	2.80	8 3 2 0 3 1
☆	Toilet Cleaner Sea Breeze & Sage		8x750ml	14.00 V	2.80	8 3 2 0 2 8

La Droguerie Ecologique - vegan cleaning separates

▲	Copper Scourer for pots & pans		1x1p	2.25 V	3.64	8 3 2 7 3 5
---	--------------------------------	--	------	--------	------	-------------

Miniml - household cleaning

◆	Anti-Bac Surface Cleaner French Lavender		6x750ml	12.25 V	3.50	8 5 0 1 0 5
◆	Anti-Bac Surface Cleaner French Lavender		5l	9.00 V	1.80	8 5 0 1 0 6
◆	Bathroom Cleaner - Cucumber & Mint		6x750ml	12.25 V	3.50	8 5 0 1 0 7
◆	Bathroom Cleaner - Cucumber & Mint		5l	8.35 V	1.67	8 5 0 1 1 0
◆	Dishwasher Rinse Aid - Unscented		6x750ml	12.25 V	3.50	8 5 0 1 1 1
◆	Dishwasher Rinse Aid - Unscented		5l	11.60 V	2.32	8 5 0 1 1 2
◆	Multi-Surface Cleaner - Blood Orange		6x750ml	12.25 V	3.50	8 5 0 1 0 8
◆	Multi-Surface Cleaner - Blood Orange		5l	9.00 V	1.80	8 5 0 1 0 9
◆	Oven & Hob Cleaner - Clementine		6x750ml	12.25 V	3.50	8 5 0 1 2 2
◆	Oven & Hob Cleaner - Clementine		5l	8.35 V	1.67	8 5 0 1 2 3
◆	Toilet Cleaner Spearmint & Peppermint		6x1l	12.25 V	3.50	8 5 0 1 1 3
◆	Toilet Cleaner Spearmint & Peppermint		5l	9.00 V	1.80	8 5 0 1 1 4
◆	Washing Up Liquid - Apple Orchard		6x500ml	12.25 V	3.50	8 5 0 1 1 8
◆	Washing Up Liquid - Apple Orchard		5l	8.35 V	1.67	8 5 0 1 1 9
◆	Washing Up Liquid - Rhubarb & Lemon		6x500ml	12.25 V	3.50	8 5 0 1 1 5
◆	Washing Up Liquid - Rhubarb & Lemon		5l	8.35 V	1.67	8 5 0 1 1 7
◆	Washing Up Liquid - Rhubarb & Lemon - refill pouch		6x1l	13.95 V	3.99	8 5 0 1 1 6
◆	White Vinegar - unscented		5l	5.75	1.15	8 5 0 1 2 1
◆	White Vinegar Spray - unscented		6x750ml	10.50	2.50	8 5 0 1 2 0

Miniml - laundry

◆	Fabric Conditioner - Fresh Linen		6x1l	20.80 V	5.94	8 5 0 1 2 6
◆	Fabric Conditioner - Fresh Linen		5l	8.40 V	1.68	8 5 0 1 2 7
◆	Laundry Liquid Non-Bio Fresh Linen		6x1l	22.70 V	6.49	8 5 0 1 2 8
◆	Laundry Liquid Non-Bio Fresh Linen		5l	12.50 V	2.50	8 5 0 1 3 0
◆	Laundry Liquid Non-Bio Fresh Linen - refill pouch		6x1l	19.75 V	5.64	8 5 0 1 2 9

Toiletries & Natural Remedies

Alter/Native - glycerine vegan shampoo and conditioner bars - by Suma

◆	Coconut & Argan Oil Glycerine Shampoo Bar		6x90g	15.95 V	4.25	8 5 9 1 7 8
◆	Patchouli & Sandalwood Glycerine Shampoo Bar		6x90g	15.95 V	4.25	8 5 9 1 5 6

Alter/Native - Skincare vegan soap bars - by Suma

◆	Activated Charcoal Detox Soap Bar		6x95g	13.00 V	3.47	8 6 1 5 4 2
◆	Ayurvedic Soap Bar		6x95g	13.00 V	3.47	8 6 1 5 4 0
◆	Coffee & Cedarwood Shaving Soap Bar		6x95g	13.00 V	3.47	8 6 1 5 4 4

BetterYou

◆	Magnesium Joint Body Spray		6x100ml	47.40 V	14.98	8 5 8 5 9 2
◆	Magnesium Muscle Body Spray		6x100ml	47.40 V	14.94	8 5 8 5 9 1

Bio-D - Vegan - BUAV approved

◆	Cleansing Hand Wash Rhubarb		6x500ml	16.55 V	4.85	8 5 9 5 1 7
◆	Cleansing Hand Wash Rhubarb		1x5l	13.40 V	23.58	8 5 9 5 1 9

Ecoleaf - vegan

◆	Liquid Hand Soap - Grapefruit & Mandarin		1x5l	13.75 V	21.99	8 5 1 0 3 8
---	--	--	------	---------	-------	-------------

✱ new product ☐ on offer

▲ price rise ▼ fall

☆ size/other change

◆ offer ended

Faith in Nature conditioners									
◆	Aloe Vera Conditioner	6x400ml	27.85 V	7.95	854020				
◆	Coconut Conditioner	6x400ml	27.85 V	7.95	853987				
◆	Dragon Fruit Conditioner	6x400ml	27.85 V	7.95	853989				
◆	Fragrance Free Conditioner	6x400ml	27.85 V	7.95	853988				
◆	Grapefruit & Orange Conditioner	6x400ml	27.85 V	7.95	853992				
◆	Grapefruit & Orange Conditioner - Aluminium	6x500ml	33.00 V	9.42	853993				
◆	Jojoba Conditioner	6x400ml	27.85 V	7.95	854010				
◆	Lavender & Geranium Conditioner	6x400ml	27.85 V	7.95	854002				
◆	Lavender & Geranium Conditioner - Aluminium	6x500ml	33.00 V	9.42	853994				
◆	Rosemary Conditioner	6x400ml	27.85 V	7.95	854015				
◆	Seaweed & Citrus Conditioner	6x400ml	27.85 V	7.95	854005				
◆	Shea & Argan Conditioner	6x400ml	27.85 V	7.95	854008				
◆	Shea & Argan Conditioner - Aluminium	6x500ml	33.00 V	9.42	853996				
◆	Wild Rose Conditioner	6x400ml	27.85 V	7.95	854028				
Faith in Nature hair treatments									
◆	Coconut & Shea Hydrating Hair Mask	6x300ml	27.90 V	7.96	854070				
◆	Shea & Argan Nourishing Hair Mask	6x300ml	27.90 V	7.96	854076				
Faith in Nature shampoo bars									
◆	Coconut & Shea Butter Shampoo Bar	6x85g	24.50 V	6.96	852978				
◆	Dragon Fruit Shampoo Bar	6x85g	24.50 V	6.96	852979				
◆	Lavender & Geranium Shampoo Bar	6x85g	24.50 V	6.96	852980				
◆	Shea & Argan Shampoo Bar	6x85g	24.50 V	6.96	852982				
Faith in Nature shampoos									
◆	Aloe Vera Shampoo	6x400ml	27.85 V	7.95	853520				
◆	Coconut Shampoo	6x400ml	27.85 V	7.95	853502				
◆	Dragon Fruit Shampoo	6x400ml	27.85 V	7.95	853503				
◆	Fragrance Free Shampoo	6x400ml	27.85 V	7.95	853504				
◆	Grapefruit & Orange Shampoo	6x400ml	27.85 V	7.95	853509				
◆	Grapefruit & Orange Shampoo - Aluminium	6x500ml	33.00 V	9.42	853511				
◆	Jojoba Shampoo	6x400ml	27.85 V	7.95	853510				
◆	Lavender & Geranium Shampoo	6x400ml	27.85 V	7.95	853525				
◆	Lavender & Geranium Shampoo - Aluminium	6x500ml	33.00 V	9.42	853567				
◆	Rosemary Shampoo	6x400ml	27.85 V	7.95	853515				
◆	Seaweed & Citrus Shampoo	6x400ml	27.85 V	7.95	853505				
◆	Shea & Argan Shampoo	6x400ml	27.85 V	7.95	853501				
◆	Shea & Argan Shampoo - Aluminium	6x500ml	33.00 V	9.42	853572				
◆	Wild Rose Shampoo	6x400ml	27.85 V	7.95	853536				
Miniml - Personal Care									
◆	Anti-Bac Hand Soap - Sweet Clementine	6x500ml	15.60 V	4.46	855622				
◆	Anti-Bac Hand Soap - Sweet Clementine	5l	15.70 V	3.14	855623				
◆	Balancing Conditioner - Pink Grapefruit & Aloe	6x500ml	17.30 V	4.94	855631				
◆	Balancing Conditioner - Pink Grapefruit & Aloe	5l	22.10 V	4.42	855632				
◆	Balancing Shampoo - Pink Grapefruit & Aloe	6x500ml	17.30 V	4.94	855627				
◆	Balancing Shampoo - Pink Grapefruit & Aloe	5l	22.10 V	4.42	855630				
◆	Bodywash & Bubble Bath - Pink Grapefruit & Aloe	6x500ml	17.30 V	4.94	855620				
◆	Bodywash & Bubble Bath - Pink Grapefruit & Aloe	5l	22.10 V	4.42	855621				
◆	Hand Soap - Cucumber & Aloe	6x500ml	15.60 V	4.46	855624				
◆	Hand Soap - Cucumber & Aloe	5l	15.70 V	3.14	855626				
Urtekram - deodorants									
◆	Cream Deodorant - Coconut - roll-on	organic	6x50ml	21.50 V	6.15	858671			
◆	Cream Deodorant - Soothing Lavender - roll-on	organic	6x50ml	21.50 V	6.15	858673			
◆	Cream Deodorant - Wild Lemongrass - roll-on	organic	6x50ml	21.50 V	6.15	858674			
◆	Crystal Deodorant - Aloe Vera - roll-on	organic	6x50ml	21.50 V	6.15	858659			
◆	Crystal Deodorant - Lime - roll-on	organic	6x50ml	21.50 V	6.15	858664			
◆	Crystal Deodorant - Rose - roll-on	organic	6x50ml	21.50 V	6.15	858669			
Urtekram - conditioner									
◆	Intense Moisture Conditioner Wild Lemongrass	organic	6x180ml	23.95 V	6.85	858707			
◆	Rich Repair Conditioner - Nordic Berry	organic	6x180ml	21.85 V	6.25	858708			
Urtekram - shampoo									
◆	Rich Repair Shampoo - Nordic Berry	organic	6x250ml	25.35 V	7.25	858670			
◆	Shampoo - Wild Lemongrass	organic	6x250ml	25.35 V	7.25	858091			
Urtekram - soaps and shower gels									
◆	Body Wash - Wild Lemongrass	organic	6x200ml	28.70 V	8.20	858883			
◆	Creamy Body Wash - Nordic Berry	organic	6x200ml	29.20 V	8.35	858884			
◆	Creamy Body Wash - Nordic Berry	organic	6x500ml	36.75 V	10.50	858886			
◆	Soap Bar - Aloe Vera	organic	12x100g	31.40 V	4.49	859103			
◆	Soap Bar - Fragrance Free	organic	12x100g	31.40 V	4.49	859108			
◆	Soap Bar - Rose	organic	12x100g	31.40 V	4.49	859109			
Urtekram - skincare									
◆	Body Lotion - Wild Lemongrass	organic	6x245ml	31.15 V	8.90	859122			
◆	Moisturising Day Cream - Wild Lemongrass	organic	8x50ml	62.95 V	13.49	859116			
◆	Moisturising Night Cream - Wild Lemongrass	organic	8x50ml	65.25 V	13.99	859117			
◆	Nourishing Body Cream - Nordic Berry	organic	6x200ml	29.90 V	8.55	859114			
◆	Refreshing Cleansing Gel - Wild Lemongrass	organic	6x150ml	43.70 V	12.49	859118			
◆	Refreshing Micellar Water - Wild Lemongrass	organic	6x250ml	32.50 V	9.29	859119			
Weleda - bath & shower range - Vegan									
▲	Refresh Citrus Body Wash	organic	6x200ml	34.70 V	9.90	859266			
Yaoh - Organic Hemp Seed Oil Bodycare									
▲	Hemp Lip Balm - Natural		36x4g	80.15 V	3.98	859081			
▲	Hemp Lip Balm - Spearmint		36x4g	80.15 V	3.98	859082			
▲	Hemp Lip Balm - Watermelon		36x4g	80.15 V	3.98	859084			
▲	Hemp Shower Gel		6x240ml	33.50 V	9.99	859060			
▲	Hemp Sunblock 25		6x200ml	60.20 V	17.96	859071			
▲	Lip Balm Mix (of up to 9 flavours)		36x4g	80.15 V	3.98	859085			
Toothpaste, Brushes & Oral Hygiene									
Urtekram									
◆	Charcoal Toothpaste - Whitening	organic	6x75ml	13.95 V	3.99	862104			
Aromatherapy, Candles & Incense									
Nutley Hall Beeswax Candles									
▲	Big Candles 250mm x 20mm		1xpair	7.25 V	11.65	891025			
▲	Birthday Candles 60mm x 8mm		1x12	3.75 V	5.99	891005			
▲	Chunky Candles 140mm x 30mm		1xpair	7.85 V	12.61	891007			
▲	Normal Candles 160mm x 20mm		1xpair	4.75 V	7.64	891015			
▲	Stubby Candles 55mm x 30mm		1xsingle	2.85 V	4.56	891020			

discontinued

● Lemon Pistachios - roasted & salted		6x125g	Infinity Foods	8 0 6 0
● Lemon Pistachios - roasted & salted		6x60g	Infinity Foods	8 1 8 3
● Gluten-free Mince Pies 4 pack - vegan		12x280g	Foods of Athenry	3 5 7 0 5
● Mince Pies - 6 in a box	organic	6x300g	Roots & Wings	3 5 7 1 0
● Mini Mince Pies - 12 in a box	organic	6x300g	Roots & Wings	3 5 7 1 1
● Family Christmas Pudding	organic	6x454g	Roots & Wings	3 5 7 1 3
● Ceramic Family Christmas Pudding	organic	6x454g	Roots & Wings	3 5 7 1 4
● Vegan Mini Christmas Pudding	organic	12x100g	Roots & Wings	3 5 7 1 5
● Wheat Bran	organic	6x650g	Alara	4 0 1 9 8
● Nutri-Brex sorgum biscuits - 24p - gluten-free		12x375g	Nutri-Brex	6 3 3 6 0
● Wild Berry Granola	organic	6x400g	Rude Health	7 1 7 7 9
● Maple & Pecan Granola		6x400g	Rude Health	7 1 7 8 3
● Caramelised Almonds		6x140g	Zaytoun	1 0 2 1 1 1
● Roasted Chilli Almonds		6x140g	Zaytoun	1 0 2 1 1 2
● Smoked Almonds		6x140g	Zaytoun	1 0 2 1 1 3
● Maize and Rice Lasagne	organic	6x250g	Freee from Doves Farm	1 3 0 3 8 1
● Lumaconi - Snail shape	organic	8x500g	Cornwall Pasta Co	1 4 0 3 3 0
● Radiatori	organic	8x500g	Cornwall Pasta Co	1 4 0 3 3 4
● Beetroot Lumaconi	organic	12x350g	Cornwall Pasta Co	1 4 0 3 3 9
● Sun-Dried Tomato Ciabatta Bread	organic	9x180g	Amisa	1 6 9 8 6 4
● Rustic Seeded Sourdough Baguettes	organic	6x300g	Biona	1 7 0 1 8 4
● Ancient Grain Corn Cakes Lightly Salted	organic	12x150g	Kallo	1 7 3 2 9 2
● Cracker Bites - red lentil	organic	8x150g	Profusion	1 7 5 5 5 8
● Cracker Bites - chickpea	organic	8x150g	Profusion	1 7 5 8 8 6
● Assorted Oblaten Lebkuchen	organic	18x200g	Wicklein	1 8 2 9 0 6
● Chocolate Covered Lebkuchen Hearts	organic	18x240g	Wicklein	1 8 2 9 0 8
● Salted Caramel Almond	organic	12x50g	Kookie Cat	1 8 2 9 7 4
● Vanilla Choc Chip Cookie	organic	12x50g	Kookie Cat	1 8 2 9 7 8
● Baked Fig Ball - vegan		12x200g	Seggiano	1 8 3 4 7 0
● Chocolate Cherry Figs - vegan		12x140g	Seggiano	1 8 3 4 7 1
● Chocolate Clementines - vegan		12x120g	Seggiano	1 8 3 4 7 3
● Chocolate Rum Figs - vegan		12x120g	Seggiano	1 8 3 4 7 4
● Chocolate Panettone		6x500g	Seggiano	1 8 3 4 7 5
● Traditional Panforte		10x100g	Seggiano	1 8 3 4 7 6
● Classico Panettone		6x500g	Seggiano	1 8 3 4 7 7
● Chocolate Panforte		10x100g	Seggiano	1 8 3 4 7 8
● Fig & Walnut Panforte Slice		12x200g	Seggiano	1 8 3 4 7 9
● Vegan Panettone		6x500g	Seggiano	1 8 3 4 8 1
● Chestnut Panettone		6x500g	Seggiano	1 8 3 4 8 4
● Limoncello Panettone		6x500g	Seggiano	1 8 3 4 8 6
● Sunflower Seed Butter	organic	6x170g	Biona	2 5 0 2 2 8
<i>(see 250252 Carley's for substitute)</i>				
● Cherry 100% Fruit Spread	organic	6x250g	FruTeto Italia	2 9 0 9 1 1
● Jingleberry xmas spiced strawberry spread	organic	6x250g	FruTeto Italia	2 9 0 9 2 1
● Christmas Pudding Marmalade		6x227g	Ouse Valley	2 9 2 8 4 0
● Fairy Cranberry Silver Jelly		6x100g	Ouse Valley	2 9 2 8 4 2
● Fairy Elderflower Gold Jelly		6x100g	Ouse Valley	2 9 2 8 4 4
● A Very Merry Chutney		6x227g	Ouse Valley	2 9 2 8 4 8
● Cranberry Sauce with Orange & Spices jar	organic	6x200g	Roots & Wings	2 9 3 2 9 0
● Redcurrant Sauce with Port	organic	6x200g	Roots & Wings	2 9 3 2 9 2
● Coconut Blossom Nectar	organic	6x350g	Biona	3 1 0 4 1 3
<i>(see 311590 Coconut Merchant for substitute)</i>				
● Clear Latin America Honey	organic	10x500g	Equal Exchange	3 1 3 0 1 5
● Set Latin America Honey	organic	10x500g	Equal Exchange	3 1 3 0 2 0
● Raw Cane Sugar	organic	10x500g	Equal Exchange	3 2 1 4 0 5
● Hot & Fiery Sauce	organic	6x140ml	Bonsan	3 5 0 7 3 9
● Luxury Mincemeat with Cognac	organic	6x300g	The Authentic Bread Co	3 6 5 6 5 3
● Balsamic Vinegar - large	organic	6x500ml	Clearspring	3 7 0 9 1 0
● Worcestershire Sauce	organic	6x150ml	Geo-Organics	3 9 1 5 0 1
<i>(see 390175 Biona for substitute)</i>				
● Chopped Tomatoes	organic	6x400g	Tarantella	3 9 3 0 2 1
<i>(see 390105 Biona for substitute)</i>				

● Peeled Plum Tomatoes	organic	6x400g	Tarantella	3 9 3 0 2 2
<i>(see 390110 Biona for substitute)</i>				
● Cranberry Sauce	organic	6x310g	Real Organic	3 9 4 2 8 0
<i>(see 295026 Wilkin for substitute)</i>				
● Redcurrant & Mint Jelly	organic	6x315g	Real Organic	3 9 4 2 8 5
● Tomato Fiery Chilli Pasta Sauce		6x340g	Zest	3 9 5 5 1 0
● Tomato & Mas***pone Sauce with coconut		6x340g	Zest	3 9 5 5 1 6
● Noodles	organic	6x385g	Better Than	4 4 0 7 9 0
● Rice	organic	6x385g	Better Than	4 4 0 7 9 2
● Tagliatelle	organic	6x385g	Better Than	4 4 0 7 9 6
● Chickpeas - small	organic	12x200g	La Bio-Idea	4 4 2 6 7 1
<i>(see 442670 6x400g for substitute)</i>				
● Vegan Spaghetti Bolognese		12x400g	Suma	4 4 4 5 0 9
● Wavy Apple Snackers - Kids	organic	5x15g	Organix	4 7 0 8 7 9
● 6 - XL Nappies		5x21p	Beaming Baby	4 7 1 2 1 7
● Sweet Brown Miso - rice & soy		4x240g	OHSOMISO	4 8 1 0 4 5
● Shoyu Soya Sauce	organic	6x145ml	Biona	5 1 0 4 2 0
<i>(see 480510 Clearspring for substitute)</i>				
● Nori Spicy Strip Snacks - toasted		12x13.5g	Clearspring	5 3 1 0 2 2
● Groovy Ginger Hemp infusion	organic	4x20bgs	Clipper	5 6 0 4 0 9
● Advent Calendar Tea Book - white	organic	6x304g	English Tea Shop	5 6 0 7 7 1
● Advent Calendar Triangular - green	organic	6x304g	English Tea Shop	5 6 0 7 7 2
● Sachets Advent Calendar - green	organic	6x200g	English Tea Shop	5 6 0 7 7 4
● Christmas Tea	demeter	4x20bgs	Hampstead	5 6 0 8 1 1
● Advent Calendar	organic	10x24p	Pukka	5 6 1 4 6 2
● Happy Nature Tea	organic	6x17bgs	Yogi Tea	5 7 1 7 1 6
● Star Salutation Tea	organic	6x17bgs	Yogi Tea	5 7 1 7 4 3
● Pumpkin Chai	organic	6x17bgs	Yogi Tea	5 7 1 9 9 2
● Yogi Christmas Advent Calendar	organic	6x1p	Yogi Tea	5 7 2 0 2 9
● Yogi Christmas Tea Bags	organic	6x17bgs	Yogi Tea	5 7 2 0 3 1
● Natural Wellbeing Tea	organic	6x17bgs	Yogi Tea	5 7 2 0 7 7
● AA grade Matcha - tin	organic	1x80g	OMG	5 8 0 2 7 4
● Mind Body Soul Medium Ground Coffee	organic	6x340g	Equal Exchange	6 0 0 6 1 8
● Festive Blend Ground Coffee - 4	organic	8x200g	Equal Exchange	6 0 0 6 8 3
● Beetroot Latte - Instant	organic	5x200g	Sweet Revolution	6 2 0 0 9 6
● Mulled Winter Punch - non-alcoholic		6x750ml	Belvoir	6 4 0 1 0 5
● Spiced Ginger Punch - non-alcoholic		6x750ml	Belvoir	6 4 0 1 1 0
● Sparkling Clementine & Cranberry		6x750ml	Belvoir	6 6 0 5 7 4
● Apple & Ginger	organic	12x270ml	Luscombe	6 6 1 5 5 4
● Mulled Winter Warmer	organic	12x270ml	Luscombe	6 6 1 5 5 5
● Kids Straws Multi Pack		24x20g	Eat Real	7 2 1 2 9 2
● Sproud Cooking/Whipping Cream		6x1l	Sproud	7 2 6 5 4 1
● Black Truffle Almonds		8x140g	Better With	7 5 0 1 5 0
<i>(see 750156 pouch for substitute)</i>				
● Cinnamon & Coconut Almonds		8x140g	Better With	7 5 0 1 5 2
<i>(see 750158 pouch for substitute)</i>				
● Honey & Sea Salt Almonds		8x140g	Better With	7 5 0 1 5 4
<i>(see 750159 pouch for substitute)</i>				
● Rose Petal Almonds - gift tube		8x140g	Better With	7 5 0 1 5 5
● Cinnamon & Coconut Almonds - pouch		8x140g	Better With	7 5 0 1 5 8
● Honey & Sea Salt Almonds - pouch		8x140g	Better With	7 5 0 1 5 9
● Honey Roasted Chestnut & Sage		10x150g	Fairfields	7 5 1 0 2 7
● Lemon Pistachios - roasted & salted		12.5kg	Infinity Bulk	7 5 2 0 2 7
● Boxed Chocolate Crumbly Fudge - 4 pack	organic	4x300g	Devon Cottage	7 6 1 9 3 7
● Chocolate Covered Dates	organic	4x150g	Coco Caravan	7 6 2 0 2 5
● Chocolate Covered Plums		4x150g	Coco Caravan	7 6 2 0 2 8
● Dark Chocolate Santa Lolly	organic	12x40g	Cocoa Loco	7 6 2 0 7 4
● Milk Chocolate Santas	organic	6x100g	Cocoa Loco	7 6 2 0 7 8
● Milk & White Chocolate Christmas Pudding	organic	6x70g	Cocoa Loco	7 6 2 0 7 9
● Milk Chocolate Elves	organic	6x100g	Cocoa Loco	7 6 2 0 8 2
● White Chocolate Polar Bears	organic	6x100g	Cocoa Loco	7 6 2 0 8 6
● Milk & White Chocolate Robins	organic	6x100g	Cocoa Loco	7 6 2 0 8 9
● Winter Wonderland Ballotin Box	organic	1x27x5g	Chocolate and Love	7 6 2 2 0 6
● Winter Wonderland Library Box	organic	4x3x80g	Chocolate and Love	7 6 2 2 0 8
● Rich Dark Tin - vegan	organic	1x30x5g	Chocolate and Love	7 6 2 2 0 9
● Dark Chocolate Advent Calendars		12x85g	Divine	7 6 3 5 5 4
● Milk Chocolate Advent Calendars		12x85g	Divine	7 6 3 5 5 5

✱ new product ☐ on offer
▲ price rise ▼ fall

☆ size/other change
◆ offer ended

● Dark Chocolate Coin - net bag		25x65g Divine	7 6 3 5 6 0	● Deodorant Stick Grapefruit & Lemon - vegan	6x60g Earth Conscious	8 5 1 0 1 6
● Milk Chocolate Coin - net bag		25x65g Divine	7 6 3 5 6 4	(see 851048 6x90g for substitute)		
● Milk Chocolate Giant Coin		12x58g Divine	7 6 3 5 6 6	● Deodorant Stick Jasmine & Rose - vegan	6x60g Earth Conscious	8 5 1 0 1 7
● Almond Dark Chocolate	organic	12x100g Equal Exchange	7 6 5 2 9 0	(see 851052 6x90g for substitute)		
● Orange Dark Chocolate 65%	organic	12x100g Equal Exchange	7 6 5 3 1 0	● Peppermint & Spearmint Strong Deodorant Stick	6x60g Earth Conscious	8 5 1 0 1 8
● Dark Caramel Crunch with Sea Salt Chocolate	organic	12x100g Equal Exchange	7 6 5 3 2 0	(see 851049 6x90g for substitute)		
● Veghehogs	organic	10x70g Just Wholefoods	7 6 5 4 0 6	● Deodorant Stick Lemon & Rosemary - vegan	6x60g Earth Conscious	8 5 1 0 2 1
● Rich Caramel Milk Chocolate Bar	organic	10x75g Seed & Bean	7 6 5 8 4 7	(see 851053 6x90g for substitute)		
● Advent Calendar Milk	organic	8x150g Montezuma	7 6 5 9 0 8	● Shaving Bar - Orange & Lavender	6x95g Friendly Soap	8 5 4 2 7 0
● Advent Calendar Dark - vegan	organic	8x150g Montezuma	7 6 5 9 1 0	● Cream Deodorant - Coconut	6x50ml Urtekram	8 5 8 6 6 7
● Dark Chocolate Drinking Chocolate		5x150g Montezuma	7 6 5 9 1 1	(see 858671 new style for substitute)		
● Dark Melt of Snowmen		20x60g Montezuma	7 6 5 9 1 7	● Shampoo - Nordic Berries	6x250ml Urtekram	8 5 8 8 6 2
● Yuletide Spice - 10 Truffle Logs	organic	8x115g Booja Booja	7 6 6 1 5 6	● Hemp Lip Balm - Blueberry	36x4g Yaoh	8 5 9 0 7 6
● Liquorice Torpedos - bag		18x100g Panda	7 6 6 5 0 7	● Anti Dandruff Conditioner Sweet Ginger Flower	6x180ml Urtekram	8 5 9 0 8 8
● Millionaire Shortbread Power		16x55g Trek	7 6 6 6 8 8	● Violet Bamboo Toothbrush - Extra Soft	12x1 Hydrophil	8 5 9 5 6 5
● Raw Chocolate Raisins - large	organic	6x100g Raw Chocolate Co	7 6 6 9 1 7	● Interdental brush 0.6 mm ISO 3	10x6p Hydrophil	8 5 9 5 8 3
● Christmas Series 3d puzzle toy with chocolate	organic	18x50g PLAYin CHOC	7 6 7 6 3 4	● Bio Toothbrush - Elephant	8x1 Jack N'Jill	8 6 1 5 8 2
● Eucalyptus Cherry Cough Drops with Stevia - bag		12x70g Ricola	7 6 7 7 5 9	● Sesame	1x100ml Absolute Aromas	8 7 8 1 6 0
● Nougat with Honey & Almonds	organic	6x100g Roots & Wings	7 6 7 7 8 0	● Festive Blend - winter warmth	3x10ml Aqua Oleum	8 8 1 2 9 0
● Dark with Orange Chocolate	organic	10x100g Vivani	7 6 8 8 9 4	● Orange with Fluoride Toothpaste	1x100ml Ben & Anna	8 8 1 4 8 2
● Crunchy Coconut Dark Chocolate	organic	18x35g Vivani	7 6 8 8 9 7	● Christmas Candles 120mm x 14mm	1x12 Nutley Hall	8 9 1 0 1 0
● Lübecker Marzipan Almond Paste		15x200g Lubeca	7 9 1 6 0 4	● Lemon Grass	5x9g Hambleden	9 9 0 3 4 5
● Lübecker Marzipan Almond Paste	organic	1kg Lubeca	7 9 1 6 0 5	● Mustard Seed - Yellow	5x65g Hambleden	9 9 0 3 9 0
● Sage & Onion Stuffing		4x130g Steenbergs	7 9 2 3 3 8	(see 9232 Infinity for substitute)		
(see 792339 organic for substitute)				● Spices to make Mulled Red Wine - 4 sachets boxed	6x20g Green Cuisine	9 9 2 2 0 0
● Himalayan Rose Pink Salt - rocks		6x1kg Profusion	7 9 5 1 6 0	● Liquid Oregano	12x40ml Tarantella	9 9 8 2 1 1